

SPA ALILA

Spa Alila at Ventana Big Sur is a refuge for your senses, a safe haven to surrender the stresses and concerns of daily life. Soon, you will experience the natural healing that is Big Sur, combined with intuitive traditions from Indonesia and holistic traditions from Europe. Spa Alila creates an experience encouraging inner peace and connection.

SKIN CARE

Using only the most exclusive ingredients—herbs, refined marine clays, and floral essences—Tammy Fender’s skincare formulas impart a glowing radiance to the complexion. But our work together goes beyond the skin with holistic treatment protocols created to nurture you— in body, mind and spirit.

REJUVINATING FACIAL

Bring a fresh glow, tone and strength to the skin, while awakening senses throughout body. This treatment focuses on sculpting and lifting, while reviving 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

PURIFYING FACIAL

A deep cleanse, this purifying treatment is designed to help detoxify the skin, while releasing stress, tension and stagnation. This treatment stimulates the body’s natural lymphatic process, flushing out excess toxins from the tissues, while bringing clarity to the complexion. Signature oxygen therapy enhances radiant skin and creates a sense of vitality for the mind, body, and spirit.

50 minutes \$215 / 80 minutes \$305

**Oxygen therapy revives the complexion in all of our treatments, transporting this essential element directly into the skin.

** Personalized skin analysis and extractions are included in the longer treatments for maximum results.

BODY TREATMENTS AND ENERGY WORK

LAVENDER EXPERIENCE

A slow, rhythmic exfoliation using a combination of sea salt, jicama root, lemongrass, and lavender sends you into a blissful slumber, followed by a massage with warm lavender oil and rose quartz stones. Allow yourself to be cocooned while a warm hair oil treatment nourishes the scalp. This head-to-toe service concludes with light, pressure points on the face and a hand and foot moisturizer.

80 minutes \$275

JAVANESE COFFEE SCRUB

Begin your coffee excursion with our Balinese foot bath ritual. This multi-active experience will illuminate your body from head to toe. This detoxifying treatment incorporating Javanese coffee, Brown sugar, coconut fruit and cacao. Our signature Balinese massage follows, using a cocoa honey almond oil. *Unscented Jojoba oils is available upon request for those with nut allergies.*

80 minutes \$275

REFLEXOLOGY

Big Sur is a place of healing energy, and Reflexology is based on the principle that this energy flows freely around the body when we are in good health—and that reflex areas on the feet correspond to every part in the body. Your therapist will apply pressure to specific points to unblock energy flow and promote the body's natural healing from within.

50 minutes \$185 / 80 minutes \$275

CRANIAL SACRAL THERAPY

A light-touch manual therapy that uses no more than 5 grams of pressure to seek restrictions within the tissues of the body— and release those restrictions from the skin to the spinal cord. Loose, comfortable clothing is required.

50 minutes \$185 / 80 minutes \$275

MASSAGE AND BODYWORK

VENTANA THERAPEUTIC MASSAGE

This deep tissue massage focuses on the deeper layers of muscle, using slower, intent strokes, direct pressure points, range-of-motion and friction techniques to energize and release tension.

50 minutes \$185 / 80 minutes \$275 / 100 minutes \$350

VENTANA FUSION MASSAGE

A traditional Swedish treatment with medium to deeper pressure, offering a blend of synergized massage modalities for your individual needs. Combined with stretches, this allows for a relaxing experience with deeper release where needed.

50 minutes \$185 / 80 minutes \$275 / 100 minutes \$350

VENTANA RESTORATIVE MASSAGE

A soft, healing touch with medium pressure, combined with energy work that include Reiki, Chakra Balancing and other energy modalities, allows for a relaxing massage that re-energize your flow.

50 minutes \$185 / 80 minutes \$275 / 100 minutes \$350

MATERNAL BALANCING MASSAGE

Designed for moms-to-be and also for post-natal care, our body-support pillows will ensure comfort. Our highly trained staff utilizes specialized massage techniques to relieve all the aches that surface during this special time.

Our policy is to provide side-lying massage experience for expecting mothers past their first trimester.

50 minutes \$185 / 80 minutes \$275

ALILA MASSAGE

Beginning with a signature foot bath ritual to first dissolve tension 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 \$275 / 100 minutes \$350

EI SUR GRANDE

Spa Alila's hot stone therapy. Nature's therapeutic basalt and local Big Sur jade stones, integrated with massage, readily open taut muscles, relieve joint pain and melt tension in this deeply relaxing treatment. Feel yourself surrounded in the mineral energy of the earth while the warm stones work their magic.

