



SPA ALILA

Alila. NAPA VALLEY



Known for its bucolic hillside vineyards and laid-back California vibe, Napa is the ideal destination to slow down, catch your breath, and rediscover yourself.

While this region is renowned for its wines, Napa's temperate climate and nutrient-rich soil also produce some of nature's most healing botanicals. With soothing treatments that draw on these nourishing ingredients from the land, Spa Alila provides an elevated experience that delivers consciously crafted spa therapies artfully prepared just for you. Inspired by ancient healing traditions, aromatherapy, and artisanal creations, our treatments bestow balance and a sense of deep rest and renewal. Here, nature takes center stage.

Signature Ritual

Passage to Peace

Rooted in ancient wisdom and the healing power of nature, and designed to restore balance between mind and body, our signature ritual takes you on a sensory journey to enhance both emotional and physical health. Unwind and open yourself up to a deep and enveloping peace with our soothing massage, which features warmed herb-infused oils to calm the nervous system. The journey continues with a facial customized specifically for your skin type. This specialized treatment returns the body to a state of equilibrium and instantly rejuvenates the skin.

2.5 HOURS/\$460





Facials

... a sensory experience to restore skin's natural radiance

Our soothing facials transport you to a state of bliss, providing nourishment with holistic ingredients that work in harmony with the skin's natural function. You will emerge renewed by the healing splendor of Northern California, hand-crafted local ingredients, and gua sha—which applies light pressure using a flat stone like those once coveted by the original inhabitants of Napa Valley. Gua sha relieves tension in the muscles of the neck and face, boosts blood circulation, and encourages lymphatic drainage, resulting in skin that looks smoother and more lifted.



HOLISTIC HEALING

Sculpt + Circulate

This healing facial focuses on radiant skin as a reflection of inner health to deliver transformative results. It begins with a luxurious skin brushing to stimulate lymphatic flow, followed by a hypnotic sculpting massage to release tension, improve blood flow, and nourish the skin's microbiome. This facial is customized for all skin types.

60 MINUTES / \$235

NATURE

Replenish + Restore

Experience the potency and power of phytonutrients in their organic, whole-plant form. Transform dull, tired, dehydrated skin into vibrant, healthy skin with the help of herbal superfoods such as nestle leaf, cranberry seed, and calendula flowers to support optimal skin wellness. This facial is ideal for most skin types, with a primary focus on reducing stagnation, restoring life, and aging vibrantly.

60 MINUTES / \$235

HARMONY

Detox + Balance

Clear and decongest skin by reducing inflammation, diversifying the microbiome, and enhancing lymphatic flow. Organic chamomile, passionflower, turmeric, and lavender support healthy skin functioning without stripping, drying, or wiping out helpful flora colonies. With a focus on restoring equilibrium and detoxing on multiple levels, this calming and clarifying facial is ideal for congested and acneic skin types.

60 MINUTES / \$235

GLOW

Repair + Brighten

Whether healing a sunburn or brightening years of sun damage, this facial is for sun-lovers of all kinds. Whole-plant phytonutrients work synergistically to nourish, repair, and prevent further oxidative damage. Camu camu, rosehip, sea buckthorn, and calendula deliver visible results that can be seen after just one treatment. This facial is designed for skin with hyperpigmentation, scarring, and sun damage—it focuses on brightening and evening skin tone, reducing inflammation, and strengthening connective tissue.

60 MINUTES / \$235

REMEDY

Lift + Calm

This herbal poultice facial massage delivers profound results in sculpting, lifting, and contouring the skin, while the nutritional and aromatic benefits of the herbs relax muscles and calm the nervous system. By combining the use of traditional herbal poultices with potent organic whole-plant medicine, the skin is left nourished and the nervous system is restored. This facial is customized for all skin types.

90 MINUTES / \$330

Add-On

Indulgences for all services

VITALITY

Upon arrival, you will be greeted with the refreshing Field Song Tonic; following your service, enjoy Earth Lover Tea. Both are from Be Here Farm + Nature, a certified biodynamic farm in St. Helena that grows ingredients for some of the cleanest and most potent self-care products available. This collection of vitality beverages is created specifically with the guests of Alila Napa Valley in mind. The unbelievable bounty of the farm is woven together in unique ways, resulting in healthful, mouth-pleasing refreshments sure to delight.

\$25

SPA ACTIVATION OF SOAKING TUBS

Extend your relaxation and self-indulgence with this post-treatment upgrade. While relaxing during the final minutes of your massage, a Spa Concierge will draw a bath on your outdoor patio or in your room, close the privacy curtains, add aromatic essential oils to a washcloth, and mix a beautiful blend of lavender and rose geranium bath salts from Be Here Farm + Nature into the water.

