

body wraps

Our body wraps begin with a stimulating dry buffing which removes dead skin cells, firms skin, and stimulates circulation. This warms the body and promotes the release of toxins. Then we apply a layer of warm lotion or butter and cocoon you in soft, damp towels which allows the product to absorb fully into your skin. While wrapped you'll enjoy a relaxing face, scalp, shoulder and foot massage. A warm 'rinse' will then be applied to your body completing this luxurious treatment.

\$90/60 minutes per wrap

milky rich goat milk wrap

This nourishing and moisturizing treatment uses our soothing goat milk lotion enhanced with fresh cream, rosemary, rosehips, wolfberries and acai and our Wholesum bath milk 'rinse' to rehydrate and calm your entire body.

coffee&cream anti-cellulite wrap

This toning, skin-firming wrap uses coffee-grounds, coffee butter blended with fresh coffee and cream and an anti-aging 'rinse' infused with red, black, white & green teas to leave you feeling soft, smooth and toned all over!

party with *sumbody*

Retreat yourself and your friends to the *sum*time spa. Time to be pampered in our relaxing cabanas with one massage therapist and one beauty attendant dedicated to you and your party.

Choose from our: Body Scrub Bar, Martini Salt Bar or our Fresh Face Masks Bar.

*sum*creative ideas:

teen queen party

bachelorette bonanza

*sum*baby shower

company retreats

\$165 per hour/ 2 hour minimum

Food, drinks, activities and additional therapists may be added for an additional cost. Price includes up to 6 guests. Ask about pricing for additional guests.

pampering packages

total bliss

Stressed out? Too busy? Your time is sacred and what better way to spend it than in total bliss? This treatment starts with a cup of relaxing tea and warm neck beanie to melt your cares away. This is followed by an hour massage enhanced with the aromatherapy of your choice and followed by a calming scalp massage. Your treatment will end with our stress zapper add-on taking you further into total bliss!

\$135/90 minutes

couples getaway

Enjoy a romantic getaway for two as you relax in our cozy spa. Perfect as a surprise or special date, this one hour couples massage getaway includes our purifying back pampering mask and scrub, and is enhanced with our sumpassion mood, an essential oil blend of Cinnamon, Cardamon, Damiana, Valerian, and Kava Kava. You both deserve it....so why not?

\$220/90 minutes

men's recharge

We know how hard it is for you to take sum time for yourself, sum time to relax. So, now we've made it easy! A special treatment tailor-made just for you. It starts with a 75 minute deep tissue massage that helps to release excess tension and toxins. Next up is our deep cleansing back pampering mask and scrub that will purify and restore your skin. Our headache zapper completes the treatment and sends you off, refreshed and recharged!

\$175/105 minutes

preparing for *sum*time

*sum*time spa is unusual in that we don't believe in the typical 50 minute "spa hour." Please be sure to arrive 15 minutes before each scheduled treatment so that you have time to fill out our massage intake form, change into your robe and be on the table ready to start your treatment at your scheduled appointment time. As a courtesy to our next clients please understand that arriving late for your appointment means getting an abbreviated treatment.

We customize every treatment with aromatherapy to create a unique experience and a great end result. Once in the spa, you will be asked to choose a mood for a more passionate, relaxed, joyful, or energized you!



Cancellation Policy

Please be aware that we require 24 hours notice to cancel an appointment. If an appointment is missed or cancelled in less than 24 hours, your credit card will be charged for the full price of your treatment.

*sum*time accepts cash, Visa, Mastercard, and SpaFinder gift certificates.

Unfortunately we can not accept credit card gratuity. Please bring cash or check.

The perfect gift!

*sum*time gift certificates are also available.

Prices reflected as of August 2008 and are subject to change. Please call to confirm pricing.

*sum*time spa

at

*sum*body

retreat yourself.

As a friend of *sum*body, you know the pleasure of spa-quality all natural products at home, everyday. Now we've taken *sum*body to a whole new place - our *sum*time spa! We've created *sum*time because we know that with our fast-paced, hectic lives we all need to take *sum* time for ourselves - *sum* time to relax. We now invite you to spend quality time with us.

At *sum*time you'll experience healing treatments that target and soothe such issues as muscle tension, pain, stress, anxiety, and more, while integrating our natural handmade *sum*body products we've all come to love. We can help put you back into balance by naturally restoring and enhancing the quality of your life and health!



Spa Hours

Tuesday - Sunday 10 AM - 7 PM

Mondays by appointment only

To book an appointment call 707.823.2053 or stop by 118 N. Main Street, Sebastopol, CA
Walk-in appointments are *sum*times available.

face pampering

sumbody's signature facial products are 100% natural and at the peak of freshness and potency, alive and active. Each facial includes a gentle cleanser, an exfoliating face scrub, a nourishing face mask and a soothing moisturizer. You'll also enjoy a brief relaxing hand, neck and shoulder massage.

fresh facial \$79/45 min.

Who needs it? All skin types.

Our fresh face mask feeds your skin and restores lost vitamins and minerals. When the signs of poor nutrition show up on your skin this is the treatment for you. Feed your skin and rejoice in the results!

early prevention facial \$79/45 min.

Who needs it? All skin types.

One of the first things to visibly age your skin is the destruction of collagen brought on by free radical damage. Our vital C line is formulated with vitamin C to battle those pesky free radicals and thus preventing premature aging.

deep cleaning facial \$89/45 min.

