How to make the most of your sumtime.

We ask that you come 15 minutes before your treatment to check-in and spend sumtime relaxing. Here you'll unwind in a comfy robe, drink sum tea, and feel your stress dissolve - making your treatment even more enjoyable. Please understand that arriving late for your appointment means getting an abbreviated treatment, as a courtesy to the client after you.

Booking an appointment.

You can call 510.523.BODY or stop into our sumbody store to book an appointment. We have walk-in appointments available almost every day. At the time of booking, we require a major credit card to hold your appointment.

Cancellation Policy

We require 24 hours notice to cancel or reschedule an appointment. If an appointment is missed or canceled in less than 24 hours, your credit card will be charged for your full treatment.

Tipping

If you enjoyed your treatment, it is customary (and appreciated!) to tip 15-20% to your therapist.

Spa Hours

10am-8pm daily

sumtime spa accepts cash, atm, visa, mastercard and discover, sumbody gift certificates and Spa Finder gift certificates.

Prices reflected as of March 2008 and are subject to change without notice.

SPA PACKAGES

For when an hour just isn't enough. For when you want to treat sumbody decadently, even if that sumbody is you. We've customized these packages to help you make the the most of your sumtime experience. Read on. Bliss out.

All packages can be done with the hand and foot heaven with an additional 15 minutes of treatment time.

total bliss $165/105 min.

Stressed out? Too busy? Your time is sacred and what better way to spend it than in total bliss. This treatment starts with a pre-treatment cordial and warm neck beenie to melt your cares away. This is followed by an hour massage enhanced with the mood aromatherapy of your choice and followed by a back pampering. Your treatment will end with your choice of therapy or relief zapper add-on that's sure to follow you into the rest of your day.

couples getaway $285/105 min.

Enjoy a romantic getaway as you relax side-by-side in our cabana for two. A rare treat for those who don't get enough quality time together. Perfect as a surprise or special date. You both deserve it! This one hour couples massage getaway includes our back pampering and is enhanced with our sumpassion mood, an essential oil blend of Cinnamon, Cardamom, Damiana, Valerian, and Kava Kava - an aphrodisiac odyssey.

men's recharge $175/105 min.

We know how hard it is to get you in here! AND we hear on a daily basis from our male clients that they don't take care of themselves nearly enough. Well guys...this is just for you. This treatment starts with a 75 minute deep tissue massage to release tension as well as toxins, and back pampering. Our headache zapper completes the treatment and sends you off, ready for anything.

CHOOSE A MOOD

We cater EVERY treatment to create a great experience and a great end result - a happier, calmer, more energized or passionate YOU!

*sum*passion

Our Essential oil blend of Cinnamon, Cardamom, Damiana, Valerian, and Kava Kava are an aphrodisiac odyssey. It's the perfect way to prepare for a date or simply lavish some overdue t.l.c. on yourself.

*sum*joy

Lemon Verbena, St. John's Wort, Motherwort, Valerian, Lichee Fruit, Damask, Rose, Oats and Basil work to heighten your happiness. What better was to spend sum quality time than filling your day with joy?

*sum*energy

Lemon Verbena, Peppermint, Lavender, Witch Hazel, Tea Tree, Chamomile, Ginger and Rosemary are here to reenergize. This isn't a caffeine or ephedra-style surge, but a healthful, body-balanced lift.

*sum*stress relief

Valerian, Kava kava, Chamomile, Passion Fruit and Siberian Ginseng will calm your nervous system and relax your muscles. Let our stress- relaxing experts restore your mental and physical spirit and calm your tattered nerves.

*sum*surrender

Our blend of Bergamot, Dogwood, Lemonbalm, Schizandra, Damiana, Angelica, and sumbody's Essential Oils helps you find that place of complete surrender so the healing process can begin. Sumtimes we all need to do a little surrendering when life brings conflict.

*sum*clarity

Our blend of Rosemary, Clary Sage, Motherwort, Ginkgo, Peppermint, and sumbody's Essential Oils helps calm your mind, so you can think clearly and put things in perspective. Retreat from life's hustle and get sum clarity.

*sum*time spa

retreat yourself.

As a friend of sumbody, you may already know the pleasure of using spa-quality natural products at home, everyday. But what do you do when you crave a really special treat? Why not take sumtime for yourself, and spend sum quality time with us? We've taken sumbody to a whole new place. And that place is sumtime spa. Here you'll experience decadent treatments using only sumbody products and adding fresh ingredients straight from their source.

