

A horizontal, irregular watercolor splash in shades of light blue and teal, centered on a white background. The splash has a soft, painterly texture with varying intensities of blue.

CHUMASH
SPA

MASSAGE

CALMING MASSAGE

50min / \$125 80min / \$175

Restore your energy with this calming service to support your best health. Customized detoxifying coastal herbs, and extracts of olive are used to help maintain moisture in the skin and restore energy.

ARNICA & SAGE DEEP TISSUE MASSAGE

50min / \$135 80min / \$195

Immerse your muscles in sacred sage and arnica to aid in relieving strained and sore muscles. A focused deep pressure massage is performed to help work out muscle and joint stiffness, restoring mobility and comfort.

5 ELEMENT AROMATHERAPY MASSAGE

80min / \$195

Find your balance in this energy massage. Custom blends of essential oil infusions along with heated stones deliver the ultimate massage experience. We prescribe Wood to rejuvenate, Fire to stimulate, Earth for balance, Metal for detox and Water to soothe.

SALT STONE MASSAGE

50min / \$150 80min / \$195

Purify and restore your body with our blend of forest botanicals. Designed to reduce stress and boost your body's natural immunity. Breathe deep as we work out muscle tensions with warmed salt stones leaving you balanced and rejuvenated.

PRENATAL MASSAGE

50min / \$150

Our blend of soothing and comforting botanicals, safe for mother and baby, are designed to help you relax. A special anti-stretch mark balm, crafted with rosehips and virgin organic coconut oil completes your pampering treat.



SIGNATURE SERVICES

CHUMASH HERBAL HEAT MASSAGE

80min / \$195

Relax your tired muscles with our signature massage. Custom blended Wild Rose and Citrus Oil and hot herbal poultices filled with yerba mansa, lavender and arnica warm your muscles and open energy pathways. This massage will leave you feeling rejuvenated and balanced.

BLACK SAGE HERBAL WRAP

80min / \$195

Your Chumash journey starts with a foot cleansing ritual in which feet are soaked in a warm bath infused with fresh, purifying sage leaves. Then your body is gently brushed to stimulate your skin and prepare it to receive a warm herbal clay mask scented with our signature blend of local aromatic oils. You are wrapped in warm linens to aid absorption, while you enjoy a soothing scalp massage. Your experience is complete with an application of our Wild Rose and Citrus Signature Body Butter.

FLOWER WRAP

50min / \$140

The ultimate hydration for face and body. In this signature service aromatic botanicals create a custom body wrap to nurture your body's needs. As you relax in the comfort of soft linens, enjoy a naturally lifting facial massage with our anti-aging chia seed facial serum.

COUPLES

Enjoy a spa gift basket to take home with each couples service booked.

I LOVE MASSAGE

50min / \$275

Nurture your connection to one another through our luxurious blend of essential oils while you relax and renew in a custom side by side massage.

HARMONIC INTENTIONS MASSAGE

80min / \$350

In this massage for two, each partner chooses their customized essential oil blend from our organic, aromatic blend bar. Each will enjoy a custom massage with special bee balm masks for hands and feet.

ARNICA HEALING SCRUB/SOAK/MASSAGE

80min / \$350

Begin your journey with a full body scrub using healing arnica in mineral rich salts leaving your skin satin soft and refreshed. Next enjoy a hydrating and healing aromatic hydrotherapy soak in our luxurious copper tub. Choose your revival with a calming or deep tissue massage using arnica and sage to restore your body.

EARTH & SKY TREATMENT

110min / \$430

Our signature couples treatment begins with a crushed grape body buff infused with our 'I LOVE' blend of essential oils. Rich and warm mineral muds are applied before soaking in our couples tub. Relaxed and hydrated, you'll both enjoy a luxurious body butter application which includes a wild rose mask for the hands and feet.



BODY

VALLEY TO OCEAN SOAK & BODY POLISH

80min / \$175

A blend of Pacific and native salts to purify your skin and cleanse your energy field is used in this full body treatment. After the polish enjoy a mineral rich, herb-infused soak in our luxurious copper tub. Then we apply a rich Turquoise Sage Body Butter to seal in the softness and moisture.

