

CHUMASH

SPA



MASSAGE

CHUMASH HERBAL HEAT SIGNATURE MASSAGE

80min / \$175

The Chumash had a vibrant culture of healing with the botanicals that populated their abundant surroundings. This massage, customized to attend to your body's needs, uses our special signature Wild Rose and Citrus Oil, along with hot herbal poultices filled with yerba mansa, lavender and arnica. These poultices bring heat and herbal goodness into the body, opening energy pathways and soothing muscles and joints.

5 ELEMENT AROMATHERAPY MASSAGE

80min / \$180

This aromatherapy massage blends customized essential oil infusions with heated stones and skillful therapeutic techniques to deliver the ultimate massage experience. We prescribe Wood to rejuvenate, Fire to stimulate, Earth for balance, Metal for detox, and Water to soothe. This treatment draws from both Eastern and Western massage and thermotherapy techniques to help balance both body and mind.

TREE OF LIFE SALT STONE MASSAGE

80min / \$165

50min / \$140

Our blend of forest botanicals is designed to reduce stress and boost your body's natural immunity. Breathe deep as we work out muscle tensions with warmed salt stones that purify and restore as they caress your skin.

TURQUOISE SAGE THERAPEUTIC MASSAGE

80min / \$180

50min / \$120

Sacred sage and potent arnica help work out muscle and joint stiffness and discomfort in this deep, therapeutic massage. Trust the skillful hands of your therapist, and the focused anti-inflammatory power of arnica, to restore you to maximum mobility and comfort.

OCEAN DEW PURIFYING MASSAGE

80min / \$150

50min / \$110

Unwind with traditional Swedish techniques. Our location gives us the good fortune to enjoy the bounty of both land and sea. This service supports your best health with detoxifying coastal herbs and extracts of olive to help maintain moisture in the skin, restore energy and relax tight muscles.

INNER HEARTBEAT PRENATAL MASSAGE

50min / \$135

Our blend of soothing and comforting botanicals, safe for mother and baby, are designed to help you relax and gently touch your heart. A special anti-stretch mark balm, crafted with rosehips and virgin organic coconut oil completes your pampering treat.

TOGETHER

HARMONIC INTENTIONS COUPLES MASSAGE

80min / \$340

In this massage for two, each partner sets their intention by choosing blends from our organic, aromatic blend bar. Each will enjoy a custom massage with special bee balm masks and massage for hands and feet.

I LOVE COUPLES MASSAGE

50min / \$260

Nurture your connection to one another through our luxurious blend of essential oils while you relax and renew in a custom side by side massage.

ARNICA HEALING SOAK COUPLES SCRUB/MASSAGE

80min / \$320

Healing arnica in mineral rich salts leaves skin satin soft and refreshed, and ready for a muscle-melting aromatic hydrotherapy soak in our luxurious copper tub. Soaking is one of the best ways to receive the benefits of the organic herbal essential oils as you breathe and absorb them through the skin. Your total revival is complete with an arnica and sage full body massage.

EARTH & SKY COUPLES TREATMENT

110min / \$425

Our signature couples treatment begins with a crushed grape body buff infused with our 'I LOVE' blend of essential oils. Then you are painted with smooth, warm mineral muds before soaking in our couples tub. Relaxed and hydrated, you'll both enjoy a luxurious body butter massage, which includes a wild rose mask for the hands.

BODY

BLACK SAGE HERBAL WRAP

80min / \$185

Your Chumash journey starts with a foot cleansing ritual in which feet are soaked in a warm bath infused with fresh, purifying sage leaves. Then your body is gently brushed to stimulate your skin and prepare it to receive a warm herbal clay mask scented with our signature blend of local aromatic oils. To help the clay work, you are wrapped in luxurious steamy herbal linens, and enjoy a hydrating honey facial mask and soothing scalp massage. Your experience is complete with a massage application of our Wild Rose and Citrus Signature Body Butter.

THE VALLEY TO THE OCEAN BODY POLISH

80min / \$150

Using a blend of Pacific and native salts to purify your skin and cleanse your energy field, this service will restore your inner and outer glow. After the polish enjoy a mineral rich, herb-infused soak in our luxurious copper tub. Then we apply a rich Turquoise Sage Body Butter to seal in the softness and moisture.

ROSEMARY ORANGE SUGAR SCRUB

50min / \$125

A gentle but effective and nourishing body treatment is offered with our organic Rosemary and Orange Body Scrub. Pure cane sugar infused with emollient botanicals will make your skin satin soft. An application of our signature Wild Rose and Citrus Body Butter gives the perfect hydrating finish.

MINERAL BODY WRAP

50min / \$125

Using native clays, your skin is purified and refined in this soothing wrap. While you relax, enjoy our oh-so-relaxing olive and kukui scalp treatment and tension-releasing neck massage.

FLOWER BODY WRAP

50min / \$140

Like a walk through the bountiful valleys that were the gardens of the Chumash people, the aromatic botanicals create your custom body wrap. As you relax in the comfort of soft linens, enjoy a naturally lifting facial massage with our anti-aging Chia Seed Facial Serum.

