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SPA

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at Cache Creek

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## MASSAGE THERAPIES

### AROMATHERAPY SWEDISH MASSAGE

A traditional western technique that uses long, soothing strokes to increase circulation and induce natural relaxation.

### AROMATHERAPY DEEP TISSUE

This customized massage uses various techniques such as deep tissue, sports and trigger point to focus on tight muscle tissue.

### HOT STONE MASSAGE

Hot stones are incorporated into our Swedish massage for the added benefit of pre-treating areas of concern, allowing the therapist to promote deep muscle and tissue relaxation.

### CAPAY MOMMY

Perfect for those who are expecting, it includes a full body Swedish massage to help reduce swelling and relieve aches and pains. (This treatment is offered in the last 2 trimesters only).

### HIMALAYAN SALT STONE MASSAGE

A full-body Himalayan salt stone massage nourishes the body and relaxes the mind. Hand carved salt massage stones are warmed and massage the body in specific combinations to relax body, mind and spirit.

### FOOT REFRESHER

Enjoy a revitalizing foot scrub, followed by a hot towel wrap and stimulating foot massage.





## Massage Enhancements

\*Please request any enhancements when making your reservation

### HOT SPOT

A hot spot is the perfect way to spot treat tight, swollen, or painful areas. A hot, bubbling self-heating mud compress is applied to affected areas to deeply detoxify and soften tight tissue prior to massage.

### MOROCCAN OIL SCALP TREATMENT

This scalp massage stimulates well-being while treating the scalp and hair. Treatment is done within your massage or facial.

### FOOT POLISH

Invigorate and soften tired feet with a polishing exfoliation and luxurious shea butter masque.

### GENTLE BODY EXFOLIATION

Perfectly silky skin is created with a combination of glasswort oil and sea salt. Oleocreme body milk is applied to the entire body for quenched, smooth skin.

## COUPLE'S JOURNEY

### COUPLE'S MASSAGE

Enjoy any massage service in our couple's retreat, with tables adorned in rose petals. 50 or 80 minutes.

### DEEP TISSUE MASSAGE UPGRADE

Deep Tissue Massage upgrade is available for the Couple's Journey of your choice at per person rate.



## **BODY TREATMENTS**

### **MARINE BODY WRAP**

This treatment is based on the renowned esthetical technique of heat wrapping. Gentle exfoliation using exfoliating gloves at the start of the treatment stimulates the epidermis. The selected marine wrap is then applied to the whole body and is activated by gentle warmth diffused by a heated blanket. After the wrap, your body is generously moisturized, leaving you totally rejuvenated.

### **RENEWAL BODY TREATMENT**

A delightful, integrative body massage to achieve ultimate spiritual and physical relaxation. The massage products used are infused with poppy and pomegranate flower extracts to exfoliate and nourish the skin during this intensely liberating massage.

### **PASSION FLOWER SCRUB & MASSAGE**

This is an aromatic and stimulating skin exfoliation. The skin is exfoliated and moisturized, followed by a massage with techniques inspired by yoga. It leaves the skin feeling rejuvenated, polished and the body will be “de-stressed.”

### **TREASURES OF THE SEA**

Starts off with full body exfoliation to eliminate dull skin cells and impurities. You are then wrapped in a sea water and essential oil gel mask and heat therapy blanket. Receive a full foot treatment as all your stress melts away. After you enjoy a shower in our private, in-treatment room shower, you will be transported to ultimate relaxation with a 50 minute massage.

## SKIN CARE

### ESSENTIAL FACIAL

IMAGE is a clinical skincare brand, powered by safe, proven ingredients and smart botanicals to make your skin healthier. Whatever your skin's challenges, this facial is customized by our skincare professionals to rejuvenate, brighten and hydrate your skin.

### ORMEDIC LIFT FACIAL

With a blend of papaya, pineapple, and mango, this non-chemical peel naturally re-balances, regenerates and restores your skin, using organic ingredients with medical effectiveness.

### SIGNATURE FACE LIFT

Full of Vitamin C and fruit enzymes and blended in an organic aloe vera base, this facial visibly reduces redness and brightens the skin, while hyaluronic acid provides superior hydration.

### O<sup>2</sup> OXYGEN FACIAL

This luxurious skin care treatment infuses oxygen, plant-derived stem cells, peptides and a high concentration of enzymatic botanicals into the skin leaving it luminous, refreshed and rejuvenated. O<sup>2</sup> lift delivers a premium spa experience with immediate results.

### ADVANCE ANTI-AGING TREATMENT

This results-driven treatment combines the most innovative and effective botanical brighteners with Echinacea, plant-derived stem cells and anti-aging peptides for youthful, illuminated skin.

