



The Bardessono Spa Experience  
*Creating beauty through health*

Drawing from alternative health care, modern technology and the soothing benefits of spa, we celebrate the natural rhythms of each season and their link to the well-being of body, mind and spirit. With each equinox and solstice our oils, herbs and ingredients change to honor the gifts, colors and purpose each season brings to refresh, purify and balance your being.

We invite you to let the stresses of everyday life go. Place all the “doing” aside and allow yourself to just “b” in our caring hands.

bardessono  
NAPA VALLEY

6526 Yount Street, Yountville, Ca., 94599  
Tel. 707.363.7295 Fax. 707.363.7296  
[www.bardessono.com](http://www.bardessono.com)



“b”

## Well through the Seasons

### “b” Massaged

**The Bardessono \*** *60 minutes \$140 / 90 minutes \$205 / 120 minutes \$270*  
Flowing touch is at the heart of this relaxation inducing massage, tailored just for you.

**Vinothérapie Massage\*** *60 minutes \$150 / 90 minutes \$215 / 120 minutes \$270*  
Rejuvenate your body and revitalize your skin with the anti-aging properties of organic Chardonnay Grape Seed Oil.

**Deep Tissue Bodywork\*** *60 minutes \$150 / 90 minutes \$215 / 120 minutes \$280*  
Deeper and muscle specific massage targeting specific areas of tension.

**Table Thai Massage with Poultice\*** *90 minutes \$215 / 120 minutes \$280*  
Thai pressure points, stretching techniques and traditional hot herbal poultices meld together to ease tension and lengthen muscles

**Mom-to-be Massage\*** *60 min \$140/ 90 min \$205 / 120 min \$270*  
Special oils and supportive cushions handle the needs of a mother-to-be.

**Synchronized Massage\*** *60 minutes \$300 / 90 minutes \$440*  
Surrender to an all-over body experience as the synchronized movements of four hands flow over you, transporting you to another world.

**Soothing Warm Stone Massage** *60 / 90 minutes \$215*  
Melt into the comfort and soothing heat from river-worn stones, as they become extensions of your therapist’s hands.

**Instructional Massage** *120 minutes / \$310 for two*  
Come together as a couple and learn how to massage each other. Each guest room has its own table that can remain set-up with your loving oils to practice on one another.

**Aromatic Hot Towel Compress Massage\*** *60 min \$145/ 90 min \$210/120 min \$275*  
Hot towels steeped in seasonal essential oils, a pressure point massage will accompany the warm compress and a soothing massage follows.

**Foot and Hand Reflexology and Massage \*** *60 minutes \$140*  
Experience full body relaxation with an in-depth hand and foot massage. Massage includes a hydrating hand and foot wrap.

*For Couples: All massages can be experienced side by side. \* Available in the private poolside Cabana overlooking the Napa Valley*

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Creative

Get creative and design your personal spa experience by adding exfoliations, wraps, baths and rituals to any massage.

**“b” Polished**

**30 minutes \$70**

We select seasonal essential oils that are blended with therapeutic salts to remove dried skin and reveal new vibrant glow.

**“b” Wrapped**

**30 minutes \$75**

Every season brings it special need to the skin and body. Aloe and lavender are used in the heat of summer, and rich hydrating body butter in the winter. Spring we use Mud to cleanse and in autumn we prepare the skin for the coming months with enzyme rich Pumpkin and Cranberry.

**“b” Bathed**

**30 minutes \$65**

A combination of salts, essential oils, antioxidants and botanical extracts are blended to make our bathing concoctions. Each selection is based on the needs of the season. The Bardessono champagne bathtub boosts the release of the essential oils. A seasonal drink is served with the bath to hydrate you while bathing.

