

European Facials

Sierra Grande Signature Facial

For him or for her, enjoy a transforming experience which includes cleansing and exfoliation followed by a deeply relaxing facial massage, therapeutic masque and skin firming nutrients. This replenishing facial will renew both body and soul. Extractions upon request.

75 min \$125

Dayna's Secret

A shorter version of our signature facial, you will enjoy a thorough cleanse and exfoliation followed by a nourishing masque and pampering with a light massage.

45 min \$85

Anti-Aging Facial Options

With the focus on prevention this facial includes three masks which will deeply exfoliate, hydrate and nourish your skin with anti-oxidant protection. All facials are customized to your needs and include massage of the scalp, neck, shoulders, hands and arms.

90 min \$160

Holistic Clearing Facial

This facial is designed to soothe and calm skin troubled by Acne or Rosacea. Feel and look better by receiving the appropriate skin care, as well as suggestions for maintenance helping to improve the skin's overall appearance.

90 min \$160

Back Facial

Tension will disappear during this relaxing treatment which includes a deep pore cleansing, exfoliation, aromatherapy massage and warm towels.

30 min \$75 / 60 min \$105

Skin Care Treatments

Warm Oil Scalp Massage

Warm scented oil is used in combination with massage and pressure point therapy of the head, neck and shoulder line. Take time to ease your mind and enjoy this deeply relaxing experience.

30 min \$75

Happy Feet

Luxury from the knee down. A cleansing and exfoliation, followed by an aromatherapy massage and moisturizing lotion, provides deep relaxation and hydration for this often neglected part of the body.

30 min \$75

Spa Hand Treatment

Special pampering for your hands up to the elbow. Includes cleansing, an invigorating exfoliation, a relaxing massage plus hydrating cream.

Calming and Restorative.

30 min \$75

Ear Candling

Warmth creates a vacuum that gently removes excess ear wax. Especially helpful during cold and allergy season. A peaceful, uplifting and clarifying experience.

1 hr \$75



Treatment Enhancements

These enhancements can be added to any treatment

Neck and Back

Special focus melts away stored tension in the neck and back.

20 min Add-on \$45

Scalp Massage

Deep pressure releases tightness that constricts the scalp while nourishing the hair with luxurious oils.

20 min Add-on \$45

Feet or Hand

Give your extremities the special attention they deserve.

20 min Add-on \$45

Aromatherapy

Choose from a variety of aromatherapy blends to increase the benefits of your treatment.

Serenity, Harmony, Vitality, Lavender.

Add-on \$25

Reiki

A Japanese term for Universal Life Force Energy activates the body's natural healing responses.

20 min Add-on \$45



Sierra Grande Lodge and Spa

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* ON THE NATIONAL REGISTER OF HISTORIC PLACES *

Sierra Grande Lodge and Spa



Spa Menu

Sierra Grande Lodge and Spa rests on an ancient, underground volcanic lake. The healing waters rise at temperatures up to 107° F to provide pure, untreated geothermal water, rich in beneficial minerals, to the Spa's multiple private pools. Historically, Native Americans used these waters for healing and as a neutral healing ground after battles. Today we honor those traditions, providing a sanctuary to heal the body, ease the mind and revitalize the spirit.

Mineral Hot Springs

All baths are private and prepared by reservation especially for you.

Visitors can enjoy a soothing bath for \$25 for the first person \$5 for additional people

All Spa Treatments include a 30 minute private mineral bath.

For Lodge guests a mineral bath is included with each day.

Body Treatments

Using Madlyn Rose organic skin care products and the highest quality plant based essential oils.

Exfoliating Salt, Clay and Algae Scrub

replenish and invigorate

A full body exfoliating scrub using algae to detoxify and replenish with sea salt and clay to deeply clean and regenerate the skin.

After rinsing off the exfoliation receive a luxurious moisture massage.

