

the spa

welcome to the spa at stone house. One true calling to your center. Free from distraction. Immerse yourself. • The Spa is earth and ocean combined; grounded and buoyant, centered and refreshing. Marine and Ayurvedic Facials, Tantric Couple's Massage, Deep Tissue and Chakra Harmony Massage, manicures, pedicures and seasonal yoga classes are just a few of its features. Treatment suites contain steam showers, deep soaking tubs, a Vichy room for the ultimate body treatments with rain shower to stimulate the senses and personalized changing areas. Natural bath products are crafted by local artisans to care gently for you and the environment. • Follow the the heated stone floors to the manicure and pedicure room with an array of natural services that cater to both men and women. Relax and drift away while taking in our spa garden. • Our menu is simplicity in its richest form. "Green" treatments are created with natural and organic grains, flowers, herbs and oils from local farms. We utilize gifts from the sea with Caviar, sea salts and "sea herbs." You choose aromas and textures in our seasonal treatments and Ayurvedic choices. Retreat to bring balance with a spiritual and inspirational experience.

facial treatments

Seasonal Facial This treatment is customized with all natural "green" skincare for every skin, for every season. Herbs, flowers, oils and grains are "food for the face" and benefit both men and women.
50 minutes \$110, 75 minutes \$160

Ayurvedic Facial Ayurvedic herbs and knowledge are blended with the benefits of organic aromatherapy to balance your skin and your dosha or specific constitution. *50 minutes \$110, 75 minutes \$160*

Timeless Caviar Treatment A luxurious warming lift-off mask rich in nutritive caviar extract to ease the signs of aging and increase skin's oxygen and cellular activity. An alternative to Botox, reduce fine lines and leave feeling hydrated, firm and smooth.
75 minutes \$168

Skinfit For Men A proven effective anti-aging treatment specifically developed for men's skin. With seaweed, caviar and enriched with minerals this cooling facial will firm, tighten and smooth.
50 minutes \$112, 75 minutes \$165

Marine Facial Natural "seaherbs" blended with essential oils for a purifying yet soothing treatment. Get that deep pore clean feeling while maintaining natural moisture. *50 minutes \$110, 75 minutes \$160*

massage

Chakra Harmony Massage "A journey through the realm of the 7 chakras." Guided by scent, sound and attuned touch, the seven centers on the body that regulate our energies are gently brought into balance. You will experience profound state of let-go as you reconnect with each chakra energy, and you return with a renewed sense of harmony and aliveness.
75 minutes \$142 (time includes steam shower & soak), 50 minutes \$110

Deep Tissue Massage Start with a steam to warm up, followed by a deep and focused massage to release tension in tight or sore muscles. Ideal for pre or post sporting events to increase flexibility, range of motion and enhance recovery.
75 minutes \$142 (time includes steam shower & soak)

Tantra Couple's Massage Balance yin and yang with a luxurious blend of nine essential oils to harmonize and connect the energy flow between all of the chakras. This massage was created for two.
75 minutes \$270 (time includes steam shower & soak), 90 minutes \$324 (time includes steam shower & soak)

Continued on reverse...

the spa

massage (continued)

Swedish Massage Relax and unwind with a light to medium touch. Long soothing strokes to cure what ails you and increase circulation.

*90 minutes \$145 (time includes steam shower & soak),
50 minutes \$95*

Deep Lavender Sports Massage Start with a therapeutic soak of your choice followed by a deep lavender rub to penetrate the tissue and aid in repair of the muscles.

*75 minutes \$157 (time includes steam shower & soak),
50 minutes \$110*

Stone Massage Surrender to the healing warmth of this ancient massage practice. Heated volcanic river stones penetrate the deeper levels of your muscles to take you to a new dimension of relaxation.

50 minutes \$130, 80 minutes \$180

body treatments

Seasonal Body Ritual Choose from sweet soy oil blends added to yellow cornmeal and herbs to create your own experience. Herbal exfoliation followed by a Vichy rain shower and finished with nourishing lavender milk to restore the glow of health to body and mind.

50 minutes \$95

Midnight Honey Body Wrap Honey dust body scrub followed by a Vichy rain shower and cocooned in a wrap with warm midnight honey body oil. Get supple skin with deep relaxation. *75 minutes \$145*

“Seaherb” Marine Wrap and Soak

Dry brushing exfoliates the skin and stimulates the nervous system. Soak in a therapeutic bath after your “Seaherb” body mask to fully absorb the benefits of the sea. Detox and remineralize. *50 minutes \$110*

Aura Glow Your chosen vibrational oil is blended with sea salt giving your skin a beautiful glow and energetically cleansing the energy field around you. A Vichy rain shower is followed with a massage with your chosen oil. You emerge radiant and refreshed. *75 minutes \$150*

Dosha Balance Bring balance to Vata, Pitta or Kapha doshas with a revitalizing herbal scrub, aromatic steam and massage with the dosha balancing oil of your choice. *90 minutes \$170*

hand and foot treatments

Marine Spa Pedicure Like a facial for the feet. Smooth and mask with the therapeutic benefits of “Sea Herbs” then a sea soak. Trim, shape and buff with massage and polish. *60 minutes \$85*

Seasonal Pedicure Select the aromatic herbs and oils you desire to soften and smooth the feet. Trim, shape and buff with massage and polish. *50 minutes \$65*

Gentlemen’s Foot Treatment This pedicure was created with men in mind. Vapor elixir soak, deep lavender rub followed by a trim, shape and buff. *30 minutes \$45*

Pedi To Go Soak shape, buff and polish. *20 minutes \$28*

Lavender Hand and Foot Treatment Benefit the entire body when hands and feet are scrubbed, drenched in lavender, put in heated mitts and boots and finished with an aloe mist. *30 minutes \$42*

Seasonal Manicure Select the aromatic oils and herbs you desire to smooth and soothe your hands. Trim, shape and buff with massage and polish. *30 minutes \$40*

Gentlemen’s Manicure Soak, shape and buff. *20 minutes \$28*

Polish Change *15 minutes \$20*

French Polish *\$5*