



THE LODGE AT  
SKYLONDA

## General Information

To schedule all spa and private fitness services, call the spa concierge at 650.851.6626 or fax to 650.851.6622.

### Spa Services

Spa cards with your appointment time are placed in your room. Prior to your session (except for hot stone therapy) we recommend that you spend at least 15 minutes in the hot tub, sauna or steam room. This helps enhance the results of your body treatment. For all spa treatments, please wear the robe provided in your room.

During all body treatments, your body is fully draped except for the area being worked on. If you are receiving shiatsu, t'ui na, therapeutic reposturing or Thai massage, which are usually conducted in your room, please wear loose-fitting, comfortable cotton clothing such as sweatpants and a tee shirt.

Please note: Guests with special health concerns should consult a physician before engaging in physical activities or receiving any heat treatments.

### Fitness Programs

Wear loose-fitting, cotton clothing for personal fitness training, yoga and meditation. For guided hikes, wear layered clothing and hiking boots. Sunglasses and hats are suggested. Boots must be mid- or high-top, "light" or "day" boots constructed with a combination of nylon, nylon mesh, Gortex, suede or leather. Make sure boots are well worn and have a wide toe area with a sturdy bumper on the end and knobby soles. Water bottles and small waist packs are provided.

### Cancellation Policy

We strictly adhere to our Spa Cancellation Policy. As a courtesy to our other guests, if you must reschedule or cancel an appointment, please advise us at least 12 hours in advance to avoid being charged in full for any scheduled service or activity.



*A Sanctuary of Well-Being*



Spa Concierge 650.851.6626  
Spa Fax 650.851.6622  
Lodge Reservations 800.851.2222

16350 Skyline Blvd.  
Woodside, CA 94062  
[www.skylondalodge.com](http://www.skylondalodge.com)

Knowing you have taken the time to be mindful of your body and spirit, you will delight in our body treatments and fitness programs. Our highly trained staff provides you with personalized attention that will leave you feeling as serene as our forested surroundings.

## Body Care

### Pure Massage

A session customized to your needs incorporates traditional Swedish-style massage with an eclectic blend of other massage techniques. Benefit from a range of light to firm pressure. Luxurious relaxation.

1 HOUR \$100  
1 HOUR 30 MINUTES \$150

### Aromatherapy Massage

Indulge your senses by choosing from the finest of essential oil blends for a therapeutic massage. Select from among our four aromablends: balancing, revitalizing, loving and stress-relieving.

1 HOUR \$100  
1 HOUR 30 MINUTES \$150



### Beneficial Botanicals

Enhance your wellness with a massage incorporating a personalized blend of plant and flower essential oils. Upon assessing your needs, your therapist prepares one of 26 aromatherapy recipes developed for everything from arthritis to PMS. We double the recipe so you can bring botanical benefits home.

1 HOUR 30 MINUTES \$150

### Therapeutic Reposturing

This blend of Eastern and Western practices is a precise sequence of massage and bodywork techniques choreographed to promote structural integrity and enhance neuromuscular and emotional balance. Our therapist uses reflexology, acupressure, myofascial release, trigger point therapy and deep tissue work, while you participate with deep breathing and feel your body slowly ease into stretches.

1 HOUR \$100  
1 HOUR 30 MINUTES \$150

### Kundalini Kelp

Our signature seaweed mask, rich with antioxidants and nutrients, remineralizes, nourishes and hydrates your body. Enjoy a stimulating dry brush exfoliation followed by a tranquil body wrap with a relaxing scalp massage. Emerge from your detoxifying wrap to be indulged with a soothing massage.

1 HOUR 30 MINUTES \$150

### Coastal Evergreen Exfoliation

Your body is enveloped in a wrap of organic oatmeal and cornmeal blended with clay, which exfoliates, detoxifies and softens your skin. While luxuriating in peace, you receive an indulgent foot massage. The finishing touch is a full-body massage with our exclusive coastal evergreen oil.

1 HOUR 30 MINUTES \$150

### Sea Salt Glow

We blend Pacific Ocean salts with an organic essential aromatherapy oil blend of your choice—calming, warming or cooling. Your skin is gently exfoliated and hydrated, leaving it smooth and renewed.

1 HOUR \$100  
1 HOUR 30 MINUTES \$150  
(INCLUDES FULL-BODY MASSAGE)

### The Elemental Ritual

The entire treatment room is transformed into a healing environment based on your Ayurvedic body type. A gemstone candle and tranquil music provide the perfect atmosphere for your herb-infused oil massage and Ayurvedic facial. To conclude this restorative treatment, you are offered a calming, soothing or energizing blend of tea.

