

# In-Room Couples Treatments

**Foot Reflexology** 60 minutes  
 30 minute add on to any massage

Reflexology is an ancient Chinese art believed to renew overall balance, dissolve blockages and encourage circulation. Pressure is applied to specific points on the feet to stimulate correlating organs. Reflexology for the hands may be incorporated in this treatment by request.

**Soothing Hot Stone** 60/90 minutes

Smooth, heated river stones become an extension of the therapist's hands and melt away tension and stress. This profoundly comforting massage provides a deeper level of relaxation.

**Soon to Be** 60/90 minutes

Designed specifically for the expectant mother, this massage is received while laying on your side with full support of body pillows.

**Tui Na** 60/90 minutes

A Chinese sports massage that is received wearing loose-fitted clothing. During this massage your therapist will use a combination of brisk, stimulating movements including percussion, sweeping of the soft tissue, compressions and stretching to release muscles and stimulate overall well being.

**Personalized Aroma Journey** 60/90/120 minutes

Begin your aromatic journey with a warm neck wrap and tea service. A brief consultation with your massage therapist determines which aroma remedy is suited for your needs. Your personalized remedy will be blended for your massage and taken away with you to enjoy after your treatment.

**Destination Rejuvenation Massage** 60/90/120 minutes

A brisk dry brushing stimulates circulation and prepares your skin for the application of our specially formulated blend of essential oils. These oils will restore vitality and address the conditions associated with jet lag, such as dryness, fatigue and tension headaches.

**Wellness Solutions** 60/90/120 minutes

Choose the Wellness Solution that focuses on your specific needs to restore everyday wellness. These treatments infuse the skin with olive oil and essential oils to hydrate and restore vital nutrients.

**Stress Relief — Relax**  
 Relieve every day stress and tension, restore inner peace with botanicals of lavender, chamomile and bergamot.

**Detox — Renew**  
 Gently encourage detoxification and lymphatic drainage with botanicals of juniper, grapefruit and burdock.

**Muscle Soother — Relieve**  
 Release tension and ease muscle soreness and inflammation with botanicals of eucalyptus, juniper and birch.

**Energy — Revitalize**  
 Restore depleted energy and feel refreshed and revitalized with botanicals of rosemary, lemongrass and basil.

**Additions:**  
 · An Aromatic Mineral Salt Exfoliation may be included in any of the Wellness Solutions by request.

**Olive Oil Citrus Refresher** 60/90/120 minutes

A refreshing body treatment using mineral-rich olive oil custom-blended with essential oils of bergamot, orange and cedarwood. Includes a mineral salt exfoliation.

**Terra Purification** 60/90/120 minutes

A mineral-rich mud is applied to your skin to draw out impurities and soothe sore muscles. Once the mud is applied you can relax with a warm body wrap and foot reflexology treatment. Complete your experience with a shower and a therapeutic massage of your choice.

**Under the Tuscan Sun** 60/90/120 minutes

The treatment is designed to hydrate dry skin with a warm application of our moisture-rich hydrating gel. While you're wrapped in a warm cocoon, enjoy foot reflexology and acupressure to your scalp. Conclude with a Luca Signature Massage.

**Loving Luxury** 60/90 minutes

A romantic getaway for lovers in the privacy of your room, this treatment begins with a dry brushing of your skin which prepares your cells to thoroughly absorb nourishing essential oils. Your massage is enhanced with our aromatic loving massage oil. Conclude your treatment with an aromatic mineral salt bath by candlelight.

**Couples Retreat**  
 Treat yourself to a massage of your choice in the privacy of your hotel room. Pick between our unscented massage oil or one of our aromatherapy blends. Complete this relaxing experience by steeping in a Fango mud bath specially prepared by your massage therapist.

## Rates

<b>Massage and Body</b>	<b>Body Treatments</b>
\$125 60 minutes	\$130 60 minutes
\$185 90 minutes	\$190 90 minutes
\$250 120 minutes	
<b>Hot Stone and Deep Tissue</b>	<b>In Room</b>
\$140 60 minutes	\$150 60 minutes
\$205 90 minutes	\$205 90 minutes
<b>Skin Care</b>	
\$135 60 minutes	
\$145 60 minutes, Bella Faccia Clinical Grade Treatment	

<b>In Room Couples</b>	<b>In Room Couples Retreat and Loving Luxury</b>
\$300 60 minutes	\$320 60 minutes
\$410 90 minutes	\$430 90 minutes

**Additions**  
 \$20 15 minutes

All prices subject to change.