80 minutes \$275 / 100 minutes \$350

ESSENCE OF BIG SUR HERBAL MASSAGE

An extension of Thai massage, this medicinal muscle treatment utilizes both organic and wild-crafted herbs like eucalyptus, lavender, pine, sage, and arnica to capture the essence of the healing nature surrounding Big Sur. These herbs are wrapped in a canvas compress, steamed to release the aromatic and therapeutic properties, then massaged into the muscle tissue, along with passive yoga-like stretches and hands on massage.

80 minutes \$275 / 100 minutes \$350

JUST FOR COUPLES

COUPLES EXPERIENCE

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

80 minutes \$485 (20 minute soak + 60 minute massage)

100 minute \$615 (20 minute soak + 80 minute massage)

priced per couple

COUPLES BIG SUR HERBAL

This treatment begins with a bath in our oversized copper soaking tub to relax the body, followed by our Essence of Big Sur Herbal massage.

100 minute \$615 (20 minute soak + 80 minute massage)

priced per couple

PRIVATE ACTIVITIES

Please note: A reservations 3-5 days in advance is typically required for all private sessions .

ASTROLOGY READINGS

Since ancient times, astrology readings have explored one's birth chart to define the essential stages of life's journey. Readings bring clarity to areas of conflict, emphasizing one's strengths and providing tools for managing life in new and creative ways.

**Please provide your birth information (date, time and place of birth) to the spa at the time of booking.*

90 minutes

Single \$295 / Couples \$350

ESSENCE PORTRAITS

Watch your inner landscape unfold in brilliant colors while discovering your spirit guides, animal totems, angels, ancestors, and soulmates as Sofanya paints your essence through your unique color patterns.

View a portfolio of previous work in the Spa relaxation area.

90 minutes

Single \$295 / Couples \$350

ASTRO SOMA

When an aspect or archetype of our nature has been "hurt" tends to compensate remaining hidden, stuck or projected and frequently attracts lessons to itself for further learning and growth. AstroSoma is a cutting-edge modality that combines a gentle energy muscle testing with the guidance of one's Astrology natal chart to bring awareness and transformation for a permanent improvement in one's life, self and goals. Couple's sessions in both modalities aims at designing a healthy and co-creative goal, followed by a process that informs what is at the root of mutual dissonances, for a permanent transformation that re-vitalizes the relationship.

**Please provide your birth information (date, time and place of birth) to the spa at the time of booking.*

Single 2-2.5 hours / Couples 3 hours

Single \$350 / Couples \$405

TRANSFORMATION KINESIOLOGY (TK)

We embody a holographic system which is by nature, bio-chemical electromagnetic and intelligent- this system is intimately connected to our emotional life. TK is a modality based on the Ageless Wisdom which combines a gently energy muscle testing with an inquiry process aimed at awakening Soul consciousness. Works by rewiring the gaps that were formed in the subconscious mind by trauma, bringing to light its subsequent negative conclusions and beliefs, to promote wellbeing, healing and joy in a seamless, transformative and permanent way.

Single 2-2.5 hours / Couples 3 hours

Single \$350 / Couples \$405

SPA ALILA CONSIDERATIONS

ARRIVAL: We invite all spa guests to arrive at the time of your treatment. Please wear your robe from your Ventana Big Sur guestroom, and leave any valuables or personal items in your room for safety. Please note that late arrivals may result in shortened treatments, out of respect for other guests' time. Before arriving to the spa, we advise all guests to use the restroom and take a shower prior to treatments, as the facilities at the spa will not be available. We advise guests to bring their water bottle with them to their appointment as refreshments will not be provided.

You will be required to wear a mask at all times. If you forget your mask, we will provide one for you. If you would like to wear gloves or your provider to wear gloves they will be provided.

CANCELLATION OR APPOINTMENT CHANGES: A 24-hour notice prior to a cancellation or change is required to avoid a 50% fee. No shows will be charged 100% of the service price. If you are experiencing cold or flu-like symptoms on the day and time of your treatment, you will need to reschedule your appointment and your cancellation fee will be waived.

PAYMENT AND GRATUITIES: Services can be paid by room charge or credit card. For your convenience, gratuities are provided to spa staff through a 20% service charge added to your treatment total.