




# SPA AiiA MENU

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A woman with dark hair tied back is seen from behind, sitting in a hot tub filled with white foam. She is looking out at a scenic view of a mountain range with a valley filled with mist or low clouds. Tall evergreen trees are visible in the foreground and on the sides. The scene is captured in a split-screen format, with a vertical line down the center. The lighting is soft, suggesting early morning or late afternoon.

Big Sur has long been a sanctuary for healing and rejuvenation. At Spa Alila, we draw on this energy to nurture inner peace and connection. Our skilled therapists offer treatments that blend traditional and modern techniques, using nature-inspired products.

Each experience is thoughtfully curated, guided by the tranquil beauty and untamed spirit of Big Sur.

Welcome to Spa Alila. Namaste.



# VENTANA TRADITIONS

Immerse yourself in thoughtfully curated offerings that capture the untamed beauty of Big Sur.

## Big Sur Release

80 / 100 - Minute Treatment

Inspired by the natural healing energy of Big Sur, this curated experience offers the ultimate coastal massage, where locally sourced herbal poultices are gently steamed to release their therapeutic properties. The heat of the poultices melts tension from deep within the muscles, allowing the body to fully unwind.

- Herbal Poultice Massage
- Thai Stretching
- Vibrational Sound Healing (100 - Minute only)

## Balinese Spirit

80 / 100 - Minute Treatment

This Balinese ritual begins with a soothing foot bath to relax and refresh your senses. The treatment features the calming scent of jasmine, a flower cherished in Indonesia for its powerful symbolism of purity. Combining traditional Balinese massage techniques, this luxurious treatment pampers your body, leaving you feeling completely indulged.

- Balinese Massage
- Plumeria Hand Treatment
- Foot Soak Ritual (100 - Minute only)

## Heart of Jade

80 / 100 - Minute Treatment

Jade, a stone that can be found in Big Sur, is the star in this deeply relaxing treatment. Rooted in ancient traditions, jade symbolizes harmony, renewal, and tranquility, aligning perfectly with the serene energy of Big Sur.

- Jade Stone Body Massage
- Argan Oil Scalp Treatment
- Jade Face Massage (100 - Minute only)

## Marine Layer Detox

80 / 100 - Minute Treatment

This cleansing ritual helps refresh and restore your body, encouraging harmony and total well-being. By removing impurities and boosting lymphatic flow, it will leave you with a deep sense of renewal.

- Lymphatic Dry Brushing
- Marine Mud Wrap
- Mineral Restoration Massage (100 - Minute only)

## Lavender Dreams

80 / 100 - Minute Treatment

Drift into tranquility with the soothing essence of lavender, known to calm the mind, ease tension, and enhance overall well-being. This indulgent spa ritual combines gentle exfoliation with the restorative benefits of aromatherapy, leaving your skin silky smooth and your spirit renewed.

- Lavender and Blue Chamomile Scrub
- Hydrating Cream Massage
- Cooling Foot Treatment (100 - Minute only)



# HOLISTIC FACIALS

Featuring Tammy Fender's skincare line, our facials are designed to support your skin's natural harmony. Each treatment includes a calming hand and arm massage.

## Botanical Cleanse

50 / 80 - Minute Treatment

This purifying facial is designed to stimulate 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.

## Timeless Glow

50 / 80 - Minute Treatment

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.

## Gentlemen Refresh

50 / 80 - Minute Treatment

This treatment addresses skincare needs for men including aging, shaving effects, and active lifestyles. It flushes the skin of any toxins while relieving stress and tension. Whether you're looking to address skin fatigue, acne, or dryness, this facial is a perfect way to revitalize and maintain your skin's natural health.





# INTEGRATIVE ARTS

A collection of modalities that promote relaxation, self-discovery, and energetic balance. Each service is designed to foster a deeper sense of harmony and well-being.

## Restorative Reiki

50 - Minute Treatment

This ancient Japanese stress-reduction practice gracefully releases emotional blockages, enveloping you in a profound sense of tranquility. Through the gentle touch of your practitioner, universal energy flows seamlessly, guiding you to a deeper connection with your higher self, creating a serene and transformative experience.

## Craniosacral Therapy

50 - Minute Treatment

This treatment uses a gentle, light touch to enhance the flow of cerebrospinal fluid and restore balance within the nervous system. Unlike massage, which targets muscle tension, this technique works with the body's subtle rhythms to encourage overall well-being and relieve stress at a deeper, systemic level.

## Spa Reflexology

50 - Minute Treatment

Pressure-point work takes place within the reflex zones of the hands and feet, leading to full-body balance and calm. Each point corresponds to specific areas of the body, allowing for a comprehensive yet targeted approach to physical and mental stress release.

## Astrology Reading

80 - Minute Experience

Explore the unique cosmic blueprint created by the alignment of the stars at your birth. By examining your sun, moon, and rising signs, along with the positioning of other planets, you'll uncover key insights about your life path, strengths, challenges, and potential for growth. This session offers a detailed exploration of the celestial influences shaping your personal and spiritual journey. This session will take place in the comfort of your guestroom.

