



# FARMHOUSE INN

## SIGNATURE SESSIONS

### **The Antidote** | 60 MIN \$215 | 90 MIN \$315

A massage tailored to your preference for light, medium or deep tissue pressure. This signature session blends integrative techniques, customized pressure, and soothing remedies, carefully crafted to meet you where you are today.

WARM COMPRESSES | CUSTOMIZED PRESSURE | TAILORED MASSAGE

### **Mother Earth** | 60 MIN \$215 | 90 MIN \$315

A nurturing session to honor the mother-to-be as she moves through the physical and mental changes of pregnancy. Nourishing belly balm to promote elasticity and a grounding foot treatment to relieve tension and swelling are delightfully wrapped into this tailored full body session.

NOURISHING BELLY BALM | RELIEF FOR THE FEET | TAILORED MASSAGE

### **Gems + Stones** | 90 MIN \$355

Warm days and cool nights are a signature atmospheric dance in Sonoma County. As a reflection of this, warm basalt stones and cool gemstones glide together in a therapeutic tailored massage. The expansion and contraction from the heat and cold provide unique healing benefits to release tension patterns, reduce inflammation, and balance our happiness hormones.

WARM BASALT STONE | COOLING GEMSTONES | TAILORED MASSAGE

### **The Skin You're In** | 90 MIN \$355

Let us treat the skin you're in! Enjoy a full body exfoliation with the seasonal body polish, an alfresco shower, and a tailored massage. Leave feeling refreshed, renewed, and ready for what's to come.

SEASONAL SCRUB | ALFRESCO SHOWER | TAILORED MASSAGE

### **Celebration** | 90 MIN \$355

A head-to-toe session crafted for the celebration-seeker. Whether it is to honor, give thanks or acknowledge a new phase of life, we say cheers to everything. A grounding foot treatment and illuminating face renewal are blended into a tailored session leaving you refreshed and primed for ultimate merriment. Carry on with your festivities with a special treat.

FOOT EXFOLIATION + REFLEXOLOGY | FACE TREATMENT | TAILORED MASSAGE



### **Spirit Path** | 90 MIN \$355

Uplift your spirit and realign your physical and energetic bodies. The hypnotic song of pure quartz singing bowls, personalized energy balancing and potent Marma points on the face, head and scalp are woven into a curative energy massage session, leaving you feeling like the best version of yourself.

HEALING SOUND THERAPY | ENERGY BALANCING | MERIDIAN POINT MASSAGE

### **Nurtured by Nature** | 120 MIN \$525

From the breathtaking Pacific Ocean to our heirloom orchards along to our world-famous vineyards, this beautiful sensory tour invokes the spirit of our dynamic region. Sun-evaporated Pacific Sea salt renews and remineralizes, while wild mustard seed and healing clay purifies, during a warm wrap infusion. An alfresco shower is followed by a layer of coastal redwood mist and a tailored massage with our signature blend of Farmhouse oils and butters.

PACIFIC SALT EXFOLIATION | DETOX WRAP | COASTAL REDWOOD MIST

## SESSIONS FOR TWO

### **Better Together** | 60/90 MINS

Whether it's romance or kinship, enjoy a side-by-side session of choice in our Couples' Suite.

Session of choice | **Side-by-side** | **Why be apart?**

### **Love Language** | 90 MIN \$400

We all give and receive love differently. Get to know each other better in this playful couples duet. You each will craft your own experience by choosing your love language below. Your preferences will be blended into a side-by-side tailored full body session.

