

Spa Silverado

Nestled in the heart of Napa Valley, this 16,000 square foot Spa is currently offering a revised Treatment Menu.

Enjoy our private Spa Pool by booking a medical massage.

Areas that are currently closed: Locker Rooms, Showers, Steam and Sauna amenities.

Reservations are available by calling 866-384-4596.

Massage is an Essential Service

Medical professionals and our guests have confirmed what we already know, that massage is an essential healthcare service for many people. Particularly now, with the additional stresses of fear, isolation, lack of touch.

You can still receive a massage treatment at Silverado if you have a medical referral on file with us. (*This does not apply to skincare or salon services)

Treatments

SILVERADO THERAPEUTIC MASSAGE \$165 | 50 MINUTES

Enjoy the restorative and immune boosting benefits of our professionally blended aromatherapy oils. During this personalized treatment we include a mixture of different techniques and pressures created just for you. Your therapist will use a blend of Swedish, Deep Tissue and assisted stretching to relax your muscles and de-stress you.

CBD upgrades are available for an additional \$30

SILVERADO THERAPEUTIC MATERNITY MASSAGE \$165 | 50 MINUTES

A nurturing treatment for pregnancy during any trimester or postpartum, this massage improves circulation and provides a gentle, soothing touch for expectant and new mothers.

To Obtain a Referral

To obtain a medical referral for massage, email, or visit your healthcare provider and let them know how you feel a massage would be helpful to you. You will want to mention the symptoms you are experiencing that can be addressed by massage (see the list below) and request that they provide you with a massage referral. See the sample "email to my doctor" below for ideas of how to request a referral.

- Chronic stress
- Anxiety
- Fibromyalgia
- Muscle or joint pain
- High blood pressure
- Insomnia
- Digestive disorders
- Headaches
- Poor circulation
- Chronically tight muscles
- Sports injuries
- Soft tissue injuries or strain
- TMJ disorders
- Disrupted or restless sleep
- Arthritis
- Myofascial pain
- Edema/swelling
- Immobile muscles or joints (such as frozen shoulder)

Whether you see a traditional MD, a Naturopath or a Chiropractor, massage can be a great addition to your health care regimen. If you suffer from even one of the conditions mentioned above, you're a candidate for a medical massage referral.

When you have a healthcare massage referral, simply email a copy to Spa at Silverado spa@silveradoresort.com

Once it is on file, you may call Silverado Spa to schedule your massage. Our indoor rooms provide a safe and clean environment for you to receive a healing massage with our caring and experienced massage therapists.

Make sure to mention your medical massage referral upon booking. We look forward to supporting your journey to wellness!

- Only ONE note must be attained and may be emailed to spa@silveradoresort.com
- Your note will be kept on-file and applied to all future massages. You do NOT need to obtain a separate note for each massage; one note is sufficient!
- You may obtain a note from your personal doctor, Naturopath or Chiropractor.

20% service charge will be automatically added to all services. This service fee is allocated to the spa staff members who serve you during your visit. Additional gratuity is always appreciated for excellent service.



SILVERADO RESORT
GOLF | SPA | TENNIS
NAPA, CA

Spa Silverado

Sample Doctor's Letter

(actual content in regular writing, suggestions in italics)

Dear ____*Doctor's Name*____,

I have been experiencing the following medical symptoms: ____*list any/all related medical conditions from the above list*____ and feel confident that massage therapy can help to address these problems. (*If you have experience with massage, say something like this*): I have experienced the benefits of massage before, and notice that when I get a massage I experience an alleviation of symptoms, such as ____*list any noted benefits here*____.

I am writing to request that you, as my health care provider, provide me with a referral for medical massage therapy. With personal care services potentially being shut down due to COVID, I would like to feel assured that I can receive a massage to alleviate my symptoms as an essential health care service. I appreciate your support in this matter, and know that you will want to help me achieve optimal health.

Thank You *or* Sincerely,
Your name



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