LUCA SPA

# Skin Care & Waxing

## Il Luca Signature Facial

60 minutes

This purifying facial based on traditional European deep-cleansing techniques is designed for all skin types. The session includes cleansing with sulfate-free cleansers, toning with floral waters and gentle exfoliation to remove dull surface skin cells revealing your most radiant skin. A relaxing face, neck and shoulder massage using bio-active serums and a re-hydration with a mineral-rich seaweed mask completes this deep-cleansing treatment.

## Aqua Pura Hydrating Facial

60 minutes

Nature's answer to moisture-deprived skin. In this custom-tailored session, skin is replenished at the cellular level with bio-active botanical serums. The face and neck massage features Crème Cassis, a rich, deeply hydrating cream fortified with antioxidant black currant oil and hyaluronic acid to quench thirsty skin and restore its natural radiance.

## Bella Faccia Clinical Grade Treatment

60 minutes

A beautiful face is the result of this performance driven facial treatment. Remove unwanted layers of dull, flaky skin and stimulate cellular renewal with a 15% glycolic or 15% fruit enzyme peel to exfoliate the skin and reduce the appearance of fine lines.

## Sole Vento Skin Fitness for Men

60 minutes

This effective facial is designed to deep clean and soothe aggressively exposed skin related to sun, wind, sports or shaving. Exfoliation, facial massage and rehydration complete this purifying treatment.

## Waxing

Waxing services are individual to each person therefore price adjustments may be determined by the service provider at the time of service.

Brow \$25+	Bikini \$35+
Brazilian \$70+	Lip, cheek or chin \$25+
Leg \$40+	Full Leg \$60+
Back \$65	

# Spa Information

## Amenities

Luca Spa will provide you with a robe, sandals, a private locker, as well as the complete use of our spa amenities. Please leave jewelry behind. Safes are in all guest rooms.

## Appointment Times

For in-Spa appointments, please arrive at least 15 minutes prior to your first appointment to allow for a leisurely check-in. Treatments that do not start on time due to late check-in must still end on time in order to honor the next guest's appointment.

## Reservations

Reservations are highly recommended in advance. Please telephone 707 944 8080 or email [spa@hotellucanapa.com](mailto:spa@hotellucanapa.com)

## Cancellations

Please notify us at least 24 hours in advance if you need to cancel or reschedule your appointments. Reservations canceled within 24 hours of appointment are charged at the full value.

## Health

If you have a medical condition please consult your physician before participating in any spa treatment and inform your therapist. Following any treatment, drink at least eight ounces of water to insure the removal of any impurities that might have been released.

## Gratuities

Gratuities are not included in the price of the treatment and are at the guests discretion.

## Gift Certificates

A perfect way to celebrate any special occasion. What better gift than the indulgence of spa treatments?

## Hours

9 a.m. to 7 p.m. Monday – Saturday  
9 a.m. to 6 p.m. Sunday  
Seasonal and Holiday hours apply

# Massage and Body

## Luca Signature Massage

60/90 minutes

A creative blend of your massage therapist's modalities, this massage will address chronic and acute tension throughout your body. Enjoy a dry brushing of your skin before your massage to encourage circulation.

### 15 minute additions:

- Lavender and peppermint foot exfoliation
- Orange, lavender and rosemary olive oil scalp and hair treatment

## Sports Massage

60/90/120 minutes

This invigorating full-body massage utilizes light stretching and various massage techniques to help improve range of motion and flexibility. This massage is enhanced with our therapeutic sports oil and herbal-ease moist heat therapy.

## Deep Tissue

60/90 minutes

A therapeutic technique incorporating slow movement to work specific and deep layers of muscle fibers. This massage will help release chronic patterns of tension that create painful conditions and structural misalignment.

## Swedish Massage

60/90/120 minutes

The Swedish massage technique utilizes smooth, long strokes with light to moderate pressure to increase circulation and promote relaxation. This massage is a great introduction for a first massage.



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