

MASSAGE

ESSENTIAL WELLNESS

Swedish style, full body massage designed to relax and renew.

25 min. \$65 | 50 min. \$120 | 80 min. \$165

DEEP TISSUE

Full body massage, focusing on deep muscle layers and connective tissue to relieve chronic pain and muscle tightness.

50 min. \$130 | 80 min. \$175

MONTECITO SPORTS

A focused massage designed to improve athletic performance, recovery, and range of motion. Also aids in the prevention and repair of muscles and tendons.

50 min. \$130 | 80 min. \$175

THAI “ASSISTED YOGA”

This ancient, energetic massage technique of stretching and compressing muscle tissue relieves tension and improves flexibility and circulation.

50 min. \$130 | 80 min. \$175

HOT STONE

Warm stones are used during this full body massage to melt tension and relieve stress.

50 min. \$130 | 80 min. \$175

PRENATAL

A relaxing and therapeutic massage that is customized to the special needs of a mother-to-be.

50 min. \$130 | 80 min. \$175



MASSAGE ENHANCEMENTS

- Hot Stones - \$20
- Argan Oil Scalp Massage - \$20
- Detox Foot Masque - \$15
- Wildflower Aromatherapy - \$10

SKIN THERAPY ENHANCEMENTS

- Micro-dermabrasion - \$30
- Decollete - \$25
- Advance or Basic Peel - \$20
- Detox Foot Mask - \$15
- Biomolecular Recovery Mask - \$10

SKIN THERAPY

ESSENTIAL WELLNESS FACIAL

A fully customized, results oriented, classic European facial featuring Image and Eminence Organic Skin Care. Suitable for all skin types.

25 min. \$65 | 50 min. \$120 | 80 min. \$165

WELLNESS BACK FACIAL

Utilizing steam and purifying masks, this treatment will help cleanse and exfoliate the hard to reach areas of the back, while treating any congestion to reveal brighter, smoother skin.

50 min. \$125

DETOX FACIAL

This Eminence Organic Skin Care facial includes an oxygenating exfoliation treatment and a powerful boost of Vitamin C within the Citrus and Kale mask.

50 min. \$135 | 80 min. \$170

MICRO-DERMABRASION FACIAL

A results-driven anti-aging treatment using diamond micro-dermabrasion and the Biomolecular Recovery Mask to combat the signs of aging.

50 min. \$135 | 80 min. \$185

SKIN PERFECTING CHEMICAL PEEL

Image Skincare Clinical Couture Designer Peels correct and perfect skin concerns with minimal downtime. 25 min.

- Basic Peel - \$75
- Advance Peel - \$95
- Perfection Lift Peel - \$125

WAXING SERVICES

Brow - \$25
Lip - \$15
Chin - \$15
Face - \$50
Underarm - \$25

Arm: half \$35 | full \$50
Leg: half \$60 | full \$85
Back or Chest: half \$50 | full \$80
Bikini: Basic \$45 | Ext. \$55 | Brazilian \$65

NAIL THERAPY

MONTECITO CLASSIC MANICURE/PEDICURE

Our signature nail service includes a soak, nail and cuticle grooming, callus softening, scrub, hydrating massage and polish.

Manicure - \$55
Pedicure - \$65

LUXE PEDICURE

Our most luxurious nail service begins in our zero gravity treatment chair, in a private suite, and includes a foot soak, nail and cuticle grooming, callus softening, scrub, detoxifying mask, warm coconut oil treatment, hydrating massage, warm booties and polish.

80 min. | \$95

MINI MANI/PEDI

An express version of the Montecito Classic, includes a soak, nail grooming and polish. (No exfoliation).

30 min | Manicure \$35 / Pedicure \$45

ENHANCEMENTS

Gel/Removal - \$20
French Manicure - \$5

RESERVATIONS

We recommend reserving spa appointments in advance. Reservations must be secured with a credit card. Please inform us of any medical concerns or special needs when booking. Please arrive at least 10 minutes prior to your scheduled appointment time. A late arrival can result in decreased treatment times.

Reservations can be made by phone or online.

COVID PROTOCOLS

Your health and safety, along with the wellbeing of our team, are of paramount importance to us; therefore, access to our spa will not be granted to any guest who has not completed our Covid-10 Questionnaire. In order to protect the safety of our staff and our clients, we require a face mask to be worn at all times.

CANCELLATIONS & NO-SHOWS

24-hour advance notice for cancellations is required to avoid incurring a 50% cancellation fee. No-show and cancellations within 4 hours of appointment time are charged the full cost of service.

GIFT CARDS

Health Spa Montecito gift cards are available for purchase in any denomination.

CONTACT
(707) 303.3313
2777 Fourth Street
Santa Rose, Ca. 95405
www.montecitoheights.com



HEALTH SPA

MONTECITO