

*The Spa*  
AT THE PARK



LAFAYETTE PARK  
HOTEL & SPA

LAFAYETTE PARK HOTEL & SPA  
3287 Mt. Diablo Blvd. Lafayette, CA 94549  
Spa: 925-299-4334 · Hotel: 925-283-3700  
[www.lafayetteparkhotel.com](http://www.lafayetteparkhotel.com)

## *Our Signature Treatments*

### HOT STONE MASSAGE

50 MINUTES - \$120 | 75 MINUTES - \$160

Our most popular treatment combines the use of heated basalt stones and chilled marble applied to the body for an unforgettable experience. The dual temperatures work with the blood flow, cleansing vital organs. We suggest 75 minutes, which includes an extended massage.

### LAFAYETTE GARDEN CUSTOM BLENDED AROMATHERAPY MASSAGE

50 MINUTES - \$120 | 75 MINUTES - \$160

This aromatherapy massage is the epitome of personalized service. Your customized massage oil is individually blended to meet your specific needs, and then the oil used during your massage is bottled for a keepsake gift.

### COUPLES CANDLELIGHT MASSAGE

50 MINUTES - \$225 | 75 MINUTES - \$305

Enjoy massage therapy together amidst romantic candlelight and finish with a special treat.

## *Gift Cards*

Gift cards are available in any denomination and make an ideal year-round gift for any occasion.

Please inquire at the Hotel's front desk or on our website.



## *Specialty Massages*

### THE PARK CLASSIC MASSAGE

50 MINUTES - \$105 | 75 MINUTES - \$145

Based on the Swedish massage technique, this treatment will relax tense muscles, detoxify the body and rejuvenate the mind.

### WISHING WELL CUSTOMIZED MASSAGE

50 MINUTES - \$120 | 75 MINUTES - \$160

Our therapists utilize their expertise to target specific areas, such as muscle tension, fatigue, soreness, limited range of motion, stress and anxiety. Advanced techniques include acupressure, lymphatic drainage, cranial sacral and reflexology. Tailor your massage with a specific therapist suited just for you.

### DEEP TISSUE MASSAGE

50 MINUTES - \$120 | 75 MINUTES - \$160

Designed to target specific areas of tension, limited range of motion and eliminate muscle pain. Moderate to deep pressure is applied.

### PRENATAL MASSAGE

50 MINUTES - \$120 | 75 MINUTES - \$160

The gentle, non-invasive approach of pregnancy massage can ease your discomfort. This side-lying, full-body massage will bring back a sense of body-mind integration, putting you into a state of relaxation and calm acceptance of your continually evolving physiology. (Please consult your doctor prior to scheduling your appointment.)

## *Facials*

### SIGNATURE PROVENCE FACIAL

50 MINUTES - \$100

A customized and deeply relaxing facial that contains nourishing vitamins and antioxidants restores a state of balance to the skin. Selected pure essential oils and plant extracts of flowers, fruits and herbs are applied to the skin.

Available for all skin types.

### ANTI-AGING BOTANICAL POWER REPAIR

75 MINUTES - \$140

This treatment is for tired, environmentally-exposed skin. Revitalize circulation and feed the skin essential nutrients with firming collagen and elastin for an instant return of vitality and youth. Recommended for deeply dehydrated, sun-damaged or sensitive skin.

### ORGANIC ENZYME FACIAL

75 MINUTES - \$140

This therapeutic treatment helps to lift and firm the skin by stimulating repair at the cellular level. Your deep cleansing is followed by an enzyme exfoliant and two herbal protein masks to draw out impurities, while improving skin tone. This results-oriented treatment is beneficial for all skin types.

### OXY-VITAL-C FACIAL

75 MINUTES - \$140

Oxygen, a life essential, also revives tired skin. Aloe vera, collagen, azulene and potent Vitamin C help smooth and hydrate fine lines, even out skin tone and build a barrier that protects against UVA and UVB rays. Experience firm, smooth and toned skin texture with a healthy, radiant glow.

## *Facials*

(CONTINUED)

### MICRODERM CRYSTALLINE FACIAL

75 MINUTES - \$165

The “crème de la crème” of facial treatments combines science and nature for extraordinary results. A manual microdermabrasion is used to gently resurface the skin and then an energizing gemstone masque is applied to lift, tighten and diminish lines. A hydrating mineral treatment is massaged into the skin, leaving it positively radiant.

### BOTANICAL ACID EXFOLIATION TREATMENT

30 MINUTES - \$85 OR WHEN ADDED TO FACIAL - \$50

Experience the benefit of exfoliation through a customized combination of lactic, glycolic, malic, pyruvic, citric and salicylic acids, leaving your skin firm, smooth and glowing. Acid peels take your skin to the next level by exfoliating damaged skin, lightening sun damage and hyperpigmentation, increasing hydration, and treating active acne and acneic scarring. A soothing mask and sunscreen follow the treatment.

### GENTLEMAN'S FACIAL

50 MINUTES - \$100

This treatment includes deep cleansing of clogged pores and ingrown hairs, steaming, and exfoliation. A face, neck, scalp, and shoulder massage follows for relieving stress and encouraging skin rejuvenation. A treatment mask is applied to refine pores.

### TEEN FACIAL

50 MINUTES - \$95

This gentle facial will keep young skin looking its best, while helping to instill good skincare habits. The skin will be cleaned, purified and nourished. This treatment can be customized for acne-prone skin.