## FIRMING NECK & DÉCOLLETÉ TREATMENT

Aging doesn't stop at the face, so why should your treatments? This results-oriented treatment combines the most innovative ingredients available to erase wrinkles, correct pigmentation and tighten loose skin, leaving skin plumped and radiant.

## HYDRA FACIAL

### EXPRESS

A breakthrough in aesthetic technology providing non-laser, non-invasive skin resurfacing. The Hydra Facial removes dead skin cells and extracts impurities while cleansing, hydrating and moisturizing. This high-tech – not high-touch – facial provides instant results for all skin types, with no discomfort or downtime.

### SIGNATURE

Our most popular Hydra Facial, the Signature, takes results to the next level with the addition of a mask customized to your skin type. As a final step, skin is drenched with hydration via an infusion of antioxidants and Hyaluronic Acid.



## **HYDRA FACIAL (cont'd)**

### **ULTIMATE**

Technology meets luxury in this transformative 80 minute facial. The immediate, visible results of the Signature Hydra Facial become even more dramatic when accompanied by one of three performance serums. This uniquely formulated combination of peptides remarkably smooths the appearance of fine lines and wrinkles, enhances skin elasticity, and evens skin tone. A customized mask completes the treatment, leaving you restored and your skin renewed.

## **MICRODERMABRASION**

### **DIAMOND GO & GLOW FACIAL**

Diamond microdermabrasion removes the outermost layer of dead skin cells. It's a non-invasive procedure used to decrease the appearance of superficial pigmentation and sun damage as well as diminish fine lines, wrinkles and acne scars.

### **ADD ON TREATMENT**

Microdermabrasion can be added on any treatment

Face | Arms | Legs | Back | Neck/Chest | Whole Body



## Skin Care Enhancements

\*Please request any enhancements when making your reservation

### I MASK BIOMOLECULAR HYDRATING RECOVERY MASK

This ultra-hydrating sheet mask from IMAGE infuses the skin with a blend of volcanic water, ginseng root extract, amino acids and antioxidants for the ultimate skin rejuvenation. Suitable for all skin types, including dry/dehydrated, sensitive and dull skin. Perfect for a little extra lift, brightening and hydration.

### I MASK BIOMOLECULAR ANTI-AGING RADIANCE MASK

This anti-aging sheet mask from IMAGE infuses skin with a unique fusion of volcanic water, brightening botanicals, peptides and antioxidants for the ultimate youthful appearance and radiance. Ideal for extra fine line reduction, hydration, brightening and skin rejuvenation.

### RELAX BACK THERMAL DETOX

At the beginning of your facial, relax back onto a compress of self-heating, bubbling mud and allow it to melt muscle tension and eliminate toxins from the powerful reflexology points around the spine.

## NAIL CARE

### SPA MANICURE

This treatment consists of filing, shaping, cuticle maintenance, a relaxing hand and arm massage, and a final polish of your choice.

### SPA PEDICURE

After filing, shaping, cuticle maintenance and callous work, your nail technician will exfoliate and hydrate your feet and lower legs. This treatment also includes a foot and leg massage and a final polish of your choice.

### DELUXE MANICURE

Building on the Spa Manicure, add a delightful hot paraffin treatment, infused with vitamin rich oils to hydrate and soothe aching and dehydrated hands.

### DELUXE PEDICURE

Our mineral body scrub will polish, smooth and moisturize your skin. A detoxifying mask, which releases toxins and fluid retention, is then applied to the feet. Finish with a gentle massage using shea butter, leaving your feet feeling soft and rejuvenated. Detailed nail care includes filing, buffing, cuticle care and polish.



### HOT STONE PEDICURE

Take care of your weary feet and tight calves with our hot stone pedicure. Feet and lower legs are massaged with basalt stones to relax tight muscles and improve blood circulation. The treatment is then followed by exfoliation and detailed pedicure services.

### GELISH POLISH MANICURE & PEDICURE

Our Gelish Polish creates a natural look that lasts at least 14 days without chips or smudges.

### NAIL ENHANCEMENT

Paraffin Hand Treatment | French Tip | Nail Art | Polish Change

## HAIR DESIGN

### HAIR SERVICES

Hair Cut & Style | Shampoo & Blow Dry | Special Occasion | Root Touch-Up | Full Color  
Highlight/Lowlight Partial | Highlight/Lowlight Full | Individual Foil

### MOROCCAN OIL CONDITIONING TREATMENT

Hair will be hydrated and conditioned with antioxidant-rich argan oil and nourishing ingredients. Dramatically improves hair's texture, elasticity, shine and manageability. Blow-Dry is included.

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## WAXING SERVICES

Lip | Chin | Brow | Face | Leg | Underarm | Arm | Chest | Back | Bikini

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## LASH EXTENSIONS

Our lash artists specialize in safe and customized extensions. Our eyelash extensions provide a rich-looking appearance that eliminates the need for mascara, giving you a low-maintenance beauty routine.

