

# WELLNESS RITUALS

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## **Birchwood Medley**

Warm birchwood sticks are used with flowing massage to support purification of the muscle tissue and stimulate the metabolism. An intensive regenerating face mask reduces pores and ensures a silky soft complexion. The result is visibly firmer and smoother skin from head-to-toe.

## **Mediterranean Indulgence**

A wholesome massage using local olive oil balm is soothed into the skin with warm basalt stones. The golden oil is rich in plant derived antioxidants, vitamins E and A, and essential fatty acids that nourish the skin and promote elasticity. Our 80-minute experience will include an additional detoxifying full body lymph brushing.

## **Tuning Fork Ritual**

Experience the subtle power of vibrational therapy. Sound waves created by the Om tuning forks travel the long meridian channels of the body and acupressure points to dissolve disharmony and tension allowing you to tune deeper into yourself. A Swedish-style application of rose oil enhances the Om vibration leaving guests feeling balanced and energized.

## **Energy & Balance Renewal**

An evocative ritual blending layers of exceptional ingredients and pure scents immersed deeply into the skin. A vigorous exfoliation with warming gingergrass and bamboo releases vital energy throughout the body. A yuzu & sea algae wash and warm water rinse prepares the body for a wild cherry blossom rice buff treatment. A shiatsu massage with selected floral oils completes the ritual.

## **Spice of Thai**

This unique experience blends ancient Thai massage with the benefits of warm compresses filled with traditional, organic and wild-crafted Thai herbs & spices. Designed to boost the body's inherent immune system and increase natural energy flow; the combination of heat, pressure, and assisted stretching will melt away muscle tension.

## **Valley Cascades**

Abandon the everyday and reset to the pace of Carmel Valley. A custom lavender and sugar exfoliation followed by a rose clay body mask awakens the senses. A lavender-infused Vichy steam will rinse away any tension. A full body application of a decadent shea butter blend completes the transformation.

## **Touch of Hawaii**

The Vichy room is transformed into a steamy island retreat inspired by the healing rituals of Hawaii. An invigorating tropical sugar scrub gently polishes and renews the skin. Hawaiian music transports the mind to the islands as the body sinks into the dreamy rhythm of a lomi-inspired massage.

## **Vichy Hammam**

Inspired by a thousand years of tradition stemming from Turkey and Morocco, this hammam-based ceremony thoroughly cleanses the skin in a steamy oasis of scents from the orient. An invigorating head-to-toe exfoliation initiates the ritual and sets the stage for the true meaning of the word hammam, meaning "spreader of warmth." After a water bowl deluge and vichy shower, retreat into an intense blend of creams and essential oils, each chosen for their healing and therapeutic properties. Awaken the body to a crescendo of temperature and detoxification for a euphoric lightness of being.