



SPA ALILA

Alila | NAPA VALLEY





Known for its bucolic hillside vineyards and laid-back California vibe, Napa is the ideal destination to slow down, catch your breath, and rediscover yourself.

While this region is renowned for its wines, Napa's temperate climate and nutrient-rich soil also produce some of nature's most healing botanicals. With soothing treatments that draw on these nourishing ingredients from the land, Spa Alila provides an elevated experience that delivers consciously crafted spa therapies artfully prepared just for you. Inspired by ancient healing traditions, aromatherapy, and artisanal creations, our treatments bestow balance and a sense of deep rest and renewal. Here, nature takes center stage.

# Facials

Our soothing facials transport you to a state of bliss, providing nourishment with holistic ingredients that work in harmony with the skin's natural function. You will emerge renewed by the healing splendor of Northern California, hand-crafted local ingredients, and gua sha—which applies light pressure using a flat stone like those once coveted by the original inhabitants of Napa Valley. Gua sha relieves tension in the muscles of the neck and face, boosts blood circulation, and encourages lymphatic drainage, resulting in skin that looks smoother and more lifted.



## HOLISTIC HEALING

Sculpt + Circulate

This healing facial focuses on radiant skin as a reflection of inner health to deliver transformative results. It begins with a luxurious skin brushing to stimulate lymphatic flow, followed by a hypnotic sculpting massage to release tension, improve blood flow, and nourish the skin's microbiome. This facial is customized for all skin types.

50 MINUTES / \$252

## NATURE

Replenish + Restore

Experience the potency and power of phytonutrients in their organic, whole-plant form. Transform dull, tired, dehydrated skin into vibrant, healthy skin with the help of herbal superfoods such as nestle leaf, cranberry seed, and calendula flowers to support optimal skin wellness. This facial is ideal for most skin types, with a primary focus on reducing stagnation, restoring life, and aging vibrantly.

50 MINUTES / \$252

## HARMONY

Detox + Balance

Clear and decongest skin by reducing inflammation, diversifying the microbiome, and enhancing lymphatic flow. Organic chamomile, passionflower, turmeric, and lavender support healthy skin functioning without stripping, drying, or wiping out helpful flora colonies. With a focus on restoring equilibrium and detoxing on multiple levels, this calming and clarifying facial is ideal for congested and acneic skin types.

50 MINUTES / \$252

## GLOW

Repair + Brighten

Whether healing a sunburn or brightening years of sun damage, this facial is for sun-lovers of all kinds. Whole-plant phytonutrients work synergistically to nourish, repair, and prevent further oxidative damage. Camu camu, rosehip, sea buckthorn, and calendula deliver visible results that can be seen after just one treatment. This facial is designed for skin with hyperpigmentation, scarring, and sun damage—it focuses on brightening and evening skin tone, reducing inflammation, and strengthening connective tissue.

50 MINUTES / \$252

## REMEDY

Lift + Calm

This herbal poultice facial massage delivers profound results in sculpting, lifting, and contouring the skin, while the nutritional and aromatic benefits of the herbs relax muscles and calm the nervous system. By combining the use of traditional herbal poultices with potent organic whole-plant medicine, the skin is left nourished and the nervous system is restored. This facial is customized for all skin types.

80 MINUTES / \$396

# Body Renewal Rituals

Designed to restore balance between mind and body using the healing power of nature, Spa Alila's signature body rituals take you on a sensory journey to enhance both emotional and physical health. Our natural and organic body treatments exfoliate gently yet effectively using grape seeds and fine sugar to leave with your skin feeling renewed and rejuvenated.

## SUCCULENT

Sugar Scrub

This treatment begins with finely milled sugar granules gradually polish the skin, removing dead cells to promote a bright and healthy glow. After this sweet exfoliation, an application of luxurious body butter will hydrate and nourish your skin. The aroma of vanilla brings warmth and creates a sense of emotional well-being; it blends with fragrant lavender to relax the body and mind, ease tension and soothe anxiety.

