

Willow Stream Spa at The Fairmont Sonoma Mission Inn & Spa

Beautiful Sonoma Valley, also known as the Valley of the Moon, is a place of wonder and escape, offering unparalleled opportunities for sightseeing, wine-tasting adventures, unforgettable dining or simply soaking up the famous California sun.

In the midst of wine country's grandeur stands a true treasure: The Fairmont Sonoma Mission Inn & Spa, recently rated among *Travel + Leisure's* top 25 spas. The elegant Spanish Mission-style inn boasts an enviable location atop an ancient thermal mineral spring, flowing from 1,100 feet (335 meters) below and historically revered by Native American tribes for its healing power. The tranquillity and beauty of this environment is echoed throughout the 40,000-square-foot (3,700-square-meter) spa, which offers endless opportunities to find your energy—whether it's relaxing by the inviting fireplace, soaking in our mineral baths and Watsu® pool, or indulging in one of our signature treatments.

At Willow Stream Spa, our belief in the energizing powers of earth and water is reflected in our treatments, from a luxurious fango volcanic ash bath to a pressure-point massage performed on our flotation table. We also cater to the active guest, offering a tension-relieving hot and cold therapeutic massage, a soothing salicylic mud footbath, and more. Our treatments incorporate local products or draw on local traditions, creating an experience that is uniquely Sonoma—and uniquely Willow Stream.

Discover serenity at Willow Stream Spa. And discover your energy.

About Willow Stream Spa

Willow Stream Spas are acclaimed around the world for our focus on finding innovative ways to help guests discover their own energy. Energy makes the difference between living and living well; recharging our energy allows us to flow, rather than fight, through life. That is why energy renewal is our mission.

Each of our spas is designed to reflect the beauty and ambiance of its location and of the hotel in which it is located, so no two are alike. But all of our spas have this in common: They deliver an outstanding experience. Simply being here—away from the chaos of everyday life—relaxes our guests and starts them on their energy journey.

Our spa experiences combine authentic and effective treatments with a place for you to spend time alone or with your friends. Social spaces by the pool, relaxation lounges, steam rooms and saunas, yoga and fitness areas—all are designed to stir our passion for living with abundant energy.



Our name: Willow Stream

We believe these two words reflect our philosophy and our connection to nature's elements.

Willow: The willow represents our deep-rooted authenticity, strong center and flexible spirit.

Stream: The stream represents our energizing journey through life—bending and changing in a peaceful, purposeful manner as it finds its way around obstacles.

Our logo

Our logo is composed of ancient symbols for the world's essential elements: earth, air, fire and water. The willow—wood—is the fifth element. Balancing these elements puts us in sync with nature's equilibrium.

Signature experiences

Willow Stream Spas are famous for their authentic, energy-building spa treatments. Our signature treatments are specifically designed to offer experiences that highlight ingredients, techniques and products that are unique to Willow Stream Spa and/or Sonoma.

Wine-Country Recovery—90 minutes

Restorative

Soothe aching muscles and relieve fatigue after a busy day in wine country. Following a therapeutic soak in an analgesic fango volcanic ash bath, enjoy a nourishing aloe-gel wrap and foot massage—and feel tension melt away. The treatment concludes with a hydrating mini-facial and a cool beverage.

Harvest Kur—90 minutes

Rich in antioxidants

Experience Sonoma Valley's healing power with this regenerative treatment, which uses local products high in antioxidants and vitamins C and E to promote relaxation and balance. First, an exfoliation naturally stimulates your immune system. Then, you'll delight in a rich bubble bath, a mud body wrap and an idyllic full-body massage, all featuring nourishing grapeseed oil.

Willow Stream Elements—90 minutes

Spa tradition

Discover the traditional restorative power of nature's elements: earth (mud wrap), air (aromatherapy), water (mineral bath) and fire (warm massage). This centuries-old spa experience combines a medicinal moor-mud wrap, a therapeutic bath and a massage, for a complete rejuvenation of dry or maturing skin.

