

Immersed  
in Nature.

THE SPA  
*at* SOUTHALL



## Inspired to Nurture.

The entirety of Southall is a wellspring for wellbeing, activating an alignment to holistic health that authentically connects physical, intellectual, environmental, emotional, and spiritual dimensions of life. It is a journey rooted in the healing properties of the earth.

THE SPA at Southall encourages that energy balance to awaken your divine nature and strengthen your spirit. Empowering you with the awareness to recognize the synchronicities of the human experience.

Encounter the intersection of self-responsibility, physical movement, deep connections, and ultimate peace through our spa offerings, which draw on wholesome botanicals and other nourishing ingredients derived from, or influenced, by our farm. Inspired by one's life journey and the pursuit of true fulfillment. THE SPA provides a gateway for individual healing and transformation that engages mind, body, and soul.

Let your journey unfold...  
Your future self will thank you.

## Immerse Yourself

**THE STEAM** – Inhale the benefits from our steam room and improve circulation, lower blood pressure, reduce stress, clear congestion, and support your immune system by eliminating toxins. Eucalyptus aromatherapy clears the mind and promotes clear breathing, empowering a healthy mental state.

**THE SAUNA** – The Himalayan Salt Sauna provides health and relaxation benefits to our guests. When the Himalayan salt is heated, it releases negative ions. This creates a fresh, clean, bacteria-free environment and allows our bodies to reap the health benefits, including reduced stress, increased energy, elevated mood at a biochemical level, and is excellent for the respiratory system. The calcium, magnesium, and iodine produced, combined with heat, are helpful in reducing respiratory inflammation, increasing our heart rates, which increases blood circulation and boosts metabolism. The Sauna also relaxes muscles and soothes aches and pains in both muscles and joints and cleanses the skin.

**THE MINERAL POOL** – Experience transformative wellness with powerful, hand-harvested South African salts. A rare balance of 60 essential minerals, including potassium and magnesium, along with trace elements nourish and rebalance the body. Mineral pools have been found to help improve circulation, alleviate pain, and relieve stress. They are also gentler on the skin.

**THERMACIRCUIT** – Thermotherapy, a three-step relaxation ritual, alternates between hot and cold temperatures followed by a period of rest. To gain maximum benefit, we recommend completing this cycle three times. Utilize our options of steam or sauna with our showers to achieve a mind/body reset.

**MARIGOLD LOUNGE** – Cultivate mindfulness in this space for tranquility and contemplation. Take an opportunity away from the hectic outside world to be completely in the moment. Self-reflection and daydreaming activate multiple parts of the brain, providing time to turn down the inner noise and increase awareness of what matters most.

**IRIS LOUNGE** – Relax and settle into a cozy lounge and delight in our spa refreshments in this pre- and post-treatment space. Enjoy a bespoke selection of infused water, tea, elixirs, and nourishing bites from our celebrated culinary team.



## Bodywork Remedies

Therapeutic massage and body treatment experiences are designed beyond customization. Guided by your expert practitioner, you will intuitively select your own path for this space in time with one of these ultimate journeys.

60/90/120 minutes



### THE Lotus Effect

**MASSAGE:** Heal and nourish the body with the lushness of plants, rooted in the restorative nature of the earth. Fragrant botanicals envelop the body and inspire an awakening of the senses. This restorative massage utilizes a combination of strokes to soften tense muscle tissues and help restore equilibrium.

**BODY TREATMENT:** Hydrate and brighten dull skin with a nourishing full-body exfoliation. This lemongrass sugar-scrub treatment gently exfoliates and stimulates skin-cell regeneration, while replenishing with essential nutrients found in bergamot, sourced sustainably for optimal benefits. It's suitable for all skin types, especially dry skin.

### THE Tree of Life

**MASSAGE:** This grounding journey draws from the earth's energy, creating a stable foundation from which one can build. A balancing massage grounds the mind, eases muscle tension, and restores the internal center, encouraging stillness and meditation.

**BODY TREATMENT:** The toll taken by time and fatigue seems to melt away as a warm column of mud with sweet, earthy notes of Indian tobacco and ginger is poulticed along the spine. These grounding elements are paired with a silky botanical elixir and reflexology to restore blissful balance.

### THE Refinement

**MASSAGE:** A detoxifying journey reboots and revives the body and mind using heat to invigorate and repair for what lies ahead. An energizing massage encourages circulation and relieves muscle soreness and stiff joints while invigorating the senses.

**BODY TREATMENT:** Celebrate renewal with a carefully crafted scrub from roasted Arabica coffee and volcanic pumice. This deeply detoxifying experience draws out impurities, as it exfoliates the skin and invigorates the mind and body.

### NIRVANA

**MASSAGE:** This peaceful journey, born in water, is about moving through fear and chaos to find a place of fluidity and serenity. A restful massage with long, connective strokes is designed to ease fatigue and soothe an overstressed nervous system.

**BODY TREATMENT:** Be enveloped in the essence of water, warmed and buoyant, calm and cared for in this seaweed body wrap. This experience imparts a sense of serenity, as if you're floating adrift, yet completely connected to this transformative place and time.



