

Nature's Spa

at The Fredericksburg Herb Farm

MENU OF SERVICES

At Nature's Spa our goal is to offer you more than a spa treatment, but instead treat you to a truly unique relaxation experience. You will enter a tranquil retreat the moment you step in our doors. Come early to maximize your time by utilizing our far infrared sauna; afterwards soak in the benefits of your treatment in the relaxation room or on our sun patio. During your visit talented therapists will take the time to talk with you and tailor treatments to your specific needs. Within our menu of services you'll find a variety of treatments that utilize herbal infused and organic products as well the finest essential oils, specially blended on-site. Your therapist can also recommend eco-conscious beauty and skincare products to use at home. Take the time to look over our menu and find a treatment that will best fit your needs, then let us do the rest. We look forward to helping you find rejuvenation.

Body Therapies:

Me Thyme \$95/\$125 60/90 mins

Treat yourself to an indulging experience with a perfectly crafted massage to relax all your senses. A light "Rescue" blend* will be used to whisk you away to a more serene time. This massage utilizes all the deep relaxing techniques of the traditional Swedish massage.

East Meets West \$105/\$140 60/90 mins

A holistic approach to immerse yourself in our finest essential oil blends. Our version of a deep tissue massage includes your choice of one of our essential oils*, blended modalities, and our integrated approach to each client, leaving you in a state of total relaxation.

Couples Custom Massage \$210/\$280 60/90 mins

Enjoy our East Meets West massage with your significant other.

Firm & Tone \$120 60 mins

A targeted full body treatment designed to obtain firming and toning results, while increasing circulation. The unique combination of natural grape seed oil smooths and nourishes the skin; sandalwood improves firmness, while arnica pampers targeted areas.

Body Polish \$120 60 mins

Invigorating treatment to exfoliate and renew skin using ingredients selected by our therapist tailored to your skin needs. Indulge in a fruit and herbal extract mixed with Dead Sea salts to detoxify and renew your skin. A hydrating lotion blend is massaged into your skin to leave you with that youthful radiant glow.

Beauty and Skincare

Organic Custom Facial \$105 60 mins

Nourish and Awaken the skin with a customized facial inspired by restorative fruits and plants from global fair-trade Farms. Experience the skin benefits of using Organic Seed Oils, which are the source of all new plant life. Whole Plant Ingredients will soften, balance and renew skins elasticity while stimulating cell renewal, providing anti oxidant protection and repairing skins natural moisture barrier.

Nature's Most Pure Facial \$140 90 mins

Enrich the skin with the beautifying benefits of wild crafted Indian Blue Lotus and other healing plants and flowers to purify and nourish the skin. Sun-dried Rassoul Clay is incorporated for its deep-cleansing properties. Vedic Marma Cleansing Technique combined with bamboo and ginger provide essential nutrition, replenish amino acids, while organic cocoa bean will firm and tone the skin.

Add Ons (for facials only): Eyelash/Brow Tinting - \$20, Facial Waxing - \$20, Underarm Wax - \$20, Half Leg or Arm Wax - \$50, LED light treatment - \$20

Hand and Foot Rituals

Reflexology \$55/\$105 30/60 mins

Pressure is applied on reflex areas of the feet and hands without the use of oil or lotion to promote health in corresponding organs.

Herbal Manicure/Herbal Pedicure \$35/\$55 45 mins each

Transform your tired hands or feet with this luxurious herbal infused treatment, a warm set of moist towels are used to soften the skin for the gentle herbal sugar scrub to work most effectively. Close attention is spent to the trimming and treatment of nails and cuticles. Lastly a 100% vegan and certified Organic polish is applied to the nails, leaving them stunning.

Blissful Hands and Feet \$55 30 mins

Whether it's your hands or feet that need a good old fashioned rub, allow our therapist to massage them with Arnica and our Special blend of Rosemary and Calendula, which will soothe and heal your tired hands or feet.

Signature Treatments

Hill Country Massage \$125 60 mins

This full-body massage, implements holistic European healing techniques, while revitalizing the entire body. Therapeutic properties of Arnica, in combination with deep tissue and reflexology, rescue tired, aching muscles, while natural Calendula and Rosemary target over worked feet.