Sonoma Lavender Facial—60 minutes

Restore balance

Gentle botanicals and nutrient-rich antioxidants form the foundation for this soothing facial, and leave your skin perfectly soft and supple. Excellent for all skin types, the treatment includes a special aromatic ampoule to nourish skin, and a lavender foot remedy and scalp massage to restore balance. (This treatment does not include extractions.)

Sonoma Grapeseed Body Scrub—60 minutes

Hydrating

Enjoy a gentle exfoliation and a moisturizing body scrub, performed with local products boasting high levels of natural antioxidants—and natural aromas reminiscent of wine country.

Body experiences

Rejuvenating Kur—90 minutes

Conditioning

Prepare for total bliss, in the form of an aromatic Ayurvedic-inspired body massage, herbal mask and facial massage. Also includes a specially designed warm-oil treatment and a conditioning mask for the hair and scalp.

Revitalizing Kur—90 minutes

Exfoliating

This Ayurvedic-inspired treatment restores vitality and stimulates circulation. A body mask of healing herbs exfoliates the skin while removing toxins; afterward, warm, aromatic Bindi oils and a heated wrap leave you relaxed and refreshed.

Sonoma Organic Lavender Kur—90 minutes

Total stress relief

A luxurious lavender bubble bath, with added petitgrain and seaweed extracts, softens the skin, relieves muscle aches and delights the senses; a botanical body wrap reduces stress and improves circulation; and a full-body massage, infused with lavender essential oil, helps you relax.

PURE energy—90 minutes*Energizing*

Treat yourself to a pure energy break. Our total body pure energy treatment will revive your spirits with a balancing blend of bergamot, rose geranium, clary sage and Roman chamomile. It starts with a soothing foot bath, followed by a gentle all-over exfoliation with a remineralizing body scrub. Then, after an energizing massage with a nurturing body emulsion, you will emerge with skin that's silky soft – and a whole new outlook on the day.

Thalasso Spirulina Kur—90 minutes*Nourishing*

Spirulina—harvested from California's pure salt lakes, and rich in protein, vitamins, minerals and enzymes—is the key ingredient in this stimulating treatment's nourishing body wrap. The experience concludes with a hydrating seaweed bath and a massage with marine firming body cream.

Wine and Roses Retreat—90 minutes*Indulgence*

Enjoy a gentle dry brush to stimulate your skin and improve circulation, followed by a bath infused with chamomile and rose petals. The experience culminates with a soothing massage and wrap with rose-geranium and rose-flower oil. Pure indulgence for you, your skin and your attitude.

Executive “Meltdown”—60 minutes*Melt away stress*

Let go of stress and rediscover your energy. After a brisk back exfoliation, warm stones and hot herbal towels are applied to the back. As the heat penetrates, enjoy a soothing scalp, hand and foot massage. The treatment finishes with a tension-melting back, neck and shoulder massage.

Herbal Wrap—60 minutes*Detoxifying*

A stress-relieving, detoxifying herbal body wrap uses deep heat to open the pores and eliminate toxins and excess salts—soothing tired muscles and joints at the same time. Also includes a pampering foot massage.

Gentle Body Polish—60 minutes*Aromatic*

Stop and smell the wildflowers. A gentle, smoothing exfoliation with pumice and chamomile is followed by an invigorating loofa scrub with refreshing chamomile bath gel. An application of hydrating chamomile lotion completes the treatment.

Chardonnay Olive-Oil Sugar Polish—60 minutes*Pampering*

An aromatic, moisturizing exfoliation—with a heady combination of olive oil, chardonnay grapeseed extract, sugar and lavender—stimulates the mind, body and senses. A regenerative experience.

Flotation experiences

Release stress and become weightless on our heated flotation table, which improves circulation and imparts relaxation to your entire body.

Vanilla Float—60 minutes*Decadent*

Allow yourself to relax, weightless, on our heated flotation table, during a treatment that begins with a soothing foot soak and a light body exfoliation. Then, enveloped in a decadent vanilla and shea-butter wrap, you'll receive a gentle face and scalp massage, and, after your treatment, an even sweeter treat: a delicious vanilla float from our spa café.