50 MINUTES / \$234

## SAVOR

Grape Seed Scrub + Massage

Revel in your time at Spa Alila by creating space to savor the nourishing properties of vino therapy with our grape seed exfoliation. In addition to providing a gentle scrub, grape seeds deliver powerful antioxidants, delaying cellular damage caused by free radicals. Next, a full body massage uses rich massage butter to leave a satin-smooth finish. This sumptuous ritual ends with a facial anointment of award-winning, locally made Vintner's Daughter skincare.

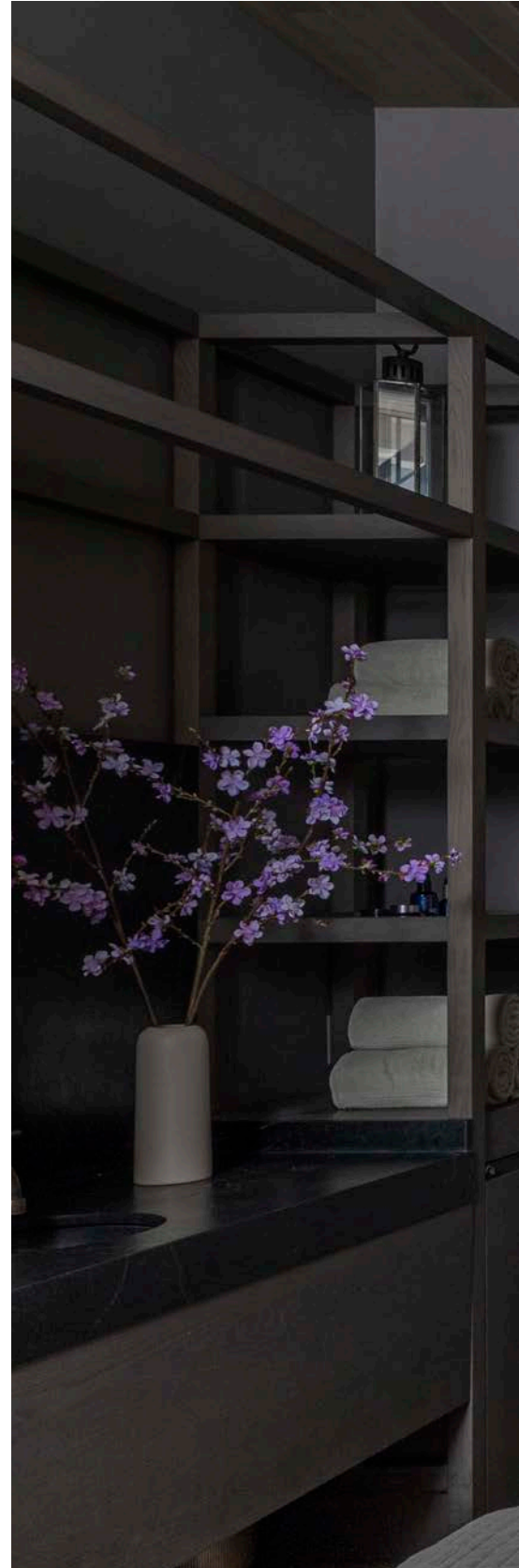
80 MINUTES / \$396





# Massages

Our massage therapies help find balance and relieve tensions of both body and mind, utilizing the bounty of Northern California and taking inspiration from the early inhabitants of the area. These unique treatments blend ancient healing techniques from East and West with age-old beauty recipes featuring the curative benefits of fresh, natural, quality ingredients. Balancing expertise with an intuitive sense of well-being, and providing contemporary expressions of centuries-old therapies, we create a natural, heartfelt, and surprisingly different experience.







## ALILA

Table Thai and Swedish Massage

This East-meets-West massage, based on Chinese medicine, will reset your Qi with table Thai, Tui Na, and Swedish techniques. The slow, deep, gentle movements and stretches that work down to the bone level give your body the opportunity to truly release accumulated restrictions in both physical tissues and energetic meridians. The treatment ends with an anointment of our Alila Be Here Farm + Nature massage oil blend and stimulation of acupuncture points on the face—so your outside glow is an accurate representation of your newly balanced self.

