



$\frac{b}{spa}$

# b-Spa

## OUR STORY

Nestled in the heart of Napa Valley, Bardessono's approach to offering the best of the good life is balanced with a celebrated appreciation for the local community of artisans, chefs, and wine makers. With a high value on conscious living, Bardessono models hospitality with enduring expressions of land and family that fostered and sustained the original Bardessono family farmstead. A subtle earth-tone aesthetic, privacy, and graciousness leaves guests with a renewed curiosity and a sense of purpose, bringing true meaning to mindful luxury living.

## OUR MUSE

Inspired by the beauty of the valley landscape, b spa offers a quaint haven to reconnect with nature and your inner self. We've taken great care in the curation of treatments offered, while incorporating native botanicals that have nourished the soil and soul of Napa Valley. We encourage you to allow the cares of the day to melt away, set an intention to be restored and renewed. Answer the beckoning call for reconnection, balance and wellness.



## Skin Therapies

Hand-picked ingredients from our Bardessono certified-organic garden are added to the b-Spa services to renew and invigorate the mind and body. Our facials include a deep cleanse, exfoliation, steam, mask and facial massage.

### WELLNESS GEMSTONE FACIAL

80 minutes | Weekday \$275 | Weekend \$325

Harnessing the therapeutic and energetic benefits of gemstones, this healing facial encompasses the ancient eastern modality of Gua Sha massage to increase circulation and lymphatic flow, decrease impurities and puffiness while stimulating collagen, tightening pores and improving overall skin appearance.

### QUINTESSENTIAL FACIAL

50/80 minutes | Weekday \$185/\$235 | Weekend \$225/\$275

An ultra-hydrating refreshing facial treatment to control the effects of extreme moisture loss. Botanical-rich gel scrub gently eliminates lifeless cells while also infusing the skin with lasting moisture leaving skin dewy and radiant.

### GENTLEMEN'S FACIAL

50 minutes | Weekday \$185 | Weekend \$225

Bespoke facial curated for the particular needs of male skin. Complete with warm towels and serums to soothe as well as moisturize skin.

### REJUVENATION FACIAL

50/80 minutes | Weekday \$185/\$235 | Weekend \$225/\$275

An anti-aging intensive facial that treats all signs of premature, aging skin. Phyto-nutrients and plant extracts promote radiance, reduces dark spots, smooths wrinkles and firms as it provides long-lasting nourishment protecting skin from environmental damage and moisture loss.

## Body Glow Treatments

### NAPA VALLEY VINO POLISH

30 minutes | Weekday \$90 | Weekend \$115

Local Napa, crushed grape seeds, oil, natural salts, lavender and other nutrient-rich ingredients work to restore radiance and hydration.

### GARDEN HARVEST BODY TREATMENT

30 minutes | Weekday \$90 | Weekend \$115

Gentle, yet invigorating body brushing stimulates the lymphatic system to encourage the removal of toxins, preparing the body for a delicious application of our b-Spa blend of antioxidant-rich grapeseed oil and seasonal fruits fresh from Bardessono Garden.

### UPLIFTING CITRUS SCRUB

30 minutes | Weekday \$90 | Weekend \$115

A delicious house medley of orange, clementine, lemon and key lime combined with raw sugar that is buffed over the body to reveal radiant, smoother and softer skin.

## Body Therapies

Skilled massage therapists relish in the use of indigenous plants, flowers and herbs to provide a holistic, targeted body, mind and spirit experience. All massages can be enjoyed within the spa center or in the privacy of a guest room suite, designed to transform into a personal spa.

### BARDESSONO SIGNATURE MASSAGE

50/80 minutes | Weekday \$205/\$285 | Weekend \$225/\$325

Choose from three Bardessono custom blends of aromatic oils synergistically combined with rhythmic, free-style techniques that are performed in harmony for relief from muscle tension and create deep relaxation.

### SWEDISH MASSAGE

50/80 minutes | Weekday \$195/\$285 | Weekend \$225/\$325

Medium to light pressure of long, smooth strokes in a circular movement with gentle kneading promote relaxation and ease muscle tension.

### CBD MASSAGE

50/80 minutes | Weekday \$195/\$285 | Weekend \$225/\$325

Hemp oil, hot compresses and effleurage massage practices create a calming massage to reduce stress, anxiety and relieve tension.

### MOM-TO-BE

50/80 minutes | Weekday \$195/\$225 | Weekend \$225/\$325

A gentle massage that is customized to meet the needs of expectant moms for relief from muscle fatigue and strain in the lower back, legs and feet.