## Regenerating Esthetics

The highest quality facials are inspired by natural, organic, and wild ingredients, many of which are grown, nurtured, and harvested here on our farm. This selection of facials combines nature, science, and technology to restore and renew. Our elite estheticians analyze and collaborate with you to formulate a customized regimen utilizing the most effective products and techniques.

60/90 minutes



### THE Naturalist ~ powered by Naturopathica

Naturopathica™ incorporates herbalism with cutting-edge science to offer deeper beauty to all. To address concerns, we consider the skin itself but also understand it as a reflection of the body's internal health. With our herbal remedies, tinctures, aromatherapies, and highly efficient topical treatments, we improve skin's function and appearance at a deeper, more efficacious level.

### THE Alchemist ~ powered by Seed to Skin

Nature meets science in this facial employing Green Molecular Science, Seed to Skin's next-level molecular delivery system. The result is rejuvenated, supple, and fully hydrated skin that is visibly lit from within, making you feel beautiful from the inside out. We believe wild ingredients, like those we grow and harvest on the farm, carry a strong energy force, so we go the extra mile to use this supercharged skincare with potent elements foraged sustainably from land and sea. Each product is packed with botanical extracts rich in polyphenols, enzymes, antioxidants, vitamins, and minerals to activate skin repair and maximize cell regeneration.

### THE Preservationist ~ powered by HydraFacial SYNDEO

HydraFacial uses a unique, patented Vortex-Fusion delivery system to exfoliate, extract, and hydrate skin, and the spiral design delivers painless extractions. It saturates the skin's surface with antioxidants and peptides to maximize your glow.

### GLOW Mama

This calming facial ritual, designed for sensitive skin during pregnancy, focuses on bringing the skin to a state of balance and promoting an overall deep sense of relaxation. Sweet almond oil nourishes the skin, and Melissa extract calms and firms. Gentle massage techniques with jade rollers and a pink-clay mask will define, calm, and nourish stressed skin while promoting cell regeneration, improved texture, and radiance.

## Signature Experiences

### THE Medicine Wheel

120 minutes

Southall's four-season ritual of renewal is inspired by the sacred Medicine Wheel of Native Americans, the herbal practices of Appalachian settlers, and centuries of knowledge in the spa arts. It taps into the emotional, physical, spiritual, and intellectual aspects of your life, which are all deeply interconnected. Each segment of the wheel shares a story through the aromas, textures, and artisanal spa techniques used. The ritual, rooted in regional curative practices, combines crystal healing energy, aromatherapy, and a variety of massage techniques to impart the feeling one gets when visiting Southall. It is our hope that we can share the essence of what makes Southall unique.

### THE Rock Star

60/90/120 minutes

Utilizing smooth Himalayan salt stones and a warm massage candle, this massage is profoundly relaxing. The oil from the massage candle, rich in skin-conditioning ingredients including argan oil, coconut extract, and shea butter, is infused with the essence of oud wood and vanilla. It is delicately poured onto the skin and massaged with slow, sweeping movements, followed by an application of hot stones. A truly divine experience, it delivers a sense of well-being.



### To The Moon and Back

60 minutes

There is nothing like mama love. This mum-to-be experience begins with a soothing foot soak and then moves on to a relaxing back massage, customized to your individual needs. Then, it's on to the "Belly Facial" ritual, which focuses on the expanding belly to help soften skin and reduce itching that can occur with a growing belly. It may also aid in the prevention of stretch marks. Products rich in plant oils and naturally hydrating ingredients such as aloe vera, calendula, rose, and meadowfoam seed oil moisturize and nourish the skin, while a scalp massage with jade combs relaxes the senses.







## Dynamic Duos

Connect with a special someone. Curated experiences for two.

### COUPLES Therapy

60/90/120 minutes

Create a private sanctuary together as you indulge in a customized massage side-by-side in your own treatment suite. Simply select your desired duration.

### COUPLES Retreat

This 120-minute journey starts with an uplifting skin-renewing body exfoliation and a detoxifying sea salt and algae bath. After, thermal mud is applied on the back to relieve tension and recharge the body with marine minerals. Delight in a luxurious warm candle massage, rich in nourishing oils and natural extracts of vanilla, rose, and precious oud wood. The journey concludes with a stimulating scalp massage with jade combs. Both energizing and relaxing, the ritual, set in our Neroli VIP Spa Suite, leaves the body, mind, and spirit completely balanced.

### COUPLE of Rock Stars

60/90/120 minutes

An exhilarating experience, our signature ritual massage for two with hot Himalayan salt stones and a warm massage candle is profoundly relaxing. The massage candle, featuring argan oil, coconut extract, and shea butter to condition skin, is infused with the essence of oud wood and vanilla. Its oil is delicately poured onto the skin and massaged with slow, sweeping movements, followed by an application of hot stones.



## Finishing Touches

### THE Essential Manicure or Pedicure

A classic manicure or pedicure including nail shaping, cuticle care, relaxing massage, and expert polish application.