80 MINUTES / \$396

## TALISMAN

Herbal Poultice and Swedish Massage

This herbal poultice and warm oil Swedish massage revitalizes and detoxifies with the curative power of herbs and massage oils steeped in warming poultices. Once lymphatic gua sha work has readied the skin for the massage, the therapist applies pressure to the poultice and massage oil gently seeps into the skin. A Swedish-style massage invigorates and strengthens, releasing tension and creating balance between the muscles. Ginger helps reduce muscular aches and pains while boosting immune response, as lemongrass calms the nervous system, tones the skin, and helps to detoxify. Peppermint is calming yet stimulating, releasing tensions in the mind and body and providing anti-inflammatory properties.

50 MINUTES / FROM \$252 - \$288

80 MINUTES / \$396

## OBSIDIAN ROSE

Herbal Poultice and Therapeutic Massage

This herbal poultice and deep-tissue massage repairs and eases tension, with an invigorating ritual that applies poultices heated with massage oils to work deeper into the muscle tissue and improve peripheral circulation. As a prelude to the massage, black obsidian and rose quartz gua sha tools push lymphatic fluid through the body. Enclosed in the warm poultice, calendula and arnica soothe inflammation and heal damaged tissue while lavender relaxes the body and mind, easing tension and pain in muscles and joints. Rose quartz is also renowned for its excellent anti-inflammatory effects.

100 MINUTES / \$444

## ZENITH

### Deep Therapeutic Massage

Designed to revitalize and restore, this therapeutic sports massage balances your musculoskeletal system and addresses areas of chronic tension, tightness, and bound-up connective tissue that restricts muscles from functioning in concert. The treatment begins with an in-depth assessment with a seasoned therapist, who will customize your massage utilizing their talents and toolbox of modalities. Incorporating arnica flower oil, known for treating inflammation, your therapist will work skillfully to restore pain-free movement and improve your body's innate balance. Additionally, an application of jojoba oil deeply penetrates to soothe and soften the skin—providing an excellent moisturizing effect and adding a healthy glow.

50 MINUTES / FROM \$258 - \$288

80 MINUTES / \$408

## EUPHORIC

### Hot Stone Massage

This hot-stone massage uses wind- and water-swept rocks found along the California coastline—basalt stones that melt away muscle tension and transport you to a state of bliss. Your therapist glides the heated stones over you in a full-body Swedish massage incorporating uplifting botanicals. Choose from a flight of essential oil blends to customize the treatment.

80 MINUTES / \$396

## NOURISH

### Pre + Post Natal Massage

Prenatal- and postnatal-safe massage techniques and products nurture both mom-to-be and baby in this Swedish-style massage. Kukui nut oil, treasured for its soothing and healing properties, restores supple skin. Rosehip fruits and chia seeds nourish skin with essential vitamins and beta carotenes to resist damage and maintain elasticity throughout the remainder of the pregnancy journey. Only the most pregnancy-safe oil blends are used in combination with specialized massage techniques to relieve and release muscle tension, fatigue, and stress.

50 MINUTES / FROM \$258 - \$288

80 MINUTES / \$396

# Couples

## ZENITH

Deep Therapeutic Massage

This romantic interlude begins with a private steam for two in our intimate couple's suite, followed by a customized therapeutic sports massage on side-by-side massage tables. By incorporating arnica flower oil to treat inflammation, your therapist will work to restore your body's innate equilibrium, ultimately leaving both you and your partner feeling rebalanced and reconnected.

