



Farmhouse

Russian River Valley

Spa

by Francis & Alexander

Sonoma County is one of the most abundant places on earth. Rich soil and generous sunlight nourish this bountiful countryside, yielding exquisite produce and healing herbs. This idyllic setting is home to generations of farmers and healers who have made use of the land in service to others.

At Farmhouse Spa, we honor this tradition by bringing nature's best to the table with hospitality from the heart.

Massage and Body Work

The Farmhouse Massage 60 mn \$120 / 90 mn \$175 / 120 mn \$235
A firm and nurturing massage using unscented potions that feed the skin.

Wellness Solution Massage 60 mn \$130 / 90 mn \$190 / 120 mn \$255
Each wellness solution offers a specialized blend of essential oils and herbs that provide healing benefits intended for a specific result. An essential oil patch will continue to support your results after the massage. Choose from:

- Stress Release
- Balance
- Energy
- Detox
- Muscle Soother

Deep Muscle Massage 60 mn \$135 / 90 mn \$195
This targeted massage addresses tight muscle groups and is highly beneficial for physical and mental stress reduction.

Massage Medley 90 mn \$180 / 120 mn \$240
The best of all massage worlds! A masterful blend of healing hands, warm stones and a hot towel herbal infusion makes this medley a path to bliss.

Mother-To-Be Massage 60 mn \$120 / 90 mn \$175
Appropriate for all stages of pregnancy. The utmost care is given to your comfort level by using professional body-support cushions. A soothing blend of oils will replenish the skin and soothe the soul as your therapist targets areas of tension common during pregnancy.

Warm River Stone Massage

90 mn \$190/ 120 mn \$260

Select from the Wellness Solutions to enhance the effects of the stones. As the stones warm the skin the oils penetrate more deeply. A skillful combination of hands and stones take this experience to the next level.

Extremity Massage

60 min \$120

Head, neck, shoulders, hands and feet are soothed and cared for while you rest soundly on the table.

Couple's Massage

60 mn \$120 / 90 mn \$180 / 120 mn \$240 per person

A euphoric blend of aromatherapy oils and side by side massages allows you to share the energy of being nurtured together.

Cabana Massage

Weather permitting, enjoy your session in the fresh California air. Our cabana accommodates singles and couples. Please inquire with our spa concierge.

Catherine's Favorite

90 mn \$195 / 120 mn \$260

massage/hair and scalp treatment/foot exfoliation

This head to toe experience is a favorite at some of the most prestigious spas in the world and one of our owner's favorite. The Farmhouse Massage is enhanced with an intense lavender and orange hair and scalp treatment. While your hair is soaking up nutrients, a peppermint foot scrub and hot towel foot wrap relaxes your entire being.

Special Offerings

Our team has special gifts that we would like to share with you. These offerings generally require advance booking. Please let us know if you are interested so we can assist you in experiencing these effective modalities for vibrant health.

Offerings include: **Feldenkrais; Ortho-Bionomy** or **Thai Massage**.

In-Suite Massage

Most massages are available side by side in our couple's room or in the outside cabana. If you are in a Barn Spa Suite, the outside terrace is an excellent place to enjoy your massages side by side. For In-Suite service, please add \$20 per person to any selected massage.

Russian River Bounty

Gifts from the Vines

120 mn \$260

exfoliation/ body butter massage/ wrap and mini-facial

The ultimate in hydration and relaxation. We invite you to drop deep inside and enjoy the aromas of the oils and the lovely techniques of your therapist. A dry mitt exfoliation will prepare the skin to receive the moisturizing effects of our anti-oxidant packed Rose Geranium and Grape Seed body butter. After a full massage, this luscious butter will be left on the skin for a hydrating wrap. A Grape Seed mini facial with a Russian River honey mask will leave your skin moist and supple to the touch.

Carrot Carrot Carrot

180 mn \$395

massage/ wrap/ scalp and hair/ facial

In this 3 hour session we saturate the skin and hair with rich emollients and nurture the body with a calming massage. Fresh skin is revealed by using a dry mitt exfoliation and a yogurt peel. A rich carrot mask is applied to plump-up the cells as you receive a foot reflexology session. Next a skin-renewing carrot seed oil massage feeds the skin. Finish with a lavender and orange scalp treatment and a Custom Facial.

Forest Mist Firming Treatment

90 mn \$195 / 120 mn \$260

exfoliation/ bay laurel compress/ firming serum/ massage

As the Pacific fog rolls in, it brings moist air from the sea, keeping our forests green during dry summer months and the vineyards cool. This temperate mist defines the character of all Russian River Valley wines. This treatment is designed to assist the skin's health by integrating healing nutrients from the Sonoma coast and elements from the local Terroir. A dry mitt exfoliation will prepare the body to receive warm Bay Laurel moisture compresses, a marine-based serum that helps firm the skin, and a rich herbal extract massage.