## Forces of Nature

80 - Minute Treatment

Embark on a transformative journey inspired by the powerful natural forces of Big Sur. Through this gentle and intuitive session, you will align your energy with the natural world, fostering deep healing, balance, and clarity. Select from the following options:

### Mountain's Peak

Ascend to new heights of tranquility, drawing strength and calm from the mountain's enduring presence.

### Redwood's Roots

Ground yourself in the deep roots of the redwood, fostering stability and endurance in the face of adversity.

### Ocean's Heart

Dive deep into the heart of the sea to connect with and honor your emotional core.

### Sky's Embrace

Soar through the open sky, where freedom and possibility intertwine, inviting you to dream without limits.





## Transformational Healing

100 - Minute Treatment

Step into a world of deep healing and self-discovery with our Intuitive Guide. Whether you're navigating a family expansion, contemplating a relocation, or simply looking to align with your highest potential, this is designed to provide clarity and support. Our Intuitive Guide will take you through a powerful fusion of energy work and spiritual insights, blending a variety of transformative modalities which may include:

### Reiki Energy Healing

Clear blockages and restore balance to your body's energy

### Astrological Consultation

Gain cosmic clarity and guidance based on your unique astrological chart

### Oracle Card Reading

Receive intuitive messages from your higher self to guide your current journey

### Dream Interpretation

Unlock the hidden meanings and wisdom from your dreams

### Guided Imagery

Find clarity and inner peace with a relaxing visualization exercise

### Intuitive Coaching

Learn to tap into your intuition and trust your inner voice.

This session is a holistic experience tailored to your needs, offering healing, insight, and empowerment, leaving you with a renewed sense of peace and alignment.



# SIGNATURE MASSAGES

Our therapeutic massages wash away the tensions of both body and mind with natural herbs, oils, and minerals.

## Expert Touch

100 - Minute treatment

After carefully assessing your needs, your service provider will use a blend of expert massage techniques and tools to craft a session to best suit your body and mind. Let go and surrender to a deeply restorative journey that is as unique as you.

## Tree of Life

50 / 80 - Minute Treatment

Calm your mind with an aromatic, Swedish massage tailored to your needs, easing tension and restoring balance. Featuring a blend of essential oils—including Sweet Orange, Douglas Fir, and Australian Sandalwood—this treatment offers a deep sense of peace for both body and mind.

## Coastal Recovery

50 / 80 - Minute Treatment

This specialized, deep-tissue massage aims to restore pain-free movement and enhance your body's natural balance. Natural remedies such as turmeric, arnica, and magnesium are incorporated to support recovery, addressing both physical tension and promoting healing within the body.

## Mother Nature

50 / 80 - Minute Treatment

Only the most pregnancy-safe oil blends are used in combination with specialized massage techniques to relieve and release muscle tension, fatigue, and stress. Apricot oil helps to improve skin tone, maintaining softness and radiance while nourishing the skin. Our body-support pillows, used along with pre/post-natal pillows, provide the utmost comfort.

## Vital Flow

50 - Minute Treatment

Focusing on the hands, feet, and scalp promotes a deep sense of relaxation while boosting circulation throughout the body. This soothing spa technique incorporates essential oils to hydrate the skin, helping to improve blood flow and relieve tension.





## MASSAGE ADD ONS

Enhance your massage with a selection of a luxurious add-ons designed to elevate your relaxation.

### Body Scrub Add-On 25 - Minute Treatment

Reveal smooth, bright skin by choosing from our assortment of scrubs. Each scrub is designed to polish away dead skin cells and unveil smoother, brighter skin. Let the gentle exfoliation transform your body, leaving you feeling renewed and glowing.

### Body Mask Add-On 25 - Minute Treatment

Nourish and hydrate your body by choosing from our assortment of body masks. Each mask is designed to replenish your skin, leaving it soft and smooth. Experience the ultimate hydration as the mask works to restore and rejuvenate, leaving your skin feeling renewed and beautifully moisturized.

### Mini Facial Add-On 25 - Minute Treatment

Pair your treatment with a soothing express facial featuring Tammy Fender skincare products. Enjoy a calming face massage as the holistic products are gently applied, leaving your complexion refreshed and revitalized.

## BODY SCRUBS

### Juniper Berry Tea Polish

A brown sugar scrub infused with Big Sur native juniper berries to detoxify and rejuvenate.

### Citrus Breeze Revive

Big sur sea salt combined with the sweet scent of mandarin and lemon peel, uplifting and brightening the skin.

### Espresso Shot Energizer

Coffee grounds stimulating properties help boost circulation, exfoliate dead skin cells, and improve skin texture.

## BODY MASKS

### Lavender Aloe Healer

Aloe and lavender are known for their healing and purifying properties. Excellent for sensitive skin, the mask improves skin conditions, and its light fragrance induces relaxation.

### Golden Milk Mender

The highly moisturizing honey and goat's milk make up this body conditioner which improves skin condition and restore softness to the skin.





## COUPLES RITUALS

Whether marking a significant milestone or seeking to deepen your bond, our curated selections guide you to the ideal experience.