- **Spring** ~ a potent blend to cleanse and protect the skin.
- **Summer**~ can help relieve backaches, minor muscle strains and stiffness allowing for more ease of motion
- **Autumn**~ A warming blend to relieve sore and tired muscles. Settles and soothes the nerves. Helps restore balance and well-being.
- **Winter**~ This blend can enhance the body’s circulation, promote perspiration and accelerate the body’s natural immune response.

**“b” Prepared (pre-treatment rituals)**

*Can be enjoyed prior to any guest room spa treatment this can be done at the skin clinic too.*

**Ion De-Tox Foot Bath**

**60 minutes \$100**

Pulls toxins out of your system and restores your body for optimal health. A detoxifying beverage is served to enhance the process.

**Herbal Foot Soak and Scrub**

**30 minutes \$50**

Enjoy a beautiful foot soak and foot scrub before any service.

**Hand and Foot Hydration**

**30 minutes \$50**

A hot towel compress of the feet and hands include an exfoliation, preparing for a hydrating foot and hand wrap.

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**“b” Still**  
*Spa Packages*

**Come Present to your Senses (guestroom only)** **2 hours \$305**

This sensory journey engages each one of your senses in a guided focus which brings you into the healing presence of the moment. Using taste, sound, touch, smell, and visuals combined with a massage and a back and foot exfoliation.

**In Fiore Lux** **3 hours \$475.**

In Fiore is a beautifully executed handcrafted line of organic skin care that is getting world wide acclaim. An exfoliation mitt is used to cleanse your body with our signature In Fiore body wash. A massage and healing body balm wrap along with a scalp and hair treatment will leave your hair and skin luxuriously soft and moisturized.

**Yountville Signature** **2 hours \$325.**

Begin with a brightening vitamin C Grapefruit Body Polish and a freshly whipped Chardonnay Body cream massage with a Champagne Facial Cleanser and Truffle Face Cream mini-facial.

**“b” Together**  
*Couples' rendezvous*

**Couples Massage and Soak** **90 minutes \$220. (per person)**

After a loving oil massage, we draw a tub with special potions. Play in our champagne bubble tubs with two glasses of sparkling wine by your side.

**Relationship Appreciation** **2 hours \$170 (per person)**

Have fun together as a therapist guides your hands as you give a custom massage to your partner. This includes an instruction manual for home use, a loving blend of oil and an aphrodisiac elixir. Continue your practice in the guestrooms with a massage table set up for your convenience.

**Bardessono, The Organic Way Couples Body Treatment:** **2 hours \$330.00 (per person)**

Enjoy the unfolding of the flavors of Chardonnay in this couples body treatment. Our treatment begins with the Manuka Honey Body Polish, warmed into they skin to soften and sooth out the rough edges, then showered off. A Lomi Lomi style rhythmic massage makes use of the therapeutic benefits or our organic Crème Eclat and Chardonnay Grapeseed Oil to soothe away tension and revive the spirit. We refresh the face with our Champagne Facial Cleanser, honeysuckle toner and truffle extract face hydration.

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## Skin Clinic

Bardessono Skin Clinic presents Carita, Om Aroma, In Fiore and Dr. Alkaitis with Ultra Technology. Ultra technology includes galvanic and micro-current, targeted lifting, LED light therapy and Ultra Sonic Exfoliation and Product Infusion for optimal non invasive results.

### *Carita, Paris*

*Designed by the Artisans at Le Maison de Beaute in Paris, Carita brings irreplaceable expertise, effectiveness and well-being. Carita treatments offer exceptional results, produced by the expert hands of the aesthetician, an unparalleled and exclusive product that refines the skin's texture. Enjoy immediate and long-lasting results.*

*As always, our treatments are personalized for your skin type and concern.*

#### ***Carita Essential Facial:***

Surrender to the tranquility of touch and care in a treatment designed to address your specific skin concerns.

***One hour \$ 190***

#### ***Carita Enhanced Facial:***

Slip into stillness and find breathing space for the mind. The additional features of our ninety minute Carita Enhanced treatment Include our specialized serums, the delicate eye area, and includes a foot and scalp massage.