Warm Ginger-Oil Float—60 minutes*Calming*

This healing experience begins with a pressure-point foot massage and a light exfoliation. Relax in a weightless environment, while warm, antioxidant-rich organic ginger oil penetrates deeply to soothe muscle aches and pains. Enjoy a brief neck, shoulder and face massage that harnesses the curative properties of neroli. The treatment concludes with warm ginger tea and a candied-ginger treat.

Couples' experiences

Couples' Sonoma Organic Lavender Kur—90 minutes

Total stress relief

Unwind together: A luxurious lavender bubble bath, with added petitgrain and seaweed extracts, softens the skin, relieves muscle aches and delights the senses; a botanical body wrap reduces stress and improves circulation; and a full-body massage, infused with lavender essential oil, helps you relax.

Couples' Side-by-Side Massage—60/90 minutes

Time together

The perfect gift is spending time together. Enjoy a relaxing side-by-side massage in one of our private couples' sanctuaries.

Relationship Reading—60 minutes

Bonding

Gain new perspective on your relationship through a private, educational reading, tailored to your needs. By increasing your awareness, you'll be able to enhance your relationship and bring meaningful changes to your life.

We also recommend the following experiences for couples:

Harvest Kur

Rejuvenating Kur

Revitalizing Kur

Wine and Roses Retreat

Customized massage experiences

Relaxation—60/90 minutes

Restful

This therapeutic full-body massage, customized to your individual needs, increases circulation, eliminates toxins and reduces stress.

Stress Relief—60/90 minutes

Willow Stream signature

This ultimate customized, medium-pressure massage is designed for stress relief, and focuses on all of your main tension points: head, neck, shoulders, back and feet.



Aromatherapy—60 minutes*Restorative*

Enhance your massage with aromatic essential oils, which affect muscles and connective tissue on a deep level. Your therapist will assist you in selecting the perfect therapeutic blend for your needs.

Sonoma Stone—90 minutes*Warm ritual*

In the past, Native Americans of the Sonoma Valley participated in healing rituals that honored all of the elements, particularly earth and water. Today, indulge in our own warm-stone massage ritual, which uses stone “tools” to soothe muscles and the nervous system. An unparalleled experience.

Customized Aromatherapy Blend with Foot Soak—90 minutes*Tailored*

While you consult with your therapist to create a customized aromatherapy blend for your massage, treat your feet to a relaxing soak. After your treatment, you will receive your blend of aromatherapy oils, allowing you to continue the aromatic experience at home.

Thai—60/90 minutes*Ancient tradition*

This ancient Thai massage—sometimes referred to as “assisted yoga”—is designed to promote relaxation, healthy circulation and balance. Your therapist performs the treatment on a floor mat, manipulating your pressure points and meridian lines to release stagnant energy. Please wear loose, comfortable clothing.

Watsu®—60 minutes*Nurturing*

Indulge in a floating massage in our alfresco Watsu® pool, filled with our signature thermal mineral water (maintained at 98 degrees). In this weightless environment, supported by your massage therapist, you’ll perform stretching exercises, receive a Shiatsu massage and experience flowing, unrestricted movement. Utterly relaxing.

Sports—60 minutes*Recovery*

This vigorous massage uses stretching, friction, compression and pressure-point work to soothe and heal the major muscle groups.

Barefoot Shiatsu—60 minutes*Deep muscle work*

In this deep-tissue treatment, your massage therapist uses their body weight and firm foot pressure to enhance energy flow through the meridian lines. A therapeutic alternative to our Deep-Tissue Massage.

Reflexology—60 minutes*Rejuvenating*

One of the world’s oldest healing methods, reflexology is a unique massage technique that applies pressure to the feet and hands, bringing the entire body into balance.