ROSEMARY ORANGE SUGAR SCRUB

50min / \$145

A gentle and nourishing body treatment is offered with our organic Rosemary and Orange Body Scrub. Pure cane sugar infused with emollient botanicals will make your skin satin soft. An application of our signature Wild Rose and Citrus Body Butter gives the perfect hydrating finish.

DETOX WRAP

50min / \$145

Your detoxification journey begins with a dry brush to stimulate the body. Mineral enriched clay is applied to specific areas to extract impurities. You are then wrapped in a cocoon of warm linens allowing the body to enhance the detox process. While you relax, enjoy our olive and kukui scalp treatment and tension releasing neck massage.

LAVENDER DREAMS SCRUB/MASSAGE WRAP

80min / \$225

Inhale the calming benefits of lavender in this blissful head to toe dream. Wild crafted lavender oil and sea salt scrub is used to invigorate and nourish the skin. Enjoy a restorative massage before you relax in a warm cocooning wrap. A tension relieving facial massage completes the service.

EXTRAS

Need some extra indulgence? Choose from our menu of custom luxury services to add on to any service.

BEE BALM MASK

\$15 Hands only \$15 Feet only \$25 Hands & Feet

You will delight in a warm mask for your hands and feet. Beeswax and virgin coconut are melted to a perfect temperature and massaged in. Hands are placed in warm mittens, feet are wrapped in hot towels to enhance vitamin absorption. You will leave feeling silky smooth and hydrated.

EYE REPAIR

\$15

Free your eyes of dark circles and wrinkles with this customized eye treatment. Start with a mask under your eyes to reduce dark circles and impurities, followed by a nourishing cream to restore and brighten.

NECK LIFT

\$20

Tighten and replenish your Décollete with white tea mask. Filled with an infusion of mineral, vitamins, and proteins, you will see improved elasticity, texture and appearance.

FACE MASK

\$20

A “drink” for your face. This green tea or bamboo mask will rejuvenate, purify, and give your face a boost of vitamins leaving your skin clean, healthy and soft.

LIP SERVICE

\$15

Rehydrate those dry lips with this three part lip service. A soft sugar scrub is applied, followed by a lip mask filled with collagen and vitamins to restore and hydrate. Finish your service with a creamy lip balm to nourish and protect.

WAXING AVAILABLE- Please contact the spa for pricing

EXPRESS SERVICES

EXPRESS MASSAGE

25min / \$75

Re-center your energy through the earthy aromas of lavender and vetiver. This treatment targets the overworked muscles of your neck, back and shoulders.

EXPRESS MANICURE

25min / \$35

During this express treatment, receive a warm soak, nail care, application of our signature Wild Rose & Citrus Shea Butter and your choice of polish or buff to a natural shine.

EXPRESS PEDICURE

25min / \$45

During this express treatment, receive a warm soak, nail care, application of our signature Wild Rose & Citrus Shea Butter and your choice of polish or buff to a natural shine.

EXPRESS FACIAL

25min / \$65

For those on the go, enjoy a deep cleanse, invigorating exfoliation, hydrating mask, and smoothing moisturizer. This treatment will make you ready for any event with a glowing radiance.

REFLEXOLOGY

25min / \$75

After a rosemary orange sugar scrub of the lower legs and feet with warm towel removal, pressure points are reflexed to balance energy. A skin saving salve of lavender, chamomile and coconut hydrate and condition dry and damaged skin to soothe and heal.

BODY SCRUB

25min / \$75

A fine blend of re-mineralizing pacific salts renews and refreshes your skin leaving it satin soft

SCALP

25min / \$75

The ultimate hair and scalp treatment that not only leaves hair shining and strong, but relaxes you to the depths of your being.

FACE

HARMONIZING ROSE

50min / \$125

A European facial with a Chumash twist. This organic facial contains herbal extracts and botanical oils to deliver balanced and radiant skin. Enjoy a deep cleanse, exfoliation, mask, and essential oils to leave your skin feeling re-energized.

CHUMASH SIGNATURE

80min / \$180

Allow your esthetician to address your skincare concerns in this results oriented personalized facial. Target solutions for hyperpigmentation, dehydration and blemishes. During this luxurious facial enjoy a décolleté, hand and foot massage. You will leave with brightened, cleansed and restored skin.

