




cavallopoint

the lodge at the golden gate

HEALING ARTS CENTER & SPA



A photograph of a modern interior space, likely a lounge or library. The room features a prominent wooden staircase with a glass railing on the left. Large windows on the right side offer a view of a lush green landscape with trees. The walls are a warm, light brown color. In the foreground, there is a long, low wooden bench with several striped cushions. To the right, a wooden counter holds a few decorative items, including a glass vase and a small jar.

“Surrounded by a grove of pine and eucalyptus trees
and with views of the bay and Coit Tower, the 11-treatment-room
Healing Arts Center & Spa boasts a heated basking pool outside...
as well as a serene atrium lounge, fireplace and library.”

SAN FRANCISCO CHRONICLE



natural well-being

HEALING ARTS CENTER & SPA

RETURN TO BASICS. RETURN TO NATURE. RETURN TO SELF.

The Cavallo Point Healing Arts Center & Spa is a retreat from the ordinary. Nestled in a grove of eucalyptus and pine trees, the world-class spa and its tranquil surroundings invite your return to nature. Here, using herbs, essential oils and other products from the earth, the body is restored to a sense of balance and wellness.





natural oasis
THE SETTING

Designed for nurturing and renewal, the Healing Arts Center & Spa is a natural place to replenish your body, mind and spirit. Take pleasure in a soothing spa treatment, soak in warm waters beneath the pines, savor a healthy tonic in the Tea Bar.

Our contemporary oasis of serenity features over 11,000 square feet, with 11 treatment rooms for massage and facials, a heated outdoor meditation pool and peaceful Tea Bar. Here our highly-trained massage therapists and aestheticians ease you out of daily pressures into a state of calm and tranquility.





natural therapy

SPA TREATMENTS

Massage, aromatherapy, body treatments and water therapies have been vital elements in the practice of healing arts for thousands of years. The Yellow Emperor's Book, written before 2500 BC, is considered by many to be the oldest medical text written. Still used today, the book prescribes the use of massage, herbs, essential oils and other modalities for healing. The wisdom of these ancient teachings and traditions is continued here at the spa.





Revive and replenish. Share our reverence to therapeutic benefits only nature can offer. Choose from soothing natural spa treatments, delivered with integrity and intention by a skilled staff. Diverse services include massage, facials and body treatments such as soaks and wraps. Each experience is customized to achieve relaxation, replenishment and well-being, so guests go forward with renewed energy and enthusiasm.



natural nurturing
THE HEALING ARTS

Our Healing Arts services reflect the intention to create a nurturing place where all are welcomed warmly. Expert practitioners guide you on a healing journey that addresses individual needs. This path is designed to help release physical, mental and energy blocks in order to create the healthy life you envision. Services include acupuncture, hypnotherapy, shamanic sessions, bodywork, and herbal and nutritional consultations.





natural wellness
DR. BRAD

Within the nurturing environment of the Healing Arts Center & Spa, Bradly Jacobs, MD, MPH, offers complete solutions for healthy, vibrant living by integrating modern medicine with established wisdom and traditional East-West practices. Working with clients, he develops state-of-the-art diagnostic and therapeutic plans tailored to individual needs and circumstances. Dr. Brad addresses diverse concerns – from extreme illness to healthy aging or work-life balance – through consultations, treatments and extended retreats.

Dr. Brad graduated from Stanford University School of Medicine and holds a Master's Degree of Public Health from UC Berkeley. As the Founding Medical Director and an Endowed Chair of the UCSF Osher Center for Integrative Medicine, Dr. Brad combines acupuncture, herbal medicine, nutrition, yoga and martial arts with his conventional training. A national leader in integrative medicine, and health & wellness, he has held workshops for *Oprah* magazine, the Gap and Harvard Business School. He is also senior author of "The American College of Physicians (ACP) Evidence-Based Guide to Complementary and Alternative Medicine."

Health is not just the "absence of disease; it is about vitality,
well-being, finding joy and achieving your full potential."

Dr. Brad



natural refreshment
THE TEA BAR

Relax and refresh in a peaceful place. Savor the healthy pleasures of fine teas, herbal tonics and a light spa menu – all prepared with the freshest ingredients.

Our staff nourishes with nature's refreshing flavors — from Fire Wellness shots to goji-lime coladas. Each day our spa chef prepares a delectable array of wholesome, satisfying choices. Enjoy your light meal indoors at the Tea Bar, or outdoors in the garden or by the meditation pool. Finish your day stretched out by a cozy outdoor fireplace and take in the glorious view of the Golden Gate. Relax. Sip. Savor. Suddenly the world is a better place.









natural replenishment
**AN ORGANIC
RETREAT**

Nature and nurture are woven throughout the Cavallo Point experience. In this sublime setting, serenity is felt in the cooling breezes off the bay, and scents of eucalyptus and pine in the air. Coming here to enhance their well-being, visitors find new perspectives that are transformative and soothing.

**Return to basics.
Return to nature.
Return to self.**



HISTORIC HOTELS
of AMERICA

NATIONAL TRUST FOR HISTORIC PRESERVATION



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the lodge at the golden gate

SPA LOCATION

Cavallo Point Lodge
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