

Welcome to SPA du SUREAU

With luxurious treatments for facial, massage and body care, Spa du Sureau offers a spa program that will pamper you from head to toe. We present three traditional European Kurs: Thalassotherapy (marine therapy), Kräuter (herbal baths), and Thermal Mineral (mud & medicinal elements), for your health and enjoyment. Our services begin with a delightful signature item, our Elderberry Footbath provides a relaxing, refreshing prelude to your treatment. With meticulous care and attention, our staff of expertly trained therapists delight in providing you with the finest spa treatments available, administered in an environment of quiet elegance. Let us invite you to explore our luxury resort where you will enjoy the highest standards of hospitality.





MASSAGE

Hikers Repose

We pair Arnica and Ginger, a natural remedy for skiers, hikers, and mountain climbers, with this luscious reprieve for the body to ease tension and soothe the sore muscles of the outdoor enthusiast.

60 Minutes - \$140 90 Minutes - \$190

Basalt Stone

Luxurious warm stones paired with subtle Peppermint and Grapeseed Oil console mind and body through fluid strokes while key energy points are stimulated bringing deep relaxation and a release of tension. Our 90 Minute session includes stimulation of the Chakra points, the “doorways” to consciousness, bringing balance and vitality.

90 Minutes - \$190

Duet - ‘double your pleasure’

A blissful massage experience. Four hands working in harmony lull your body and soul to complete surrender using rhythmic strokes, pure botanical essences, and inhalation therapy. Stress, tired muscles, and tension simply disappear. Foot Reflexology finishes this lavish experience. Pure heaven.

60 Minutes - \$250

Deep Tissue

Steady hands deliver a deeper massage using varied techniques to relieve the pain and discomfort in the muscles, tendons and ligaments due to stress, injury, and overuse. You may choose from an array of Kneipp’s herbal blends, or an unscented remedy oil.

60 Minutes - \$165 90 Minutes - \$200

Classique

This Swedish full body massage uses graceful rhythms, both light and strong simultaneously to increase circulation, stimulate the nervous system and induce natural relaxation.

60 Minutes - \$125 90 Minutes - \$180

Thai Sá-Wán

This ancient practice, originated in Thailand, inspired us for a truly heavenly treat. A heated muslin parcel filled with fragrant herbs and spices is used for this massage to relieve stress, tension and re-energize. Starting with the back, neck and shoulder, the therapist kneads with the warm herbal poultice over every muscle then continues the same on the lower back. Increased pressure is applied to problem areas needing special attention. The warm compresses also open the pores allowing the benefit of the herbs to penetrate, detoxify and condition the skin. This treatment finishes with a brief massage of warmed Mandarin-Peppermint oil that will leave you feeling utterly blissful.

90 Minutes - \$215

Aroma Slumber

Light to firm pressures combined with the soothing scents and uplifting properties of lavender, peppermint and bergamot bring relief to sore muscles, and reduce stress. Steaming water poured over a freshly gathered bundle of botanicals delights the senses with aromatic steam encouraging deep relaxation and a blissful state of mind. A Lavender-Bergamot Spritz finishes this massage.

60 Minutes - \$130 90 Minutes - \$185

Mother-to-be

The expecting mother will greatly appreciate this gentle massage to relieve lower back pain, tension, stress and sciatica. Let our professional staff cater to her needs.

60 Minutes - \$145

In Room Massage or Bath

If you prefer the privacy of your guest room, allow us to delight you with an In-Room-Massage (excluding Basalt Stone) available in 60 or 90 minute sessions. -add \$25

Please contact Spa Sureau for details.

To compliment this massage, you may choose a Kneipp Kraeuter herbal bath to relax in afterward. -add \$20

You may also enjoy an herbal bath as the ultimate “Turn Down” service! Choose from Field Lavender, Elderberry, Melissa, Chamomile & Spruce.

Drawn & prepared in your guest room bath - \$35

BODY TREATMENTS



Hydrostorm

The ultimate water ritual is Hydrostorm! Presented with a palette of custom blended salts or seaweeds to address specific conditions, you'll apply the product for this indulgent experience. Step inside and you are bathed in rainbow hues of beneficial light therapy, while cascading showers, raindrop therapy, and alternating hot & cold storm spray's wash over you. Simultaneous aroma infused steam and cool mists surround you while the many water sensations relax and refresh.

