VIN DE SPA

Harvest Moon Journey

A 90-Minute Experience

Essential Oil Blending · Sauna · Breathwork
Sound Healing · Customized Massage

A guided journey from the outside world
into the stillness of the forest.

1. THE FOREST GATE

10-Minute Custom Essential Oil Ritual

With your practitioner, explore evergreen, citrus, herbs, florals, woods, and grounding notes. Create your signature aromatic blend and take a deep breath as you leave the outside world behind.

What would you like to leave behind today?
What would you like to invite in?

2. DEEP INTO THE WOODS

30-Minute Sauna Experience

Settle into restorative warmth and the woodland notes of your blend. Imagine sunlight through the canopy. Let your breathing slow, follow gentle prompts, or simply rest in silence.

Release. Breathe. Soften.

VIN DE SPA

Find Your Clearing

3. THE FOREST PAUSE

Breath & Sound | Opening of Your Massage

Your 50-minute massage begins with 1 to 2 minutes of intentional breathwork and gentle sound healing. Follow the vibration into stillness, then let the sound disappear into silence.

Breathe in. Breathe out. Listen.

4. THE CLEARING

50-Minute Customized Massage
With Your Choice of Enhancement

Your therapist tailors the massage to your needs today: focused therapeutic work, flowing relaxation, stretching, deeper pressure, or a combination. Choose one enhancement to personalize your experience.

Nothing left to accomplish. Simply receive.

YOUR RETURN FROM THE FOREST

Grounded. Spacious. Present.

Take a few quiet breaths. Notice how you feel as you slowly return to the room. Carry a little of the forest with you.

Conclude your journey with a
wellness juice shot of your choice.