

# TREATMENT MENU

## MASSAGES

No matter which of our globally inspired massages you choose, our therapists will begin by listening and asking questions about what you want to achieve during your treatment. We strive to deliver thoughtful, individualized treatments based on what you need. Your therapist will use an array of massage techniques to help restore your physical and mental balance.

### **AROMATHERAPY MASSAGE 90 Mins \$240**

Guests will enjoy the powerful health-enhancing and relaxing benefits of aromatherapy oil blends. Incorporating soothing Swedish style massage techniques and healing essential oil blends that integrate the very essence of plants into a massage that is sure to delight all the senses.

### **DEEP TISSUE MASSAGE 90 Mins \$240**

Based on the healing touch of Swedish style massage, our relaxation treatment is designed to help you let go of stress and tension. We begin with applying delicate heat to relax your muscles complemented by a calming essential oil blend and focused breathing. Experience a profound sensory relaxation experience that goes beyond a standard massage. You may choose to experience this massage in our spa, or in your resort room (additional fee). It is also available as a Couples Treatment.

### **HEADACHE RELIEF 90 Mins \$240**

Experience remedies used to relieve headaches and sinus pressure for centuries during this Lost Remedy treatment. You will choose from a selection of specially blended aromatherapy oils, using your

body's natural selection process to guide you in the direction of what you need. Our aromatherapy oil blends incorporate many indigenous herbs of the area to target the type of headache you are experiencing. Your personal oil selection will be gently massaged onto your temples and specific acupressure points to mitigate pain and pressure. Experience the powerful benefits of cold marble stones as they are incorporated into your head massage to help drain excess fluids and reduce inflammation and excess pressure. This treatment focuses on your head, neck, and feet for ultimate relief and relaxation.

## **LIKE A FERTILE LAND 90 Mins \$250**

Our signature massage is a full body treatment inspired by healing, deep tissue massage that focuses on tension relief and methodical stretching. Increase circulation and stimulate the metabolism for ultimate detoxification. Embark upon a fascinating experience with *Maison Caulières* opening ritual, using ingredients originating in the French countryside. This extraordinary treatment warms up your muscles from head to toe, gently preparing your body for a deeper pressure massage and gentle stretching. The *Maison Caulières* signature closing ritual with *Envolée Légère* misted onto the hands and feet offers closure & healing to your experience.

## **MAGNESIUM MASSAGE 60 Mins \$175**

Magnesium is responsible for promoting healthy energy levels, sleep, muscle function, and overall well-being. This nourishing treatment promotes detoxification and circulation while replenishing commonly deficient magnesium levels. We will send you home with a Mineral Wellness soak packet for at home benefits.

## **MOMMY-TO-BE MASSAGE 90 Mins \$240**

Soothe away all the aches and pains of pregnancy with the Mommy To Be Massage. Pregnancy safe oils are used and pressure is adjusted to the guests needs. Guests will be positioned on their side for comfort and to alleviate pressure. Massage may be done in the second and third trimester of pregnancy only. Always check with a doctor before scheduling.

## **RELAXATION MASSAGE 90 Mins \$235**

Based on the healing touch of Swedish style massage, our relaxation treatment is designed to help you let go of stress and tension. We begin with applying delicate heat to relax your muscles complemented by the powerful benefits of our 21 Drops Sleep essential oil blend. Utilizing a combination of guided

meditation and solitude, your body will immediately benefit from this relaxation massage. Experience a profound sensory relaxation experience that goes beyond a standard massage.

## **VALLEY STONE MASSAGE 90 Mins \$240**

This treatment is a great choice for overall relaxation of body and mind and a deeply euphoric massage experience. The therapist massages with smooth, warmed basalt stones combined with nourishing oils to penetrate muscles and help release tension. Cool stones may be utilized to relieve inflammation if needed.

## **COUPLES RELAXATION 90 Mins \$235 ea**

Based on the Swedish style massage to promote relaxation and ease muscle tension. The spa therapist customizes a massage to treat ailments, using gentle to firm pressure to meet the guest's individual needs. A nurturing touch is at the heart of this massage. Recommended whenever one needs to pause and leave the outside world behind.