1 HOUR 30 MINUTES \$150



### Hot Stone Therapy

This deeply relaxing treatment rooted in Native American healing tradition utilizes elements of nature in combination with a nurturing touch. You are warmed and massaged with smooth heated stones, relieving the muscular tension throughout your body and giving you a grounding sense of connection with the earth. The option of a cold stone treatment is available for therapeutic applications.

1 HOUR 30 MINUTES \$150

### Peace of Mind

This classic Ayurvedic practice, called Shirodhara, begins with a thin stream of soothing warm oil slowly poured onto your "third eye" (the center of your forehead) to restore balance and calm. You relax and float into serene meditative moments while you receive a hot oil scalp massage, along with extra attention to your neck and shoulders. A balancing facial combined with a hand and foot massage completes your restorative experience.

1 HOUR 30 MINUTES \$150

## The Ultimate

### Bliss

This indulgent treatment, combining a hot oil massage with the meditative Peace of Mind Shirodhara, transports you into the depths of pure relaxation. You emerge to enjoy a delicious and nourishing herbal elixir.

2 HOURS \$200

### Harmony

Two massage therapists work in synchronicity to relieve your stress by creating comfort, balance and harmony for your body. Heaven on earth.

1 HOUR \$200

### In the Moment

Your personal paradise awaits you with a soothing candlelit mineral bath, Japanese tea service and a healing shiatsu massage provided in the peace and tranquility of your own private room.

2 HOURS \$200

# Asian Inspirations

## Acupuncture

Acupuncture is a form of traditional Chinese medicine that has been practiced for thousands of years to work with the body's natural cycles. It is used to remedy ailments, strengthen immunity, reduce stress and increase vitality. Thin needles are gently placed into specific points on the body's meridians, or pathways, which helps restore the free flow of energy through the body. Acupuncture can increase circulation, relieve tight or sore muscles, ease tension and stress, and reduce symptoms associated with hormonal imbalance. With a series of treatments, it can provide long-term benefits such as the alleviation of fatigue, chronic pain and weight problems.

Our licensed acupuncturist adds an important dimension to our holistic approach to body wellness. Utilizing a variety of modalities, including acupuncture, acupressure, moxabustion, cupping and customized herbal tinctures, she can address any specific body or health concerns you may have. (Guests may request treatment without needles.)

1 HOUR 15 MINUTES \$150

## Acupuncture Pearl Facial

Experience an all-natural treatment combining acupuncture and ancient Chinese herbs. Your skin is awakened with cell rejuvenation, increased circulation and improved muscle tone. The facial also incorporates the ancient Asian beauty secret of ground pearls, with their unique combination of amino acids, trace elements and proteins. A hot-towel soak, mask and cream made with Chinese pearl powder nourishes, soothes and softens your skin, giving it a pearl-like glow.

1 HOUR 15 MINUTES \$150

## Shiatsu

This 4,000-year-old Japanese healing discipline helps the circulatory and lymphatic systems, improving the body's vital energy. Your tension melts away while your massage therapist applies pressure with fingers, thumbs, elbows and feet to your body's pressure points.

1 HOUR \$100

1 HOUR 30 MINUTES \$150

## T'ui Na

The oldest recorded form of bodywork, dating back to 2300 B.C., t'ui na is a Chinese expression of our human instinct to touch. Through a variety of techniques including kneading, rubbing and gentle traction, this dramatic healing method manipulates soft tissue and muscle to relax the body while increasing range of motion.

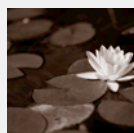
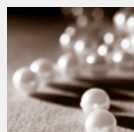
1 HOUR \$100

1 HOUR 30 MINUTES \$150

## Thai Massage

This meditative massage technique traces its origins to Father Doctor, a companion of Buddha. Our therapist utilizes gentle rocking, rhythmic pressure and deep assisted stretching to increase flexibility and create profound relaxation.

1 HOUR 30 MINUTES \$150



# Skin & Nail Care



## Pure Facial

Let your skin drink in only the purest and finest ingredients. Your face is cleansed, exfoliated and moisturized with a customized blend of delicately aromatic products made from organic herbs and flowers. This treatment indulges your hands and feet as well, with a luxurious massage using nourishing botanical creams or oils.