HYDRAFACIAL™

50min / \$205 80min / \$235

This advanced skincare treatment provides immediate results you can see. Vortex-Fusion targets fine lines and wrinkles, congested skin and hyperpigmentation. A deep cleansing and gentle exfoliation followed by extractions are performed. Your skin is then infused with super serums, antioxidants, and peptides as it softens the appearance of large pores and improves skin texture. LED light therapy encourages tissue growth and stimulates collagen. 80 minute facial includes lymphatic drainage, specialty serum and foot massage.

OXYGEN TREATMENT

50min / \$150

A calming, cooling treatment that dramatically enhances overall hydration and improves skin texture and elasticity. Compressed oxygen is used to infuse a layer of hyaluronic acid which instantly hydrates your skin resulting in increased firmness, reduced redness and minimizes fine lines and wrinkles.

APPLE PEEL

50min / \$145

Apple peel stem cells work to protect your skin from free radicals while exfoliating peptides rejuvenate and revitalize. The brightening power of the papaya soufflé mask will dramatically refresh your appearance.

FACE (CONTINUED)

ADVANCED PERFECTING

80min / \$175

A double peel and facial for those skin types that require a little more attention. Multi-layered high intensity exfoliation provides immediate results. An apple peel is applied first, to rejuvenate, revitalize and protect. Next, a pumpkin peel to stimulate collagen, circulation, and re-texturize the skin. Finally a mask with powerful peptides of soothing blueberry and vanilla antioxidants is applied leaving your skin even, toned, and hydrated.

MICRODERMABRASION

50min/ \$145

An instant retexturizing for your skin. A European facial is performed along with a natural diamond tipped wand to exfoliate the upper most layers of skin. Enjoy a cleanse, mask, super serums, and antioxidants to restore moisture and protect healthy skin.

SKIN RESURFACING

80min / \$175

Microdermabrasion followed by a gel peel delivers immediate benefits to the skin. In this two-step service impurities are cleansed from the skin then a natural diamond tipped wand reduces dehydrated surface layers, allowing the fruit acid peel to absorb into the skin more effectively. The glycolic or salicylic peel is applied, leaving the skin healthy, bright, and smooth. A serum of cucumber and thyme is applied to soothe and calm.

NAILS

CHUMASH SIGNATURE

40min mani / \$50 50min pedi / \$65

This natural nail treatment invites luxury and relaxation with our signature Wild Rose and Citrus exfoliating scrub and Rich Shea Butter. Enjoy a soothing soak, nail care, hot towels, and a healing calendula salve with rose hydrosol to seal in the moisture.

LAVENDER

50min mani / \$55 50min pedi / \$70

Delight in the natural healing properties of lavender. The calming and relaxing scent is unleashed in a herbal soak and salt scrub. This blissful experience includes nail care and hydrating honey lavender shea butter to revive your senses.

PURE SAGE

60min mani / \$65 80min pedi / \$95

Indulge in this luxurious arnica and sage nail treatment. Powerful anti-inflammatory herbs relieve tired sore muscles, reduce swelling and aid in healing. Soothing soak, refreshing organic scrub, purifying clay mask, and warm paraffin will leave you feeling perfectly restored.

SHELLAC MANICURE

50min mani / \$65

Manicure with chip-free gel polish.



JUST FOR MEN

MENS QUICK FIX

25min mani / \$25 25min pedi / \$45

A service to make you date night ready. Receive a warm soak, nail care, application of our signature Wild Rose & Citrus Shea Butter and a buff to natural nail shine.