### Season of Serenity 100 - Minute Treatment

Evolving with the seasons, this curated experience begins with a luxurious scrub, where fine crystals and nourishing oils gently exfoliate. Next, indulge in a soothing goat's milk bath, enveloping your skin in rich moisture as you take in redwood views. Conclude with a calming aromatherapy massage, blending soothing scents and expert touch for ultimate relaxation.

### Intertwined Essence 100 - Minute Treatment

A romantic escape where each couple crafts a personalized aromatherapy blend, symbolizing their unity. This exclusive experience features a private bath soak followed by a soothing, customized massage that showcases your unique fragrance. Every detail is thoughtfully designed to enhance your connection.

### Celebration of Love 80 / 100 - Minute Treatment

A romantic couples' experience complete with prosecco and chocolate. Enjoy a calming bubble bath, followed by a customizable aromatherapy massage from our skilled therapists designed to melt away tension. Raise a toast to your special moments, whether celebrating love or simply unwinding together.



### True Embrace

80 - Minute Treatment

Start your retreat with a blissful bubble bath for two in our private outdoor cabanas, surrounded by the tranquil beauty of the redwoods. Following your bath, indulge in a customizable aromatherapy massage with our expert therapists. This shared experience promotes relaxation and connection, leaving both of you feeling deeply rejuvenated and harmoniously in tune.

### Dual Bliss

50 / 80 - Minute Treatment

Each partner will select from our exclusive collection of signature massages, delivered side by side in a private couple's suite. Whether you're looking for deep relaxation or targeted relief, our skilled therapists will make sure both of you leave feeling completely refreshed and revitalized.

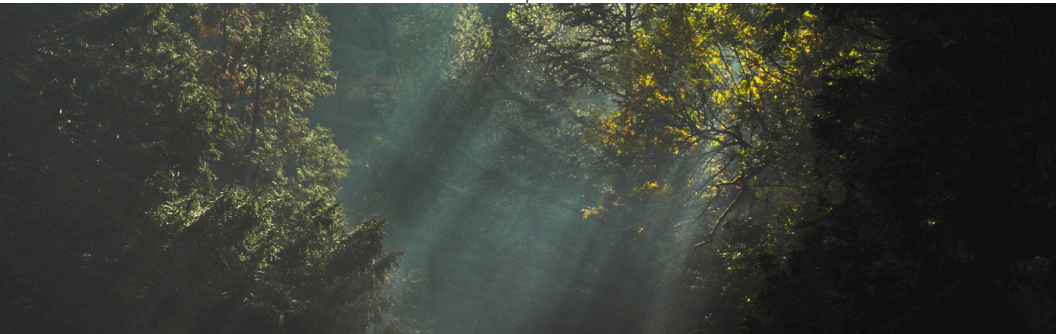
### The Art of Touch

100 - Minute Treatment

Led by a professional massage therapist, this experience is designed to teach you and your partner the secrets of soothing touch—allowing you to both give and receive healing, relaxing massages. Learn expert techniques that not only ease tension but also deepen the bond between you and your loved one.

In the comfort of your suite, take turns as both the giver and the receiver, immersing yourselves in the calming energy of your partner's touch. Feel the stresses of the day melt away as you explore the powerful language of massage, enhancing your relationship with each stroke.

As a special gift, enjoy a luxurious massage candle—designed to transform into a warm, soothing massage oil when lit. This unique candle will allow you to continue practicing your newfound skills at home.





# SPA ALILA ETIQUETTE

## Reservations

We suggest booking your experiences in advance to enable us to accommodate your needs and schedule. Spa guests must be over 18 years old.

## Prices

All prices are in USD, and inclusive of a 22% service charge. Please be aware that pricing may vary based on demand.

## Medical Conditions

Please inform us of any medical conditions, medications, allergies, or injuries that may affect the safety or quality of your experience.

## Cancellations

As a courtesy to all, we kindly request at least 24 hours' notice for cancellations or rescheduling. Late changes or no-shows will incur the full charge of the experience.

## Preparation

Most treatments simply ask that you arrive ready to relax. However, a select few may require some advance preparation.

**Exfoliating:** To remove dry skin from the face or the body, it is advised to limit sun exposure ahead of time and to ensure proper protection afterwards.

**Facials:** Men are advised to shave carefully prior to the facial to avoid creating sensitivity. We also advise removing contact lenses before your treatment.

## What to Wear

We will provide you with a robe and slippers to change into after check-in, unless your service has a specific dress code noted in the description. To maintain privacy, therapists will cover you appropriately during your experiences.

## Arrival

Please arrive at least 15 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.

## Switch Off

We honor the Spa Alila space and seek to provide a peaceful setting for all guests. Kindly ensure your mobile phone is turned off or in silent mode.

## Valuables & Jewellery

For your comfort, we recommend that you not bring or wear valuables to the spa. Spa Alila does not assume liability for the loss of any item.







## SPA AliiA VENTANA BIG SUR

Reservations: dial 831-667-4222 or e-mail  
us at [spaalila@ventanabigsur.com](mailto:spaalila@ventanabigsur.com)

A limited number of passes are available  
for day guests, contact us to reserve a  
treatment and resort access.

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