Our lives are tied to the earth unto which we are born. Our physical, mental and spiritual bodies are deeply intertwined to the seasonality of our planet. There are moments of transformation available to use all throughout our lives and often are brought on by the natural changes around us. More often than not, presenting us with an opportunity to shed the old “leaves” and blossom anew and take one step closer to our true selves.

Leaf spa is the embodiment of the seasonality of life. Incorporating elements of nature in our treatments, we remind you that universally we are all one and come from the same place. Our intention is to bring you back to the source from which you came, so that like the foliage of nature, you can embrace the changes that may be presented in your life and align with the strength that each seasons presents.
Spa Overview

**Alchemist Bar**
Where the magic happens. Create your very own concoctions in our Alchemist bar. Where we have an assortment of healing herbs, plants, and more. Here you can create your own oils, scrubs, and tinctures to take a little piece of Leaf Spa home with you.

**House of Knowledge**
House of Knowledge is our gallery wall of plants, herbs, and leaves from around the world and their natural healing benefits. Mother Nature is always giving us her gifts and we wanted to shed light on how powerful the world we live in is.

**Wish Tree**
Traditionally native, local and indigenous, wish trees are symbolic and represent hope. We created the wish tree in our spa to allow our guest to remember everything starts with a dream and anything is possible.
Birch
rebirth/new beginning

Red Oak
willingness to survive

Sycamore
symbol of strength

Ginkgo
hope, love and duality

Holly
peace and good will

Red Maple
symbol of endurance

Fern
good luck and often for new lovers

Bodhi
attained enlightenment, wisdom and compassion
In many spiritual traditions, it is believed that the body and soul are connected and even embodied in the soles of the feet. Apart from touching the feet, the washing of the feet is a ritual that is at once purificatory and deeply meaningful. Feet are what connects us to the earth energy and allows us to feel grounded. Being spiritually grounded means having a solid spiritual connection to the Earth. Since we are humans and are spiritual beings of energy, it is a natural tendency to sometimes feel ungrounded.

At Leaf begin your journey with a cleansing foot soak to remove what no longer serves you and ground you to the earth energy. Choose a soak that will best serve you on your journey at Leaf Spa.

- **Rituals**
  
  - **Dandelion Root** for Root Chakra Balance
  - **Calendula** for Sacral Chakra Uplifting
  - **Rosemary** for Solar Plexus Chakra Confidence
  - **Hibiscus** for Heart Chakra Self love
  - **Eucalyptus** for Throat Chakra Creativity
  - **Clary sage** for Third eye Chakra Wisdom
  - **Lavender** for Crown Chakra Serenity
Serene Soundbowl Mani/pedi

Sound bowl balancing can take us into a range of brainwaves, which helps us into a deeper meditative state. The rich sounds we hear resonate in sound waves, penetrating every cell of the body. Sound bowl balancing is a massage on a cellular level, aligning our frequencies. We pair this relaxing treatment with a Mani/pedi helping us sink into our "me time", enjoying the experience that much more.

$120

Add-ons:

Chakra Hot Stones $50
Chakra Foot Soaks $50
Gel Removal $40

Ceremonial Chakra Hot Stone Mani/pedi

The hot stone pedicure generates heat in these muscles so that they can relax and get rejuvenated. Adding Chakra charged stones holding vibrational energy helping to balance your emotional, physical and spiritual energies. Leaving you feeling rejuvenated and aligned.

$130
**Winter**

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home." - Edith Sitwell

During winter things tend to slow down. We have time to reflect as we reset and begin a new year. Cleansing from the past and peacefully pursuing the future.

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**The Sacred Sage Facial**

Sage known for centuries as a sacred herb, also having amazing antioxidant and antibacterial properties. This sacred ceremony and facial will cleanse you from the inside out and clear out those bad vibes.

50 Mins $165 | 80 Mins $230

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**The Serenity Slumber Body Treatment**

Rest is needed sometimes to relax and reflect on what’s to come. Realign with us with this lavender infused body scrub that will shed what no longer serves you while we realign your chakras to get you ready for what’s to come.

50 Mins $165 | 80 Mins $230

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**The Peaceful Pause Massage**

Recharge with our peaceful pause massage starting with a manifesting meditation to help calm your nerves of anxiety so you can peacefully pursue your dreams.

