



atrio

aromatherapie - artisanal treatments - ancient healing

las alcobas

NAPA VALLEY

refining the art of wellness

# atrio

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## our foundations

### coming from the source...

#### **aromatherapie**

one of the simplest ways to incorporate wellness into one's life, aromatherapie works on both subtle and deep levels to assist in healing emotionally, spiritually and physically.

### going backwards to go forwards...

#### **ancient healing**

the ancients spoke of touch, energy channels and the importance of our mental state in bringing our body into a state of balance and tranquility. we incorporate this ancient wisdom within our treatments throughout your spa journey.

atrio massages draw on the history and techniques utilized over 5,000 years ago; with roots in China, India, Indonesia and Thailand. our therapists undergo an intensive training; learning techniques straight from sources in Asia. our spa team incorporates daily meditation before and after our work day to ensure our own stillness in our practice towards wellness.

### keeping it real...

#### **artisanal treatments**

we believe there is a reservoir of healing powers found in nature, especially in our spa garden. tapping into nature, we combine local organic ingredients with our fresh herbs and spices to create the freshest and most effective products from the source.

we search for the best and most effective ways to deliver these products by using traditional methods of preparation, combined with a variety of techniques to give each guest access to non processed products.

### spa kitchen crafted...

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## the atrio aroma blending experience

### **is the aroma blending experience available in all treatments?**

treatments designated by “a” in the menu have the option of a complimentary personal aroma blending. Please arrive 30 minutes before your treatment to enjoy this unique experience.

### **how does a blending session work?**

upon arrival, you will fill out a brief questionnaire provided on our ipads to determine your selection of organic oils based on your scent palette and blending objectives.

this personal blend will be used for an aromatherapie inhalation for your massage and blended into a massage oil for your treatment.

each blending experience is complimented with a gift of your personal blend, to continue your spa experience at home. Your personal blend recipe is kept on hand for your next visit or can be ordered from atrio at anytime. blends may be reordered, including a blended lotion and/or cream.

a premium blending experience is available to enhance your aroma blending. premium blending includes precious essential oils and a more in depth experience. premium blending is available for an additional cost.

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## featured products

### Naturopathica

the selection of Naturopathica products for atrio was simple; clean and predominately organic products. to ensure its complete integrity, every ingredient is hand-picked by Barbara Close; founder and CEO of Naturopathica.

a wellness innovator, author and educator. a lifelong practitioner of the healing arts, Barbara has a Master's Degree in Therapeutic Herbalism from the Maryland University of Integrative Health and holds credentials in esthetics, advanced massage and aromatherapy. her knowledge, attention to detail and care is ultimately revealed by Naturopathica's measurable results.

our close cooperation with the Naturopathica team not only inspired our hotel shower amenities of grapefruit and fir but also resulted in Barbara's creation of our signature ritual, *Napa by Naturopathica*.

*"from farm to bottle"*

### Mountain Rose Herbs

the largest and most reputable supplier of essential oils and herbs. mainly sourced in the United States, all of Mountain Rose Herbs products are 100% pure, certified organic.

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## guided spa experiences

let us take the guess work out of planning your spa visit....

it would be a pleasure to guide you in selecting your treatments. we can provide an in room consultation with our spa concierge to assist you in selecting the details of your spa journey . you may also join us in the spa, meet our team, and let us help you get the most out of your spa journey.

we can also organize a rounded wellness program to suit your needs, preferences, time constraints and goals, including private fitness, yoga and mediation. classes and run/bike concierge are available upon request.

