



atrio

aromatherapie - artisanal treatments - ancient healing

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our foundations

aromatherapie

one of the simplest ways to incorporate wellness into one's life, aromatherapie works on subtle and deep levels to assist in one's quest to heal on an emotional, spiritual and physical level.

Coming from the source...

ancient healing

The ancients would speak 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 in treatments throughout your spa journey

Going backwards to go forwards...

Our Atrio massages draw on the history and techniques utilized over 2000AD; with roots in China, India, Indonesia and Thailand. Our therapists undergo an intensive dedicated training, to learn techniques straight from the source. we incorporate meditation daily before and after our work day to ensure our own purity before we work on you.

artisanal treatments

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

Keeping it real...

We search for the best and most effective ways to deliver those products, by using old traditional techniques for preparation, combine with a range of different techniques to give each guest the very close to nature as possible.

Spa Kitchen crafted

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aromat herapie



atrio features a unique personalized aromatherapie experience with selected massages. a trip to our blending bar, a quick consultation and you will co create your personalized therapeutic oil to be used for your massage and atrio will give you a small gift of your oil to continue your aroma experience at home.

we also offer a premium blending experience which includes custom blending of oils, creams, lotions room sprays and scrubs. all of our oils are certified organic, ensuring the highest quality therapeutic experience.

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aroma blending experience

Is the aroma blending experience available to all?

all guests having a selected massages have the option to come 30 minutes before their treatment for a personalized aromatherapie session.

How does a blending session work?

Upon arrival, guest fill our a brief questionnaire to determine a range of selected. The guest selects from the proposed oils based on their scent pallete and blending objectives to determine the overall results.

the personal blend will be used for aromatherapie inhalation and blended into a massage oil and used for their treatment.

each blending experience will be complemented with a take home size personal blend, to continue the benefits of the personal blend. personal blendswill be kept on hand for next time or can be ordered from the spa at anytime.

Premium Blending is available, to include precious essential oils for a more in depth experience. blends may be reordered, including a blended, lotion, cream.

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featured products

naturopathica

The selection of Naturopathica products for Atrio was simple; clean and predominately organic products. Care and selection of every ingredient by hand to ensure it's complete integrity by Barbara Close, founder. her knowledge, attention to detail and care is ultimately revealed by the measurable results.

Barbara Close, Founder and CEO of Naturopathica, is 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

Our close cooperation with the team of Naturopathica has not only inspired our hotel and spa shower amenities of Grapefruit and Fir but also resulted in the Barbara's creation of our signature ritual, *Napa by Naturopathica*

Mountain Rose Herbs

"From farm to bottle"

The largest and most reputable supplier of essential oils and herbs mainly sourced in the United States. All of 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....

We can send one of concierge to your room to help you make your spa selections from the comfort of your room. Or join us at the spa and meet our team and let us help you get the most out of your spa journey.

we can compile a customized spa experience to suit your needs, preferences, time constraints and goals. We can not only plan your spa treatments, but also classes, fitness goals and excursions.

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signature rituals

consciously crafted spa experiences

artfully prepared ingredients

atrio experience

5000 years - Four Countries – 2.5 Hours

aromatherapie

tui'na

reflexology

balinese

shirodhara

indian head massage



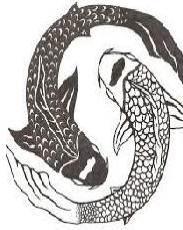
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signature rituals continued



Ying/Yang Balancing

anxious, not in the present moment, hyperactive, emotionless, reactive? time to balance your yang to increase your Yin.

too yin? Over sensitive, too involved, moving slower, need to look outside of one's self.

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.

Ideally, we want to be in balance. We all tend towards being too yin or too yang in times of imbalance.

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

90/120 minutes

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signature rituals continued

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.

naturopathica espresso scrub coffee scrub - detox massage

90/120minutes

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 Verbana 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.

90/120 minutes

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signature rituals continued

peace of mind

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

abbyanga massage
shirodhara
indian head massage

90/120 minutes

nourish

highlighted by organic spa magazine in 2016 at a aurora spa at las alcobas mexico city .
this artisanal treatment is comprised of all hand made fresh california organic produce,
hand crafted in our spa kitchen, applied to deeply nourish and hydrate skin, boosting
vitamin k and assisting with free radicals.

almond & walnut scrub
fresh whipped organic avocado wrap
skin sealer
minute massage in area of choice