Maternity—60 minutes*For mothers-to-be*

Pamper yourself with our Relaxation Massage, performed while you rest on special pillows designed for your comfort and safety. Includes a consultation to address the unique needs of your specific trimester, and a customized aromatherapy blend of vetiver, ylang-ylang, lavender and bergamot.

Tandem—60 minutes*Twice as nice*

Take your relaxation to a new level! This treatment is performed by two therapists simultaneously, with smooth movements along the length of the body. For a luxurious finish, during the final 15 minutes, one therapist massages your scalp while the other performs a balancing foot massage.

Facial experiences

The Ultimate—90 minutes

Ultimate effectiveness, ultimate feel

This anti-aging treatment will immediately restore your skin's vitality. The experience begins at your feet, with a foot scrub and a footbath, then moves to facial heaven.

Featuring Kerstin Florian's signature Caviar line, the latest in skincare science, this facial includes a facial and contour-lifting massage, a protein-rich marine energy sheet to improve luminosity and reduce the appearance of fine lines, and a super-hydrating Caviar Cell Vitale ampoule.

Advanced Age Correcting—90 minutes

Vibrant skin

Featuring a multi-acid exfoliation, and state-of-the-art vitamin C and skin-renewing essences, this customized facial treatment addresses and corrects your specific aging concerns. You'll receive a deep-cleansing massage to promote circulation and color; a hydrating mask to leave the skin looking vibrant; a customized intensive treatment ampoule; and a heated hand treatment.

Tranquillow Face and Back Experience—90 minutes

Awaken

This unique experience completely rejuvenates the skin and restores balance to the body. First, rest as you receive a back cleanse and exfoliation. Next, as you practice relaxing breathing techniques, warm lavender oil is drizzled up and down the spine and smoothed into the skin, followed by a brief pressure point back treatment. Finally, a rehydrating facial and a luxurious scalp massage with warm lavender oil help awaken your energy.

Sonoma Lavender Facial—60 minutes

Restore balance

Gentle botanicals and nutrient-rich antioxidants form the foundation for this soothing facial, and leave your skin perfectly soft and supple. Excellent for all skin types, the treatment includes a special aromatic ampoule to nourish skin, and a lavender foot remedy and scalp massage to restore balance. (This treatment does not include extractions.)

Customized Deep Cleansing—60 minutes

European style

Personalized to provide you with the most benefits, and featuring skin-restoring antioxidants, this deep-cleansing facial includes a professional skin analysis, a gentle exfoliation, a circulation-enhancing facial massage and a nourishing mask.

Gentlemen's Wine-Country Facial—60 minutes

Tradition

This deep-cleansing and revitalizing facial experience is designed for the special needs of men's skin. A deep cleansing and a gentle exfoliation are followed by a relaxing face, scalp and shoulder massage—for the traditional barber experience (without the shave).

Lifting facials

These facials use the K-Lift Age Management System's next-generation technology to achieve advanced results. This unique multi-phase approach combines red-LED exposure, advanced impulse micro-currents and a transdermal-delivery system to achieve a more youthful, smooth appearance.

Lift and Tone Facial—60 minutes

Energizing

Energize and transform skin with this high-performance treatment, which includes an exfoliating multi-acid peel for the face, neck and décolleté. As well, 40 minutes of dedicated red-LED light exposure and impulse micro-currents accelerate cell repair, and re-educate and tighten muscle tone. An infusion of essential nutrients into the skin, using cutting-edge transdermal-delivery technology, completes the experience.

Ultra-Lift Facial—90 minutes

Tighten and transform

This upgrade to the Lift and Tone Facial, featuring 60 minutes of dedicated red-LED exposure, impulse micro-currents and transdermal delivery, stimulates muscles for more intensive lifting and contouring. The treatment finishes with the application of our Biomarine Matrix Sheet, which allows minerals and vitamins to penetrate, revitalize and nourish the skin. Recommended for mature skin.



Enhancements

May be added to any facial.