## **COUPLES DEEP TISSUE 90 Mins \$240 ea**

Great for weekend warriors and seasoned athletes alike! This massage is designed to address the specific muscular aches and pains that are commonly found with overuse, as well as postural and mental stresses. Therapists adapt their techniques and utilize specialized ointments to provide relief from chronic tension and to ease the body into relaxation.

## **IN-ROOM MASSAGE 90 Mins \$260**

A traditional Swedish style massage to promote relaxation and ease muscle tension. The spa therapist customizes a massage to treat ailments, using gentle to firm pressure to meet the guest's individual needs. A nurturing touch is at the heart of this massage. Recommended whenever one needs to pause and leave the outside world behind.

*--Enhance your spa experience by adding a Massage Pairing. Add some time and choose from a gentle dry brushing, a decadent foot scrub, a moisturizing paraffin hand treatment, or a relaxing scalp massage (with or without oil). Or within your scheduled treatment time add a few relaxing hot stones or deeper pressure using the Golf Ball Massage Tool.*

## **BODY TREATMENT**

Rooted in the principles of age-old traditional spa therapies, the spa's body sense treatments blend exfoliation and masks with bodywork for a healing experience.

### **CORDEVALLE BUNGALOW LOVE 120 Mins \$365 ea**

Let us come to you. Relax in the comfort of your resort room and experience this unique treatment for two. We will bring luxurious *Maison Caulières* products to indulge your senses. Begin with 30 minutes of exfoliation and a quick rinse in your shower. Next comes 90 minutes of relaxing and luxurious massage. We will leave you with a delectable tray of seasonally inspired treats accompanied by sparkling wine to enjoy in the fragrant bath we will draw for you as we put out the privacy sign and leave.

### **GINGER RENEWAL 90 Mins \$250**

In this invigorating treatment ginger's healing and warming, properties are explored. This nourishing head to toe experience features a full body scrub with a Turkish Body Scrub and Ginger Oil followed by a massage, we even throw in some hot stone massage on your back. Feet are focused on with a cooling foot massage. Great when you are a little sore from an active schedule!

### **LAVENDER DREAMS 90 Mins \$250**

Lavender is known for its calming, healing properties and is one of the most popular herbs in aromatherapy for good reason. Although sea lavender is native to this area, most varieties were brought here from different places and have flourished in the sun alongside the wine grapes. A quick walk along our drive will show you how much lavender loves this area! For your smoothing scrub, lavender oil and other healing oils are mixed with salts to provide a thorough exfoliation. Next is a massage with lavender oils. We end your Lavender Dream by gently wrapping you for warmth while we perform a scalp treatment and a cooling foot massage. This treatment allows us to balance and calm your energy, smooth and soothe your skin, and leave you with shining hair and refreshed feet!

## **CORDEVALLE SEASONAL ORGANIC SCRUB 90 Mins \$250**

As the seasons change we select luxurious products to exfoliate and hydrate your skin. Following your full body scrub inspired by the season, you will receive a relaxing massage with a coordinated massage treatment. Greet each turn of the season refreshed and renewed with our Seasonal Organic Scrub.

*Add a 15-minute seasonal body wrap to your treatment to enhance the benefits of these seasonal products and give you extra time to relax.\$ 40.*

## **TIME FOR A DREAM 90 Mins \$250**

Inspired by the summer fields, this energizing treatment is intended to invigorate, warm the body and enhance the mood. *Maison Caulières* products blend the delicious fragrance of broom flower and honey with a gourmet sugar scrub to exfoliate the entire body, promote circulation, and improve cellular renewal. The gentle application of a warm dry-oil softens the skin for an energizing massage on the legs, back and arms stimulating and warming the body from head to toe. This summer themed treatment leaves you feeling kissed by the sun.

## **ESSENTIAL SKIN CARE**

Healthy skin is vital for our well-being. We feed it with the water we drink, the food we eat and the very air around us. Our Estheticians will help you achieve your skin care goals from the outside in. High quality, luxurious ingredients and massage will help your skin to increase blood flow and circulation. Leave feeling balanced, glowing and ready for the world.

## **360° GLOBAL ANTI-AGE RITUAL 90 Mins \$325**

This 8 step facial ritual for skin recovery using our exclusive *EviDenS de Beauté* product line. Beginning with a back treatment, this unique facial experience is comprehensive and invigorating. Designed for sensitive, mature, dehydrated skin it will help restore tired looking skin and fight the signs of aging.