There are so many ways and reasons to indulge yourself here. A mid-day energy-boost. Some after-work stress relief. A special occasion with friends and loved ones. Perhaps you can't always achieve at home, the serenity you crave. So make sumtime yours. An oasis where you can rejuvenate, relax and renew.

For appointments call 510.523.BODY
1350 Park St, Alameda California 94501

BODY

massage therapy

A great massage becomes incredible with the sumbody signature. Shiatsu or Swedish massage are customized to your mood with a 'Dew Me' spritzer and our handmade, all natural massage oils. You'll soon consider this treatment weekly therapy!

$80/60 min. $100/75 min. $115/90 min.

deeptissue massage

Enjoy this highly therapeutic technique that uses firm finger pressure and slow massage strokes to focus on relieving chronic patterns of tension that create painful conditions and structural misalignment. We do recommend 75 or 90 minutes to get the most beneficial results.

$80/60 min. $100/75 min. $115/90 min.

sport/athletes massage

A highly theraputic massage that allows our therapist to target stressed and over worked muscles, allowing you to feel deep relief. This 2-hour session will let us give specific attention to the places you need extra work, without forgetting the rest of the body.

$160/120 min. Deep tissue only

mother-to-be massage

We specialize in combining safe pregnancy massage techniques for each stage of pregnancy and use handmade oils that are safe for the mother-to-be. We have a special pillow for the comfort of the mother which also gives the ability to lay face down in a position that will release stress and tension in the body. This treatment connects mother to child and mother to bliss!

For the safety of you and your baby, *sum*time spa does not offer first trimester massage.

$100/75 min. $115/90 min.

back *pampering*

Frustrated by problem skin in a hard to reach place? Our deep cleansing back pampering works hard to exfoliate old skins cells and reaches deep to unclog pores. This treatment includes: our 'Dew Me' misting, coal train cleanser, loofah exfoliation, a Deep Sea Mud Mask, Cucumber Toner, Jojoba Oil (anti-bacterial) and 'Dew Me' misting to get your back on track.

$65/45 min.

couples massage

Enjoy a romantic getaway as you relax side-by-side in our cabana for two. A rare treat for those who don't get enough quality time together. Perfect as a surprise or special date. You both deserve it!

$165/60 min. $205/75 min. $225/90 min.

chair massage

Try an abbreviated version of our regular massage with a therapeutic chair massage, perfect for those on-the-go. Get a quick boost of energy, melt stress away in a few relaxing moments, or try out a massage therapist before booking a longer appointment.

$20/15 min $40/30 min

handfoot heaven

Your saintly package includes: hands wrapped in herbal steam towels, skin smoothie hand mask, lavender white sugar scrub and hand massage with 100% shea butter. Feet wrapped in herbal steam towels, peppermint foot mask, cayenne pepper organic sugar foot scrub and foot massage with 100% shea butter.

$65/60 min.

TREATMENT ADD-ONS

pre-treatment bliss $10

Enjoy a Cordial with a customized herbal tincture (to match your chosen mood) and a heated neck and shoulder aromatherapy 'beanie' while you relax before your treatment. Please come 15 minutes early to fully enjoy.

muscle balm therapy $20

Tight, sore, achy muscles be gone, with our signature muscle balm treatment. At the end of the massage we will go back and apply this amazing balm that will help soothe the muscles and allow for more movement.

hot stone therapy $20

Our hot stone therapy opens the muscle and provides deep down muscle and stress relief. Loosen your tight sore muscles by adding the hot stones to any massage. with 75 or 90 minutes only.

hand or foot therapy $25 each

Your hands or feet are rehydrated and moisturized with steam towels, massaged with 100% shea butter, and a dry exfoliating treatment.

zapper therapy $10 each or 2 for $15

Zap that headache, stress or fatigue with one of our signature zappers massaged into your temples, chest, or neck -12 zappers to choose from:

headache zapper - headache be gone
fatigue zapper - fatigue fighting wonder
sinus zapper - stuffy sinus helper
stress zapper - stop stress in its tracks
allergy zapper - relieve common symptoms
nausea zapper - soothes sick stomachs
pms zapper - anti-witching brew
menopause zapper - be balanced
depression zapper - lose those blues
anxiety zapper - relieve clutter, find clarity
insomnia zapper - for a deep restful sleep
distraction zapper - enhances concentration

Remember to drink plenty of water before and after your massage!

SUMTIME SPA PARTIES

Transport yourself and sum friends to the sumtime spa, a retreat with endless relaxing possibilities. For parties of 8 or more, each party is customized to your request, talk to us about options. Great for showers, birthdays, bachelorette parties, company retreats, teen parties and more!