

FACE

Our face pampering is unique - not an esthetician facial- no harsh chemicals or extractions. Choose your ideal facial treatment then simply sit back, relax and wait for nature to work its magic.

*fresh*face pampering \$45/45 min.

Your *sum*face package includes: our 'Dew Me' spritzer corresponding to the mood of your choice, C-Me Glow facial cleanser, Manna or Agave Nectar facial mask, exfoliating Fresh Face Food mask, followed by Toner, and a Moisturizer (specifically chosen for your particular skin type).

preventative-vitamin C \$55/45 min.

Interested in the preventative powers of Vitamin C? You'll see them at work in our 'Vital C' package which includes: our 'Dew Me' spritzer corresponding to the mood of your choice, C-Me Glow cleanser, Bee Delighted gentle facial scrub, an exfoliating Fruit Lift mask, followed by Neroli Toner, Eye Believe eye cream, and Delight face cream.

deep cleansing-oily/acne \$55/45 min.

Frustrated by facials that make your face more inflamed than when you walked in? This treatment will educate you and put you on the road to happiness. It includes: our 'Dew Me' spritzer, C-Me Glow cleanser, Agave Nectar facial mask, exfoliating Deep Sea Mud mask, our signature S.O.S Treatment Serum, Toner, and Moisturizer (very important).

age defying-it's about time \$65/45 min.

Looking to turn back the clock? Consider the 'It's About Time' facial, featuring every one of our intensive age-defying miracle workers. This treatment includes: our 'Dew Me' spritzes corresponding to the mood of your choice, C-Me Glow cleanser, Manna facial mask, the 'It's About Time' facial mask, face serum, toner and eye serum, and rich Moisturizer to complete your age-defying treatment!

*men's*face pampering \$55/45 min.

That's right guys, this one is just for you. Your package includes: our 'Dew Me' spritzer corresponding to the mood of your choice, C-Me Glow cleanser, Manna facial mask, exfoliating Deep Sea Mud mask, followed by Aloe or Cucumber Toner to reduce redness and irritation from shaving, and Delight moisturizer.

*teen*face pampering \$35/30 min.

What a great introduction to treating your skin right. Your teen facial package includes: our 'Dew Me' spritzer corresponding to the mood you select, C-Me Glow cleanser, Deep Sea Mud mask, followed by Toner, and Moisturizer.

BODY

*massage*therapy

An ordinary massage becomes extraordinary with the *sum*body signature experience. Your journey begins with a tea blended with fruits and herbs to enhance your chosen mood. Sit back, relax, and enjoy the atmosphere in our relaxation area and sip away before your treatment. Your pampering continues with 'The Sounding of the Gong. . .' --a serene ceremonial start and finish with every treatment which includes our 'Dew Me' spritzer corresponding with the mood you select. Next we use our handmade, all natural massage oils and/or lotions infused with essential oils and herbs that compliment your chosen mood. To top this experience off, each treatment incorporates a peppermint foot wipe and aromatherapeutic steam towels. Swedish and Reflexology are some of the specialties that our therapists work into every massage.
\$75/60 min. \$87/75 min. \$100/90 min.

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

*deep pressure*massage

Deep Pressure is used to release chronic muscle tension through slower strokes and more direct deep pressure or friction applied across the grain of the muscle. When muscles are stressed, they block oxygen and nutrients, leading to inflammation that builds up toxins in the muscle tissue. Deep pressure massage helps loosen muscle tissues, release toxins from muscles and gets blood and oxygen circulating properly. It usually focuses on more specific areas and may cause some soreness during or right after the massage.
\$85/60 min. \$97/75 min. \$110/90 min.

*mommy-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. This treatment connects mother to child and mother to bliss!
\$75/60 min. \$87/75 min. \$100/90 min.

*lymphatic*drainage

Lymphatic massage is a light touch technique used since the 1930s to promote health and wellness by reducing fluid retention, enhancing the removal of toxins from body tissues, and supporting the immune system. Because many of the lymph vessels are just beneath the skin, moving them requires a very light touch using hands, finger pads, and gua sha.
\$100/90 min.

*handfoot*heaven \$55/55 min.

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.

*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.
\$1 per minute (we recommend a 15 minute minimum)

ADD-ONS

*face*pampering \$25

Treat the sum of yourself by adding our face pampering onto your massage treatment. We use our C-me Glow face wash to mildly cleanse your skin, followed our Coconuts & Cream face mask, and a warm face wrap. We finish the treatment with Toner and Moisturizer. You won't believe the difference when you treat the sum!