80 MINUTES / \$720 PER COUPLE  
20 MINUTE STEAM + 60 MINUTE MASSAGE

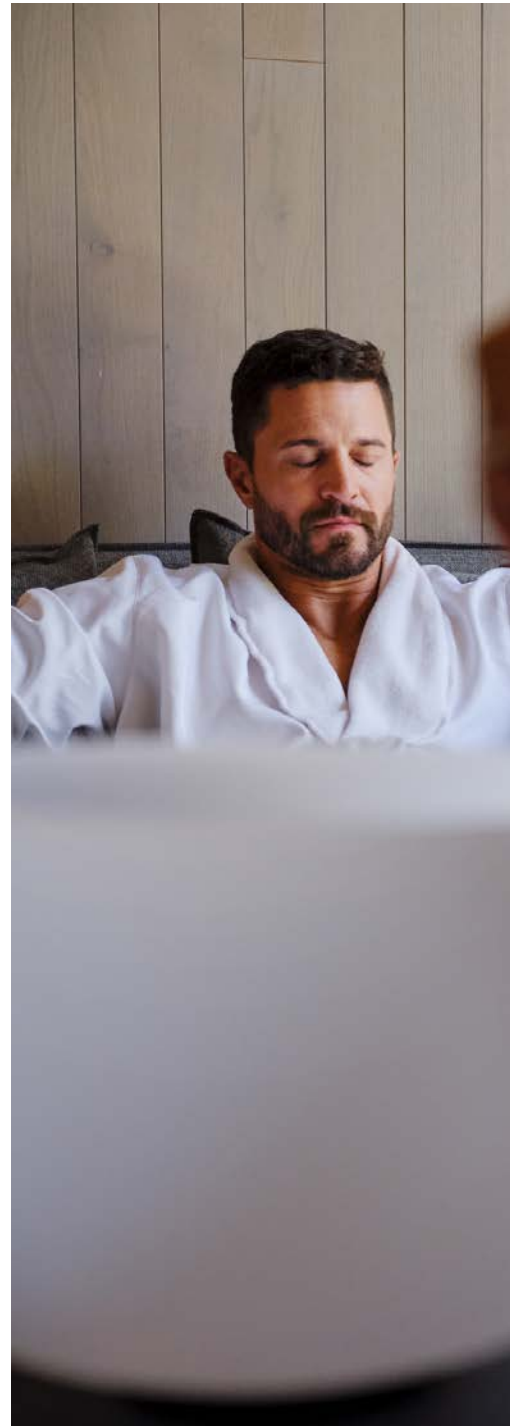
100 MINUTES / \$960 PER COUPLE  
20 MINUTE STEAM + 80 MINUTE MASSAGE

## TALISMAN

Herbal Poultice Swedish Massage

A side-by-side Swedish style massage using herbal poultices and gua sha stones delivers the perfect duo of romance and restoration. A soothing steam for two in our private couple's suite begins this bonding journey, relaxing the body and preparing the muscles for a grounding treatment.

100 MINUTES / \$936 PER COUPLE  
20 MINUTE STEAM + 80 MINUTE MASSAGE







# Indulgences for services

## VITALITY BEVERAGE COLLECTION

Bookend your service with a duo of detoxifying beverages: the refreshing, gut-balancing Field Song Tonic upon arrival, and therapeutic Earth Lover Tea at the end of your visit. Both are from Be Here Farm + Nature, a certified biodynamic farm here in St. Helena.  
\$ 25

## DEEP MUSCLE RENEWAL

Enhance your massage with deep muscular work or pressure therapy. Available for Talisman (80 minutes) and Euphoric (80 minutes) massages.  
\$ 30

## CBD HAND, FOOT, & CROWN

An additional 20 minutes are devoted to the hands, feet and crown. Polishing skin with the hydrating qualities of coconut flower sugar, raw sugar, and the gentle, invigorating benefits of dead sea salt while immersing the senses in a beautiful blend of Palo Santo, Orange, and Vanilla essential Oils. Extend the exfoliating and brightening benefits of this scrub with our Targeted Relief Cream for intense hydration and pain relief, especially benefiting arthritis and overworked hands and feet. Infused with arnica, ginger, comfrey, and 300mg of CBD per service. End with a pressure point stimulation for mind-body balance with a tension relieving scalp massage. Add to any 50 or 80 minute massage.