## **ABSOLUTE RADIANCE RITUAL 90 Mins \$300**

This six-step “glow activator intensive program” from *EviDenS de Beauté* is designed to restore your original radiance. Created for skin with increased pigmentation concerns and dark spots. Your skin will feel nourished, renewed and protected. Return your skin to its youthful and balanced appearance. We

recommend to begin with 4 weekly sessions for a spectacular and long-lasting brightening effect on the skin.

## **FRESH AND TONE RITUAL 90 Mins \$300**

This facial is something special from EviDenS de Beauté. The Special Mask has an amazing “icy wake-up” effect for in-depth firming action & immediate healthy-looking skin. This is the ideal treatment for dull and tired skin needing a kick start to rejuvenation. Try it before an evening out or in the morning to start a busy day.

## **ORGANIC CARE FACIAL 90 mins \$240**

Our Estheticians will customize your facial using organic skin care products. The perfect combination of ingredients and the gentle hands of our estheticians will leave you relaxed and your skin glowing.

The Organic Care Facial can be modified for Prenatal guests in the second or third trimester (always check with your doctor before scheduling.)

## **ULTIMATE SKIN CARE FACIAL 90 mins \$270**

Take your Organic Care facial up a notch. This facial allows our estheticians to give your skin the lift you want. Incorporating effective products and micro-current technology, your skin will feel lifted, tightened and renewed. Leave feeling refreshed and rested, ready for your next adventure!

## **WINE & ROSES FACIAL 90 mins \$240**

As you travel to the CordeValle property you are surrounded by the lush vineyards of the Clos La Chance winery as well as dozens of other boutique wineries in the immediate area. Wine is an important part of who we are at CordeValle. The complexity of the wine offerings in our region and the flourishing rose gardens on our property are the foundation of this offering. The decadence of pairing wine and roses elevates your traditional healing experience and awakens your senses in a way you never imagined. Our Wine and Roses facial will help to soothe skin irritation by reducing inflammation and leave your skin looking smoother, softer, and firmer. The powerful antioxidant benefits of grape and the luxurious hydration benefits found in rose water, work together to polish, plump and rejuvenate your skin to perfection. Luxury and healing are delicately intertwined in this special experience.

*---Enhance the benefits of your facial by adding a Facial Pairing. Add some time and choose from extra extractions, a decadent foot scrub, a moisturizing paraffin hand treatment, an extra 30 minutes for neck and shoulder massage, or a relaxing scalp massage (with or without oil). Or within your scheduled treatment time add a luxurious collagen sheet mask, a cool facial massage, or a smoothing eye treatment.*

## ***HYDRAFACIAL***

*Only HydraFacial uses patented technology to cleanse, extract, and hydrate. HydraFacial super serums are made with nourishing ingredients that create an instantly gratifying glow through gentle resurfacing, painless extractions and skin quenching. HydraFacial treatments are perfect for all skin types and can address a variety of skincare concerns including fine lines and wrinkles, elasticity and firmness, vibrancy, skin tone and texture, brown spots, and congested or enlarged pores.*

## ***PLATINUM HYDRAFACIAL 90 mins \$375***

*The ultimate HydraFacial experience, our Platinum HydraFacial begins the detoxification process with Lymphatic Drainage. Then, the Signature HydraFacial deeply cleanses, exfoliates, extracts and hydrates the skin while addressing your specific skin concern with a Booster of your choice. This treatment concludes with LED Light Therapy to further reduce the visible signs of aging.*

## ***DELUXE HYDRAFACIAL 60 mins \$325***

*Our Deluxe HydraFacial is an invigorating treatment that includes all of the essentials of the Signature HydraFacial while addressing your specific skin concern with a Booster of your choice. This treatment concludes with LED Light Therapy to further reduce the visible signs of aging.*

## **YOUTH TREATMENTS**

*Spa treatments help foster health and well-being. These offerings are the perfect introduction for your budding spa enthusiast! Since a parent or guardian must be present in the treatment room for all spa services, this is the perfect opportunity for a parent-child visit to the spa.*

### **IN BLOOM 30 mins \$95**

A deep-cleansing and perfecting facial that addresses young, evolving skin as well as a great opportunity to learn about treating and preventing blemishes.

