



FAIRMONT SPA

NOURISHED BY
NATURE

SIGNATURE MASSAGE

Watsu – Aquatic Body Work

60 minutes **from** \$229

Indulge in a floating massage in our alfresco Watsu pool, filled with our signature thermal mineral waters, maintained at 98 °F. In this weightless environment, your Watsu specialist will guide you through a series of movements and stretches, focusing the meridians in the body.

Fairmont Spa Salt Stone Massage - MEDIUM PRESSURE

60 minutes **from** \$229

This medium pressure full-body warm Himalayan salt stone massage stimulates the meridians of the body, while soothing aching muscles using Swedish massage techniques. Increased blood circulation, reduced inflammation and improved sleep are some of the benefits. The salt stones restore depleted minerals to the skin, and cleanse and purify the air, while balancing the ions in the surrounding environment.

Fleur de Vigne Body Bliss – LIGHT/MEDIUM PRESSURE

60 minutes **from** \$219

Under the soft scent of Fleur de Vigne (flower of the vine) this multi-sensory massage gives a true moment of relaxation, it soothes tension and restores dynamic energy.

Pre and Post Natal Massage – MEDIUM PRESSURE

60 minutes **from** \$219

This relaxing tailored massage treatment is designed for women in important stages of their life cycle. Safe for pre-natal women after 12 weeks as well as those breast feeding.

Myofascial Release

60 minutes **from** \$219

This therapeutic manual therapy, offers a comprehensive approach for the evaluation and treatment of the myofascial system, the system of tissues and muscles in the body. The technique is designed to release restrictions such a trigger points, muscle tightness, and dysfunctions in soft tissue that may cause pain and limit motion in all parts of the body. It has shown success in decreasing pain and increasing mobility.

TAILORED MASSAGE

Rescue & Release Deep Tissue Massage - FIRM PRESSURE

60 minutes **from** \$229

Whether you are suffering from an injury or from deep-seated tension, this massage will alleviate muscle and joint pain, as well as stress. Specialized techniques focus on specific areas of concern and ease common discomforts, such as a stiff neck, lower back pain and sore, tight shoulders. magnesium leaves you feeling completely rejuvenated.

Stress Recovery Massage - MEDIUM PRESSURE

60 minutes **from** \$219

This medium-pressure full-body massage improves energy levels, promotes restful sleep and melts away muscle tension. A jade and infrared heating pad plus essential oils infused with a powerful dose of magnesium leave you feeling completely rejuvenated

Pure Relaxation Massage - LIGHT PRESSURE

60 minutes **from** \$209

This essential massage is ideal for calming and relaxing both the mind and body. This technique uses long rhythmic movements and pressure point manipulation to reduce the heart rate and introduce peace and balance to a frantic, overworked and exhausted nervous system. Perfect before a hectic work schedule.

BODY EXPERIENCES

Vinosculpt - MEDIUM PRESSURE

60 minutes **from** \$219

Visibly firm and lift your silhouette with this draining and toning massage uses French "Palper Rouler" techniques to promote lymphatic draining while soothing out even the most rebellious areas. Break up cellulite and tighten your skin with this incredibly sculpting treatment. **PLEASE NOTE:** *This experience includes abdomen work, if you prefer not to have this area treatment please let your provider know.*

Warm Vegan Body Wrap - LIGHT/MEDIUM PRESSURE

60 minutes **from** \$219

A deeply nourishing treatment to pamper the body and reveal rejuvenated skin. After a customized shoulder-to-toe dry brushing, experience a luxurious massage, followed by a healing wrap.

ADVANCED FACIALS

Complete HydraFacial

60 minutes **from** \$285

Technology meets luxury for this truly, results-driven facial. After purification, exfoliation, extraction, and hydration, your skin is thoroughly clean and quenched, with noticeably reduced lines and wrinkles.

Caudalie Premier Cru Anti-aging Facial

60 minutes **from** \$239

A supreme beauty ritual for unparalleled results. A long smoothing sculpting massage combined with an innovative derma-roller, will restore youth and radiance to your skin. Before applying Premier Cru, The Cream – a distillation of Caudalie’s best patented active ingredients – an exclusive mask enriched with Resveratrol is used. The skin is perfectly smooth and toned; wrinkles and fine lines are visibly reduced.