50 Mins $165 | 80 Mins $230 | 110 Mins $295
Spa Menu

*The Botanical Booster Facial*

Restore your skin's energy with our Botanical Booster. Rich in enzymes and antioxidants helping even out the skin tone and promote anti-aging. This Miraculous facial will have you glistening like the sun glowing upon your skin.

50 Mins $165 | 80 Mins $230

*The Radiant Renewal Body Treatment*

Reveal a smoother, more radiant, and youthful complexion with this age-defying treatment. Re-energizing your skin and soul that will get you ready to spring ahead!

50 Mins $165 | 80 Mins $230

*The Floral Flow Massage*

Go with the flow and let go of any worries with our Floral Flow Massage. Using Rose aromatherapy to elevate your energy so you can vibrate higher and attract abundance into your life with ease and comfort.

50 Mins $165 | 80 Mins $230 | 110 Mins $295

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*Spring*

“Spring adds new life and new beauty to all that is.”
– Jessica Harrelson

As we reach spring our bodies are recharged and renewed ready to blossom and take on the world.
Summer

"Summer is singing with joy, and the beaches are inviting you with dancing waves." —Debasish Mridha

Summer is about soaking up the sun enjoying every second of the day, and making memories that last a lifetime.

The Honeysupple Facial

Glowing skin is always in. Honey is a humectant which helps your skin absorb and retain moisture while balancing the skin. Its natural antibacterial and antiseptic abilities make this a great treatment for all skin types including anyone with acne. Harmonize your skin with this supple treatment that your skin will thank you for.

50 Mins $165 | 80 Mins $230

The Cool down Cure Body Treatment

Cool down your body during these heat stressed months with our Aloe and coconut infused body treatment using cold therapy, that will not only heal your skin but have you feeling refreshed and invigorated.

50 Mins $165 | 80 Mins $230

The Vital Force Massage

Vitalize your soul with this amazing deep pressure massage that will help rid your body of any toxins weighing you down and keeping you sluggish. Leaving you feeling strong and revitalized.

50 Mins $165 | 80 Mins $230 | 110 Mins $295
Fall

“There is no better time than the autumn to begin forgetting the things that trouble us, allowing them to fall away like dried leaves.

As autumn arrives we are filled with warmth of holiday cheer, a year closing out and hopeful to celebrate a new year with endless possibilities.

The Falless Facial

Nothing says fall like pumpkin and spice. Warm your soul with this amazing facial including pumpkin and cinnamon. When combining these potent two you create a powerful enzyme helping to even out any skin discoloration. Leaving your skin healthy and renewed.

50 Mins $165 | 80 Mins $230

The Dosha Detox Body Treatment

Ayurvedic wisdom, routine detoxification can be invaluable for maintaining good health during seasonal changes. Its important to reset our bodies from time to time. Detox with this lymphatic, herb infused body treatment that will help balance and align your body, mind, and soul.

50 Mins $165 | 80 Mins $230

The Mindful Meditative Massage

The mind is powerful, and disconnecting from time to time is needed in order to live a healthy and happy life. Join us for this meditative massage starting with a guided meditation and soundbowl healing to help relax the mind and ease the body into this majestic massage.

50 Mins $165 | 80 Mins $230 | 110 Mins $295
Packages

The sacred soul
The Package for the soul, Includes sacred sage facial + The Radiant Renewal Body Treatment + Soundbowl Healing
2.5 Hours $399 | 3 Hrs $450 | 4 Hrs $599

The essential elements of earth
The essential all in one Package. The Botanical Booster Facial + The Dosha Detox Body Treatment + The Vital Force Massage
2.5 Hours $399 | 3 Hrs $450 | 4 Hrs $599

The Papahānaumoku
The Mother Nature Package for the body, mind, and soul. The Falless Facial + The Serenity Slumber Body Treatment + The Mindful Meditative Massage + Soundbowl Healing
2.5 Hours $399 | 3 Hrs $450 | 4 Hrs $599
The Lavendar Lymphatic Massage

Lymphatic drainage massage is a form of gentle massage that encourages the movement of lymph fluids around the body. The fluid in the lymphatic system helps remove waste and toxins from the bodily tissues. Infused with lavender to help you detoxify with ease.

50 Mins $165 | 80 Mins $230 | 110 Mins $295

The Prenatal Pine Massage

Prenatal Massage is a nurturing massage that focuses on the needs of mothers-to-be during pregnancy pining for relaxation and serenity.

