

# S P A ALILA



**Alila** VENTANA BIG SUR

## The Healing Power of Earth and Sea

Big Sur has long been known as a sacred, curative site, and the Spa Alila sensory experience is designed around encouraging inner peace and connection.

Our skilled bodyworkers will guide you through a powerful and energizing process, with treatments rooted in both traditional and modern methods from around the world and products that meld the healing properties of earth and sea.

For an especially memorable couples experience, our outdoor cabanas provide a uniquely private spot for pampering. Engage all of your senses as you look out over the forest, with the ocean breezes washing over you and the scent of redwoods filling the air.

Whether you choose our signature massage, reflexology, or one of our many other unique offerings, a visit to Spa Alila will leave you with a profound sense of well-being—one that takes hold deep in your soul.

## Spa Alila Treatments

Spa Alila at Ventana Big Sur is a refuge for your senses, a safe haven to surrender the stresses and concerns of daily life.

Enter the world of Spa Alila—where relaxation and rejuvenation await. Soon, you will experience the natural healing that is Big Sur, combined with intuitive traditions from Asia and holistic traditions from Europe. Welcome to Spa Alila. Namaste.

# Facials

Spa Alila facials are designed to purify, revitalize, and help release stress and tension. We utilize a variety of extracts, oils, and custom botanical blends to uplift, enhance, and renew—leaving you feeling fresh and radiant.

## Rejuvenate

### ENERGIZE AND ENHANCE

Bring a fresh glow, tone, and strength to the skin, while awakening senses throughout the body. This treatment focuses on sculpting and lifting while reviving the skin. Lotus extract features skin-balancing properties, helping to balance sebum production, while baobab oil works to soften the skin. Oxygen therapy and custom blends of the purest botanical ingredients renew radiance. Uplifting in every way, the results are luminous and long-lasting.

50 Minutes \$215 | 80 Minutes \$305

## Purify

### CLARIFY AND CLEANSE

A deep cleanse, this purifying facial is designed to help detoxify the skin while releasing stress, tension, and stagnation. It stimulates the body's natural lymphatic process, flushing out excess toxins from the tissues and bringing clarity to the complexion. Fo-ti is an ancient clarifying remedy used to treat numerous skin ailments such as acne, while great burdock is rich in antioxidants and is an anti-inflammatory. Our signature oxygen therapy enhances radiant skin and creates a sense of vitality for the mind, body, and spirit.

50 Minutes \$215 | 80 Minutes \$305





## Massage and Energy Work

Inspired by the soothing rhythm of the sea and the essence of the healing nature surrounding Big Sur, our massage and energy therapies wash away the tensions of both body and mind. As in ancient practices, organic and wild-crafted herbs of eucalyptus, lavender, pine, sage, and arnica are gathered into warm poultices and oils, simultaneously easing pain and enlivening the spirit when applied to the skin. Other natural tools, such as jade and basalt sea stones, permeate even the innermost layers of muscles.

# Massage and Energy Work

## Zenith\*

REVITALIZE AND RESTORE

Begin with an in-depth assessment with a seasoned therapist to customize your massage. Balance your musculoskeletal system and address areas of chronic tension, tightness, and bound-up connective tissue that restricts muscles from functioning in concert with each other. This specialized massage utilizes each therapist's talents and "toolbox" of modalities. While your therapist works skillfully to restore pain-free movement and improve your body's innate balance, jojoba oil deeply penetrates to soothe and soften the skin, providing an excellent moisturizing effect and adding a healthy glow.

50 Minutes \$215 | 80 Minutes \$305 | 100 Minutes \$380

## Jade\*

EXPLORE AND RELAX

A hot-stone massage incorporating nature's therapeutic basalt and stones made from jade, integrated with a full-body Swedish massage. Resembling the smooth cobblestones found along the California shore, basalt stones are excellent thermal insulators, helping to melt away muscle tension as the therapist glides the heated stones over the body. Jade, a stone that can be found in Big Sur, readily opens taut muscles and relieves joint pain in this deeply relaxing treatment. Feel yourself surrounded in the mineral energy of the earth while the warm stones work their magic.

80 Minutes \$330 | 100 Minutes \$405

## Paradigm\*

RESTORE AND RECOVER

A craniosacral therapy using a gentle, light touch to facilitate the flow of cerebrospinal fluid. This form of energy therapy shifts the mind and body into a mode of rest and recovery.

50 Minutes \$215

## Talisman\*

INVIGORATE

Herbal poultices packed with organic and wild-crafted herbs capture the essence of the healing nature surrounding Big Sur to address the body's muscles and joints. These herbs are wrapped in a canvas compress, steamed to release the aromatic and therapeutic properties, then massaged into the muscle tissue, coupled with passive yoga-like stretches and Swedish-style massage. Arnica flower calms inflammation in muscles and joints, relieving pain. Pine soothes the skin, eases breathing, activates the immune system, and increases energy. Sage stimulates the lymphatic system, boosts glandular function, and eases stiffness.

80 Minutes \$330 | 100 Minutes \$405

## Restorative\*

REPLENISH AND ENERGIZE

A soft, healing touch with medium pressure, combined with energy work that allows for a relaxing massage that re-energizes your flow. High-oleic sunflower oil hydrates and locks in moisture, and contains Omega-3, Omega-6 and Omega-9, which help prevent and reduce skin inflammation.