Uplift Enhancements

Express Eyes - 30 minutes

Express Lips - 30 minutes

Express Lift - 30 minutes

Express Skin Clarity - 30 minutes

Marine Biomatrix Mask

Smoothing

This unique algae mask visibly reduces fine lines and wrinkles, quickly restoring vitality to tired, stressed skin, while protecting cells from oxidative stress.

Chitosan Mask

Soothing

This super-soothing alginate and chamomile mask—ideal for sensitive, dry, dehydrated or rosacea-prone skin—reduces the appearance of redness and soothes irritated, sensitive skin. Recommended for calming and healing the skin after a peel, or for a dramatic increase in moisture.

Eye and Lip Rescue

For sensitive areas

Impart moisture and nutrients to the skin around the eye and lip areas with this treatment, which also smoothes and reduces fine lines.

Ampoule Therapy - may be added to any facial

Intensive Repair—a healing, cell-rejuvenating treatment

Vitamin C—an antioxidant formula that lightens the skin

Caviar Cell Vitale—provides intense hydration and nourishes the skin

“Just for men” experiences

Executive “Meltdown”—60 minutes

Melt away stress

Let go of stress and rediscover your energy. After a brisk back exfoliation, warm stones and hot herbal towels are applied to the back. As the heat penetrates, enjoy a soothing scalp, hand and foot massage. The treatment finishes with a tension-melting back, neck and shoulder massage.

Gentlemen’s Wine-Country Facial—60 minutes

Tradition

This deep-cleansing and revitalizing facial experience is designed for the special needs of men’s skin. A deep cleansing and a gentle exfoliation are followed by a relaxing face, scalp and shoulder massage—for the traditional barber experience (without the shave).

Invigorating Scalp Experience—60 minutes

Revitalizing

Restore vitality to your hair and scalp with botanical tea tree shampoo and conditioner and a customized blend of aromatic essential oils and revitalizing scalp treatment. An invigorating scalp, neck and hand massage completes the luxurious treatment.

Signature Foot Grooming—60 minutes

Deluxe

Our Gentlemen’s Power Pedicure, with the added benefits of a skin-renewing exfoliation scrub and a vitamin-enriched, moisturizing, warm luxury foot treatment.

Signature Hand Grooming—60 minutes

Executive choice

Our Gentlemen’s Power Manicure, with the added benefits of a skin-renewing exfoliation scrub and a vitamin-enriched, moisturizing, warm luxury hand treatment.

Gentlemen’s Power Pedicure—45 minutes

Relief

Decompress while reclining in one of our heated massage chairs. A relaxing foot soak is followed by a professional grooming of the feet, nails and cuticles. Also includes a eucalyptus foot massage.

Gentlemen’s Power Manicure—45 minutes

Classic

Restore tired, overworked hands with a soothing soak and grooming of the hands, nails and cuticles. Includes a moisturizing eucalyptus hand massage.

Men’s Haircut—45 minutes

We also recommend these popular experiences for men:

Stress-Relief Massage

Sports Massage

Back Soother

Relief Rx Massage

Manicure and pedicure experiences

Deluxe Stone Pedicure—90 minutes

Ultimate

This luxurious pedicure includes an exfoliating scrub, a warm foot treatment, a reflexology massage, and a warm-stone massage to deepen your relaxation.

Balancing Reflexology Pedicure—60 minutes

Aromatic

Treat your feet to a fragrant soak and a luxurious pressure-point massage. Your feet, nails and cuticles will also be professionally groomed.

Willow Stream Signature Pedicure—60 minutes

Renewing

Our Classic Pedicure, with the added benefits of a skin-renewing exfoliation and a vitamin-enriched luxury foot treatment.

Willow Stream Signature Manicure—60 minutes

Luxurious

Our Classic Manicure, with the added benefits of a skin-renewing exfoliation and a deep-moisturizing luxury hand treatment.

Classic Pedicure—45 minutes

Enticing aroma

Recline in one of our heated massage thrones, while you enjoy a relaxing, aromatic foot soak and a professional foot, nail and cuticle grooming. Also includes a customized foot massage and your choice of fashion or classic nail polish.