***90 minutes \$265***

#### ***Carita Luxury Non Surgical Face Lift:***

Our Carita Luxury treatment combines the benefits of our manual Carita massage and serums with the Ultra technology to diminish fine lines, diminish pigmentation and help lift heavy jowls & cheeks. LED Light therapy will help stimulate collagen and elasticity of the skin.

***2 hours \$ 425***

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***In Fiore***

*In Fiore is crafted with mostly pure flower-based ingredients, which are the most expensive, restorative and effective. Essential oil blends are selected for their aroma as well as their therapeutic remedies.*

**Drench** **60 minutes \$175**  
Smells, textures and purity accompany this highly effective facial that leave the skin supple and hydrated.

**b Transformed** **90 minutes \$250**  
Turn back time with this exquisite face care line and a multiple of Ultra technologies to deliver maximum results. We incorporate this facial with a ultrasonic exfoliation followed by an alpha hydroxy masque reveal fresh skin. A luxurious face oil will be massaged into the skin with galvanic technology to maximize product penetration and toning. The healing energy from LED light therapy is then used to treat fine lines, scars, and sunspots maximizing the skins cell regeneration. Your skin is then quenched with an anti-aging infused cocktail for smoother, firmer, more hydrated skin. See the amazing results with just one treatment.

**The Decollete' Facial** **60 minutes \$175**  
This luscious treatment for the décolleté only'. We use rich essential cleansing oils of evening primrose and jasmine, formulated to reduce the signs of premature aging and improve skin tone. By protecting the décolleté' with bergamot, we encourage new skin cell growth leaving your skin smooth with renewed beauty.

**Dr. Alkaitis**

*A high performance 'living' skin food, created b world-renowned research scientist, Dr. Alkaitis. This product is certified organic, biodynamic and ethically wild-crafted from ingredients in their raw state for greatest effectiveness.*

**b Manly** **60 minutes \$155**  
A targeted facial to address the special needs of a man's skin.

**Nourish** **60 minutes \$155**  
Feed and balance your skin with this nourishing skin food

**Pure** **60 minutes \$175**  
For Problem Skin, we combine blue LED light and skin care products that reduce inflammation. Bringing the skin to a more balanced, pure condition.

**Clarifying Back Treatment** **60 minutes \$155**  
Treat yourself to a holistic, cleansing and cozy back treatment, leaving your skin silky smooth.

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**Om Aroma**

*This social just, organic skin care line is best for those approaching their forties. The extracts are designed to keep that youthful glow alive.*

***The Champagne, Caviar and Truffle Facial***

**60 minutes \$165**

Try our organic anti-aging facial that restores skin’s youthful radiance with decadent Champagne, Caviar and Truffle extracts. This luxurious facial delivers a potent complex of vitamins, minerals and peptides to boost cellular renewal and collagen production.

**Facial Fitness Series:**

We have created a 30 min drop-in program that brings serious results with the non-invasive Ultra technology. Micro current re-educates the muscles in the face to lift and light therapy stimulates collagen and elastin fibers to grow and strengthen. A once of month touch- up will be needed after the series. Buy a series for the year and each month the aesthetician will give you the needed facial for your personal program. Please inquire with our spa concierge.

**b Transformed**

**Targeted lifting**

**15 – 30 minutes \$40 - \$80**

Muscle reeducation of specific areas of concern – eyes, neck, cheek

**Ultrasonic Microdermabrasion**

**10 – 15 minutes \$35 - \$100**

Full face exfoliation as an add-on to other facials

**Red or Blue LED Therapy**

**15 – 30 minutes \$40 - \$80**

Healing, Acne, or Deep Wrinkle treatments for specific areas of concern

“b”

**Smooth**

*All of our waxes include a soothing In Fiore Bikini balm to help reduce any irritation resulting from waxing.*

Brow wax/Lip wax/Tummy/Full leg/Half/leg/Full Arm/Underarm

Prices vary depending on length of service.