### SALT STONE MASSAGE

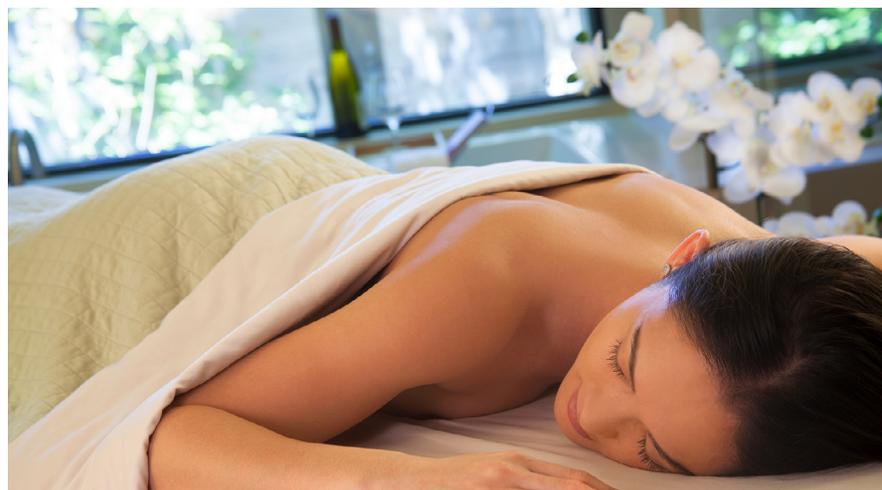
80 minutes (available in Spa Center) | Weekday \$285 | Weekend \$325

Himalayan salt stone is warmed and applied to targeted areas for increased circulation, mineral absorption and release of negative ions that help elevate your mood while easing muscle tightness.

### THAI MASSAGE

80 minutes | Weekday \$285 | Weekend \$325

Using hands, feet, hips and elbows therapist perform a series of stretching and impressions to increase flexibility, vitality and energy. Please wear loose clothing. (Performed on massage table)



## Elevations

Wellness additions that take spa services to new heights, creating a more personal spa journey.

### SENSORY JOURNEY

30 minutes | Weekday \$65 | Weekend \$80

Enliven the senses as you embark on a journey of aromatherapy. Guided breathes and deep exhalations of essential oils usher you into a state of bliss, as the body obeys its intuitive ability to discern precisely what's required for restoration, balance, and healing. Savor your experience at home with an accompanying aroma blend.

### HEAVEN ON EARTH

30 minutes | Weekday \$50 | Weekend \$65

Graceful hands perform a stimulating scalp massage using a selection of conditioning oils along with pressure point massage of the hands and feet.

### ADVANCED FACIAL EXFOLIATION

30 minutes | Weekday \$50 | Weekend \$65

A robust treatment to encourage cellular renewal, and increase cell turnover for better product absorption and improved skin appearance.

### NECK & DECOLLÉTÉ

30 minutes | Weekday \$50 | Weekend \$65

An extended facial consisting of a gentle cleanse, massage and mask of the neck and décolleté.

### HAND & ARM MASSAGE

30 minutes | Weekday \$50 | Weekend \$65

Enjoy a greater sense of connection, romance, and intimacy with treatments designed especially for couples.  
(Prices Per Person).

## COUPLES MASSAGE

50/80 minutes | Weekday \$195/\$275 | Weekend \$225/\$325

A relaxing full body massage for two is the perfect prelude to a romantic, in-room candlelit bath drawn with aromatic essential oils. Extend your spa treatment by adding a Bath Butler Service.

Also available as a couples massage: Bardessono signature massage | Swedish massage | Salt Stone massage | CBD massage



Bathing rituals that connect water as the origin and essence of our health and well-being.

### BARDESSONO BATH BUTLER

Extend your spa treatment by adding a bath butler to your service

#### ME THYME BATH

Weekday \$95 | Weekend \$125

Let time elude you while immune-supporting aromas of thyme, juniper and rosemary envelop your senses inducing a sense of comfort and wellbeing.

#### CLARIFYING SAGE BATH

Weekday \$95 | Weekend \$125

Cleanse energy and purify the body with the healing benefits of sage, geranium and citrus to uplift your mood and increase focus.

#### LAVENDER CLOUD BATH

Weekday \$95 | Weekend \$125

Drift into bliss with an herbal-infused lavender and chamomile bath to quiet the mind and still the body for rest and restoration.

#### WELLNESS BATH

Weekday \$95 | Weekend \$125

Reminiscent of a Turkish hammam, this deeply purifying and sacred ritual drenches skin in a moisturizing milk bath of floral buds and essential oils.

#### BATH & BUBBLES

Weekday \$125 | Weekend \$155

Breathe deeply as you take in valley views while soaking in a soothing aromatherapy bath of essential oils-infused salts, surrounded by flower petals with accompanying bottle of bubbly.



Center yourself with mindful movement to decrease stress, improve, sleep and promote a healthy lifestyle.

## YOGA

Private lesson | 75 minutes | 1-2 guests | Weekday \$200 | Weekend \$250

All classes are tailored to fit your individual needs. Pricing is per class not per person (subject to change).

Please inform the spa concierge at the time of booking on which style of yoga/meditation you would like to experience. Classes require booking 24 hours prior to appointment time.



## Policies

### **DISCONNECT TO RECONNECT**

Cell phone use is not permitted in the Spa Center.

### **COVID-19**

Please call the Spa for the most up to date guidelines.

### **SERVICE CHARGE**

Treatment prices do not include gratuities. For your convenience, a 21% service charge will be added to all services.

### **SPA CANCELLATION POLICY**

As a courtesy to other guests and our therapists, if you need to cancel or reschedule an appointment please give a 24-hour notice to avoid a 100% cancellation charge.

“No Shows” will be charged the full treatment price.

Day Package or group cancellation requires a 72-hour notice to avoid a 100% cancellation charge. If you are running late, a phone call is always appreciated. Your arrival time will determine the length of your treatment time, which will end as scheduled so that the next guest may begin promptly. In this case, you will be charged the full amount of your originally scheduled treatment.