



## VITA NOVA | A NEW LIFE

Welcome to 'Vita Nova' which translates to 'A New Life' in Latin. We wish 'Peace to those who enter, good health to those who depart' which is cast in stone above the spa entrance in Latin 'Pax inrantibus, salus exeuntibus.' Enveloped by the pristine beauty of Lake Washington and the healing powers of the surrounding woodlands, Vita Nova Spa harnesses the restorative energy of nature and pure botanicals to create an immersive experience for the mind, body and soul. Our focus on healing, wellness, herbal alchemy and rejuvenation will bring you a renewed sense of vitality and inner peace.

### MASSAGE | SUSPENDISSE

#### VITA NOVA MASSAGE

This relaxing massage is the perfect treatment to unwind and destress. Allow your practitioner to customize your experience specific to your individual needs.

60 MINUTE / 150 | 90 MINUTE / 225

#### MOTHER TO BE MASSAGE

This relaxing massage is designed to nurture and support mother and baby, featuring Mother & Baby Balm for ultimate hydration and comfort.

60 MINUTES / 165

#### DEEP TISSUE MASSAGE

This deep, therapeutic massage is created to ease pain, recover from injury, and boost movement and vitality. Featuring Mountain Arnica Oil, hot towels, and aromatherapy oils.

60 MINUTES / 160 | 90 MINUTES / 240

#### WARM STONE MASSAGE

Smooth, heated stones melt away tension and stress, using Earth's healing energy to soothe and ground.

60 MINUTES / 165 | 90 MINUTES / 250

### SPA THERAPY | HERBIS CURATIO

#### DRY BUFF AND AROMATHERAPY MASSAGE

This invigorating treatment begins with a full body dry buffing, followed by a therapeutic aromatherapy massage that supports lymphatic health. This treatment revitalizes the skin while encouraging lymphatic drainage and detoxification.

90 MINUTES / 230

#### MOUNTAIN MAJESTY CROWN MASSAGE

Enjoy a full body customized massage with your choice of Herbal Infused Oil. Allow your body and mind unwind, flowing into the Mountain Majesty Crown treatment. The crown and scalp will be anointed nourishing hair oil highlighting the healing benefits of rosemary, lavender and basil and is blended with Rhassoul Clay for its rich mineral content, adding strength, shine and softness to your hair. Top it off with a hot compress cocooning the crown to restore and balance.

90 MINUTES / 260

#### TURQUOISE SAGE BODY GLOW

This nature inspired body scrub features fine textured Dead Sea salts drenched in organic and wild lavenders, sages, jojoba and other desert botanicals, awakening the senses of our natural state. As you relax into a total bliss, our treatment is finalized with an application of the luxurious organic turquoise and shea body butter making this blend unique and regal. It's light, herbal bouquet recalls the purity of the high desert air and promotes healing and total relaxation.

90 MINUTES / 250

### HEALING ARTS | ARTIUM SANITATEM

#### ENERGY HEALING

Energy healing is a healing art drawing upon ancient healing art forms. Our practitioners have studied under master practitioners and bring their own unique therapies to customize your individual experience.

60 MINUTES / 175

#### CRANIOSACRAL THERAPY

This is a subtle hands-on technique that uses light touch, energy work, and gentle pressure to examine membranes and movement of the fluids in and around the central nervous system. This treatment soothes the nerves, relaxes the mind, and balances energy leaving you feeling rested and centered.

60 MINUTES / 170

#### KALEIDOSCOPE HEALING

This session includes a Deep Swedish Massage plus Aura charging energy work. This treats the body and mind to allow for chakra clearing. Energy healing, or energy work, seeks to restore, promote, and maintain health and wellness to all those elements by influencing and supporting the body's bio energies. Channeling the energy flow from Mother Earth utilizing various shamanic tools and modalities to help move the old stagnant energy out.

90 MINUTES / 265

## TREATMENT ENHANCEMENTS | AUGENDAE

Complement any of your restorative treatments with our local herbal botanical blends.