1 HOUR 15 MINUTES \$125

## Caviar Facial

In this sublime facial, your skin is massaged with a remarkable series of oils, creams and serums made with a high concentration of caviar and tamarind extracts. Caviar is exceptionally hydrating to the skin, while tamarind traps moisture and works as an anti-aging agent to repair skin damage. Your skin is nourished, regenerated and glows with radiance.

1 HOUR 15 MINUTES \$125

## Collagen Boost

This treatment stimulates collagen production and restores elasticity in your skin. Lines are smoothed and your skin is soft, supple and radiant.

1 HOUR \$100

## Men's Equilibrium Facial

Environmentally stressed skin regains its balance and tone with this deep-cleansing facial. Our esthetician assesses the needs of your skin and applies a custom-blended mask for hydrating or purifying. Dull skin looks fresh and vital after recharging with a highly oxygenated energy serum.

1 HOUR 15 MINUTES \$125

## Detoxifying Back Treatment

With all its hard-to-reach places, your back doesn't get the attention it deserves. This special treatment exfoliates, hydrates and eliminates toxins. Your back is moisturized and becomes ultrasMOOTH.

1 HOUR \$100

## Eye & Lip Therapy

Pamper your delicate eye and lip areas with our velvety mask. It diminishes fine lines and wrinkles, smoothes away signs of tiredness and restores a fresh, rejuvenated look. Gentle lymph drainage and a relaxing foot massage are also included.

1 HOUR \$100

## The Decadent Manicure

Treat your overworked hands to a warm, moisturizing paraffin treatment, exfoliation, hand and arm massage with botanical lotions or oils and total nail beautification.

1 HOUR \$60

## The Decadent Pedicure

Care for your soles before or after your hike. Our deep-cleansing treatment includes a warm hydrating paraffin mask, exfoliation, a luxurious massage and perfect polishing.

1 HOUR 30 MINUTES \$90

## Full-Service Waxing Available



# Flower Essences

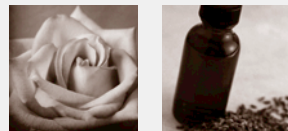
Experience the healing gifts of nature by having our certified flower essence practitioner create a flower essence formula especially for you. A customized formulation, to be taken in droplets under the tongue, addresses the specific causes of stress in your life.

You may request essences to help with current stressors in your personal and work life or to alleviate the unpleasant effects of excessive travel. The essences come from populations of flowers growing in the wild around the world, picked at the height of blossom, and infused in water under the sun.

Flower essences reach you on an emotional and mental level. Each of the 250 flower essences we use has its own pattern of expression that corresponds to a condition of the human soul. They help us transform our emotional states, mental attitudes and recurrent patterns of behavior that deter us from realizing our full potential. Along with your custom-blended essence, you receive information about the properties of each flower selected for you and how to use the essences effectively.

STRESS-RELIEF ESSENCE \$100

TRAVEL ESSENCE \$100



# Mind & Body Wellness

In addition to our complimentary daily fitness activities, we offer the following private services to enhance your experience. To learn about other activities available in private sessions, please call the spa concierge.

## Private Guided Hikes

(One to four people)  
Our trail guides take you into deep redwood canyons, across oak-studded rolling hills and chaparral, and along ridgelines with spectacular ocean views. Choose a hike to suit your abilities and desires, from an intermediate educational walk exploring local flora, fauna and folklore to a longer trek for the serious hiker, designed to maintain elevated cardio-respiratory levels.

2 HOURS \$80  
4 HOURS \$160



## Personal Fitness Training

Our certified personal trainers help you attain your fitness goals by creating a new fitness plan or enhancing an existing one. We focus on cardio-respiratory training, strength training, flexibility and stretching, goal setting and weight management.

1 HOUR \$80

## Private Yoga

Experience the wisdom of this ancient Indian philosophy with a special session designed for you. Explore traditional active, passive and restorative postures, while learning invaluable skills that incorporate balance and strength work.

1 HOUR \$80

## Mindful Meditation

Take time to reflect and quiet your mind while allowing your own "knowingness" to surface. Your private session teaches you to relax and focus in a higher level of awareness. Learn simple and powerful ways to integrate this age-old meditation technique into your modern lifestyle.

1 HOUR \$80



## Movement & Meditation for Moms-to-Be

We understand that pregnancy is a special time, so we've created a special moment for the two of you. Our prenatal guidance teaches you how breathwork, visualization, sound mantra and body positions can give you a more comfortable labor. Your birth partner is welcome to join you to learn massage and acupressure techniques.

1 HOUR \$80