50 Minutes \$215 | 80 Minutes \$305 | 100 Minutes \$380

## Balance\*

ESCAPE AND RELEASE STRESS

Reflexology uses pressure-point work within the reflex zones of the feet, leading to full-body balance and calm. Each point on the foot corresponds to specific areas of the body, allowing for a comprehensive yet targeted approach to physical and mental stress release.

50 Minutes \$215



## Balinese

RELIEVE PAIN AND REVITALIZE

After beginning with a foot bath ritual to allow tension to first dissolve from the feet, this traditional Balinese healing therapy combines stretching and long therapeutic strokes in a flowing sequence—relieving muscle pain, unraveling stress and improving blood flow.

80 Minutes \$330 | 100 Minutes \$405

## Alila Massage

RELAX AND RENEW

Reset your Qi in this Chinese medicine-based treatment incorporating table Thai, Tui Na, and Swedish massage 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 stimulation of acupressure points on the face, so your outside glow is an accurate representation of your newly balanced self. Yoga or exercise attire required.

80 Minutes \$305

## Nourish\*

RELIEVE STRESS AND TENSION

Prenatal-safe massage techniques and products are used to relax the mom-to-be in this Swedish-style massage. Our body-support pillows provide the utmost comfort, while only the most pregnancy-safe oil blends are used in combination with specialized massage techniques to relieve and release muscle tension, fatigue, and stress. Coconut Kukui oil helps to improve skin tone, maintaining softness and radiance while nourishing the skin.

50 Minutes \$215 | 80 Minutes \$305

\*AVAILABLE IN THE COUPLES SUITE

## Just for Couples

### Couples Zenith

CONNECT AND FIND CALM

This romantic interlude begins with a bath for two in our private outdoor cabanas overlooking the redwoods, followed by a customized Massage on our side-by-side massage tables.

80 Minutes \$545 (20 Minute Soak + 60 Minute Massage)  
100 Minutes \$725 (20 Minute Soak + 80 Minute Massage)  
*prices are per couple*

### Couples Talisman

ESCAPE AND BOND

This side-by-side therapeutic herbal treatment is the perfect combination of romance and health. A soothing soak for two in our oversized copper tub begins your journey, relaxing the body and preparing muscles for herbal compresses and therapeutic massage. Experience the natural healing that is Big Sur.

100 Minutes \$775 (20-Minute Soak + 80-Minute Massage)  
*price is per couple*



# Body Renewal Rituals

Our natural and organic body treatments offer exfoliations with salt from the sea or a coffee scrub from the land. Whether you choose to invigorate your day and lock in moisture with our honey-enriched massage butter, or escape into a dream state with our soothing lavender, you're sure to leave with your skin feeling renewed and rejuvenated.

## Lavender Bliss

RELAX AND REVITALIZE

A slow, rhythmic exfoliation using a combination of Pacific sea salt, lemongrass, and lavender send you into a blissful slumber, followed by a massage with warm lavender oil and rose quartz stones. Allow yourself to be cocooned while our hair oil treatment nourishes the scalp, concluding with light pressure points on the face and a hand and foot massage. Lemongrass relaxes the nervous system, toning and tightening while helping to detoxify, while lavender soothes the mind from mental stressors.

80 Minutes \$330

## Espresso

RESTORE AND DETOXIFY

Illuminate your body from head to toe with this detoxifying body treatment. The exfoliating essences of organic coffee, fruit enzymes, and multi-fruit acids refine texture, soften, and brighten the skin. Coffee extract, blended with shea butter, is massaged into the body with luxurious flowing strokes. A core ingredient in the massage butter, honey helps ease inflammation, locks in moisture, and has wonderful antibacterial properties.

80 Minutes \$330



## Spa Alila Considerations

Spa Alila is proud to provide you with eco-lux products crafted by passionate artisans. We are committed to the holistic and organic approach for treatments and products alike.

Arrival: We invite all spa guests to arrive at least 15 minutes prior to their treatment to allow time for an enjoyable arrival experience. We kindly request spa guests to shower and wear the robe provided in their Ventana Big Sur guestroom, as there are not dedicated changing facilities located at the spa. We encourage you to leave any valuables or personal items in your room. Please note that late arrivals may result in shortened treatments, out of respect for other guests' time.

Masks are currently not required for staff or guests. If you would like your service provider to wear a mask during your treatment, please inform the Spa Concierge upon booking.

Cancellation or appointment changes: A credit card is required to reserve all spa appointments. Any cancellations made within 24-hours of the appointment time will result in a 50% fee (including service charge). Appointments rescheduled within 24-hours of the appointment time are subject to a rescheduling fee. No shows will be charged 100%.

Gratuities: For your convenience, a 20% service charge will be added to your treatment total and provided to the spa staff as a gratuity.

Spa Alila and Ventana Big Sur mail orders: All Spa Alila boutique items are available for U.S. and international shipping.

Groups and events: For groups, parties or corporate events, please contact the spa manager directly to craft your unique experience.

Please note, menu prices are subject to change without notice and are exclusive to guests of Ventana Big Sur Resort. Spa hours change seasonally. Spa Alila exclusively serves guests 18 years of age or older.