Enchanted Rock Massage \$175 90 mins

The penetrating heat of smooth river rocks combined with our signature blends, melts away stress to provide a deeply relaxing and healing experience. The stones are placed strategically on targeted areas of the body to relieve tense muscles and sore joints, bringing balance and healing to your body.

Blissful Wellness \$180 90 mins

Detoxify, de-stress and delight in this three part holistic experience utilizing the true wonder of herbs to treat and enhance your physical and emotional wellness. The treatment begins with our choice of a gentle sea salt or savory sugar scrub to exfoliate the skin, followed by a detoxifying herbal wrap combined with a scalp and foot massage. Blissful Wellness finishes with a full body massage with your choice of one of our custom blended oils to replenish and seal in the benefits of the treatment.

Enchanted Mud and Citrus Wrap \$225 2 hours

This delightful treatment begins with a light body polish using our "Detox" blend* and Dead Sea salts, to exfoliate and purify the skin. Then an Orange and Linden blossom herbal wrap cleanses and soothes jangled nerves with a harmonizing scent of fresh picked oranges. Lastly a warm Sedona mud mask is applied to the entire body to fully draw out impurities and increase circulation with this rich in iron mask. A brief moisturizing massage seals in the warm floral and herbal scents that promote mood enhancement.

Back to Basics Wrap \$225 2 hours

This is a journey that will acquaint you with all the rich holistic properties that herbs and whole plant ingredients can provide. First a light body polish using a mixture of Dead Sea salts and our famous "Tranquility" blend* will immerse you in wonderful herbal enchantment. A relaxing Juniper Herbal Wrap will soothe and restore tired and strained muscles. Lastly a Hungarian Moor mud mask is applied to the entire body delivering over 1,000 plant extracts and trace elements that will purify the body and stimulate the circulation. A simple re-energizing and uplifting dew fresh Lemongrass and Olive Body Lotion is applied to stimulate body and mind while benefiting concentration and motivation. Additional benefits from high quality nourishing Olive Oil protect skin from moisture loss and leave skin feeling smooth and supple.

Services for Men

Man Oh Man Hand/Foot Treatment \$35/\$55 45 mins

Transform those tired feet or hands with a customized herbal infused treatment. Warm floral infusions cleanse, exfoliate and drench dry skin. Following an indulgent warm oil massage and mask, those hands and feet will feel restored and renewed. The traditional treatment of nails is performed during this service as well.

Manly Maintenance Facial \$135 90 mins

this treatment begins with a relaxing back facial followed by a targeted, deep cleansing treatment customized for men's skin needs.

Man Tune Up \$215 2 hours

This invigorating treatment starts off with a body polish customized to meet each man's needs. A brief moisturizing massage helps you relax and refresh as well as seal in the benefits of the rich lotions whole plant ingredients. Your journey ends with a nourishing facial leaving you renewed and restored.

Spa Packages

Indulge in one of our spa packages that includes your choice of a lunch entrée and a non alcoholic drink.

Serenity \$210 – 60 Minute East Meets West Massage and 60 Minute Organic Custom Facial

Inspiration \$225 – Choice of Body Polish or Firm & Tone followed by your choice of a 60 Minute East meets West or 60 Minute Facial

Renewal \$280 – 90 Min East Meets West, 90 Minute Facial, Enhancement of Choice

Enhancements & Signature Blends

Nature's Spa at the Fredericksburg Herb Farm offers the following options to enhance your experience; please be aware that enhancements may require additional time:

Add to any treatment:

Warm Hydrating Hand or Foot Paraffin Treatment \$15 Hands or Feet

Add to massage treatments:

Moisturizing Scalp Massage \$15

Heated Stones \$15

***Signature oil blends designed by our alchemist to restore balance to your mind, body and spirit.**

Calming – Lavender, Rose Geranium, Vetiver

Tranquility – Sweet Basil, Rosemary, Orange, Coriander

Detox Blend – Pink Grapefruit, Cypress, Juniperberry, Rose Geranium

Rescue – Lavender, Plai, Chili Pepper

Gentleman's Choice – Sandalwood, Cedarwood, Tobacco Absolut

Ask for our seasonal blend...

Hours of Operation

Sunday - Monday ~ Closed

Tuesday - Saturday ~ 10am - 5pm

Please call to make a reservation

Gift certificates are available. Locals day is on Wednesday; if you're a local come in and receive a 15% discount on your treatment.

MASSAGE ESTABLISHMENT #1389