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**Healthy**  
*Alternative Health Care*

Traditional Chinese Medicine (TCM) is a holistic medical system which draws from the use of Acupuncture, Herbal Medicine, Nutrition, Massage and Movement exercises to bring the body into balance. Please inquire with our spa concierge as to the availability.

“b”  
**Served**  
**Spa Butler Program**  
*For hotel guests only*

A Bardessono Spa Butler will prepare a pre-treatment ritual or create a private spa experience in the unrushed luxury of your guestroom. Slip into your robe and relax and enjoy.

**Private Luxury**

**A New Day**

*60 minutes \$100*

Start the day off on the right foot. The ion detoxifying foot bath releases accumulated toxins that build up in the body. A delicious immune boosting beverage will be served. Feel lighter for the new day to come.

**Deep Rest**

*Timeless \$75*

An essential oil bath will be prepared for you, a warmed herbal pillow put in your bed, sounds to lull you to sleep and a homeopathic spray assists in getting the deep rest. The herbal pillow and spray are yours to keep.

**True Romance**

*Timeless \$90*

A surprise by the bed, a plate of finger foods, sparkling wine and a bubble bath are arranged for you at any time. A massage table is set up in your room with a sensual lotion to seduce each other with touch.

“b” **Fit**  
*mind/body fitness*

*Private classes are available with advanced notice. Check at our front desk for seasonal programs and classes.*

*Private Sessions \$130. for one to four people. Biking and Wine Tasting are priced per day according to amenities requested.*

- **Yoga** 75 minutes
- **Pilates Matt Class** 60 minutes
- **Breathtaking Walks:** a combination of walking, yoga and body conditioning. 75 to 90 minutes
- **Biking and Wine Tasting:** head out on a bike with a map of wineries and some picnic items for a fun day in wine country. *Timeless*
- **Core Couples Connect:** have fun using each other for weight bearing exercises and learn to massage each other in a fun and loving way for a quick refresher. 60 minutes

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### General Information

**b WELL CENTER-** To maximize your treatment feel free to arrive 20 minutes early to use our far-infrared sauna to detoxify and warm the muscles. All guests of the hotel have use of the B Well Center facilities when they purchase a spa treatment during their stay. For non-guest visitors a 2-hour treatment minimum must be purchased for use of the pool, hot tub, and locker room facilities. Food & Beverage can be purchased at the pool, we discourage bringing in your own.

**RESERVATIONS** - Reservations can be made at the Spa Reception Desk or by calling 1-888------ We recommend scheduling appointments two to three weeks in advance. For group reservations, please ask for our Spa Group Coordinator. Spa prices and services are subject to change.

**CANCELLATION POLICY** - If you must cancel or reschedule an appointment, as a courtesy to other guests and to our therapists, please give a twenty four-hour notice prior to your scheduled appointment time to avoid a 50% charge. "No-Shows" will be charged the full treatment price. Day Package or group cancellation requires a 48-hour notice to avoid a 50% charge. If you are running late, a phone call is always appreciated. Your arrival time will determine the length of your treatment time, which will end as scheduled so that the next guest may begin promptly. In this case, you will be charged the full amount of your originally scheduled treatment.

**DRESS:** Please feel free to wear your robe to the b Well Center. Please have a robe on when expecting a guestroom spa services. You will be fully draped for all treatments.

**THERAPIST REQUESTS:** Please inform us if you have a strong preference for a male or female therapist.

**GRATUITIES** – An 18 percent gratuity will be included in your bill. If you are not happy with your service, please let us know and we can adjust it.

#### **HOURS OF SERVICE**

Skin Clinic 9 a.m. to 8:00 p.m.

Guestroom Spa Services 8:00 a.m. to 7:00 p.m.

*Hours may vary according to season.*

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