

# FARM SPA



AT FLORA FARMS

## **Farm Spa Services: Winter & Spring 2017-18**

\*By appointment only, Tuesday to Saturday from 10am to 6pm & Sunday from 11am to 2:30pm\*

\*Prices do not include the 16% IVA tax which will be added at time of purchase\*

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### **SKIN THERAPY:**

#### **Organic Skin Perfecting Facial:**

Our organic facials combine healing herbal products from Dr. Schwab, a customized exfoliation, rejuvenating shoulder, neck & facial massage, and a vitamin-infused mask or soft peel to boost your skin's natural radiance. Each facial is personalized based on your skin type and lifestyle.

60 minutes - \$130 USD    or

90 minutes - \$180 USD (additional luxurious foot, hand and scalp massage)

**Rene Davis**, Esthetician

**Adriana Nava**, Esthetician

#### **Refresher Facial:**

Are you interested in a rejuvenating facial but short on time? Did you get a little too much sun while on vacation? Then this is the facial for you! Only 30 minutes long, it includes aromatherapy and focuses on gentle cleansing, moisturizing, facial massage and a personalized face mask using all natural products from the plant-based Dr. Schwab, Ambrosia and Sea Enzyme lines. You can go right back into the sun after this soothing & non-invasive express facial.

30 minutes - \$75 USD

**Lanay Ash**, Esthetician

### **FACIAL WAXING:**

Lip/Chin Wax    \$10 USD

Eyebrow Tint    \$20 USD

Eyebrow Wax    \$20 USD

Eyelash Tint    \$30 USD

**Rene Davis**, Esthetician



## **MASSAGES:**

### **Flora's Floral Relaxation Massage:**

Relax and rejuvenate with our soft Swedish massage designed specifically to ease stress & tension while promoting overall well-being. The soft notes of jasmine and lavender essential oils are combined with long slow strokes to calm the nervous system and relieve small muscle aches. This massage pairs wonderfully with our signature Floral Soak (see below).

60 minutes - \$140 USD per person / 80 minutes - \$195 USD per person

### **Flora's Grounding Garden Massage:**

Relieve any muscular stress with this Sport-style massage which includes stretching and gentle joint manipulation. It's great for athletes who don't want the heavy pressure of deep tissue, but need a little more than a Swedish massage. Spruce and orange oils are used to ground and balance while also bringing relief to tight sore muscles. This massage pairs wonderfully with our signature Herbal Soak (see below).

60 minutes - \$155 USD per person / 80 minutes - \$210 USD per person

### **Deep Tissue Therapy Massage:**

This is the farm favorite - a classic deep tissue massage that is thorough and reinvigorating. We customize the pressure to your liking and work specifically on the areas that trouble you the most. Relieve long held soreness and tension with a wide variety of techniques chosen by your therapist to provide maximum results. Oils of peppermint and eucalyptus are utilized for their invigorating qualities in order to assist the body in flushing out old toxins and lactic acid. This massage pairs wonderfully with our signature Herbal Soak (see below).

60 minutes - \$170 USD per person / 80 minutes - \$225 USD per person

### **Arroyo Stone Massage:**

Heated arroyo rocks are used to release muscle tension and toxins. The heat conducted by the smooth stones loosens and releases tense muscles, promoting deep relaxation that allows a massage therapist to manipulate the muscles with minimal discomfort. Additionally, the warm temperature improves circulation to all of the muscles that need attention.

80 minutes - \$225 USD per person

### **\*\*\*ADD: Floral or Herbal Soaking Tub Experience\*\*\***

After any massage, we offer a 20-minute outdoor soak with either our beautiful farm-grown flowers or fresh herbs from our gardens, in addition to customized blends of essential oils. This is a Farm Spa specialty and a wonderful way to finish a massage experience.

\*an additional \$25 USD

**Neck, Shoulder, & Back Massage:**

This short, relaxing massage is perfect for anyone with a sore shoulder or aching back. You will lie down on a massage table as with a full body massage, but the therapist will focus on a balanced treatment for your neck, shoulders, and back. Specific trouble areas will be focused on based on your personal requests.

30 minutes - \$85 USD per person

**Nicole Siegel**, Massage Therapist

**Angie Muriel**, Massage Therapist

**Juana Vega**, Massage Therapist

**Relaxing Foot Massage:**

It's amazing how quickly your stress and tension can melt away with a quick but thorough foot massage! Prepare to sit back and relax while our therapists use their knowledge of massage techniques and reflexology on your feet and lower legs. You will walk away with increased circulation & relaxation.

30 minutes - \$45 USD per person

**Fernanda Garcia**, Massage Therapist

**Rossy Gamez**, Massage Therapist

**Personal Reiki Session:**

Reiki is an ancient healing art from Japan that is used in healing centers and hospitals all over the world. All that is required to do Reiki is *intention* from the practitioner, and *permission* from the receiver. In a typical Reiki session, the practitioner directs universal healing energy (Reiki) to the client through the hands, body, eyes, and breath. The practitioner simply acts as the channel, while the Reiki, the energy itself, is the healer. Reiki promotes stress-reduction, health, and healing by assisting the body's natural ability to balance and restore itself at the physical, emotional, mental and spiritual levels. Reiki brings peace to the mind and enhances the health, joy and happiness to both the practitioner and the receiver. Trust the power of Reiki and experience a deep healing.

30 minutes - \$70 USD per person

**Nicole Siegel**, Massage Therapist & Reiki Specialist



**AT THE BARBER SHOP & TATTOO PARLOR:**

**Men's Haircut:** \$35 USD

**Men's Full Shave:** \$35 USD

**Men's Haircut & Beard Trim:** \$55 USD

**Men's Haircut & Full Shave:** \$65 USD

Local barber Gary offers a classic experience in our retro-inspired barber shop where he specializes in men's hair services.