MANICURE: 30 minutes PEDICURE: 45 minutes

### THE Deluxe Spa Manicure or Pedicure

Relax, nourish, and strengthen your nails with this vegan, nontoxic, and eco-conscious nail experience. This treatment uses the latest nail technologies to boost gel-polish wear time without damaging chemicals or lights. Nails are rock hard and completely dry after five minutes. An ideal treatment for pregnant women and those with weak, sensitive nails.

MANICURE: 45 minutes PEDICURE: 60 minutes

# Wellbeing

We live for the experience. Dive deeper with personal fitness, wellness, and soul-searching sessions. Curated upon request.



## Personal Training

60 minutes

Functional movement for physical fitness. Inspired by nature and what you enjoy most, each session is designed with your intention and focused goals in mind.

## Personal Yoga

60 minutes

Private sessions are intuitively personalized. We will work energetically, addressing patterns, activating potential, and restoring the nervous system. The intention is to return you to your own inner source of healing and wisdom through embodied awareness.

## Personal Meditation

60 minutes

Inspired by the great masters, this teacher-led meditation session will form organically based on your unique intention and level of comfort.

## The Breath

75 minutes

We believe all things on Earth are interconnected. Experience the healing power of your own conscious connected breath. This journey of breathwork is intentional breathing for emotional release through grounding meditation, coaching and time for reflective integration.

## The Sound of Healing

75 minutes

Lay down, let go, and listen deeply. A therapeutic sound experience, this session is held in a private setting and incorporates a variety of healing instruments. We begin with a clearing to prepare for intentional energetic work. The sound frequencies offer attunement to a deeply restorative state, which activates the body's system of self-healing. Sound is used as a medium to create an expanded state of consciousness.

## Wellness Guidance

30 minutes | Complimentary

Connect one on one, virtually or in person upon arrival, for wellness guidance inspired by meaningful conversation.



## The Energy Healing

90 minutes (in person or remote)

Energy medicine, performed by certified practitioners, is used to calm the nervous system and revitalize the body's innate capacity to heal. This three-part energetic purification ritual begins with a thorough cleansing and balancing. Smudging with sacred smoke further purifies while sound vibrations may be used to quiet the mind, expand consciousness, and transmute energy.

## The Forest Bath

90 minutes

Experience the healing powers of the forests at Southall. It provides a chance to slow down, relax, and foster a deeper connection with the natural world. The walk includes an orientation and invitations to activities such as independent wandering, silence, and mindfulness practice. Your guide will share methods for grounding and enhancing sensorial perception, concluding with time for integration and sharing.

## The Pilgrimage

90 minutes

A guided vision wander, The Pilgrimage is persons in motion, passing through territories that are not their own, seeking something we might call contemplation, clarity, or transformation. The journey to our labyrinth offers us a time of cleansing in preparation to receive. Some may choose to journey in silence, while others dance easefully down the path. The destination is a place to give, receive, and resonate with a deep peacefulness. Here we make our offerings, meditate, and listen for guidance. The return trip is a time for integration, preparing us to implement the insights gained into our daily lives.

## The Tea Ceremony

Personal tea ceremonies available upon request | Seasonal tea ceremonies offered by donation.

Returning to the simpler things in life, a wild tea ceremony is a local, medicinal, caffeine-free, open-hearted herbal opportunity for acknowledging the sacred in the everyday. The joy of herbal infusions is inspired by the healing properties of native species and steeped in plant folk wisdom. You will learn to develop a positive relationship with plant beings, reflect upon the wonders of the world, and share and sip in ceremony.

## The Guide | (12 remote sessions)

60-minute Zoom calls

Beyond your stay at Southall, this is a safe space on the pursuit of true fulfillment, where you can be compassionately curious about yourself, your wellbeing, and your "why." With awareness of subtle synchronicity and the genuine support of your guide, you will continue to discover what resonates with you, what speaks to your future self, and what brings your strongest, healthiest, happiest you forward.

## Spa Etiquette

THE SPA at Southall is an environment of tranquility to restore your energy and relax. We do ask that the use of technology while in the spa be suspended to maintain the privacy and quiet consideration of all our spa guests. Appointments are reserved for guests 18 years+.

We recommend arriving at least 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Please be advised that late arrivals may result in a reduction of service time with no reduction in the value of the treatment applied.



## Appointments

Consult our Spa Concierge to select treatments that fulfill your personal preferences.

You will receive a robe and slippers to wear between treatments and a locker for your personal belongings. We ask that you please leave jewelry and valuables in your room. Unfortunately, we are not responsible for items that are lost or left at the spa.

personal matters – Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form prior to receiving a spa service, so we can best customize your experience.

cancellation policy – If you wish to cancel or reschedule an appointment, we require 24 hours notification. Missed appointments without proper notice to spa reception are subject to a 100% charge for reserved services.

gratuities – To provide a seamless experience for our guests, a 20% service charge will be included on all spa experiences. This may be modified at your discretion.