1 hr \$95 / 90 min \$135

Body Polish

nourish and cleanse

An invigorating exfoliation of the skin using your choice of specially blended, organic body polishes.

- Indian Herbal Polish
- Oat, Milk and Honey Polish
- Sea Polish

Followed by a luxurious moisture massage.

1 hr \$95 / 90 min \$135

Aromatherapy Massage and Wrap

essential oil alchemy

Begin with a gentle dry brush exfoliation, then a massage with your choice of pure, plant based organic Aromatherapy Blends.

- Cellulite • Deep Relaxation
- Detox • Balanced Body

Finish with a wrap and luxurious foot massage.

1 hr \$95 / 90 min \$135

Rose Exfoliation Scrub and Wrap

A luxurious and balancing experience for the whole being. Be pampered with a rich rose scented exfoliation, wrap and massage.

90 min \$150

The Spa at Sierra Grande

Each Spa Treatments include a 30 minute private mineral bath.

Massage

soothe and pamper

A delicious blend of massage techniques artfully combined for ultimate relaxation.

30 min \$45 / 1 hr \$75 / 90 min \$105

Deep Tissue

release and renew

Ease sore muscles with a massage designed to disperse knots and release tension.

1 hr \$95 / 90 min \$135

Reflexology

restore and rejuvenate

Stimulates points in the feet to activate blood flow, balancing the organs, glands, circulatory and nervous systems.

30 min \$45 / 1 hr \$75

Craniosacral

gentle rebalancing

Address deeply held trauma, nerve problems and stored tension by sending gentle rhythms through the spinal fluid to allow the body to make necessary balancing adjustments.

1 hr \$75

Facial Massage

nurturing flow

Combining aromatherapy, acupressure and various massage techniques focusing on the face, scalp, neck and shoulders. Stimulates collagen and elastin to improve skin texture, help eliminate toxins and increase circulation resulting in a smoother, healthier-looking complexion.

30 min \$55 / 60 min \$85



Sacred Stone Treatment

ancient wisdom

Enjoy a massage enhanced by warm oiled stones releasing stress on a deep level.

1 hr \$115

Integrative Ashiatsu

certified oriental bar therapy

An artful use of the feet to massage which opens energy meridians while relieving deeply stored tension, stress & muscle soreness.

1 hr \$125

Deep Feet Ashiatsu

intense deep release

An extremely deep tissue massage done with the feet, customized to maximize and address each clients individual needs. Recommended for athletes, deep tension and thick muscles.

1 hr \$155

Thai Massage

whole body balance

Assisted stretching, deep muscle work and acupressure opens the organs' energy lines while lengthening, balancing and energizing.

Treatment is done fully clothed on a floor mat.

90 min \$145 / 2 hrs \$195

Lymphatic Massage

A detoxifying and nourishing deep massage that pinpoints tension and toxins held throughout the body to release and clear for overall health and well-being.

90 min \$145

Ultimate Spa Experiences

Couples Massage

Start with a thirty minute private mineral bath for two. Followed by an hour in bliss with each of you receiving a one-hour massage together in the same room.

1 hr \$160

Hot Stone Facial

This unique facial experience will bring peace and relaxation while melting away tension and fatigue. Warm smooth stones are used to gently massage pressure points on the face and neck as circulation is stimulated and toxins are eliminated.

75 min \$125

Sierra Grande Signature Facial and Ashiatsu

sheer bliss

Enjoy the ultimate rejuvenating experience with our Signature Facial, mineral bath and Integrative Ashiatsu Treatment.

2.5 hrs \$240

Head-to-Toe

ultimate pampering

Treat yourself to a Warm Oil Scalp Massage, European Style Facial and Happy Feet treatment. Close your eyes, breathe deep and allow yourself to be transported to a state of total relaxation and rejuvenation.

2 hrs \$225

Reflexology & Sacred Stone Massage

restoration & relaxation

Allow yourself to be transported with an hour Reflexology treatment followed by a massage with warm oiled stones.

2 hrs \$180