**Gary Flores, Barber**

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**Women's Wash & Blowout:** \$50 USD

**Women's Haircut & Style:** \$65 USD

**\*\*\*Essential Oil Renewal & Repair for your Hair\*\*\***

After your invigorating shampoo and calming conditioner, we offer a scalp massage with a blend of organic essential oils that remain on your scalp to repair, strengthen, and add volume. They also help your hair to grow quicker and with less hair fallout. After your blowout, you will notice that instead of feeling oily, your hair will be shiny and voluminous. This treatment is ideal for men and women alike. Instead of a blowout, men receive a soothing face massage with essential oils for healthy anti-aging skin.

**Women's Blow Dry & Style with Organic Oils:** \$70 USD

**Men's Face & Scalp Massage with Organic Oils:** \$35 USD

**Pam Storey, Stylist**

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**Tattoos:** \$150 USD per hour

**Mikey Escobar, Tattoo Artist**

\*please email [spa@flora-farms.com](mailto:spa@flora-farms.com) to discuss tattoos

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## **NAIL TREATMENTS:**

**Spa Manicure:** \$35 USD, \$40 with gel polish

**Spa Pedicure:** \$45 USD, \$50 with gel polish

**Spa Mani/Pedi Combo:** \$75 USD, \$85 with gel polish

Every spa manicure or pedicure comes with your choice of one of our plant-based products to use throughout the entire experience. From the certified organic Be-Care-Love Spa line, we offer: Lemongrass + Green Tea for purifying and energizing skin or Lavender + Mint for calming and moisturizing. Your soak, scrub, and massage lotion will all contain the same scent and set the tone for a luxurious and customized experience. The full treatment includes relaxing aromatherapy, different types of exfoliation, cleaning & shaping of both nails & cuticles, intensive moisturizing & massage, and the polish of your choice.

**Express Manicure:** \$25 USD, \$30 with gel polish

Express manicures are perfect for when you're short on time! You choose your moisturizing lotion from the certified organic Be-Care-Love Spa line, either Lemongrass + Green Tea for purifying and energizing skin, or Lavender + Mint for calming and moisturizing. This express treatment includes cleaning & shaping of both nails & cuticles, moisturizing & massage, and the polish of your choice.

**Polish Change:** \$15 USD, \$20 with gel polish

### **\*\*\*ADD: Organic Moisture Mask\*\*\***

As part of any nail treatment, you can add an organic, clay-based moisture mask that intensely & naturally hydrates your skin with antioxidant-rich Argan Oil from Morocco and botanical extracts. Left on the skin for ten minutes, it deeply nourishes while drawing out impurities to reveal more radiant skin while you relax and enjoy the heated foot and hand warmers.

\*an additional \$10 for either hands or feet

**Fernanda Garcia,** Nail Technician

**Rossy Gamez,** Nail Technician



Please request an appointment for spa services via the Facebook page:

<https://www.facebook.com/peacefulspatreatments/> or via email.

**EMAIL ADDRESS:** [spa@flora-farms.com](mailto:spa@flora-farms.com)

**Booking, Late Arrival, & Cancellation Policies:** The Farm Spa requires 24 hours advance notice to book appointments. You are encouraged to book an appointment before your arrival at the farm to guarantee your preferred days and times (continued on next page).

If you are running late, please let us know ASAP. If you arrive up to 10 minutes late, you will receive a shorter service for the full cost. Late clients that arrive 15 minutes or more after the confirmed appointment time will be charged the full amount for the services booked and will not be able to receive the scheduled service.

We also require 24 hours notice for any cancellation of confirmed spa services. No-shows and cancellations after the 24 hour window will be charged the full amount for the services booked.

### **Thank You!**

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\*Please see our current **Farm Spa Class Schedule** for the week's fitness and wellness class offerings, Tuesday-Friday, 9am-6pm.\*

\$18 USD per fitness class, per person

\$45 USD per meditation session, per person

Special workshop & private class prices vary, see invitations and/or class schedule.

**Private** meditation, nutrition, personal training, & transformational breath sessions can also be booked through the spa, upon request.

**ALL** class and workshop reservations can be made by contacting: [spa@flora-farms.com](mailto:spa@flora-farms.com)

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### **Current Workshop Offerings:**

#### **Transformational Breath Session:**

**\*Adriana Mondragon**, Facilitator

Transformational breathwork utilizes a full, relaxed breath that starts in the lower abdomen and encourages exhalation and inhalation without pauses. Different from other breathing styles that are used during yoga, the goal is to re-set your breathing pattern and to flush your system with increased oxygen. During the hands-on coaching and assessments by Adriana, you will experience an opening of the mind and body, as you let go of locked muscles and send increased energy to your extremities. She will guide you through setting and integrating a personal intention, while offering specific suggestions and support during the session. Participants will leave the session with personalized strategies to continue their practice at home. \*Private sessions with Adriana can also be booked through the spa.

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#### **The Rainbow Revelation:**

**\*Sonja Skarstol**, Meditation Guide

**\*Stacey Reid**, Holistic Health Coach

This workshop opens in the Field Shed with an hour of nutritional education from Stacey which focuses on how the colors of the rainbow can guide our food choices. Specific colors indicate specific antioxidants in your food and all are explained and discussed. A special emphasis is on the importance of eating locally, organically, and seasonally. Next, participants go to the Farm Spa for meditation with Sonja, who opens with a quick explanation of the body's main chakras and which color of the rainbow they correspond to. A guided meditation follows, before everyone returns to the Field Shed for a vegan, seasonal lunch. Participants will go home with handouts and recipes. \*Private sessions with Stacey or Sonja can also be booked through the spa.

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