



# naturespa

SUMMER SPECIALTIES

## SEASONAL SPECIALTIES

---

### Seasonal Organic Facial

True geranium and lavender cleanser, sweet milk and lavender exfoliant, rosehip, mint, and clay mask, and lavender and rosewood massage.

**\$140 / 50 minutes**

### Rejuvenating Herbal Therapy

Uplift spirits and restore your body; wrap and massage of wildflowers, sage, lavender, and mint.

**\$225 / 80 minutes**

### Natural Beauty

Wildflower head to toe beautifier; wildflower body polish, botanical massage, and seasonal facial.

**\$295 / 110 minutes**

## MOVING MEDITATIONS

---

### Naturespa Day

Create a custom spa day; select from our daily offerings of yoga, aquakick, guided hikes, massages, and facials.

**Group Discounts Available**

### Woodland Walk

Embark on a journey of personal reflection. Immerse yourself in the silent healing power of nature. The art of observation will open your heart to the beauty that surrounds you inspiring a fresh perspective.

**\$45 / 60 minutes**

### Wilderness Fitness Hike

Climb the mountain as you fall into a rhythmic heartbeat that invigorates youthful vitality while enjoying amazing vistas.

**\$55 / 60 minutes**

### Guided Meditation Massage

Learn to meditate with a soundtrack of guided imagery while skilled hands lull you into deep relaxation.

**\$135 / 50 minutes**

### Sketching in Nature

Learn how to see – use a pencil to connect with the graceful beauty of untouched living things through the quiet meditation of drawing.

**\$225 / 90 minutes**

### SVA Yoga

Private yoga therapy session.

**\$225 / 80 minutes**