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## signature rituals

consciously crafted spa experiences

artfully prepared ingredients

### atrio experience

5000 years - four countries – 2.5 Hours

**our atrio tasting menu allows you  
to explore the world of therapies  
and find a new favorite**

aromatherapie

tui'na

reflexology

balinese

shirodhara

indian scalp massage



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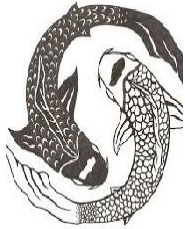
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## signature rituals continued

### yin/yang balancing

atrio's customizable massage.



ideally, we want to be in balance. we can tend towards being too yin or too yang in times of physical, mental or emotional stress.

excess yin leads to being over sensitive, too involved, slow moving, and too much self-focus.

excess yang leaves you anxious, not in the present moment, hyperactive, emotionless, and reactive.

while feminine energy is yin and masculine energy is yang, it has nothing to do with gender. men can tend towards yin energy and women can tend towards yang energy, and vice versa.

our therapists can determine and assist you in returning to balance. this customized massage will incorporate a combination of techniques drawn from our collection of treatments to deliver exactly what you need now.

90 min – massage only

120 min – body scrub

150 min – body scrub & steam – sanctuary only

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## signature rituals continued

### peace of mind

let go of all your thoughts and worries and just be....

an aruyvedic experience in Napa.

a soothing and soft abhyanga massage with warmed organic sesame oil unwinds the nervous system. Followed by the gentle streaming of warmed organic Shirodhara oil on the forehead to release the mind. Your experience is complete with an indian scalp massage to unburden the last of your worries.

abhyanga massage  
shirodhara  
Indian scalp massage

**90/120<sup>S</sup> minutes**

### un wine

need a bit of relief from your wine tasting experience? let us reset your body so you can continue to enjoy the best of Napa's food and wine painlessly. The combination of a Naturopathica Espresso coffee scrub and our vigorous massage, ensures assists with detoxification of your system. Excellent for hangovers and cellulite.

**90/120<sup>S</sup> minutes**

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Santuary couples

**S includes scrub and steam**

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## signature rituals continued

### **Napa by Naturopathica**

intentionally created for atrio spa by Naturopathica founder Barbara Close. intentionally selected ingredients and techniques bring forth the soul and scents of Napa.

this deeply hydrating and revitalizing treatment begins with a combination scrub and wrap using gentle jojoba beads, lemon verbena and shea butter. while your body is cocooned, a refreshing face treatment and hypnotic scalp massage are performed with nourishing botanicals of avocado, aloe vera, rosemary, and wild lime. finally, a California-style massage unwinds the body and transforms stress into balance with calming lavender, chamomile and neroli blossom. extend and enhance your treatment by adding a luxurious steam and shower in the sanctuary.

**120<sup>\*</sup>/150<sup>S</sup> minutes**

\* includes full body scrub  
S includes scrub and steam

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## massages

let us talk to your muscles

### abhyanga

light pressure

smooth with rhythmic oil application

deep relaxation of nervous system

**60/90/120 minutes**

India

5000 years ago

### tui'na

medium to strong pressure, no oil

acupressure, flat handed rolling manipulations and percussion

improves and increases energy flow

**60/90/120 minutes**

China

5000 years ago

### samunprai

medium to deep pressure

combination of thai, swedish massage with steamed herbal poultices

eases muscle aches and increases flexibility

**90/120 minutes**

Thailand

2500 years ago

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## massages continued

### balinese

medium to strong pressure

stroking, kneading, skin folding and percussion

increases flexibility and balances energy

**60/90/120 minutes**

a

Bali, with Chinese  
& Indian influences  
3000 years ago

### lomi lomi

gentle to deep pressure

intuitive rhythmic and fluid movements

helps release blocks and move energy in new directions

**60/90/120 minutes**

a

Hawaii  
2500 years old

### detox

superficial and rapid strokes

increases circulation, flushes the lymph

assists with hangovers and cellulite

**60/90 minutes**

France  
200 years ago

**a –atrio aroma experience available**

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## massages continued

### hot stone

pressure as desired

a combination of thai and swedish

calms the nervous systems and increases circulation

**90/120 minutes**

a

Asia & Europe  
2000 years ago

### sports

strong pressure

deep strokes and stretching

releases lactic acid and improves flexibility

**90/120 minutes**

a

Rome & Greece  
2500 years ago

### swedish

soft to medium pressure

thumb rolling and kneading

increases circulation

**60/90/120 minutes**

a

China,  
modernized in Holland  
450 years ago

**a –atrio aroma experience available**

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## massages continued

### reflexology

reflexology was practiced over 4,000 years ago in both Egypt and China.

