

MAHA

SPA

GEBHARD LODGE
California

TRADITION,
INNOVATION,
SYNERGY

Welcome to the Spa.



MASSAGE

REIKI

This Japanese energy treatment is also known as a “laying on of hands.” The therapist uses little to no pressure to bring into balance your seven chakras. This ancient art of body work promotes restful sleep, stress alleviation and healing to your mind and body.

60 minutes 90 minutes

LANDSCAPE CANVAS

After a brief consultation, your therapists will custom design a massage to meet your specific needs. Whether you wish to relax or have deeper, therapeutic work, our therapists will synthesize components of Swedish, Therapeutic and foot massage to relieve muscle soreness, increase range of motion and promote the art of relaxation.

60 minutes 90 minutes

HERBAL POULTICE

This traditional treatment from Thailand balances your mind and opens your pores to allow medicinal heat to relieve sore muscles and release your tensions. A heated herbal poultice containing special herbs and plant extracts is used to knead and compress muscles along the meridian pathways. An invigorating massage follows using an array of traditional aromatherapy techniques leaving you feeling relaxed and revitalized.

60 minutes 90 minutes

FOUR HANDS

Strike the right chord with a trusted companion in this serene massage. With the expert touch of our therapists, the two of you will be transported to new heights of relaxation and connection.

60 minutes 90 minutes



SKINCARE



ELEVATION WRAP

Grape seed, Herbs, amino acids and antioxidants are used to create an immediately effective firming and tightening treatment. Fermented wine containing potent bioflavonoids are infused to tone and strengthen capillaries and increase circulation.

90 minutes

HAND & FEET

The essential oils of Chinese Jasmine and Wildcrafted Indonesian Ginger are the key ingredients used in this luxurious hand and foot ritual. Essential oils of Mandarin gently caress your hands while gentle exfoliation of micro algae and vitamins A and E smooth the skin. A Shiatsu inspired massage melts away tension.

60 minutes

PURIFICATION FACIAL

A customized treatment utilizing essential oils and the finest fruit extracts gently cleanses the pores and removes impurities. Relax while antioxidants from plants and fruits soothe and improve the health of the skin. The treatment is finished with collagen promoting infusion of Vitamin C and a cranberry skin firming complex that leaves the skin feeling clean and refreshed.

60 minutes

WELLNESS

Using an application of warm seaweed cream, this wellness body wrap provides a sensation of deep relaxation that helps to rebalance and encourage muscular relaxation. A body care lotion application will smooth your skin providing hydration and repair. This is a great way to recover after a strenuous workout.

90 minutes

NAPA SUN LOVER THERAPY

Our aloe and tea tree body wrap provides instant relief from sun dried skin and restores moisture to dry, dehydrated skin. First, a lavender mist, then a soothing recovery gel and you are wrapped to allow penetration. A finish of rose hips seals in moisture.

90 minutes

BEAUTY BAR

NAILS

TRADITIONAL TREATMENTS

Manicure

A professional manicure that leaves hands and nails well groomed. Nail shaping, cuticle trimming, moisturizing hand and arm massage with polish application. *30 minutes*

Pedicure

Foaming, hydrating, and relaxing waters comfort your feet in preparation for pampering and grooming leaving them refreshed, smooth and soft. *30 minutes*

OTHER NAIL TREATMENTS

Paraffin Treatment Hands or Feet

Polish Change Hands or Feet

HAIR

WASH & BLOWOUT

Wash and blowout services for all hair types are available in our spa facilities.

ELEVATED TREATMENTS

Silky Hand Beautification & Spa Manicure

Special exfoliation products are used to help remove spot marks followed by an aroma hand and nail massage. A deeply hydrating hand mask completes this exquisite manicure. *60 minutes*

Silky Feet & Leg Pedicure

A truly lavish pedicure. An aromarine foot bath and exfoliation followed by a thermal mineral mud foot mask. A nail, foot, ankle and leg aromassage complete this experience. *90 minutes*



SPA ETIQUETTE

THE SPA

Operating hours are from 9am to 8pm daily (early and late hours available on request and at an additional fee).

APPOINTMENTS

Guests are encouraged to book treatments in advance to ensure that their preferred time and services are available. The minimum age for treatments is 16. Guests under the age of 16 require parental consent prior to their booking being accepted.

SPECIAL CONSIDERATIONS

Many treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any queries and inform staff of any medical or health concerns.

TREATMENT PREPARATION

We recommend that you arrive 15–20 minutes prior to your scheduled treatment time, allowing time to complete your spa registration form and enable immersion into the spa's relaxing environment with a soothing fresh herbal tea or cooling beverage.

SPA ENVIRONMENT

Smoking and the use of mobile phones are prohibited in and around the MAHA Gebhard Lodge Spa.

VALUABLES

Please leave your valuables in the safe provided in the Lodge.

IN-LODGE TREATMENTS

We offer most of our treatments in the privacy of your accommodation. Please note a surcharge applies to each session.

CANCELLATION POLICY

Although staff will do their utmost to accommodate any booking changes, guests are kindly requested to give at least six hours' notice of cancellation so that someone else may enjoy that time. Cancellations made within six hours will be subject to the full charge for the treatment booked. Any cancellations need to be made during the spa operation hours of 9am–8pm.

TAXES & FEES

All spa and wellness services are subject to government taxes and service fees.

Contact Information

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California