Purification Ritual

60 mn \$135 / 90 mn \$195

Massage Self-guided steam and bath time not included in time or price

Step into your private steam, fragrant with a mixture of therapeutic herbs and oils to begin the purification ritual. The warm moisture helps relax tight, contracted muscles that trap toxins in your body. Emerge from the steam, slip into your robe and come to our treatment area for your massage with oils enhanced to purify the body. Return to your room with a replenishing drink and soaking salts to continue the purification ritual.

Purification Ritual – Therapist Guided

90 mn \$215 / 120 mn \$285

Includes steam/ massage/ bath

This experience is guided by our therapist beginning with the steam, followed with in-suite massages and finished by drawing your bath in your private Barn Spa Suite.

FRANCIS & ALEXANDER
CONSULTANCY AND RESOURCE FOR SPAS

Orchard Recipes

30 minute add-ons \$65 each

Pick one of these Blue Ribbon Winners to add to any other spa treatment. Our masks include a lemon yogurt peel that refines the skin tone and removes rough spots, the fresh skin is more receptive to the nutrients and alpha hydroxy fruit sugars that soften and rejuvenate the skin.

Quince and Apple Gel Mask

A firming fruit enzyme mask that tightens pores and balances any skin type.

Sour Cherry and Honey Mask

A healthy-aging mask that firms, smoothes and regenerates the skin.

Peach Mask

An ideal mask for very dry skin, natural ingredients help plump up the skin for a glowing moisturized complexion.

Pregnancy Mask

A mask for the belly made of organic herbs and antioxidants to help increase the elasticity of the skin's connective tissue.

Orange Scalp Oil and Hair Treatment

A blend of orange, lavender, and verbena oil stimulates and opens the follicles to cleanse and feed the scalp. Jojoba and special essential oils are generously applied to nourish the hair. Enjoy a soothing foot massage while the products deeply penetrate the hair and scalp.

Romance at the Farm

Playful Passion

60 mn \$130 / 90 mn \$190 *per person*

Massage

Self-guided scrub/ steam and bath not included in time

Playtime begins with a seductive vanilla orange scrub in your own private steam room to exfoliate one another. After the steam, you come to the treatment room for your side-by-side lover's massage, return to your room with a sensually scented, skin softening bubble bath for a romantic soak.

Barn Suite Decadence

120 mn \$295 *per person*

We can provide the Playful Passion in the comfort of your Barn Spa Suite. The therapists will set up a delicious smelling steam room for your exfoliation and shower together. Followed by a massage in your room or on the terrace where massage tables are waiting fireside. Before leaving they will draw a special bath, and leave you with sparkling wine and chocolates to enjoy while soaking.

In-Suite Couple's Massage & Bubble Bath **90 mn \$210/ 120 mn \$280 *per person***

Enjoy your side-by-side massage in the privacy of your Barn Spa Suite. The therapist will draw the bath and place seasonal specialties by the tub for you to nibble your way to nirvana!

Fabulous Farmhouse Facials

Our products are sourced from companies that are environmentally-conscious as well as results-oriented. We combine this with proven technology and personalized care to give you a facial you are sure to remember.

Balancer

60 mn \$135

This Grape Seed Antioxidant Facial helps balance sebum production in the t-zone area, resulting in a clear, healthy complexion.

Custom

90 mn \$195

Our aestheticians will expertly guide you in the proper skin care regimen for your specific needs, customizing the treatment with a variety of natural and organic skin care products with techniques that enhance the results.

Gent's Facial

60 mn \$135

Specific products are designed for male skin, targeting face, neck, back and chest areas.

Deep Pore Cleansing

75 mn \$170

Purify and cleanse problematic skin with naturally effective products designed to draw impurities from the deepest layers of the skin.

Helpful Spa Information

Dress

For most massage treatments, it is customary to undress completely and wear your robe while waiting for your therapist. If this makes you uncomfortable, please feel free to wear your undergarments. You will be properly draped for the entire massage. You are welcome to wear your robe to the Spa.

Spa Reservation

Times/gender requests/medical info

Treatment hours are 8:00 am to 8:00 pm. Reservation hours are 8:00 am to 7:00 pm. Please specify your preference for male or female therapist if this is important to you. All of our therapists are highly trained professionals. If you have any medical needs or allergies, please notify us.

Our spa concierge can be reached directly at 707-996-4714.

Gratuities

Gratuities is left to your discretion. If pleased with your service, a standard gratuity is 18%. An 18% gratuity is added to spa treatments 2 hours or longer.

Cancellation Policy

In consideration of the therapists and our other guests, we require a 24-hour notice for cancellations. For treatments that are 2 hours or more and for group bookings we have a 48 hour cancellation policy. Late cancellations will result in a full charge.