90/120 minutes

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massages

let us talk to your muscles

abhyanga

light pressure
smooth with rhythmic oil application deep
relaxation of nervous system

india over 3000 years
ago

60/90/120 minutes

tui'na

medium to strong pressure, no oil
acupressure, flat handed rolling manipulations and percussions
improves and increases energy flow

china 5000 years ago

60/90/120 minutes

samunprai

medium to deep
combination of thai, swedish and acupressure calms the nervous
systems and increases circulation

thailand
2500 years ago,
modernized in 14
century

90/120 minutes

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massages continued

balinese

medium to strong pressure

stroking, kneading, skin folding and percussions increases energy and oxygenates the blood

originating in bali, with
chinese & indian
influences
a 3000 years ago

90/120 minutes

lomi lomi

gentle and deep

intuitive rhythmic and fluid movements

helps release blocks and move energy in new directions

hawaii
2500 years old
a

90/120 minutes

detox

strong and vigorous

finger pushing and pinching

increases circulation, flushes the lymph

france in 200 years ago
a

60/90 minutes

a –atrio aroma experience available

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massages continued

hot stone

as desired

combination of thai and sediah

calms the nervous systems and increases circulation

a

asia & europe
2000 years ago

90/120 minutes

sports

strong

deep strokes and stretching

releases lactic acid and improves flexibility

a

china
2500 years old

90/120 minutes

swedish

soft to medium, as desired thumb

rolling and kneading increases

circulation

a

originating in china,
modernized in holland
450 years ago

60/90/120 minutes

a –atrio aroma experience available

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massages continued

reflexology

reflexology was practiced as early as 2330 B.C. by the egyptians and symbols of reflexology can be found as far back as buddha.

reflexology is where pressure is placed on specific points and areas on the feet, hands, or ears. the points correspond to specific body organs and systems. stimulating the pressure points is said to increase energy flow and is beneficial for general health.

30/60 minutes

recommended spa accompaniments

we would suggest any on the treatments listed below to accompany any of our massage:

✧ indian head massage

✧ light and sound

shirodhara

✧ naturopathica body scrub: espresso mud, lemon mimosa or lemon verban

✧ sanctuary scrub: almond & walnut, brown sugar, coco, salt, coffee

reflexology

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mind treatments

Turn it off...

indian scalp massage

promotes tranquility, combats stress and insomnia, increases circulation to the scalp promoting hair growth and releasing blocks in the neck, shoulders and mind.

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 running mind. abhyanga massage can be combined with shirodhara as a partner treatment to relieve nervous tension.

45 minutes

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facials

because you see it everyday...

bio energy demineralizing 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

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 minutes

men's rebalancing facials

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.

90/120 minutes

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facials continued

naturopathica 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

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 will not only relieve your symptoms, but will also teach you a few tricks to provide you some relief at your home. We start with a facial steam over a bowl of hot water with lavender, to clear sinus, relive pressure and open airways. Followed by a targeted reflexology and acupressure massage to clear congestion and balance energy flow. complete with a facial massage incorporating lymphatic drainage techniques and pressure points to relieve redness and increase circulation.

30 minutes

hormone relief

...every little bit helps

traditionally used to balance hormones, hops, cinnamon and barley have been combined in hand made compress, heated and placed over the abdomen to provide comfort and assist with pain relief. Coupled with acupressure and reflexology on the feet and abdomen to relax muscles and improve energy flow. finally, completing this service with a face and scalp massage to 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

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

Napa by Naturopathica

120/150 minutes
\$400/\$450

Unwine

100/130
minutes
\$450/\$500

Nourish

120 minutes
\$500

Peace of Mind

90/120/150
minutes
\$400/\$450/\$500

Yin and Yang Balancing

90/120
minutes
\$400/\$450

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massages

Abhyanga

60/90/120 minutes

\$180/\$250/\$400

Tui'na

60/90/120 minutes

\$200/\$300/\$400

Balinese

90/120 minutes

\$300/\$400

Lomi Lomi

90/120 minutes

\$300/\$450

Samunprai

90/120 minutes

\$350/\$450

Swedish

60/90/120 minutes

\$180/\$250/\$400

Detox

60/90 minutes

\$275/\$350

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massages

Sports

90/120 minutes

\$300/\$450

Hot Stone

90/120 minutes

\$300/\$450

Reflexology

30/60 minutes

\$100/\$220

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mind treatments

Indian Head Massage
30 minutes

\$100

Shirodhara
45 minutes

\$150

Light and Sound
30 minutes

\$125

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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

30 minutes

\$120

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relief services

Allergy Relief

30 minutes

\$135

Hormone Relief

30 minutes

\$150

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useful information

spa hours

10::00am – 7:00pm

With 24 hours notice treatments can be provided within 1 hour of normal operating hours.

fitness center

24 hours

aroma blending

by appointment only. paired with selected massages only

facilities

co-ed steam and outdoor showers woman and men's locker room
atrium relaxation area

cancellation policy

to be determined upon booking

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