ADDITIONS

Choose from our menu of luxurious 25 minute indulgences.

LUMINOUS

25min / \$75

The ultimate hair and scalp treatment that not only leaves hair shining and strong, but relaxes you to the depths of your being.

UNWIND

25min / \$75

Re-center your energy through the earthy aromas of lavender and vetiver. This treatment targets the overworked muscles of your neck, back and shoulders.

FOOT FINESSE

25min / \$75

Our reflexology service restores energy and balance throughout the body through the anointing and stimulation of energy points on the feet.

COASTAL CARESS

25min / \$75

A fine blend of re-mineralizing Pacific salts renews and refreshes your skin leaving it satin soft.

FACE

HYDRAFACIAL™

80min / \$215

50min / \$195

This advanced skincare treatment targets fine lines and wrinkles, congested skin, rosacea and hyperpigmentation. It begins with a deep cleansing and gentle exfoliation followed by extractions. Your skin is infused with serums and antioxidants as it softens the appearance of large pores and improves skin texture. LED light therapy encourages tissue growth and stimulates collagen. 80 minute facial includes lymphatic drainage.

HARMONIZING ROSE

50min / \$110

Based on Traditional Chinese Medicine using herbal extracts and botanicals oils, this natural facial delivers balanced and radiant skin.

APPLE PEEL

50min / \$135

Apple peel stem cells work to protect your skin from free radicals while exfoliating peptides rejuvenate and revitalize. The brightening power of the papaya soufflé mask will dramatically refresh your appearance.

ADVANCED PERFECTING

80min / \$150

Multi-layered high intensity exfoliation offers advanced performance. Pumpkin extracts contain powerful enzymes and soothing blueberry and vanilla antioxidants leave you even toned and hydrated.

SKIN RESURFACING

80min / \$150

This treatment involves a two step exfoliation. Microdermabrasion followed by a facial peel delivers a combination of benefits for optimal skin resurfacing. Cucumber and thyme soothe and calm your skin.

MICRODERMABRASION

50min / \$125

Gentle vacuum action sweeps across the skin providing effective exfoliation, reducing the appearance of fine lines and revitalizing dull skin.

OXYGEN

50min / \$140

A calming, cool treatment that dramatically enhances overall hydration and improves skin texture and elasticity. Hyaluronic acid instantly hydrates your skin resulting in increased firmness and reducing the appearance of fine lines and wrinkles.

MEN'S BALANCING

50min / \$110

Hot towels, marine-charged super cleanse, and detoxifying mask purify and refresh the skin. Massage of the face, neck and shoulders completes the treatment for ultimate relaxation.

NAILS

10 TINY SHELLS

50min mani / \$55

50min pedi / \$65

80min mani & pedi / \$95

This natural nail treatment invites luxury and relaxation with our signature Wild Rose and Citrus Exfoliating Scrub and Rich Shea Butter Cream. A healing calendula salve and rose hydrosol seals in the moisture.

SHELLAC MANICURE

50min mani / \$65

Manicure with chip-free gel polish.

PURE SAGE

80min pedi / \$95

For tired, sore feet our arnica and sage pedicure is the solution. Soothing arnica-laced salts, refreshing organic sage scrub, pampering clay mask and warm paraffin leave you and your feet feeling perfectly restored.

SPA INFORMATION

Traditional Chumash healing with prayers, laughter, dreaming, herbal medicines, aromatherapy, and ceremonies, has been employed in Central California for 13,000 years. Healing the spirit always comes first. Our unique menu captures the essence and intention of this ancient understanding. Using native botanicals and local bounty, our goal is to elevate your well-being in spirit and body.

FACILITIES

Our newly renovated spa features seven treatment rooms and two couples' suites with copper soaking tubs. We have separate men and women's locker areas, each with sauna and steam rooms. The outdoor area includes a mineral pool, cold plunge and Jacuzzi. Swimsuits are required in the pool area.

RESERVATIONS

The spa receptionist will coordinate an experience specifically for you. We encourage you to schedule appointments ahead of time to make certain therapists and treatments are available. Walk-in appointments are always welcome and based on availability. A valid credit card and phone number is required at the time of booking to secure the reservation. Package substitutions and splitting appointments between days or guests is not allowed. To make a reservation please call 805.691.1755.

CANCELLATIONS

Four hours' notice is required to cancel an appointment. With less than a four hour notice, guest will be charged 50% of the treatment fee. For no-show appointments, the full treatment fee will be charged.

ARRIVAL

Calmly approaching your appointment enhances your Spa experience. We recommend arriving early to utilize the tranquil spa facilities, shower and relax prior to your service. Arriving late will deprive you of your treatment time. The treatment will end at the scheduled time and the fee for treatment will remain the same. Treatment times are not extended due to late arrivals.

HOURS

The Spa is open 7 days a week from 8:30am to 7:30pm.

AGE REQUIREMENT

You must be 18 years of age or older to enjoy our treatments and facilities.

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