Classic Manicure—45 minutes

Sweet scent

Restore tired, overworked hands with a soothing, fragrant soak and a gentle grooming of the hands, fingernails and cuticles. Includes an aromatic moisturizing hand massage and your choice of nail polish.

Enhancements

Polish change

French upgrade

Luxury hand or foot treatment



Waxing

Available upon request.

Hair and makeup

Awapuhi Keratin Luxury Hair Treatment —60 minutes

Restore and Repair

Restore luster and shine to your hair with this exclusive Awapuhi wild ginger Keratriplex™ protein blend. The Keratin Intensive Treatment will instantly condition and improve hair quality and texture by reducing breakage and improving shine. Excellent for color treated hair. Enjoy a relaxing scalp, neck and hand massage during this luxurious treatment.

Awapuhi Keratin Upgrade —30 minutes

Instantly condition and improve hair quality and texture, reduce breakage and improve shine with this exclusive Awapuhi wild ginger Keratriplex™ protein blend. Can be added to any hair experience.

Hair and Scalp Revitalizer—60 minutes

Invigorating

Restore vitality to your hair and scalp with botanical tea tree shampoo and conditioner and a customized blend of aromatic essential oils and revitalizing scalp treatment. An invigorating scalp, neck and hand massage completes the luxurious treatment.

Shampoo and Blow-Dry—60 minutes

Women's Haircut—60 minutes

Hair Styling and Updo—60 minutes

Hair should be clean, dry and ready to style.

Hair Coloring or Highlights—90 minutes

Makeup Application—60 minutes

Bridal services

Bridal Hair Consultation—60 minutes

Wedding-Day Hair—60 minutes

Bridal Hair Consultation and Wedding-Day Hair Package—2 hours

Bridal Makeup Consultation—60 minutes

Wedding-Day Makeup—60 minutes

Bridal Makeup Consultation and Wedding-Day Makeup Package—2 hours

Consultation and Wedding-Day Hair and Makeup—4 hours

Willow Stream Stay Active Rx

This Willow Stream Spa signature program offers relief from joint inflammation and recurring muscle aches and pains. Whether these issues are the result of rounds of golf, the demands of parenthood, stress or aging, the following treatments can help you stay active.

Relief Rx Massage—90 minutes

Customized Relief

The ultimate medium- to deep-pressure massage, designed to relieve muscle and joint pain, focuses on your specific areas of tension. Remineralizing cream and warm ginger oil are used throughout the treatment. Depending on your needs, your therapist may introduce cooling for swelling or inflammation, extra heat for stiffness, or a combination of these.

Total-Body Recovery—90 minutes*Relieves stiffness*

A perfect treatment to soothe aches and pains, stiffness from arthritis, muscle fatigue or the effects of stress. Begin your healing journey with a soak in an analgesic fango volcanic ash bath, which stimulates circulation and melts away muscle and joint pain, and finish with a dual-action warming and cooling therapeutic massage, featuring local products. This experience reduces inflammation as it relieves stiffness and muscle spasms, providing both instant and longer-term relief.

Back Soother—60 minutes*Eases soreness*

In this treatment, highly mineralized moor mud, applied to the back with moist heat, helps to relieve back soreness. As the heat soothes the back, the feet and scalp are luxuriously massaged. Once the mud is removed, a full-back pressure-point massage is performed with Kerstin Florian organic ginger oil, and a far-infrared heating pad is applied to muscles for total relaxation.

Hike Hills Foot and Leg Remedy—60 minutes*Treats muscles*

The perfect treat for your feet and legs after a day of hiking, biking or touring wine country, this rejuvenating experience includes a soothing salicylic mud foot soak; a thermal mineral foot and lower leg exfoliation; and a relaxing foot massage with essential oils of rosemary, juniper, peppermint and lavender.