pressure is placed on specific points on the feet which correspond to body organs and systems. massaging these pressure points is said to increase energy flow and is beneficial for general health.

**30/60 minutes**

### recommended spa accompaniments

we would suggest any of the treatments listed below, to accompany any of our massages:

- ✧ indian scalp massage
- ✧ shirodhara
- ✧ naturopathica body scrub: espresso mud, lemon mimosa or lemon verbena
- ✧ reflexology

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## mind treatments

Turn it off...

### indian scalp massage

a focused massage on the scalp, neck and shoulders using a generous amount of oil. practiced in India for over 5,000 years to promote tranquility, combat insomnia, relieve stress and increase circulation to the scalp. helps to ease mental fatigue, tension headaches and migraines.

**30 minutes**

### shirodhara

shirodhara originates from the vedas, in the very roots of ayurveda over 5000 years ago. *shiro* means head, and *dhara* means flow. warm oil is gently poured over the forehead and third eye to promote a sense of wellbeing and mental freedom.

ayurvedic oil includes organic ashwagandha, shatavari, bhringaraj, skullcap, and brahmi in a base of organic sesame and sunflower oils.

shirodhara is widely known as a remedy for sinus issues, insomnia, stress and a racing mind. abhyanga massage can be combined with shirodhara as a partnered treatment to relieve nervous tension.

**45 minutes**

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## facials

because you see it everyday...

### bio energy remineralizing facial

this specialized Naturopathica treatment delivers instant skin rejuvenation, activating cellular respiration and bringing tired, sluggish skin back to life. Skin becomes smoother, brighter and hydrated thanks to Bio-Energy Lift™ collection—a blend of a *Copper & Amino Acid Complex* and *Sea Fern Extract* to firm, lift and re-energize the skin. *Saccharomyces Lysate Extract* helps to repair environmental damage, erase fine lines & wrinkles and plump & firm the skin, delivering lasting results of smoother, more radiant skin.

**90 minutes**

### pure results customizable facial

experience dramatic results with this skin conditioning treatment designed to correct inflammation, the primary cause of premature aging. The session begins with an exfoliating treatment to sweep away dead surface cells and impurities, followed by a layer of our Plant Stem Cell Booster Serum, clinically proven to reduce the appearance of fine lines & wrinkles, radiance, smoothness and firmness.

**60/90 minutes**

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## facials continued

### men's rebalancing facial

customized for men's skin care needs, this revitalizing facial effectively renews skin tone and texture while helping to soothe and restore devitalized, sun damaged, or razor-burned skin.

**60/90 minutes**

### vitamin c brightening facial

this treatment reverses the effects of sun damage and premature aging. Potent antioxidants and corrective botanical extracts revitalize the skin. featuring breakthrough daily 15% Vitamin C serum that helps firm, brighten and dramatically reduce the appearance of wrinkles.

**60/90 minutes**

### wrinkle repair treatment

a reparative, regenerating and correcting treatment that combats the signs of aging. Active ingredients *Argan Plant Stem Cells*, *Matrixyl® synthe'6®* and a *Tri-Retinol* blend work together to reduce fine lines and wrinkles while improving skin tone and firmness.

**60/90 minutes**

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**relief services**  
the pinch hitters

## **allergy relief**

**...sometimes it's in the air**

if you suffer from allergies, this treatment can ease your symptoms, and also teach you a few tricks to provide some relief at home. we start with a facial steam of lavender essential oil to clear sinuses, relieve pressure and open airways. a facial massage incorporating lymphatic drainage techniques follows to relieve congestion and increase circulation.