CLASSIC FACIALS

Caudalie Grand Facial

60 minutes **from** \$219

This entirely manual treatment is Caudalie’s signature treatment and works for all skin types. It relaxes your features, restores your radiant complexion through a long relaxing massage that accelerates cellular renewal and improves your skin’s texture. Your complexion looks rested and radiant. Your aesthetician will perform a skin analysis and choose from Resveratrol-Lift (firming), Vine[Activ] (anti-wrinkle), Vinoperfect (radiance), Vinosource (moisturizing), Vinopure (purifying), Beauty Elixir (revitalizing).

Customized Corrective Facial

60 minutes **from** \$219

This facial is based on a multi-acid exfoliation of the face, neck, décolleté, and hands. Vitamin C essences address and correct specific aging concerns, including hyperpigmentation, fine lines, uneven texture, and premature aging. The treatment involves a deep cleansing massage and a hydrating mask that will leave the skin vibrant.

METAPHYSICAL SERVICES

Chakra Reading and Balancing

60 minutes **from** \$219

This treatment incorporates the Japanese technique of laying on of hands, or gentle touches to the body while the practitioner receives and draws sacred symbols from the divine to the client.

Intuitive Reading

60 minutes **from** \$219

Receive insights about current issues in your life and eliminate obstacles that prevent you from attaining your personal goals. Learn what strategies are working for you and the fears that may be holding you back.

Reflexology and Reiki

60 minutes **from** \$219

This treatment combines the healing properties of pressure-point foot massage and energy-balancing reiki, in which the practitioner channels healing energy to you. Enjoy deep relaxation while enhancing your energy pathways.

Tarot Card Reading

60 minutes **from** \$219

Symbolic tarot cards reflect the conscious and subconscious. Use this tarot to bring you clarity on issues, relationships, love, career, finances, health and more.

Guided Meditation

60 minutes **from** \$219

Whatever your desired goal, your skilled practitioner will gently guide you to a deep state of relaxation.

SALON SERVICES

Fairmont Spa Wellness Pedicure

60 minutes **from** \$135

Enjoy a relaxing, aromatic foot soak and a professional foot, nail, and cuticle grooming before a luxurious pressure-point massage to release tension.

Fairmont Spa Luxury Manicure

60 minutes **from** \$100

Restore tired, overworked hands with a soothing, fragrant soak and gentle grooming of the hands, fingernails, and cuticles. Includes an aromatic moisturizing hand massage and polish.

Cut and Blow-Dry

60 Minutes **from** \$119

Shampoo and Blow Dry

60 Minutes **from** \$105

Men's Haircut

45 Minutes **from** \$69

Frequently Asked Questions

Spa Environment and Etiquette

Fairmont Spa is a place to restore your energy and relax. To maintain this tranquil environment, and to respect others' solitude, please speak softly in all areas of the spa.

Spa Arrival

Please arrive 15-30 minutes prior to your appointment so as to begin your relaxation and ensure your treatment starts on time. Please note: Treatments will end on time, regardless of start time. Late arrival may result in a reduction of your treatment length.

Personal Matters

Please inform us of any health conditions at time of booking. You will receive a link to our guest intake form to complete before arrival, allowing us to customize your experience.

Spa Attire

You will receive a robe and sandals to wear around the spa, and a locker for your personal belongings. Our therapists are highly trained in draping procedures to ensure your complete privacy; however, for your comfort, undergarments may be worn during treatments. Swimming attire is required in all pools and areas of the spa. We ask that you please do not bring jewelry and valuables.

Spa Guidelines

Fairmont Spa is for guests 18 years of age or older.

Please let us know if you are pregnant, as there are services that should be avoided during pregnancy. If you prefer a male or female therapist, please make your request known when scheduling your treatment, as changes may not be possible after arrival.

Spa Cancellation Policy

Should you wish to cancel or reschedule your experience please notify the spa 24 hours in advance. Cancellation within 24 hour will be charged at 100% of the treatment cost unless we can re-sell the space. Group cancellations policies may differ.

Scheduling your spa experience

Please call our Spa Experience Coordinators on: 1-877-289-7354 or book online at: <https://www.fairmont.com/sonoma/spa/spa/>

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