



cavallopoint

the lodge at the golden gate

## Healing Arts Center & Spa

### Treatment Menu



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

A private sanctuary of natural luxury and comfort, the Healing Arts Center & Spa offers guests a peaceful retreat to nurture oneself and return to nature. The Healing Arts Center & Spa uses herbs, essential oils and other products from the Earth to restore a sense of balance and wellness. Return to self.

### Massage

#### **Organic Massage**

*Traditional,  
Therapeutic, Swedish*

60 minutes / \$140

90 minutes / \$200

#### **Cavallo Point**

#### **Signature Massage**

*Aromatherapy,  
Flowing, Ethereal*

60 minutes / \$145

90 minutes / \$210

#### **Herbal Stone Massage**

*Stones, Poultices, Earthy*

90 minutes / \$210

#### **Thai**

*Compressions,  
Stretching, Ancient*

90 minutes / \$200

2 hours / \$260

#### **Cranio-Sacral**

*Balancing,  
Revitalizing, Tranquil*

60 minutes / \$140

#### **Pre-Natal**

*Comforting,  
Nurturing, Relaxing*

60 minutes / \$140

#### **Head and Sole**

*Feet, Scalp, Heavenly*

60 minutes / \$140

#### **Tandem**

*Four, Hands, Blissful*

60 minutes / \$250

#### **In Room**

*Relaxing, Serene, Private*

Not all lodge rooms can accommodate massage tables; please ask spa reservations when booking. Additional \$25 fee per person.

### Wraps & Scrubs

#### **Mud Wrap**

*Cocooning, Detoxifying,  
Re-mineralizing*

60 minutes / \$150

#### **Salt Scrub**

*Invigorating, Exfoliating,  
Softening*

60 minutes / \$140

#### **Bamboo Scrub**

*Stimulating, Exfoliating,  
Hydrating*

60 minutes / \$140

## Soaks

### Herbal

*Relax, Alleviate, Detoxify*  
60 minutes / \$145

### Mineral

*Rest, Soften, Soothe*  
60 minutes / \$145

### Aromatherapy

*Stimulate, Revive, Renew*  
60 minutes / \$145

## Facials

We selected Naturopathica as our skincare line for its beautiful products and pure results. Reflecting our own social and environmental values, they use sustainably-harvested ingredients and avoid petroleum-based products, harsh surfactants and parabens.

### Cavallo Eco Facial

*Deep Cleansing,  
Customized, Classic*  
60 minutes / \$145

### Skin Renewal

*Stimulating,  
Repairing, Radiance*  
60 minutes / \$145

### Sun Repair

*Restore, Protect, Rehydrate*  
60 minutes / \$145

### Cavallo Deluxe

*(includes eye treatment,  
eyebrow shaping)*  
90 minutes / \$200

### Enzyme Peel

*Exfoliating,  
Detoxifying, Brightening*  
60 minutes / \$145

### Moisture Drench

*Anti-Oxidant,  
Hydrating, Glow*  
60 minutes / \$145

### Men's Rescue

*Cleansing, Soothing, Calming*  
60 minutes / \$145

## Healing Arts Services

All services are provided by professionals in their respective fields and are subject to their availability. Please schedule one week in advance. For information about each provider, please see the compendium of bios in our reception area.

## Acupuncture

### Initial Consultation

*During your first visit, a complete health history, including illness, lifestyle and diet, is taken to identify problem areas. You then receive an acupuncture treatment and recommendations on your particular health needs.*  
90 minutes / \$250

### Stress Reduction

*Enjoy a treatment to quiet the mind and relax the body.*  
90 minutes / \$250

### Follow-up Treatments

60 minutes / \$150

### Facial Rejuvenation

Single Session / \$150 | Series of 10 / \$1300

### Smoking Cessation

*Single sessions are available, but treatments 2- 3 times per week are often necessary.*  
90 minutes / \$250

## Body Work

### The Body Wave

*Born at Easalen and developed by Carl "CC" Chase, the Bodywave™ keeps the body in constant motion and contact, through stretching, mobilization and massage. Available only on select weekends.*  
90 minutes / \$225

### Therapeutic Touch

*Combining Reiki, Jin-Shin, Healing Touch and other modalities, Therapeutic Touch increases energy and mental clarity, alleviates stress and pain, and creates a sense of harmony.*  
60 minutes / \$150

## Hypnotherapy & Guided Imagery

A reliable method to support optimum health, calm the psyche and reduce constant brain chatter, hypnotherapy creates a quiet space where new perspectives are recognized and developed. Learn to use your tremendous power of imagination and be the architect of your life.

