

## Custom Spa Additions

The following services can be **added** to any full body massage:

### Zen Head

**15 minutes \$45**

Warmed, fragrant oils and pure botanical extracts selected for their rich and nourishing qualities are massaged into your hair and scalp. Hot towels are applied for your added contentment. Choose from our seasonal selection of intoxicating and therapeutic blends in a base of jojoba and grape seed oils.

### Himalayan Salt Body Polish

**30 minutes \$79**

We combine bioenergetic Himalayan salts, which contain 84 minerals and trace elements essential to health, with the rich,



nourishing oils of jojoba, grape seed, avocado and aromatic pure plant extracts to stimulate circulation and condition your skin. The exfoliation leaves your skin renewed and smooth. A quick rinse in the shower leaves you ready for your massage.

### Blissful Feet

**30 minutes \$70**

Bliss for the feet begins with a fragrant hot towel "sauna" and relaxing pressure to calves and feet. Then warmed oils and heated, polished stones are used to massage your feet, calves and toes.

Toe-tally grounding!



## Signature Spa Treatments

All facials **include** a conditioning hand massage while your face drinks up the rejuvenating botanicals.

### Thousand Flowers Facial

**With shoulder, neck & scalp massage**

**60 minutes \$120**

**With full body massage**

**90 minutes \$165**

Your face is greeted with a fragrant and soothing herbal "hot towel sauna" and gentle acupressure. Cleanser, mask, toner and moisturizer are blended from the finest botanical extracts including Calendula, Blue Moroccan Chamomile, Lavender and Rose to purify and revitalize your skin.

### Schoolhouse Aromatherapy Facial

**With shoulder, neck & scalp massage**

**60 minutes \$120**

**With full body massage**

**90 minutes \$165**

Revitalizing and toning, this aromatherapy facial combines botanicals selected for purifying, hydrating and nourishing the skin with warm, woody herbals and refreshing citrus.

### Schoolhouse Special

**120 minutes \$220**

Immerse yourself in a total body therapy experience with the ultimate indulgence of our purifying Himalayan Salt Body Polish, a soothing aromatherapy facial treatment (select either 1000 Flowers or Schoolhouse Facial), and a full body massage.

### The VIP (Very Important Parts)

**90 minutes \$179**

Choose one of our aromatherapy facials. Enjoy a relaxing shoulder, neck and scalp massage before your facial and delight in your feet being lavished with a hot towel sauna and massaged with warm oils and botanical extracts.

### Total Escape

**120 minutes \$210**

Be altered! Start with warmed, rich oils, relaxing aromatherapy from our seasonal menu and an extended full body massage. Drain thoughts away with the Zen Head and finish with the grounding Blissful Feet. A truly delightful experience!



## The Spa at Schoolhouse Creek



Experience Pure  
Indulgence...

The Spa at Schoolhouse Creek is located in a beautiful Yurt adjacent to our ocean view hot tub. All massage and spa services include complimentary

use of our hot tub and sauna — enjoy a relaxing soak or sauna before your treatment to warm and relax aching muscles! Yurts have been used throughout the centuries and, based on the principles of sacred geometry;

provide excellent energy and acoustics for bodywork. We pride ourselves on bringing you only the highest quality, caring and professional massage therapists who will skillfully attend to your relaxation. In all of our spa treatments, we use only the finest natural oils, herbal extracts, and natural ingredients. Our products are custom blended and freshly mixed to ensure the highest potency and to eliminate the use of preservatives and stabilizers found in most commercial products.

## Schoolhouse Massage

**60 minutes**      **\$100**

Melt away your tensions with our Schoolhouse Massage. Integrating Swedish and other therapeutic techniques with just the right amount of pressure, this massage will leave you relaxed and with an overall feeling of wellbeing. The perfect addition to your stay at the Inn.



## Mendo Time

**15 minutes**      **\$25**  
**30 minutes**      **\$50**

Enhance your retreat and luxuriate in extra massage time. Choose longer “all over” body time, or select a focus area such as back, neck, hands, or feet.

**Tandem Massages** – Enjoy your massage or spa treatments together! Our Yurt provides the perfect space for two massages tables, two therapists, and you. Take a soak in our ocean view hot tub before the treatments and you’ll be right there. Just select treatments of equal length. Please give us as much notice as possible to accommodate your scheduling preferences.



## Hot Rocks Massage

**90 minutes**      **\$179**

Smooth basalt rocks, selected for their heat retaining qualities are expertly integrated into a full-body massage, taking relaxation to a new level. The penetrating heat naturally soothes and relaxes muscles as our botanical extracts enhance the treatment even more. If it has been more than six months since your last massage it is highly recommended that you select a hot rocks massage to maximize the benefit from your body work.

## Deep Tissue Massage

**75 minutes**      **\$150**  
**Additional 15 Minutes**      **\$25**

Advanced techniques and modalities specific to chronically tight muscles and areas of tension are incorporated into the massage for a soothing therapeutic treatment. Botanical extracts are selected to aid circulation, relaxation and healing. If you have more than one focus area please add more time.

## Prenatal Massage

**60 minutes**      **\$125**

Treat yourself to a release from the aches of your transforming body. This massage relaxes the muscles and helps them ease into their changing functions. Our skilled massage therapists take the utmost care to ensure an enjoyable and safe bodywork experience for both participants using pregnancy appropriate techniques and aromatherapy. Extra care is taken with bolsters and pillows to support you for total relaxation and a reconnection with your body during this time of sacred creation.

## Reiki Renewal

**60 minutes**      **\$85**

Reiki is a deeply relaxing, stress reducing and nurturing treatment in which the client remains clothed throughout. The therapist administers light, intuitive touch for a feeling of complete renewal for body, mind and spirit.



All massage and spa services include complimentary use of our 24 hour hot tub and sauna for you to enjoy a relaxing soak or sauna before your treatment to warm and relax aching muscles!

**Our spa is very popular and we recommend that you make your appointments early to ensure your desired treatment times.**

*Please note that all massage and spa treatments have a 24-hour cancellation policy. Cancellations with less than 24-hour notice are billed the full treatment cost.*