Who needs it? All skin types.

Our skin simply cannot function when our pores are clogged. So, no matter what skin type you have; purifying and detoxifying your skin is very important. This treatment purifies your skin by expelling the unwanted gunk, letting your skin breathe easy once more.

clear up facial \$89/45 min.

Who needs it? Oily/Acne Prone.

Formulated to combat current breakouts, prevent new ones & help reduce inflammation, redness and scarring, this treatment is just the ticket to clean and clear skin. Our skin specialists are here for you and will strategize with you to find a long term plan for clarity.

rehydrating facial \$89/45 min.

Who needs it? Dry skin.

We adore goat milk because it is so easily absorbed, bringing moisture and its many nutrients down to the deepest layers of your skin. Goat milk is deeply hydrating and will leave your skin feeling silky smooth!

age-defy it's about time \$89/45 min.

Who needs it? Mature skin.

Turn back the clock with this addictive miracle. Sumbody's "face lift in a jar", DMAE, starts to work with in minutes of application and is active for up to 24 hours. It works to decrease the inflammation around fine lines and wrinkles, making them appear to disappear. We have also added anti-oxidants and other potent age-defying ingredients to aid you in defying father time.

age-defy ageless \$89/45 min.

Who needs it? Mature skin.

Our skin is our largest organ, and our first line of defense. It protects us so we need to protect it. With this treatment you'll be able to give your skin its daily dose of the vitamins and nutrients it needs to be healthy and vibrant.

30-minute quickie \$49/30 min.

Who needs it? All skin types. Fast and effective.

Make a lunch date or stop off on the way home from work to be with sumbody. We'll pick out the products you need the most for this completely customized 30 minute facial. (*Quickie facial does not include massage.*)

face add-ons

serums \$10 each

Discuss which of our potent, problem-solving face serums your skin needs today with your esthetician.

pore workout \$20

Heat & ice give your pores a workout, expanding and contracting to expel any gunk, leaving your pores shiny and new!

polishing grains \$10

Choose from Emerald, Russet or Goat Milk to exfoliate, smooth and hydrate your skin.

you're so beautiful acne spray \$10

Penetrates deeply to banish blemishes before they begin, or boot the ones you've already got.

zit zapper \$10

Apply our blend of proprietary herbs and watch those annoying zits disappear.

body treatments

sumbody's 1 hour massage is exactly that - a full one hour! We ask that you arrive 15 min. before your scheduled time to slip into a comfy robe, sip sum tea and relax before your treatment begins. During the treatment you will enjoy your choice of one of our signature aromatherapy blends. A tall glass of infused spa water completes the experience.

swedish massage

Specially created to ease tension and circulate blocked energy, our massage will leave you feeling relaxed & renewed. \$75/60 min. \$87/75 min. \$100/90 min.

deep pressure massage

When we are stressed our muscles get tense and inflamed from holding toxins. Deep pressure massage helps to loosen and release toxins from stressed and overworked muscles and gets the oxygen in our blood to circulate properly, making us feel loose and free again. We tailor each treatment to you so we can focus on your particular areas of concern. \$85/60 min. \$105/75 min. \$120/90 min.

mommy-to-be massage

We provide pregnancy massage techniques in a nurturing and relaxing atmosphere. We use unscented petroleum-free massage oils that are safe for baby and mother-to-be. This treatment connects mother to child and mother to bliss.

(Massage not available during the 1st trimester.)

\$85/60 min. \$105/75 min. \$120/90 min.

chair massage

Perfect for those on-the-go! Get a quick boost of energy, and melt stress away in a few relaxing minutes. This massage is targeted to ease accumulated tension in the neck and shoulder areas.

\$1 /min. in store \$1.25 /min. in spa

hand&foot heaven

Your hands and feet will adore you! This package rewards your hard-working hands and feet with a superfine white sugar scrub, a smoothing mask, a warm herbal towel wrap and a moisturizing massage with 100% shea butter. \$65/60 min.

body treatments add-ons

muscle balm \$15

We massage your aching muscles with our signature Hand Held Heat Muscle Balm, a warming/cooling, pain-relieving salve that helps alleviate muscle tension, pain and soreness.

cellulite zapper \$10

Need we say more? Our zapper encourages the metabolism of fats for removal of cellulite, improves the elasticity of the skin, and increases smoothness, firmness and tone.

scalp massage \$30

Ahhh! Designed to stimulate circulation and release excess tension, this 15 min. massage is extremely gentle and calming, relaxing you to the point of no return, well almost....

hand or foot treatment \$20

Indulge yourself. In this treatment both of your hands or your feet are rehydrated and moisturized with herbal steam towels and massaged with 100% pure shea butter.

back mask \$25/ 15 min.

A deep cleaning for the often-neglected back area with our blend of Kaolin clay & soothing botanicals.

back scrub \$25/ 15 min.

Enjoy the purifying, moisturizing, and exfoliating benefits of our signature body scrub, made with Pacific sea salt, shea & cocoa butters.

zapper therapy \$10

It's your choice! Massaged into your temples, chest and neck one of our handcrafted essential oil infused Zappers. Aromatherapy will provide instant relief. Choose from over a dozen quick-fixes foe whatever ails you.