We also recommend these popular experiences for those wishing to stay active:

*Willow Stream Elements**Warm Ginger-Oil Float**Sports Massage*

Simply Move: Fitness

New Leaf Metabolic Assessment—90 minutes*Get fit*

Jump-start your journey to a healthier you with our state-of-the-art New Leaf™ technology. The New Leaf™ assessment will determine your aerobic training zone, anaerobic threshold, VO₂ max (maximal oxygen consumption) and daily caloric requirements. The assessment will also determine your heart-rate zones and where you burn the most amount of fat, allowing us to design your personalized eight-week cardiovascular exercise program.

Nutritional Assessment—60 minutes*Eat well*

Find out how to boost your immune system and metabolism, control stress, aid digestion, improve mental alertness, and enhance bone, tissue and skin health—all through diet. In this assessment, you'll discover whether you are getting the correct nutrients, how your eating practices contribute to your health, and how food and nutritional supplements provide antioxidant protection and greater energy.

Personal Training & Duet Personal Training—60 minutes*Reach your goals*

A personalized session with a certified fitness instructor helps you maximize your workout, define new goals or stay on track with your current program. Each session, tailored to your current fitness level, will focus on the basics of strength training, and will incorporate balance work and core training.

Fitness Assessment—30 minutes*Stay fit*

A thorough evaluation of your cardiovascular fitness, strength, flexibility and body composition will help you establish long-term goals and fitness strategies.

Private Yoga, Water Yoga or Pilates Mat/Reformer Session—60 minutes*For body and mind*

Enjoy a private Yoga, Water Yoga or Pilates experience customized to your personal needs, and learn techniques to bring harmony to both body and mind. Available for couples upon request.

Simply Move: Activities

Morning Bike Tours—2 hours

Winery ride

This 11-mile (18-kilometer) bike ride, designed for the novice rider, tours the back roads of spectacular Sonoma Valley. Take in the impressive sights of the area—you'll even ride through Gundlach Bundschu, the oldest operating winery in California. Bikes, water and helmets are required, and will be provided. Available Monday through Saturday.

Reservations are required by 8:00 p.m. the evening before the tour.

Private Guided Hikes and Group Hikes

Explore on your own

We would be delighted to arrange a private customized tour, including (but not limited to) a touring and tasting experience, a meditative walk or a picnic hike.

Guided Hikes—2 hours

Scenic Sonoma

Enjoy guided scenic walks and hikes to various locations in the picturesque Sonoma Valley. Hikes average from two to four miles (three to six kilometers), accommodating both novice and intermediate levels. Enjoy the beauty of Sonoma's vineyards, oak woodlands and redwoods. Drinking water is provided. Appropriate footwear is required. Available daily, from 8:00 AM to 10:00 AM. Pre-registration is required for all hikes.

Specialty Hikes—2 hours (Specialty hikes are seasonal and fees apply)

Scenic Sonoma

Taste of Sonoma

Farmer's Market Friday Hike with Cheese Tasting
Hike to Giant Redwood Tree with Olive Oil Tasting
Historical Plaza Walk with Chocolate Tasting

Total mind and body health

Guided Meditation—60 minutes

Deep relaxation

Whatever your desired goal, your skilled practitioner will gently guide you to a deep state of relaxation.

Reiki with Reflexology—60 minutes

Healing

This treatment combines the healing properties of pressure-point foot massage and energy-balancing reiki, in which the practitioner channels healing energy to you. Enjoy deep relaxation while enhancing your energy pathways.

Reiki—60 minutes

Balancing

Allow this ancient Japanese art to help heal and balance your mind, body and spirit. Gentle, nurturing hands channel energy through the chakras, for a relaxing and renewing experience.

Intuitive Reading—60 minutes

Overcome obstacles

Receive insights about current issues in your life and eliminate obstacles that prevent you from attaining your personal goals. Learn what strategies are working for you and the fears that may be holding you back.

Tarot-Card Reading—60 minutes

Clarity

Symbolic tarot cards reflect the conscious and subconscious. Use tarot to bring clarity to issues, relationships, love, career, finances, health and more.

