

Skin Care Additions

These treatments can be added to your Custom Facial or they can be enjoyed on their own.

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 / Add-On 15 min \$45

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 / Add-On 15 min \$45

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 / Add-On 15 min \$45

Revitalizing Eye Treatment

Refresh your delicate eye area with a cooling and revitalizing treatment that combines gentle massage techniques with plant and flower based formulas. Notice a visible reduction in the appearance of fine lines and puffiness.
Add-On 15 min \$45

Ultimate Lip Nutrition

Nourishing lip treatment beginning with a gentle steaming, followed by a light exfoliation and a lavish application of hydrating creams and oils to soothe and restore.
Add-On 15 min \$45

Ultimate Spa Experiences

Couples Massage

reconnect and enjoy
Start with a rose infused 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

Reflexology and Sacred Stone Massage

restoration and relaxation
Begin with a private mineral bath then allow yourself to be transported with an hour reflexology treatment followed by a massage with warm oiled stones.
2 hrs \$180

Thai Massage and Yoga

whole body balance
One hour private yoga session, private mineral bath and ninety minute Thai Massage.
2.5 hrs \$255

Sierra Grande Signature Facial and Ashiatsu

shear bliss
Enjoy the ultimate rejuvenating experience with our Signature Facial, mineral bath and Integrative Ashiatsu Treatment.
2.5 hrs \$240

Specials

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

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

Raindrop Technique®

An exclusive therapy that consists of a sequence of anointing with essential oils bringing about structural and electrical alignment to the body.
1 hr \$150

Jin Shin Do

A gentle holding of key acupressure points derived from a correlation of ancient healing arts to relax, balance, strengthen and harmonize the vital energy of the body mind and spirit.
1 hr \$75

Head-to-Toe

Pamper the “whole you” by treating yourself to a Warm Oil Scalp Massage, a European Style Facial and ending with our 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



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 / scrub with 1 hr massage \$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 / polish with 1 hr massage \$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 Blend
- Deep Relaxation Blend
- Detox Blend
- Balanced Body Blend

Finish with a wrap and luxurious foot massage.
1 hr \$95 / Wrap with 1 hr massage \$135

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.
1 hr \$75

Reiki

universal flow

A Japanese term for Universal Life Force Energy. Reiki is a light treatment that activates the body's natural healing responses.
1 hr \$75

Cranial Sacral

gentle rebalancing

Addresses deep 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



Sacred Stone Treatment

ancient wisdom

Enjoy a massage enhanced by warm oiled stones releasing stress on a deep level.
1 hr \$115

Integrative Ashiatsu

japanese bar therapy

An artful blend of techniques including the use of feet and hands to open energy meridians.
1 hr \$125

Sacred Stones with Ashiatsu

nurture and heal

All the benefits of a integrative ashiatsu treatment with the added benefits of a massage with warm oiled stones.
1 hr \$145

Thai Massage

whole body balance

Assisted stretching, deep muscle work and acupressure opens the organ's energy lines while lengthening, balancing and energizing. Treatment is done fully clothed on a floor mat.
2 hrs \$195

Yoga

body and mind centering

Private yoga classes includes stretching, balancing, strengthening and relaxation. Perfect for an individual, couple or small group.
1 hr \$125

European Style Facials

Using Madlyn Rose organic skin care products, each facial includes a personalized skin assessment, deep pore cleansing and exfoliation of skin cells, two therapeutic masques as well as aromatherapy, massage and other healing techniques to calm and restore the whole you.

Sierra Grande Signature Facial

Feel like a goddess as you enjoy a transforming experience which includes a customized cleansing and exfoliation followed by a therapeutic masque, eye treatment and skin firming nutrients. This replenishing facial will renew both body and soul.
75 min \$125

For Him

A revitalizing facial designed to rebalance your skin and soothe your spirit. Your facial will include a deep cleanse, exfoliation and skin nourishing serum fragranced with a light, clean, masculine blend of pure plant essences.
75 min \$125

Deep Exfoliating Facial

This deep exfoliation treatment resurfaces the skin, minimizing the visible signs of aging. Natural ingredients, such as Glycolic Acid, a naturally occurring substance derived from sugar cane, mineral crystals and essential oils are used to give your skin a bright and clear appearance.
90 min \$160

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