HERBAL INFUSION MASSAGE OIL  
ADD TO ANY TREATMENT / 10

AROMATHERAPY BLENDS  
ADD TO ANY TREATMENT / 25

VITA NOVA FOOT RITUAL  
Blend of Epsom and sea salt scrub with peppermint lotion and warm towel treatment.  
ADD TO ANY TREATMENT / 35

MOUNTAIN MAJESTY HAIR OIL  
Purifying specialty hair oil blend from Mountain Rose Herbs is massaged into your scalp, followed by a warm towel compress for maximum absorption. We encourage you to leave this oil in the hair and scalp for as long as possible for incredible results!  
ADD TO ANY TREATMENT / 45

## INFRARED SAUNA

\*Available by reservation only, with a massage and body treatment booking. Excludes pregnancy or other contraindications based on health questionnaire. Swimsuits/Swim trunks REQUIRED.

Infrared sauna therapy helps you detox, reduce inflammation and in fact, you can burn up to 600 calories in just one session! Infrared waves penetrate your body deeply and raise your core temperature. However, they are about 50°F cooler than traditional saunas, making it a much more comfortable experience.

Benefits include:

- Enhanced detoxification
- Reduction in body fat
- Better circulation
- Boosted immune system health
- Improved joint stiffness
- Stress reduction

30 MINUTES / 40 | 60 MINUTES / 75

## FACIALS | FACIALIS

YONKA PHYTO NUTRIENT FACIAL

This is a great facial for people look for a beauty boost! It uses plant-based nutrients to calm, sooth and refresh the skin. It features a hydrating seaweed exfoliant with a hyaluronic acid mask that is infused with rose and jasmine that will leave skin glowing and deeply hydrated.

60 MINUTES / 165

YONKA ANTI-AGING FACIAL

This Yonka facial is wonderful for softening fine line and wrinkles. It is great for someone who is just starting to address the early signs of aging or someone who really wants to treat deep lines and wrinkles. It uses plant-based botanicals to exfoliate the skin and phyto-nutrients to rebuild collagen and elastin leaving your skin looking more youthful and supple.

60 MINUTES / 180

ENVIRON FACIAL

This dynamic vitamin rich facial works with all skin types and conditions to restore the skin to its natural beauty. This facial is great for people who want to set goals and see immediate changes in skin tone, texture and restore the skins natural balance. Recommend at least once a month or more frequently to address specific skin care concerns as advised by your skin care professional.

60 MINUTES / 195

## PACKAGES | SARCINA CURATIO

\*Limited availability, please call Spa Reception to reserve your package.

ST. EDWARD RESTORATION

Inspire mindful renewal of the body with our select botanicals and complete custom service.

Includes:

- Infrared Sauna 30 - minutes
- Herbal Infusion Massage
- Vita Nova Foot Ritual
- Mountain Majesty Hair Oil Treatment
- Yonka Phyto Nutrient Facial 60 - minutes

210 MINUTES / 465 \*SAUNA DEPENDENT ON AVAILABILITY

VITA NOVA BRIDE | VITA NOVA SPONSA

Includes:

- Infrared Sauna 30 -minutes
- Evergreen Body Glow
- Mountain Majesty Crown Massage
- The Deliciae Facial 90 - minutes

210 MINUTES / 525 \*SAUNA DEPENDENT ON AVAILABILITY

## SPA GUIDELINES

- Only guests with pre-scheduled treatments can enter the spa. Guests are welcome to relax in the Spa Meditation Room following spa services.
- Please arrive 10 minutes prior to your scheduled treatment time. Late arrival will shorten your treatment duration and benefits.
- Please wear comfortable clothing. A robe and slippers will be provided upon your arrival at Vita Nova.
- Service provider gratuities are at guest discretion, except for group bookings.
- Due to limited capacity, only guests who have booked a spa treatment may use the sauna.
- Treatments lasting three hours or more are subject to a credit card hold and require 72 hours advance for cancellation or changes.
- Spa appointments cannot be "split" between guests.
- No-shows are billed at 100%.
- Late arrivals will not be extended time.
- Cancellation requires 24 hours advance notice.
- Vita Nova Spa is open to guests 18 years and older.
- We ask that guests please refrain from using cellphones at Vita Nova Spa as a courtesy to others.