### **BLOSSOM 30 mins \$95**

Choose from a relaxing scalp and/or foot massage.

### **GOLFER-IN-TRAINING MASSAGE 30 mins \$95**

Young athletes need muscle tension relief too! A massage to target overworked muscles is sure to keep kids in the game.

## **FITNESS & WELLNESS**

Guests can keep their wellness routine alive while away from home or breathe new life into a current program.

## **PERSONAL TRAINING**

Sense® offers personal, one-on-one training by appointment – sessions can be focused on individual guest needs whether it be improving a golf swing or tennis game, improving body composition or addressing health care concerns.

(Per hour - One-on-One) starting at \$150.

## **YOGA**

Yoga is offered privately either for an individual or a group starting at \$150 per hour for one-on-one sessions.

Please inquire for further information and availability. \$20 per Additional Attendee.

## **HIKING**

Explore CordeValle's beautiful scenery by taking a hike on our hiking trail.

Guided hikes available starting at \$150 per hour for up to six people. \$20 per Additional Attendee.

## **GOLF FITNESS ASSESSMENT**

Fitness Professional, Angel Cabrera consults with clients at CordeValle in San Martin, California.

Awareness of how the body works is one of the main keys in restoring good health, optimal movement and eliminating pain. With his comprehensive evaluation system, he is able to address most root causes of pain and physical limitations that may lead to reduced performance. His health and exercise programs are based on a thorough multidisciplinary evaluation that consists of:

- Health History
- Posture Analysis
- Length Tension Tests
- Core Function/Stability Tests
- Range of Motion Tests
- Gait and Movement Analysis
- Holistic Lifestyle Questionnaires

Following the evaluation, Angel will design an individualized program that is appropriate for your body and your goals. He uses specific exercises and manual therapy to address muscle imbalances, structural misalignments, and altered movement patterns. By eliminating imbalances in the body we can greatly reduce the amount of bodily stress and discomfort. And by incorporating specific exercises ideal for you, we reintroduce proper function to your body, which in turn restores structure and optimal performance. One-on-One coaching starts at USD300 per hour, per person. Please inquire for availability.

## **GOLF FITNESS TRAINING**

In your next consultation, Angel will present and walk you through your individualized exercise program. Follow up evaluations are scheduled 4-8 weeks after the initial evaluation to monitor progress and implement a new program with progressions.

30 mins \$75 | 60 mins \$150

## **SPA ETIQUETTE**

*To make the most of the spa experience, guests are requested to follow etiquette and review the spa's policies.*

### **ETIQUETTE**

Silence, peace & respect are part of the spa philosophy. Please consider other guest's space & privacy. Please silence any electronic devices you might have before entering the facility. We highly recommend showering before any treatment, to ensure you are maximizing your treatment benefits.

### **ARRIVAL**

In order to experience and prepare for your treatment with enough time to enjoy our amenities, we recommend that you arrive at least 15 minutes prior to your treatment.

### **SCHEDULING & CANCELLATION**

We are a private facility and require membership or resort reservations to schedule spa bookings.

Treatments should be booked in advance to ensure availability. We must have a minimum of 24-hour notice to reschedule or cancel your booking. Changes made within the 24-hour window prior to the scheduled appointment time may incur a charge. No-show or last minute cancellations will be charged for the full treatment.

#### ATTIRE

Bathrobes, slippers, and disposables are available at The CordeValle Spa for your treatment sessions.

#### HEALTH CONDITIONS AND ALLERGIES

Kindly consult with your physician before receiving any treatment or using our facility. If you have any allergies, please make sure to inform our spa team before your treatment.

#### VALUABLES LOSS OR DAMAGE

Please secure your valuables. The CordeValle Spa will not be held responsible for any loss or damage during your visit.

#### CHILDREN

Children under 18 are welcome at the spa and fitness center but must be accompanied by an adult or legal guardian at all times.

*Please call to confirm current hours of operation.*

*E:cordevalle.spa@cordevalle.com*

*Hours*

*Closed until further notice.*

*Access to the resort's state-of-the-art fitness facilities and locker rooms:*

*Monday to Sunday, 7:00 a.m. to 7:00 p.m.*

*Treatments available:*

*Monday to Sunday, 10:00 a.m. to 5:00 p.m.*