**Physical Touch** FACIAL + HEAD + SCALP

**Words of Affirmation** SINGING BOWLS SOUND THERAPY

**Acts of Service** FOOT MASSAGE + SCRUB FOOT WRAP

**Receiving Gifts** LEAVE WITH A TOKEN OF OUR LOVE FOR YOU

**Quality Time** WARM BASALT STONES

**Food & Wine** DELICIOUS GLASS OF WINE AND FOOD PAIRING

### Enhance your massage with our **Seasonal Botanical Bath**

30 MINS | \$125.00

CONNECTED | ENGAGING | DEEP AFFECTION



## SKINCARE SESSIONS

### Ultimate Farmhouse Glow | 90 MIN \$325

Replenish and reset as you experience a glow like never before. Think of this customized facial as your all-in-one treatment- purifying exfoliants work to tone and decongest, leaving your skin visibly clearer, smoother, and more refined. In addition, an antioxidant-rich cocktail aims to hydrate, firm, and brighten your skin-making this treatment the ultimate anti-aging powerhouse.

CUSTOMIZED | ANTIOXIDANT | HIGHLY EFFECTIVE

### Luminous Facial | 90 MIN \$425

This revolutionary treatment provides an unmatched glow for your skin. Formulated with potent concentrations of highly effective brightening active ingredients, this treatment helps you achieve astonishing results in just one session. This unique facial experience evens skin tone and minimizes pores to reveal a completely even complexion. Suitable for all skin types, this ritual is the ultimate solution for radiant skin.

ANTI-AGING | RADIANCE | POWERHOUSE



### Citrus Essence | 60 MIN \$255

Indulge in a facial that restores firmness to your skin. Infused with vitamins to nourish and boost your complexion, this treatment enhances both elastin and collagen production. Help protect your skin from free radicals and prevent premature aging as you emerge with a renewed, radiant, and luminous complexion. This treatment is perfect for brightening and treating sun-damaged skin.

NOURISHING | RENEWED | BRIGHTENING

### Skin Comfort | 60 MIN \$255

This powerful treatment combines invigorating ingredients with highly effective extracts that work to visibly improve congestion, alleviate redness, and soothe inflammation. This combination helps restore the levels of collagen and protects the skin from external aggressors such as the sun. Consider this facial to be the perfect solution for those with sensitive skin looking for after-sun or sunburn comfort, care, and cooling. Also Ideal for pre-and post-procedure care as it helps increase the resilience of your skin during recovery.

SOOTHING | SENSITIVE | COOLING



## WELLNESS EXPERIENCES

### Private Yoga

1 GUEST - \$175 | 2 GUESTS - \$200 | 3 GUESTS - \$245 | 4 GUESTS - \$290

This unique class blends, meditation, breathwork and Vinyasa style yoga to start your day with ease, intention, and flow. Modifications offered for all levels of practice.

FLOW | ALIGNMENT | FLEXIBILITY

### Sound Bath Meditation

1 GUEST - \$175 | 2 GUESTS - \$200 | 3 GUESTS - \$245 | 4 GUESTS - \$290

This experience guides you into a deep meditative state using sound vibrations. Helps to relieve mental stress, deepen relaxation, bring insight and clarity.

SINGING BOWLS | MEDITATION | REST

### Forest Bathing

1 GUEST - \$175 | 2 GUESTS - \$200 | 3 GUESTS - \$245 | 4 GUESTS - \$290

Referred to as "Shinrin-Yoku" in Japan, forest bathing uses mindfulness and meditation techniques to open all five senses and connect with nature as a healing tool. Participants are guided on how to slow down, disconnect from technology, and take a break from life's daily stressors. From a scientific perspective, forest bathing has been shown to relieve stress & anxiety, decrease depression, reduce blood pressure, improve sleep quality, and strengthen the immune response. The experience is led by a certified nature therapy guide that shares simple mindfulness tools you can utilize during your vacation as well as in everyday life. Dress appropriately for the weather with comfortable clothing and shoes. 90 Min.

CERTIFIED NATURE THERAPY GUIDE | MINDFULNESS TOOLS | BALANCE



## ACKNOWLEDGEMENTS

**Special thanks to Laurel Misuraca** for curating the re-imagined menu with us.

We would also like to thank our partners **Sumbody** and **McEvoy Ranch** for working with us on our custom blend products.

**Can't decide?** Call our Spa concierge to help you design the wellness experience that will meet your needs.  
707-520-0195