\$ 108 (ADDS 20 MINUTES TO TREATMENT)

## SPA ACTIVATION OF SOAKING TUBS

Extend your relaxation with this post-treatment upgrade. During the final minutes of your service, a Spa Alila concierge will draw a bath in your outdoor or indoor guestroom tub, complete with essential oils and a blend of lavender and rose geranium bath salts from Be Here Farm + Nature.  
\$ 70

## HEALING STONES

Enhance your massage with healing stones that soothe, increase blood flow, and bring nutrients to targeted areas. Available for Zenith (50 and 80 minutes) and Alila (80 minutes) massages.  
\$ 30

## THERAPEUTIC BOOST CBD

An aromatic and hydrating cannabidiol free of THC massage cream and oil, infused with an organic mix of herbs, essential oils, and arnica will be thoroughly worked into your muscles and joints for maximum relief associated with over-exertion, injury, arthritis or nerve issues. Add to any massage.  
\$ 30

## FULL BODY DRY BRUSH

With no additional time start your treatment with dry brushing the skin to stimulate blood flow and lymph. Add to any 80 or 100 minute massage.

\$ 30



# Private Wellness Offerings

## MOVEMENT

Create a new beginning, or enhance your current body program, with a private yoga experience.

50 MINUTES / \$240 FOR 1-2 PEOPLE

## MEDITATION

Tailored to an individual or couple, this practice will teach you to center yourself and be more present, both during and long after your time in Napa.

50 MINUTES / \$240 FOR 1-2 PEOPLE

## ASTROLOGY READINGS

Since ancient times, this detailed analysis of the stars' alignment during your birth reveals patterns, challenges and potential opportunities in your life's journey. Readings thoroughly evaluate your sun, moon and rising signs, and can be done in tandem with another person's birth chart to uncover the deep bonds and possible conflicts in your relationship. Wine and charcuterie are served alongside this intimate experience, which takes place beside your private guestroom fire pit.

90 MINUTES / \$395 FOR ONE PERSON / \$450 FOR A COUPLE

Please provide the birth date, time and place for all participants at the time of booking.

## SPA ALILA AFTER HOURS + PRIVATE EVENTS

Make Spa Alila your private sanctuary. Available to a couple or group, enjoy exclusive use of the relaxation rooms, steam room and hydrotherapy cool plunge shower after normal spa business hours. Large groups such as bridal parties or corporate retreats may also have the option for a full buyout during standard operating hours. Consult our team to craft this fully customized experience for you.

Please note: A reservation 3-5 days in advance typically is required for all private sessions and based on availability.



# Spa Etiquette

## BOOKING

We suggest booking in advance to enable us to accommodate your needs and schedule. If you are not a resort guest, we require a credit card to hold your reservations. Spa guests must be over 18 years old.

## CANCELLATIONS

As a courtesy to other guests and our therapists, we require a minimum 24 hour notice for cancellations or rescheduling. Failure to do so, including no-shows, will result in being charged full cost of booked experiences.

## PRICES & GRATUITY

All prices are in USD. A 20% service charge is included in all treatments and experiences. Gratuities are allocated to spa staff that served you during your visit. Additional gratuities are at your discretion.

## MEDICAL CONDITIONS

Please inform of us of any medical conditions, medications, allergies, or injuries that may affect the safety or quality of your experience. We will be happy to recommend ways to modify treatments to your needs.

## WHAT TO WEAR

Unless your service has a specific dress code, we will provide you with a robe and slippers to change into after check-in. To maintain privacy, your therapist will cover you appropriately during your experiences.

## ARRIVAL

Please arrive no more than 30 minutes prior to your scheduled appointment time to ensure you have time to check in and prepare for your experience. Out of respect for all guests, services will begin and end at the scheduled time.

## HONORING

We honor the Spa Alila space and seek to provide a peaceful setting for all guests. We ask that you respect all guests' right to privacy and serenity, and request that you refrain from using mobile phones or other electronic devices.