\$65 per person or \$95 per couple

Marine Body Masque

Enjoy the benefits of the sea while your body is enveloped in nourishing marine ingredients designed to tone and firm the skin. A generous blend of blue-green algae, seaweed, and rosemary is applied, and the body is wrapped to infuse the active ingredients. A generous scalp massage will provoke complete calm. Awake to take a Hydrostorm Drench using color therapy to balance glandular function, encourage toxin elimination, and soothe the Nervous System. **90 Minutes - \$200**

Silk Slumber

Natural sisal buffs the body to exfoliate and stimulate circulation, while warm Chamomile compresses prepare the skin for an application of warm Shea butter to seal in moisture. Gently cocooned in toasty linens, your head is cradled while you receive a scalp massage with warm essential oils, which add shine and suppleness to your hair. You'll awake feeling renewed. **60 Minutes - \$140**

Lavender Blossom Body Polish

The deeply fragrant scent of lavender will lull you into a relaxed state while your body is polished smooth, and then lightly cleansed with warm aroma infused towels in preparation for a light massage. Next, a nourishing Lavender Cream Wrap is applied while you rest enveloped in rich cream and warm linens, your skin receives the reparative benefits of these ingredients.

90 Minutes - \$175

Green Tea and Balneo-Peat Wrap

Revisit the fine traditions of Europe while you experience this "Kur", nature's gift from the spa region of Karlzbad, in Central Europe. Blended with Green Tea for an added antioxidant boost, this chelatic formula binds toxins for elimination while boosting immune defense, and purifying the skin. While you rest comfortably enveloped you'll enjoy a scalp massage. An invigorating Hydrostorm Drench using color therapy will aid in clearing congestions, promote further elimination of toxins, and stimulate the Nervous & Muscular Systems.

90 Minutes - \$215



FACIALS

Timeless

An oxygenating, antioxidant rich treatment to gracefully eliminate the signs of environmental stress and aging using Vitamin C, Retinol, and Marine elements. This innovative process provides nutrient absorption on the deepest levels stimulating collagen production, protecting against free radical cell damage, and reestablishing your skin's natural defense system.

90 Minutes - \$190

Luxuriant

The foundation of this exquisite facial is a decadent formula of highly concentrated, protein rich Caviar, sea water, and trace minerals. Deeply nourishing and firming, these ingredients provide immediate results, diminishing fine lines, and softening wrinkles while boosting cellular regeneration, leaving your skin supple and luminous. **90 Minutes - \$220**

Elderberry Bliss

A delightful Aromatherapy Facial using Sweet Milk, Organic Elderflower, Rose Oil, and Calendula to gently cleanse, exfoliate, and re-hydrate the skin. A Warm Sierra Wildflower pack provides subtle fragrant heat to soothe neck, and shoulders while encouraging a restful nap. A custom blended masque and crisp, freshly prepared Mint Spritz complete this service. **60 Minutes - \$125**

Facials Continued

Power Lift

A good alternative to Botox. This remarkable treatment combines Argireline with powerful antioxidants to tighten and tone the skin. Creases from muscle contractions are relaxed leaving skin visibly plump, and more youthful looking. An excellent accompaniment to prolong the effects of micro injections, or to use alone for a healthy boost. **90 Minutes - \$225**

Oligo Marine

A traditional European Facial to refine the pores, increase oxygen, and revive mineral deficient, congested skin using marine elements, trace minerals, and seaweed extracts. Extractions upon request. **60 Minutes - \$125**

The Perfect Facial and Makeup

This relaxing, refreshing facial lifts and tones. Gentle, essential enzymes are applied to the skin to eliminate dead skin cells and allow the face to receive intense hydration and stimulation. Skin becomes firm and radiant. Your beauty gets enhanced with a professional applied make up. **120 Minutes - \$245 75 minutes - \$175**