## *Facial Enhancements*

*Must be done in conjunction with a facial.*

### DE-STRESS EYE TREATMENT

\$25

Puffy eyes are diminished as a pure ginkgo biloba mask penetrates into the delicate eye area. Recommended for travelers, and those with allergies or fatigued eyes.

### LIP-SMOOTH TREATMENT

\$25

An anti-aging treatment designed to smooth the lines around the mouth. Collagen and elastin are applied to rejuvenate and revitalize the lip area.

### WAXING

LIP - \$15 | CHIN - \$15 | BROWS - \$25 | COMBINATION - \$45

# *Exfoliations & Body Wraps*

## THE WILD FLOWER WRAP

50 MINUTES - \$125 | 75 MINUTES - \$165

This treatment provides a three-tiered passage to beautiful skin and deep relaxation. Begin with an exfoliating dry brush massage that stimulates the lymphatic system. The skin will then be moisturized and replenished with a flower essence massage, followed by a warm, blissful wrap.

## THREE-DIMENSIONAL DETOX SLIMMING PROGRAM

75 MINUTES - \$165

A unique contouring system that targets toxins, cellulite, the metabolic system, weight loss and firming. Begin with a towel steaming, a gentle body scrub, a wrap of creamy clay and then the perfect ending – a contouring massage using essential oils. Following the session, enjoy a detox-infusion drink.

## HERBAL BODY WRAP

75 MINUTES - \$165

Combines our most popular treatments into one divine experience. Your session begins with a botanical body mask to cleanse and detoxify. A dry brush exfoliation and a warm oil application renew and nourish the skin. Your experience continues as you are then taken into a blissful state of relaxation with a hot towel wrap. This total body treatment will leave the skin soft and your soul renewed.

## TANGERINE BLOSSOM EXFOLIATION

30 MINUTES - \$65

Anti-stress essences of tangerine, ylang-ylang, lavender and Peru balsam are combined with marine salts and gently massaged into the body to remove dull surface skin cells and improve circulation. This exfoliation provides smoother, softer and healthier skin.

## ESSENSA APRICOT BODY GLOW

30 MINUTES - \$65

Your body is first scrubbed with a delightful gel of apricot seed, aloe, soy and cornflower, followed by an enriched body lotion. Your skin will become soft and hydrated and you can indulge in the therapeutic effect. Recommended for sensitive skin.

## HAIR AND SCALP TREATMENT

\$25

This treatment must be done added to an exfoliation or a body wrap. Revitalize and nourish dull, stressed, chemically treated hair. Great for psoriasis and eczema.

## Packages

### MINI SPA DAY

TWO HOURS - \$185

Sneak away to pamper yourself with a 50-minute relaxing Park Classic Massage and our Signature Provence Facial.

### GIRLFRIEND'S/MOTHER-DAUGHTER GETAWAY

THREE HOURS - \$275

Come enjoy a day of leisure at the Spa at the Park.

This package includes a Signature Facial or Park Classic Massage for two, as well as a delicious lunch at the Bistro or poolside. Conclude with a Make Over and a Mineral Make Up gift for each of you!

### HALF-DAY SPA RETREAT

THREE HOURS AND 30 MINUTES - \$295

Start your day with a full-body rejuvenating Tangerine Blossom exfoliation, followed by a 50-minute enriching aromatherapy massage. We will serve you a delicious Spa Luncheon and your day will end with a 75-minute facial of your choice.

### RUNAWAY & PLAY OVERNIGHT SPA PACKAGE

\$425 PER NIGHT\*

Overnight stay for two at the Lafayette Park Hotel & Spa. Two 50-minute spa treatments or one couples massage.

Breakfast for two in the award-winning Duck Club Restaurant or Room Service.  
Complimentary 2:00 pm late check-out.

Complimentary valet parking.

*\*Based on double occupancy. Breakfast not valid for Sunday Brunch or holiday buffets. Tax and gratuity not included. Subject to availability.*

*For reservations, please phone 925-283-3700.*

## Your Spa Experience

### ARRIVAL

Please arrive at least fifteen minutes prior to your appointment so you may take advantage of our relaxation facilities. Appointments begin promptly at the time scheduled. Should you arrive late, your treatment may be shortened so that the technician will be on time for the next guest.

### CLOTHING

We provide a robe, slippers and private lockers during your visit. You will be draped during your treatment and undergarments may be worn if preferred. Please remove all jewelry before coming to the spa.

### AILMENTS

Please alert us if you have any medical conditions or are presently under a physician's care. Conditions such as pregnancy, high blood pressure and heart conditions are of special interest to our spa professionals. We will customize our services to fit your needs whenever possible.

### RESERVATIONS

Please call 925-299-4334 to schedule a treatment. Due to limited availability, we highly recommend that you schedule your treatments in advance. Please be advised that all prices are subject to change.

### CANCELLATIONS

If it is necessary to change or cancel your appointment, please notify us 24 hours in advance to avoid a charge equal to 50% of the spa treatment price.

### ELIGIBILITY

Spa guests must be at least 18 years of age, or be accompanied by an adult.

### GRATUITIES

Gratuities are at the guest's discretion and appreciated by the staff for outstanding service. An amount of 15-20% is customary.