MENS ULTIMATE

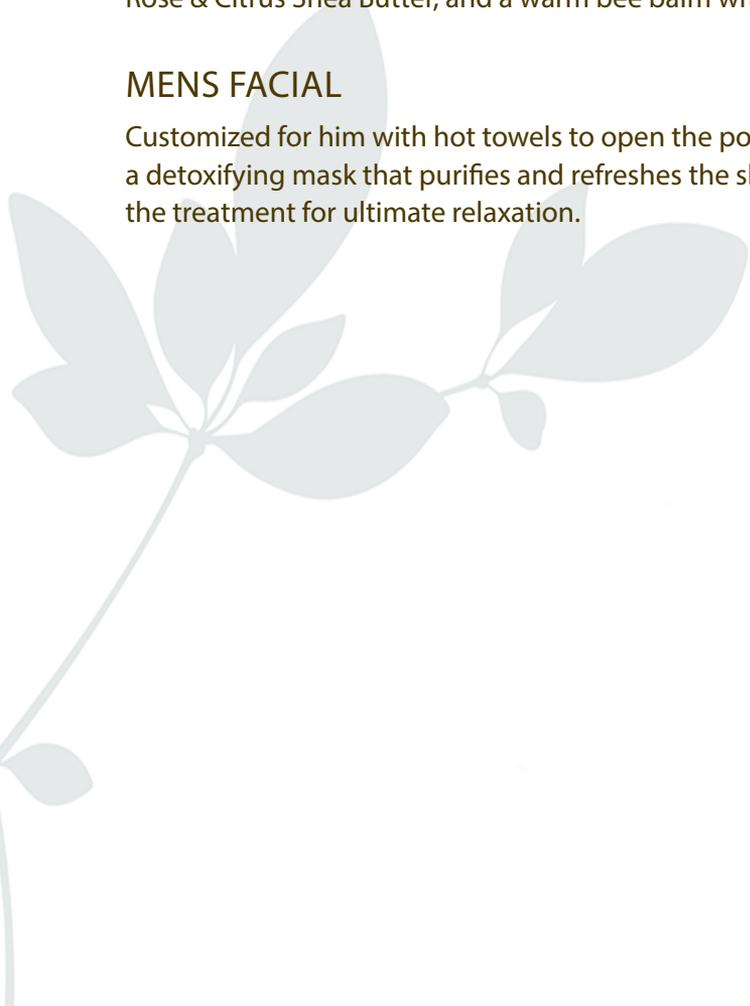
50min mani / \$40 80min pedi / \$80

Restore tired, aching hands with this deeply hydrating treatment. Receive a soothing soak, nail care, refreshing scrub, and a purifying clay mask wrapped in hot towels. A deep pressure massage with our signature Wild Rose & Citrus Shea Butter, and a warm bee balm wrap to lock in moisture and restore the skin.

MENS FACIAL

50min / \$125

Customized for him with hot towels to open the pores, a green tea super cleanse and exfoliation followed by a detoxifying mask that purifies and refreshes the skin. Massage of the face, neck and shoulders completes the treatment for ultimate relaxation.



HOW TO SPA

Traditional Chumash healing with prayers, laughter, dreaming, herbal medicines, aromatherapy, and ceremonies, has been employed in central California for 13,000 years. Healing the spirit always comes first. Our unique menu captures the essence and intention of this ancient understanding. Using native botanicals and local bounty, our goal is to elevate your well-being in spirit and body.

FACILITIES

Our newly renovated spa features seven treatment rooms and two couples' suites with copper soaking tubs. We have separate men and women's locker areas, each with sauna and steam rooms. The outdoor area includes a mineral pool, cold plunge and Jacuzzi. Swimsuits are required in the pool area.

RESERVATIONS

The spa receptionist will coordinate an experience specifically for you. We encourage you to schedule appointments ahead of time to make certain therapists and treatments are available. Walk-in appointments are always welcome and based on availability. Valid credit card and phone number is required at time of booking to secure the reservation. Package substitutions and splitting appointments between days or guests is not allowed. To make a reservation please call 805.691.1755.



HOW TO SPA (CONTINUED)

CANCELLATION AND RESCHEDULING

Four hours' notice is required to cancel or reschedule an appointment. With less than four hours notice, guests will be charged 50% of the treatment fee. For no-show appointments, the full treatment fee will be charged. Guests checking in longer than four hours before their treatment will not be able to cancel their service.

ARRIVAL

Calmly approaching your appointment enhances your Spa experience. We recommend arriving early to utilize the tranquil spa facilities, shower and relax prior to your service. Arriving late will deprive you of your treatment time. The treatment will end at the scheduled time and the fee for treatment will remain the same. Treatment times are not extended due to late arrivals.

HOURS

The Spa is open 7 days a week from 8:30am to 7:30pm.

AGE REQUIREMENT

You must be 18 years of age or older to enjoy our treatments and facilities.

CLUB *indulge* members receive up to 35% off on Spa Services.
Please inquire when booking your appointment to learn more.



CHUMASH

SPA

3400 East Highway 246 Santa Ynez, CA 93460 805.691.1755

THIS SPA MENU IS MADE FROM RECYCLED MATERIAL, CONTAINING POST CONSUMER FIBER.