Boost for Eyes

A wonderful addition to any facial. Healing and rejuvenating peptide infused blankets impart moisture and nutrients to these delicate areas leaving them visibly plumped and luminous. **Addition to facial treatment - \$35**

MORE HEAVENLY TREATS



Add on to any spa treatment

Kneipp Herbal Bath

A highly concentrated bath treatment with aroma intensive essential oils used to promote nature's healthful benefits. To fit your needs, choose from lavender, rosemary, juniper, melissa, spruce, valerian & hops, or orange & linden blossom. **25 Minutes - \$60 per person or \$85 per couple**

Seaweed Bath

Seaweed is well known for its hydrating benefits to the skin. Blended with essential oils this hydro experience will leave you refreshed and revitalized. Finish with a soothing application of Jean d' Arcel triple vitamin body lotion. **25 Minutes - \$65**

Moor Mud Bath

Moor mud is a strong natural detoxifier used to promote circulation, promote muscular relaxation, relieve pain, stimulate the immune system, and cleanse the skin of impurities. Apply Moor peat lotion afterwards to hydrate your skin. **25 Minutes - \$60 per person or \$85 per couple**



FOOT & LEG RITUALS

Reflexology

This massage stimulates pressure points on the feet that correspond to specific regions of the body, reducing fatigue, releasing tension and creating an overall sense of relaxation and well being. **30 Minutes - \$70 60 Minutes Hands & Feet - \$125**

△ Taste of Nirvana

For anyone involved in sports, fitness and physical work. This therapeutic treatment commences with a soothing aromatic mineral salt footbath, and is followed by a gentle full leg exfoliation, an application of warm Calendula and Rosemary Shea Butter with a reflexology foot massage that will greatly affect corresponding areas of the body. Next your legs are firmly massaged with hot Basalt Stones. This releases any blockage and enables a smooth blood flow, relieving sore muscles, joints and rejuvenates the energy throughout your body. **60 Minutes - \$125**



GENTLEMAN'S RETREAT

A selection of services for the gentlemen

Rosemary Wrap

An exfoliation with Peppermint, Dead Sea Salts and Rosemary, followed by a light massage of Rosemary and Shea Butter. You are cocooned snugly in warm blankets while the rich crème nourishes your skin and mild heat encourages a twilight sleep. While you rest comfortably, enjoy a soothing scalp massage. **60 Minutes - \$150**

Olivo Gentleman's Facial

The restorative properties of pure unscented Olive Oil will leave your skin refreshingly clean and balanced. With a large proportion of vitamins A, D, K, and E, this luxurious oil provides protection from environmental skin damage free radical cell damage and brings excellent hydration to the skin. **60 Minutes - \$145**

Kneipp's Almond Blossom and Arnica

Restore suppleness to your hands and feet with this delightful departure from the traditional nail care. The French pumice grains polish and a Lavender Thermal Salt Soak nourishes and softens the skin. A luxurious massage follows using warm Almond oil preparing hands and feet for a creamy Arnica masque to slip into warmed mitten & booties. A cooling, refreshing Arnica spritz completes this blissful treatment **90 Minutes - \$145**



KURS

Thalassotherapy Kur - a session of FOUR treatments

Thalassotherapy offers treasures from the sea, used for hundreds of years to encourage overall health and a sense of well being through the use of trace elements and ocean ingredients. These treatments are contouring, firming, and nourishing, increasing circulation and vitality. Marine Body Masque, Hydrostorm, Deep Tissue Massage and Seawater Bath taken in our splendid Salon du Sureau. **180 Minutes - \$430 For Two - \$810**

Thermal Mineral Kur - a session of THREE treatments

For centuries Europeans have known the health benefits of "taking a Kur." Minerals and trace elements are important in keeping the metabolic balance. This selection of treatments will relax and re-mineralize skin and body creating therapeutic benefits that are immediately evident. Green Tea & Balneo-Peat Wrap, Hydrostorm, and Classique Massage in the Salon du Sureau. **150 Minutes - \$300 For Two - \$600**

HYDROTHERAPY KUR PACKAGES

Our European Hydrotherapy Tub, featuring state-of-the-art technology is lined with 60 air and water jets that gently suspend your body, massaging every tired aching muscle with pulsating motion. A hydro-color light system is added for energy stimuli and deeply enhances each treatment. Color therapy has been used throughout the ages by healers to cure, soothe, sustain, restore and produce specific effects in the human aura and the physical body. The following Kur treatments are three step sessions designed to enjoy a total experience. They are administered in our spa's stunning Salon du Sureau. For the modest, feel free to bring a bathing suit.