### **Dealing with Addiction Behavior**

*Begin the change. Learn basic tools to modify your habits and mind.*

90 minutes / \$200

### **Overcoming Blocks**

*Boost your creativity and motivation, overcoming obstacles that hold you back. Change your attitude to envision positive outcomes and achieve your goals.*

60 minutes / \$150

### **Taking Control of Your Weight**

*Identify the underlying factors that contribute to your weight problems and learn the skills to help you overcome them.*

90 minutes / \$200

### **Freedom from Anxiety**

*Gain a fresh perspective and get immediate relief from stress and anxiety.*

60 minutes / \$150

### **Shamanic Journeys**

*Indigenous cultures of the Americas have long known we are connected to all of nature. In the medicine wheel's sacred and safe space, your Shaman engages the forces of nature and the ancestors' ancient wisdom to create lasting changes for physical, mental and emotional well-being.*

*Sessions combine these ancient processes:*

- Illumination
- Soul Retrieval
- Destiny Retrieval and Divination
- Bands of Power

*Available on select weekends.*

1 person, 1.5 hours / \$250

1 person, 2 hours / \$305

2 people, 2 hours / \$425

## Herbal Consultations

Herbs provide support and relief for numerous health concerns in a gentle, sustainable way, by stimulating the body's healing resources. Discuss one of the following issues with our herbalist and learn how herbs can become an important part of your life.

### **Deep Immune Health**

*A discussion of your overall health allows the herbalist to choose which plants support optimal/increased immune function.*

60 minutes / \$150

### **Digestive Health**

*A conversation about overall digestive health allows the herbalist to select the right plants for good digestive flow.*

60 minutes / \$150

### **Sleep Well, Be Well**

*The herbalist creates a formula to enhance the quality and depth of your sleep.*

60 minutes / \$150

### **Stress Relief**

*The herbalist develops a formula to help restore balance in your life.*

60 minutes / \$150

### **The Complete Herbal Intake**

*An extensive interview assessing your health allows the herbalist to develop a personalized herbal blend and strategies to live in a place of profound health.*

120 minutes / \$300



Meet with our nutritionist and discover your own path to improved energy, vitality and well-being.

## Getting to Know You

*This session includes diet and exercise analysis, recommendations for dietary supplements, weight loss techniques and an overall preventative nutrition plan.*

60 minutes / \$175

## Finding Your Real Age

*Using self-tests, this session focuses on finding your real age, in physiological terms. It also features dietary guidelines and fitness programs to re-energize the body, and behaviors to avoid age-related medical conditions.*

60 minutes / \$175

## General Information

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### Hours of Operation

Monday - Saturday 8:30 am - 8 pm

Sunday 8:30 am - 7 pm

*Treatments begin at 9 am.*

### Check In

We suggest you arrive at least 30 minutes before your treatment to check in and enjoy our amenities. If you arrive late, we will happily provide your service within the remaining scheduled time.

### Cancellation Policy

Please provide 24 hours' notice if you must cancel or reschedule your service to avoid being charged a full service fee.

### Cell Phone Policy

To maintain a peaceful environment, cell phones are not permitted.

### Age Requirements

Women and men age 18 and older are welcome.

## Your BMR: What it Means to You

*Your Basal Metabolic Rate is responsible for up to 2/3 of the calories burned every day. Learn your BMR, and set calorie levels and exercise routines for your unique needs.*

60 minutes / \$175

## Burn Baby Burn:

### Getting the Most Out of Your Workout

*This analysis of your present diet provides strategies to increase your energy levels through proper fuel before, during and after exercise.*

60 minutes / \$175

### What to Wear

We provide you with a robe and slippers for your spa experience when you arrive. Please wear loose, comfortable clothing for Thai massage.

### Pregnancy

When booking your appointment, please inform us if you are pregnant, as some treatments are contra-indicated.

### Couple's Treatments

Spend time with your significant other, friend or loved one. All our services can be done side by side in our Couple's Suite. Price is based on each individual service.

### Spa Specials & Packages

You may arrange a customized package in our Spa Suite. Packages with three or more services include complimentary lunch at the Tea Bar.

## Spa Reservations

415-339-4767

[spareservations@cavallopoint.com](mailto:spareservations@cavallopoint.com)

**Cavallo Point – the Lodge at the Golden Gate**

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Reservations: 888-651-2003 • [www.cavallopoint.com](http://www.cavallopoint.com)