Chakra Reading and Balancing—60 minutes

Harmonious

Restore your energy: This offering combines energy balancing with a personalized chakra reading.

Body-Energy Alignment—90 minutes

Intuitive

This intuitive bodywork blends massage and energy work, incorporating our Chakra Balancing and personalized Guided Meditation offerings.

Willow Stream Spa products

The products we use are essential to an unforgettable spa experience. We have chosen the exceptional spa and skincare lines Kerstin Florian International (our principal partner), Jane Iredale Mineral Makeup and Willow Stream Energy not only for the quality and care that goes into each of their products, but also for these brands' holistic philosophies about well-being.

Find your energy every day: Let our spa professionals customize a home-care program for you, and recreate your Willow Stream Spa experience at home with our products. Or treat a loved one to a special gift, designed to help them find their own energy.

Kerstin Florian International

Kerstin Florian International offers holistic products that combat the skin-damaging effects of stress, age and the environment. We use these products because of their renowned therapeutic quality and the brand's philosophy: Kerstin Florian International is dedicated to spa traditions, authentic approaches and sourcing the finest mineral, herbal and marine ingredients.

Jane Iredale Mineral Makeup

Combining up-to-the-minute shades for every complexion and skincare benefits that make it the envy of conventional makeup, Jane Iredale Mineral Makeup is recommended by dermatologists worldwide.

Willow Stream Energy

A rich blend of ginger, lemongrass and sandalwood distinguishes the Willow Stream Spa line of energy-boosting products: the perfect complement to any spa treatment.

Enhancing your spa experience

Spa arrival and etiquette

We recommend that you arrive 60 minutes before your first scheduled appointment. This gives you time to familiarize yourself with the facilities, experience our bathing ritual and relax before your treatments. Please note that all treatments end on time, regardless of start time. Please leave jewelry and other valuables in your room safe or the hotel safe.

Spa experience

Willow Stream Spa experiences last at least an hour. We want you to take the time you need to find your energy.

Spa environment

Willow Stream Spa is an adult sanctuary. Guests must be 18 or older. For your peace and privacy, cell phones, BlackBerrys and other electronic devices are not permitted. If you wish to receive messages during your time with us, please let our staff know and we'll be happy to assist you.

Reservations

Please call 877 289 7354.

To accommodate your preferences, advance reservations are recommended. To book your appointment, please call our knowledgeable Spa Experience Coordinators prior to your arrival at the hotel; they will happily assist you in selecting treatments that fulfill your personal requirements. Questions are, of course, welcome.

Cancellations

If you must reschedule or cancel any spa appointment, please notify the spa 24 hours in advance to avoid being charged 50% of the treatment cost. Missed appointments without notice are subject to 100% of the treatment cost. Same-day reservations may not be cancelled.

Hours of operation

Spa facility: 7:30 AM to 8:00 PM

Fitness center: 6:00 AM to 8:00 PM

Spa appointments: 7:45 AM to 7:00 PM

Salon appointments: 7:45 AM to 7:00 PM

Pools: 7:30 AM to 8:00 PM

Health matters

Please inform us of any health conditions at the time of booking (e.g., high blood pressure, heart condition, allergies, pregnancy). Consumption of alcohol before, during or directly after spa treatments is not recommended. You will be asked to complete a medical-history form upon arrival, so we can better customize your experience to your needs.

Spa attire

You will receive a robe and sandals to wear between treatments, as well as a locker for your personal belongings. Our therapists are highly trained in draping procedures to ensure your complete privacy; however, for your comfort, undergarments may be worn during treatments.

Willow Stream Spa gift cards

Willow Stream Spa gift cards are available for purchase for all spa services and packages. Please contact the Willow Stream Spa reception for further information.

Taxes and service charges

An optional 18% service charge will be added to your spa experiences.

Rates are subject to change. Occasionally, not all services may be available.

Gratuities

Additional gratuities for exceptional service can be added to your bill, upon checkout.