Sierra Wellness

Slip into soothing, aromatic herbal waters and melt away tension. As you soak, the essence of freshly gathered herbs and flowers along with an **aromatherapy hydromassage** of neck and shoulder will take you into a dreamlike world. An **aromatherapy wrap** using warmed Mint oil with a Kneipp Hot pack of Elderflowers and Herbs is next deeply penetrating the skin, muscles and joint tissues. This treatment provides a uplifting comfort feeling. It is excellent for dry, devitalized skin, for sun damage, or postpregnancy and wonderful to relieve muscle aches. While you bask in the wrap a soothing **scalp massage** is performed. For the final part of this Kur you will enjoy a 60 minute **facial** that incorporates a **stone massage** with oils extracted from Roses and Elderflower, an utterly relaxing facial that gets personalized to meet the needs of your specific skin type.

150 Minutes - \$320 For Two - \$630

Kur Packages Continued

Neptune's Pleasure

Rejuvenate your body, start bliss with a **Marine hydromassage**. The qualities of seaweed and mineral salts have been recognized for centuries for its powerful ability to eliminate toxins, mineralize and revitalize the body. A hydro-massage in this mineral rich bath will relieve tension, draw out skin impurities and tone. Following is a warm, deep penetrating **seaweed body mask**. Your body will unwind and your mind will regroup as you rest wrapped in this profound state of relaxation. After a rinse, a wonderful **Oligo Marine facial** concludes your spa pleasure sure to leave you feeling rejuvenated. Beneficial for persons with high stress levels.

150 Minutes - \$320 For Two - \$630

Purifying Program

This Moor Mud, one of the best available, is harvested from an ancient European lake bed. It is an organic product of flowers, plants and herbs that has decomposed under special conditions over thousand of years in the Czech Republic. It virtually contains no clay and has an unusual concentration of bio-minerals and vitamins in a molecular form that allows the human skin to easily absorb the elements. This treatment begins with a full **body dry skin brushing** and skin polishing to exfoliate and stimulate cell renewal, followed by a warm 20 minute bath enhanced with the healing properties of Moor Mud and minerals. A gentle, detoxifying **hydromassage** of back, neck and shoulder will promote muscular relaxation, and stimulate the immune system. This is followed by a skin nourishing **Moor Mud body wrap**. The pure warm paste is gently cocooned onto your entire body. Wrapped comfortably in a thin layer of plastic sheet and warm flannel blankets it will encourage the body to absorb and detoxify. A shower (without using soap or shampoo) followed by an application of Moor Peat Lotion will leave your skin feeling velvety soft, fresh and alive.

150 Minutes - \$320 For Two - \$630



SWEET INDULGENCE



For two or more persons in our Salon du Sureau

Salon du Sureau

Worldly cares will melt away with this sensual experience for couples in our divine Salon d' Sureau. We provide a custom palette of blended seaweeds or salts... you supply the imagination. After applying the mixture, step into the **Hydrostorm** for a unique water experience. Color therapy sets the mood while steam, gentle raindrops, cascading hot and cold drench, and cool mists exhilarate and refresh you. Afterwards, you will enjoy **side by side massage** (your choice excluding Duet or Stone) while enjoying the serene beauty of this suite. An **elegant light refreshment and beverage** of choice is served on the terrace or in front of a warm fire.