Full Set | Removal | Fills

## WEEKDAY RENDEZVOUS PACKAGES

### JUST DESSERTS

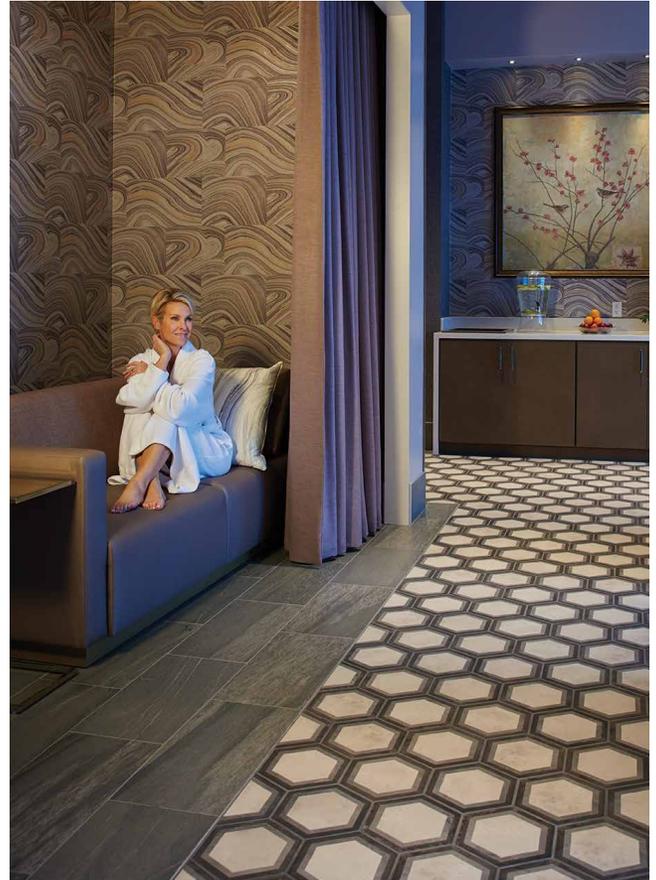
- 50 Minute Aromatherapy Massage
- 50 Minute Essential Facial

### DAY OF DECADENCE

- 50 Minute Aromatherapy Massage
- 50 Minute Essential Facial
- Spa Manicure
- Spa Pedicure
- Lunch

### SPA GETAWAY

- Passion Flower Body Treatment
- Deluxe Pedicure
- Shampoo & Blow Dry
- Lunch



## JUST A FEW NOTES...

### RESERVATIONS AND CANCELLATIONS

Your treatment and your provider's time are reserved specifically for you. Therefore, 24-hour advance notice is appreciated should you need to change, cancel or reschedule your appointment. Late notifications and 'no call, no shows' will be charged at full treatment price. A credit card is required for all reservations.

### ARRIVAL

For a stress-free check-in, you are encouraged to **arrive at least 30 minutes prior to your service starting time.** Guests with massage appointments will choose personalized aromatherapy prior to the service. We invite you to take time to shower and enjoy our amenities and the tranquility before your service. Late arrival will limit the time of your service, thus lessening its effectiveness and your pleasure. With respect to the next guest, your treatment will end at the scheduled time and the full value of your treatment will apply.

### SPA AMENITIES

For our spa guests, we offer robes, sandals and vanity amenities for your comfort and convenience. While lockers are provided, we recommend securing valuables in the safety of your hotel room. Additional amenities, including whirlpools, saunas and eucalyptus-infused steam rooms, are complimentary for spa guests with services of \$60 or more. For guests without spa reservations, a "Day Pass" is available at \$45 per person per day, based upon availability.

### HOTEL CANCELLATIONS

Canceling your hotel reservation **DOES NOT** automatically cancel your spa appointments, so please contact us directly to do so.

## GROUP CANCELLATIONS

A 72-hour advance notice is required for groups of 6 or more, to avoid being charged the full treatment prices.

## SPA BITES

Guests can choose a healthy selection from our menu. Orders can be placed at check-in and delivered at your desired time. Please allow at least 45 minutes. Outside food and drinks are not allowed.

## GRATUITIES

Gratuities are at the guest's discretion and are greatly appreciated by our staff. For your convenience, a 20% gratuity is added to parties of 6 or more.

## AGE REQUIREMENT

You must be at least 21 years of age to enjoy The Spa.

## RETURN POLICY

If you are not satisfied with the item purchased, return within 14 days of purchase with original receipt. All refunds will be credited to the method of payment. A check will be mailed for all cash purchases of \$50 or more.

**Sale items are NOT eligible for returns.**

## CONTACT US

For reservations or questions, please call us at 800-452-8181, ext. 5860, or 530-796-5860. We look forward to pampering you soon!