\$70



Massages

... inspired by the bounty and history of Northern California

Our massage therapies help find balance and relieve tensions of both body and mind, utilizing the bounty of Northern California and taking inspiration from the early inhabitants of the area. These unique treatments blend ancient healing techniques from East and West with age-old beauty recipes featuring the curative benefits of fresh, natural, quality ingredients. Balancing expertise with an intuitive sense of well-being, and providing contemporary expressions of centuries-old therapies, we create a natural, heartfelt, and surprisingly different experience.





ALILA MASSAGE

Align + Renew

This East-meets-West massage, based on Chinese medicine, will reset your Qi with table Thai, Tui Na, and Swedish techniques. The slow, deep, gentle movements and stretches that work down to the bone level give your body the opportunity to truly release accumulated restrictions in both physical tissues and energetic meridians. The treatment ends with an anointment of our Alila Be Here Farm + Nature massage oil blend and stimulation of acupressure points on the face—so your outside glow is an accurate representation of your newly balanced self.

60 MINUTES / \$235

90 MINUTES / \$330

TALISMAN

Ground + Detoxify

This herbal poultice and warm oil Swedish massage revitalizes and detoxifies with the curative power of herbs and massage oils steeped in warming poultices. Once lymphatic gua sha work has readied the skin for the massage, the therapist applies pressure to the poultice and massage oil gently seeps into the skin. A Swedish-style massage invigorates and strengthens, releasing tension and creating balance between the muscles. Ginger helps reduce muscular aches and pains while boosting immune response, as lemongrass calms the nervous system, tones the skin, and helps to detoxify. Peppermint is calming yet stimulating, releasing tensions in the mind and body and providing anti-inflammatory properties.

60 MINUTES / \$240

90 MINUTES / \$330

OBSIDIAN ROSE

Repair + Ease Tension

This herbal poultice and deep-tissue massage repairs and eases tension, with an invigorating ritual that applies poultices heated with massage oils to work deeper into the muscle tissue and improve peripheral circulation. As a prelude to the massage, black obsidian and rose quartz gua sha tools push lymphatic fluid through the body. Enclosed in the warm poultice, calendula and arnica soothe inflammation and heals damaged tissue while lavender relaxes the body and mind, easing tension and pain in muscles and joints. Rose quartz is also renowned for its excellent anti-inflammatory effects.

105 MINUTES / \$370

ZENITH

Revitalize + Restore

Designed to revitalize and restore, this therapeutic sports massage balances your musculoskeletal system and addresses areas of chronic tension, tightness, and bound-up connective tissue that restricts muscles from functioning in concert. The treatment begins with an in-depth assessment with a seasoned therapist, who will customize your massage utilizing their talents and toolbox of modalities. Incorporating arnica flower oil, known for treating inflammation, your therapist will work skillfully to restore pain-free movement and improve your body's innate balance. Additionally, an application of jojoba oil deeply penetrates to soothe and soften the skin—providing an excellent moisturizing effect and adding a healthy glow.

60 MINUTES / \$240

90 MINUTES / \$340

EUPHORIC

Escape + Relax

This hot-stone massage uses wind- and water-swept rocks found along the California coastline—basalt stones that melt away muscle tension and transport you to a state of bliss. Your therapist glides the heated stones over you in a full-body Swedish massage incorporating uplifting botanicals. Choose from a flight of essential oil blends to customize the treatment.

90 MINUTES / \$330

NOURISH

Relieve Stress + Soothe

Prenatal- and postnatal-safe massage techniques and products nurture both mom-to-be and baby in this Swedish-style massage. Kukui nut oil, treasured for its soothing and healing properties, restores supple skin. Rosehip fruits and chia seeds nourish skin with essential vitamins and beta carotenes to resist damage and maintain elasticity throughout the remainder of the pregnancy journey. Only the most pregnancy-safe oil blends are used in combination with specialized massage techniques to relieve and release muscle tension, fatigue, and stress.

60 MINUTES / \$235

Add-On

Indulgences for massage

DEEP MUSCLE RENEWAL

Enhance your massage with deep muscular work or pressure therapy. Available for Talisman (90 minutes) and Euphoric (90 minutes) massages.

\$25

HEALING STONES

Enhance your massage with healing stones that soothe, increase blood flow, and bring nutrients to targeted areas. Available for Zenith (60 and 90 minutes) and Alila (90 minutes) massages.

\$25

Please note that indulgences do not extend the length of your treatment.



Keeping You Safe

The safety and well-being of our guests and colleagues is always a top priority. In an effort to ensure a healthy environment, and in accordance with the state reopening guidelines, we have implemented additional hygiene and safety measures:

- Advance appointments are required
- Guests may arrive only 30 minutes prior to their scheduled appointment, and may stay only 30 minutes after service is complete
- Spa Alila follows the County of Napa's mask guidelines at the time of service
- Social distancing required in public areas
- Each of our treatment rooms has been equipped with individual HEPA filter air purifiers that will continuously sanitize the air in the treatment room, four times per hour



SPA HOURS

9:30AM - 6:00PM Wednesday - Monday

11:00AM - 6:00PM Tuesdays

+1 707-963-9005
1915 Main St, St Helena, CA 94574