120 Minutes - \$250 per person

Luxe

A lavish experience designed with pure indulgence in mind. A **Caviar Facial** followed by a rhythmic **Duet (four hand) Massage** in the stunning setting of our Salon du Sureau Suite. Awaken from a gentle slumber to sparkling candles and a luscious soak in a **full crème bath**. Elegant light fare awaits you on the terrace, or in front of a warm fireplace. 150 Minutes - \$460 per person

The Elderberry Experience

(A seasonal specialty for late Spring and Summer)

Wildly abundant in powerful antioxidants, the Elderberry plant is known throughout the world for its benefits to restore and balance cellular function, while boosting the immune system. Heaven meets Earth when you step into a luxurious **aromatherapy bath** infused with fresh Elderberry blossom and botanicals followed by our signature **Elderberry Buff**. You are then enveloped sweetly in an Elderberry Cream Elixir to nourish and hydrate the skin while you rest. Awaken to a refreshing **hydrostorm experience** followed by a full body **Classique Massage**. 240 Minutes - \$400

WEDDING SERVICES



Honeymoon Bliss

The morning after - Lavender Exfoliate, a bath with Rose petal oil, aromatherapy massage, and Champagne toast to the future. **135 Minutes - \$ 295**

The Bride - 'On Cloud Nine'

In the sumptuous Salon d' Sureau sparkling candles and a fragrant bath await as your splendid day begins with a luxurious **Petal Cream Bath**. A mingling of seasonal fresh flower petals and pure cream will silken your skin leaving you with a glistening and radiant sensation for your cherished event. The luxurious simplicity of a **Blush Facial** created especially for our Brides will complete your awareness. This delicately mild facial combines a light exfoliation to refresh and brighten the skin and a velvet soft blanket of pure collagen to plump up and perfectly hydrate. The result is a luminous glow. Your beauty gets enhanced with a professional applied make up (optional).

120 Minutes \$280.00

90 Minutes without Make-Up \$200

For the Groom

To relax and refresh the groom we start with a nourishing Olivo Facial, followed by a harmonious Duet Four Hand Massage. **120 Minutes - \$385**

Hair and Make-Up Service Available

Please inquire with our Spa Concierge



YOGA

Our outdoor Yoga court is nestled quietly behind Spa Sureau among tall pine trees and manzanita bushes. It is a perfect place for your daily yoga practice or meditation. You may opt for a private teacher or join a small group for classes. Kindly inquire at our Spa for information.

SPA GUIDELINES



1. We request that you arrive at least 15 minutes prior to your scheduled appointment time - earlier if you wish to use the spa's dry sauna. (Please advise the spa of the time you plan to sauna.) This will allow for time to change into your spa robe and slippers and secure your personal items in a spa locker. To refresh and embark your senses we like to indulge you with a welcoming footbath and a taste of our local Elderberry honey. Arriving early ensures you will enjoy your service in its entirety.
2. At the time of booking your service, please advise us if you have a therapist gender preference for massage or body treatments.
3. Guests receiving any facial services must inform the aesthetician of any medication use, including topicals, Accutane, or any form of Retinol (Vitamin A.)
4. Guests will be asked to complete a brief questionnaire providing current medical information including all medication use prior to services. The information you provide us is used only to determine appropriate treatments and is kept completely confidential.
5. If you are scheduled for any body exfoliation, please avoid shaving prior to your treatment to prevent irritation.
6. To maintain the tranquility and calm of the Spa and as a courtesy to other guests, cellular phones and pagers cannot be permitted within the facility.

Cancellations:

As we are a small operation in a rural environment, cancellations affect us greatly. Thus we truly appreciate your understanding and cooperation of our policy. Please, if at all possible keep your reserved time. If you must change or cancel, we ask you to provide us with a minimum of 24-hour notice so we may reschedule our therapists. As all services are guaranteed and specifically reserved for you, full payment is required for cancellations, no-shows or missed arrivals less than 24 hours before your reservation.

Late arrival:

Kindly be advised that arriving late for your scheduled appointment will inconvenience other guests, thus may require the therapist to shorten the time of your treatment, with full charges being applied. We regret it is not possible that late arrivals receive an extension of scheduled appointments.

Payment:

You may charge your spa payment to your guest room bill, we also accept Visa, MasterCard and American Express. For your convenience a 20% gratuity is added to all spa services. You are welcome to modify this at your discretion.



THE ESTATE BY THE ELDERBERRIES

a small Luxury Mountain Resort & Spa

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