*lip*therapy \$10

Our signature emollient rehydrates the area around your mouth to reduce fine lines and wrinkles.

*headache/sinus*therapy \$10

Zap that headache or stuffy nose with our signature zappers massaged into your temples, chest, or neck at the end of your treatment.

*hand*treatment \$20

Your hands are rehydrated and moisturized with steam towels and a massage with shea butter. This treatment adds 15 minutes to your facial.

*foot*treatment \$20

Your feet are rehydrated and moisturized with steam towels and a massage with shea butter. This treatment adds 15 minutes to your facial.

How to make the most of your *sum*time.

We recommend you arrive 15 minutes before your treatment to spend *sum*time in our relaxation area. Here you'll unwind in a comfy robe, drink *sum* tea, and feel your stress dissolve making your treatment even more enjoyable. As a courtesy to the next clients please understand that arriving late for your appointment means getting an abbreviated treatment.

Booking an appointment

You can call 707) 823-2053 or stop into our *sumbody* store to book an appointment. We often have walk-in appointments available.

At the time of booking, we require a major credit card to hold your appointment.

Spa Hours

Monday - Wednesday 10 am - 7 pm
Thursday - Sunday 10 am - 8 pm

Cancellation Policy

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. There will be no penalty charge if you reschedule for another time within the next week.

*sum*time accepts cash, check, visa and mastercard

Prices reflected as of 9/5/06 and are subject to change. Please call to confirm pricing.

*sum*time for partying

Retreat yourself and your friends to the *sum*time spa, a haven with endless relaxing possibilities. Get pampered at dusk as a group or one-by-one in your own private cabana, while others enjoy hors d'oeuvres and drinks. Think girls night out or bring the boys. You'll have one therapist with two attendants available to indulge you. Make the night yours with our Body Scrub Bar, Martini Salt Bar, Fresh Face Masks, food, drinks, or additional therapists (available for an additional cost). Call for more details.

\$165 per hour for up to 4 people. Add \$25 per hour for each additional person. 2 hour minimum.

*sum*creativity

The possibilities are endless. Here are *sum* ideas to get you going. Each party is customized to your request, talk to us about pricing.

teen queen

Teens are the "me" generation. Let them indulge for a day by letting them make their own face masks, personalized for their own skin. Teen parties are a fun, hands-on experience, and great way to learn about skin care.

company retreats

Team building made easy! Customize the party to your company's needs. Pedicures for the men, manicures for the women? Facials? Neck and shoulder massages?

bachelorette bonanza

We'll pamper that bachelorette like *sumbody's* business! A relaxing foot, neck and hand massage? Make your own massage oils? Let the bridal party in on the fun while *sumbody* takes all the stress and worries away with a private party to celebrate the upcoming occasion - *sumbody* style!

sumbaby shower

One last pampering session before baby arrives, enjoy it all together! New parents-to-be will be thrilled to spend a day relaxing with family and friends.

CHOOSE A MOOD

We customize EVERY treatment to create a unique experience and a great end result - Choose a mood for a more passionate, joyful, energized, calmer, surrendered, or clear-minded YOU!

*sum*passion

Our blend of Sarsaparilla, Gingko, Damiana, Valerian, Kava, Ginseng and *sumbody's* Essential Oils is 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

Our blend of St. John's Wort, Oat Straw, Lemon Verbena, Borage, Basil, Motherwort, Valerian and *sumbody's* Essential Oils works to heighten your happiness. Spend *sum* quality time for yourself by filling your day with joy!

*sum*energy

Our blend of Ginger, Ginkgo, Gotu Kola, Rosemary, Siberian Ginseng, Peppermint, Spearmint, Ginseng and *sumbody's* Essential Oils is here to re-energize you. This isn't a caffeine or ephedra-style surge, but a healthy, body-balanced lift.

*sum*stress relief

Our blend of Valerian, Kava, Chamomile, Black Cohosh, Gotu Kola, Catnip, Skull Cap, Hops, California Poppy and *sumbody's* Essential Oils 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. *Sum*times 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

retreat yourself.

As a friend of *sumbody*, you may already know the pleasure of using spa-quality all natural products at home, everyday. But what do you do when you crave a really special treat? Why not take *sum*time for yourself, and spend *sum* quality time with us? We've taken *sumbody* to a whole new place. And that place is *sum*time. Here you'll experience decadent treatments using only *sumbody* products and 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 the serenity you crave while at home. So make *sum*time yours. An oasis where you can rejuvenate, relax and renew.

For appointments call 707) 823-2053
118 N. Main Street, Sebastopol, CA 95472

