

GARDEN SPA TREATMENT MENU

NESTLED IN THE HEART OF THE INN'S FRAGRANT GARDENS, THE GARDEN SPA OFFERS TREATMENTS BASED AROUND THE BENEFITS OF A SPECIFIC FRUIT, FLOWER, HERB, OR ELEMENT FROM THE EARTH. EACH TREATMENT USES THE FINEST "SINGLE NOTE" ESSENTIAL OILS, RATHER THAN A BLEND, ALLOWING YOU TO EXPERIENCE THE UNIQUE QUALITIES OF THE ESSENTIAL OIL.



SIGNATURE TREATMENTS

All signature treatments are 100 minutes in length.

THE ROSE GARDEN — \$199

Rose Petal Bath, Rose Petal Body Polish, and Rose Essential Oil Massage

RED RED WINE — \$199

Red Wine Grapeseed Bath, Grapeseed Body Polish, and Grapeseed Essential Oil Massage

LAVENDER DREAMS — \$199

Lavender Bath, Lavender Marine Body Wrap, Lavender Essential Oil Massage

THE CITRUS TREE — \$199

Sweet Orange and Pink Grapefruit Bath, Mandarin Orange and Pink Grapefruit Body Scrub, and Sweet Orange Massage

THE TROPICAL ISLAND — \$199

Bali Sea Salt Scrub, Tropical Flower Bath, and Exotic Island Flower Massage

ADAM — \$199

This energizing body treatment is designed specifically for men.
Eucalyptus Body Scrub, Peppermint Bath, Rosemary Massage

HEALING STONES & GARDEN MUD — \$199

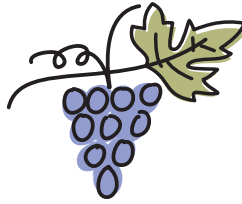
Nourishing Garden Mud Wrap followed by a Healing Hot Stone Massage

MINERAL BATH & ESSENTIAL OIL MASSAGE — \$199

20-Minute Mineral Bath and 80-Minute Essential Oil Massage

GARDEN SPA FACIAL — \$199

A deluxe 100-minute facial utilizing elements from the garden. Includes face, hand and foot massage.



FRUIT

SWEET ORANGE MASSAGE — joyous, refreshing, relieves anxiety \$115

MANDARIN ORANGE & PINK GRAPEFRUIT SCRUB

— nourishing, hydrating, soothes the senses — \$115

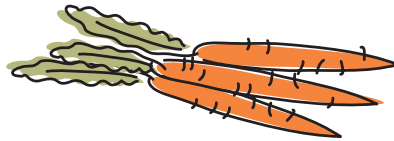
RED WINE GRAPSEED MASSAGE — moisturizing, improves circulation — \$115

RED WINE GRAPSEED BODY POLISH — antioxidant, exfoliating, skin softening — \$115

SONOMA OLIVE OIL BODY POLISH — invigorating, nourishing, exfoliating — \$115

FACIALS

ORGANIC FRUIT FACIAL — designed around your specific skin type — \$115



VEGETABLE

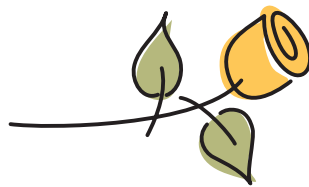
PUMPKIN BODY WRAP — gentle, exfoliating, deeply moisturizing — \$115

FACIALS

CARROT VITAMIN FACIAL — hydrating, nutritious, combats free radicals — \$115

EIGHT GREENS FACIAL — firming, lifting, hydrating, anti-blemish — \$115

PUMPKIN FACIAL — rich in vitamins, enriches skin and leaves it glowing — \$115



FLOWERS

CHAMOMILE MASSAGE — calming, relaxing, comforting, sedates nervous system — \$115

JASMINE MASSAGE — beautiful, fragrant, good for dry sensitive skin — \$115

YLANG YLANG MASSAGE — euphoric, enhances relationships, anti-depressant — \$115

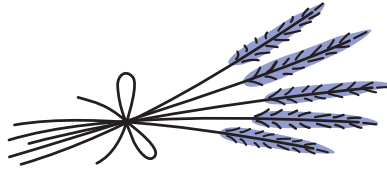
ROSE MASSAGE — lifts the spirit, gentle to the skin, peaceful — \$115

ROSE PETAL BODY POLISH — gentle exfoliation, opens the heart, fragrant — \$115

LOMI LOMI MASSAGE — traditional Hawaiian style massage. 100 minutes — \$199

FACIALS

ROSE PETAL FACIAL — radiant, revitalizes complexion, fresh, soothing — \$115



HERBS

CLARY SAGE MASSAGE — balances energy, calming, sense of well-being — \$115

ROSEMARY MASSAGE — energizes the body, good for muscles and joints, helps focus — \$115