**30 minutes**

## **hormone relief**

**...every little bit helps**

traditionally used to balance hormones, hops and cinnamon are combined in hand made compresses heated and placed over the abdomen to provide comfort and assist with pain relief. coupled with acupuncture and reflexology on the feet and abdominal massage to ease cramping and discomfort and improve energy flow. a face and scalp massage with craniosacral techniques calm and balance the nervous system. beneficial for both men and woman.

**30 minutes**

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## **in suite cocoons**

cocoon and we will pamper you

**choose from our suggested in room spa experiences. we can also provide a tailored made in room itinerary upon request.**

### **the hideaway**

private yoga or meditation class

fresh herbal and essential oil bath

freshly prepared scrub to be used by one or two together in the privacy of your room

30/60/90 massage in suite

choice of special three course meal with wine accompaniment option

### **customized weekend retreat**

daily foot massage

daily massage of choice

custom daily bath

evening fire meditation

food and beverage pairing optional

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## signature rituals

### Atrio Experience

2.5 Hours

\$550

### Napa by Naturopathica

120/150 minutes

\$400/\$450

### Unwine

90/120 minutes

\$450/\$500

### Peace of Mind

90/120/150  
minutes

\$400/\$450/\$500

### Yin and Yang Balancing

90/120

minutes

\$400/\$450

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For your convenience, a 20% gratuity will be added to all treatments  
Please advise spa concierge if you would prefer not to have this service

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## massages

<b>Abhyanga</b> 60/90/120 minutes	\$180/\$250/\$400
<b>Tui'na</b> 60/90/120 minutes	\$200/\$300/\$400
<b>Balinese</b> 60/90/120 minutes	\$200/\$300/\$400
<b>Lomi Lomi</b> 60/90/120 minutes	\$200/\$300/\$450
<b>Samunprai</b> 90/120 minutes	\$350/\$450
<b>Swedish</b> 60/90/120 minutes	\$180/\$250/\$400
<b>Detox</b> 60/90 minutes	\$275/\$350
<b>Sports</b> 90/120 minutes	\$300/\$450
<b>Hot Stone</b> 90/120 minutes	
<b>Reflexology</b> 30 minutes	\$100

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## mind treatments

### Indian Head Massage

30 minutes

\$100

### Shirodhara

45 minutes

\$150

## relief services

### Allergy Relief

30 minutes

\$135

### Hormone Relief

30 minutes

\$150

For your convenience, a 20% gratuity will be added to all treatments  
Please advise spa concierge if you would prefer not to have this service

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## facials

### **Bio Energy Lift**

90 minutes

\$300

### **Vitamin C Brightening**

60/90 minutes

\$180/\$250

### **Pure Results Customizable**

60/90 minutes

\$180/\$250

### **Wrinkle Repair**

60/90 minutes

\$180/\$250

### **Men's Rebalance**

60/90 minutes

\$180/\$250

### **Mini Facial**

30 minutes

\$120

For your convenience, a 20% gratuity will be added to all treatments  
Please advise spa concierge if you would prefer not to have this service

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## useful information

### spa hours

10:00am – 7:00pm daily

special requests for treatments before or after spa hours may be requested 24 hours in advance. Requests can be made through our spa concierge. we can not guarantee availability however we will do our best to accomodate requests when possible.

### atrio fitness center

#### 24 hours

overlooking the Beringer Estate along the banks of a small creek, the fitness center is located on the ground floor of the Palm building. home to Life Fitness and TRX .equipment, the fitness center is .also hosts our meditation and yoga studio.

### facilities

atrium relaxation  
co-ed steam and outdoor showers  
women's and men's locker facilities  
apothecary retail

### cancellation policy

Cancellations less than 24 hours before treatment time will be charged in full.

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