



## 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 / 155

#### **BOTANICAL INFUSION MASSAGE**

This deep, therapeutic massage features botanically infused oils, taking your experience to the next level. Choose from Comfrey, Arnica or Calendula to enhance the overall effects of your massage.

60 MINUTES / 160 | 90 MINUTES / 230

#### **SYNERGY STONE MASSAGE**

Smooth, heated basalt stones melt away tension and stress, using Earth's healing energy to synergize, soothe and ground. Includes your choice of herbal infused oil.

60 MINUTES / 165 | 90 MINUTES / 240

### 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 / 200

#### **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 / 240

#### **EVERGREEN BODY GLOW**

This woodland inspired body scrub features pink Himalayan salt, sugar, aromas of Spruce, Fir & Cedar, awakening the senses. Replenishing serum is then applied, melting into a full body mask. Your treatment is finished with a personalized aromatherapy massage.

90 MINUTES / 230

### 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 / 160

#### **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 / 160

#### **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

180 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.