FRENCH LAVENDER MASSAGE — relaxing, calms the psyche, relieves tension — \$115

FRENCH LAVENDER BODY POLISH — deep cleansing, promotes restful sleep — \$115

LAVENDER MARINE BODY WRAP — calming, hydrating, detoxifying — \$115

PEPPERMINT FOOT SOAK WITH REFLEXOLOGY — cooling, refreshing,
enhances mental clarity — \$115

FACIALS

STONE CROP FACIAL — soothing for all skin types, rehydrating, calming, reduces redness — \$115

MEN'S SEVEN HERB FACIAL — nourishing for underappreciated skin,
reduces shaving irritation — \$115



EARTH

SANDALWOOD MASSAGE — grounding, awakens the consciousness — \$115

EUCALYPTUS SCRUB — invigorating, warms muscles, improves breathing — \$115

GARDEN MUD WRAP — detoxifying, exfoliating, nourishing — \$115

FRENCH ROSE CLAY BODY WRAP — refining, softening, hydrating,
enhances cell renewal — \$115

GARDEN STONE MASSAGE — healing, soothing, deeply relaxing — \$115

OTHER

FOR COUPLES — enjoy any of our massages or body treatments side-by-side in our couple's room.

JAPANESE TEAHOUSES — all of our massages are available,
weather permitting, in our private garden Japanese teahouses.

MICRODERMABRASION — upgrade any facial with a microdermabrasion.
Exfoliates the skin reducing the look of fine lines and wrinkles — \$25

WAXING — lip, chin, brow, bikini, and leg waxing are available. Ask for pricing.

**ALL TREATMENTS ARE 50 MINUTES
EXCEPT WHERE NOTED.**

FACILITIES — The Garden Spa offers seven indoor treatment rooms and two outdoor garden teahouse treatment rooms, lounge, men's and women's locker rooms, co-ed steam room, and The Garden Shop. Facility use is complimentary for hotel guests, and for walk-in guests with the purchase of any spa treatment.

POOL & FITNESS CENTER USE — Use of the Pool and Fitness Center are complimentary for hotel guests. Outside guests may enjoy these facilities with the purchase of a spa treatment.

WHAT TO WEAR — You will be provided with a robe and slippers at the Spa. During all treatments, your body will be fully draped, except for the area being worked on. You will need a swimsuit for the Spa's co-ed steam room. The Garden Shop offers a selection of swimwear and work-out attire.

PLEASE NOTE — The Spa is for adults only. Spa treatments for children under 18 may be arranged through the Spa Reception Desk. Alcohol, smoking, pagers and cell phones are not permitted in the Spa.

Gratuities are not included in the treatment price, but are always appreciated for outstanding service. Special envelopes are available at the Spa Reception Desk or a gratuity may be signed to your guest room account.

BEFORE YOUR TREATMENT — Please arrive at least 10 minutes before your appointment. Try to allow at least one hour between your last meal and your treatment and avoid the consumption of alcohol prior to your treatment.

WE CARE ABOUT YOUR GOOD HEALTH
Please let your provider know if you have any special physical or medical needs, or are uncomfortable during your treatment for *any* reason. Keep in mind that many of our treatments are physical in nature, meant to reduce stress, relieve tense muscles and muscle fatigue, stimulate lymphatic drainage or exfoliate your skin. As a result, a few guests may experience a variety of symptoms following a Spa treatment including, but not limited to: soreness, minor bruising, skin redness and/or slight skin rash.

RESERVATIONS

We recommend making Spa reservations at least two weeks in advance to assure desired times. We have both male and female providers and you will be booked with either, unless you state a preference. **To schedule your treatments, touch ext. 193 on your guestroom telephone or call (707) 933-3193.**

CANCELLATION POLICY

Because Spa treatments are reserved for you, you must notify us at least 24 hours in advance if you need to cancel or reschedule your appointments. 50% of the value of the treatment will be charged for cancellations or changes within 24 hours. Cancellations or no-shows within two hours of the scheduled treatment time will be charged at full value. Same day appointments are non-cancelable and are charged at full value if cancelled.

HOURS

THE GARDEN SPA & THE GARDEN SHOP

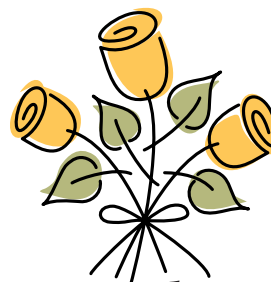
Open daily from 9:00 a.m. – 8:00 p.m.

THE FITNESS CENTER

Open daily from 6:00 a.m. – 10:00 p.m.

THE POOL & WHIRLPOOL

Open daily from 8:00 a.m. – 10:00 p.m.



The Garden Spa
AT MACARTHUR PLACE

For Reservations, call
707-933-3193 or 800-722-1866

www.macarthurplace.com

29 East MacArthur Street
Sonoma, CA 95476