50 Mins $165 | 80 Mins $230 | 110 Mins $295

The Lotus of Love Couples Massage

The lotus represents purity, and enlightenment. Even when its roots are in the dirtiest waters, the Lotus produces the most beautiful flower. We created this couples massage with the intention to reignite the purity and beauty in your love.

50 Mins $350 | 80 Mins $560 | 110 Mins $770

The Vibrant Vichy Body Treatment

Vichy Shower is a luxurious water treatment that detoxifies, hydrates and is intensely relaxing, both spiritually and physically. Combing this treatment with reiki infused scrub to help align your chakras, to allow you to vibrate higher.

50 Mins $165 | 80 Mins $230
Add ons

**Knesko Mask**

KNESKO bridges science and spirituality with revolutionary gemclinical skincare technology. Developed by Reiki Master and company founder, Lejla Cas, our serum-infused collagen gel masks use precious gemstones and minerals to activate the chakras and rejuvenate skin. $50

**Hot Stones**

A Hot Stone therapy promotes overall health by rejuvenating the body and directing the flow of energy in the right way. It helps in reducing pain and stress. $45

**CBD oil**

Benefits of a CBD massage include reduced inflammation, chronic pain relief, and soothed tension and anxiety. $35

**Hydrotherapy**

The warmth of the hydrotherapy water allows your muscles to relax and eases the pain in your joints, helping you to exercise. The water supports your weight, which helps to relieve pain and increase the range of movement of your joints. Using Chromotherapy to heal the physical, mental and spiritual energy imbalance that tends to lead to disease. It is one of the most holistic and simple methods to cure illness. $125

**Paraffin Gloves and Socks**

a form of heat therapy and can help increase blood flow, relax muscles, and decrease joint stiffness. Paraffin gloves and socks can also minimize muscle spasms and inflammation as well as treat sprains, while hydrating and improving the overall quality of skin. $50 per item
### Amenities

**Sauna**

Saunas have been traditionally used to produce a feeling of relaxation. As your heart rate goes up and your blood vessels dilate, there is an increase in blood flow to the skin. Saunas may also improve blood circulation.

**Steam room**

Sitting in a steam room might significantly improve your cardiovascular health. Improved circulation can lead to lowered blood pressure and a healthier heart. It can also promote healing of broken skin tissue.

**Relaxtion room**

A quiet space where you can relax before treatment. Meditation is welcomed and encouraged.

**Hydrotherapy**

The warmth of the hydrotherapy water allows your muscles to relax and eases the pain in your joints, helping you to exercise. The water supports your weight, which helps to relieve pain and increase the range of movement of your joints. Using Chromotherapy to heal the physical, mental and spiritual energy imbalance that tends to lead to disease. It is one of the most holistic and simple methods to cure illness.

**Day Pass**

Access to Steam room & Sauna Relaxation Room
20 Mins in our state of the Art Hydrotherapy Tub

$125

$75
Policies

Arrivals
In order to experience and prepare for your treatment with enough time to enjoy our amenities, we recommend that you arrive at least 30 minutes prior to your treatment. Spa guests and hotel guests have access to the spa’s wet facilities which includes sauna, as well as the spa’s indoor relaxation areas.

Etiquette
The spa environment is one of tranquility and relaxation. In consideration of other spa guests, guests are asked to speak quietly and switch off mobile phones and digital devices. If using headphones, the volume level should not be audible to other guests. The spa is a non-smoking zone.

Special Request
Trained professionals properly drape guests throughout their service. If there is a preference for a specific technician or a male or female therapist for spa treatments, spa staff will strive to fulfill wishes based upon availability. For assistance with anything during the spa experience, such as an adjustment to lighting, sound, temperature, pressure or technique of the spa service, guests should inform their technician.

Cancellation
If you wish to reschedule or cancel your booking, please be advised that a minimum 24 hour notice is required to avoid a 100% cancellation fee. No-shows are charged a 100% fee.

Loss and Damages
Leaf spa is not responsible for any loss or damage to personal items and valuables during visits. Guests are advised not to wear any jewelry or valuables to the spa.

Health
To maximize the benefits of the spa experience, guests should relate any health issues, allergies or injuries that may make the chosen treatment unsuitable. If you are feeling ill or have a fever, we ask that you contact us immediately and postpone your appointment. Therapists will be happy to advise safer alternatives.