

Healing Arts MENU



Booking & Hours

Healing Arts Reception
1-844-544-1440, ext. 304

Healing Arts Email
healing.arts@1440.org

Daily Hours: 9:00 am – 9:00 pm



Infinity-Edge Hot Tub & Steam Room Access

Included with your stay at 1440, enjoy our steam rooms (9:00 am – 9:00 pm) and soak in our infinity-edge hot tub overlooking the redwoods (7:00 am – 10:00 pm). We provide towels, and bathing suits are required. *Please note: that steam room availability varies based on guest occupancy.*



Body Treatments & Massages

Customized Massage

**50 Minutes – \$135 | 80 Minutes – \$200
110 Minutes – \$295**

From Swedish to deep tissue, our spa therapists offer diverse massage techniques with heightened sensitivity and intuition to deliver a personal, customized massage. From long to slower, more intense strokes this massage is designed to release tension.

Craniosacral Therapy

50 Minutes – \$145

This therapy uses very light pressure and a series of holds to work with the bones of the head, spinal column, and sacrum to release compression in those areas and restore balance. This service will activate the body's innate ability to help with migraines, neck pain, central nervous disorders, and many stress related issues.

Shiatsu

50 Minutes – \$145 | 80 Minutes – \$210

For this bodywork style, finger pressure is applied along the body's meridians to improve energy flow, release muscle tension, and relieve emotional and physical stagnation. This service is provided without oils or lotion. Please wear loose-fitting, yoga-style attire.

Mommy to Be Massage

50 Minutes – \$140 | 80 Minutes – \$205

Designed for expecting mothers, this full body massage will reduce swelling, melt away tension, and calm stress. *Please note: this massage is not performed on women in their first trimester (first twelve weeks).*

Thai Yoga Massage

80 Minutes – \$210

This unique service blends passive stretching and rhythmic pressure to balance the flow of qi energy throughout the body, improving circulation, boosting the immune system, and relieving muscle tension. Also known as assisted yoga, this therapy uses no oil and is performed fully clothed on Thai floor mats. Please wear loose-fitting, yoga-style attire.

Detox Massage

50 Minutes – \$145 | 80 Minutes – \$210

This treatment begins with a gentle dry brushing to increase circulation and stimulate the lymph system then continues with a light-touch lymphatic technique aimed to reduce fluid retention, enhance the removal of toxins, regulate digestion, and support the immune system.

Herbal Poultice Ritual

80 Minutes – \$210

In this nourishing tradition borrowed from Thailand, herbal-steamed compresses are applied directly to your skin and massaged deep into your muscles. The combination of soothing heat and massage techniques is sure to melt all your tension away.

Body Polish

50 Minutes – \$155

This treatment begins with a relaxing application of warm, unscented oils infused with vitamin E, followed by a gentle sugar and salt scrub to soften the skin. The last step is the application of an immunity-boosting probiotic hydration lotion, leaving your skin nourished and renewed.

Hydrating Shea Butter Wrap

50 Minutes – \$155

For the ultimate relaxation experience, you'll receive a gentle application of shea butter hydration before being wrapped in a heated blanket. While the shea butter penetrates the skin for deep hydration, you'll receive a therapeutic scalp massage for relieving overall tension.

Reflexology

25 Minutes – \$75 | 50 Minutes – \$145

This ancient technique is based on the concept that your feet are the map to your entire body. This treatment focuses on the feet by applying pressure point massage using gemstones to stimulate and balance the natural flow of the body.



Facials

Pure Results Facial

50 Minutes – \$155 | 80 Minutes – \$225

Skin conditioning treatment designed to address inflammation, the primary cause of aging, leaving your skin radiant and smooth.

Vitamin C15 Brightening Facial

50 Minutes – \$155 | 80 Minutes – \$225

Potent antioxidants and botanical extracts reverse the effects of sun damage and premature aging.

Moisture Drench Facial

50 Minutes – \$155 | 80 Minutes – \$225

Nature's cure for moisture-deprived skin, this nourishing facial leaves the skin radiant and protected from harsh environmental elements.

Himalayan Salt Stone Massage

50 Minutes – \$145 | 80 Minutes – \$210

Warm salt stones are used to ground and balance the body's electromagnetic field and central nervous system. This treatment is perfect for resetting your energy and reduces tension and inflammation. The salt's minerals and nutrients naturally activate your healing mechanisms allowing your body to restore itself to balance.

Gemstone Healing

50 Minutes – \$145 | 80 Minutes – \$210

Continue your healing journey with this crystal healing addition to your massage. This treatment uses crystal gemstones and carefully cultivated massage techniques to clear any blocked energy and restore balance and stability in your mind or energy body. Gemstones are known to energetically remove toxins and stress as well as energize and replenish your soul.

Antioxidant Garden Facial

50 Minutes – \$155 | 80 Minutes – \$225

A rejuvenating boost of superfood-quality acai, noni, spirulina, and more, designed for all skin types.

Chamomile Detox Facial

50 Minutes – \$155 | 80 Minutes – \$225

Active beneficial botanicals soothe and refresh oily, breakout prone, and congested skin.

Sun Goddess Facial

50 Minutes – \$155 | 80 Minutes – \$225

Deep botanical nourishment to unburden your skin, address the damaging effects of sun, and support your natural radiance.



Enhancements

Enrich your massage and body treatment experience with the added benefit of one or more of the following enhancements.

Aroma Wellness Journey \$15

A powerful way to enhance your experience. It can calm your nerves, lift your spirit, energize your soul, and much more. Choose from four aroma wellness blends.

CBD \$30

Experience deep and effective physical relief from the use of CBD-infused massage oil. This concentrated plant therapy CBD hemp oil promotes deep relaxation, rejuvenates the skin, decreases inflammation and eases muscle tension. Get off the table feeling refreshed with freedom to move.

Chakra Balancing \$15

By a simple placement of crystals, the energy is balanced and cleared at each chakra or energy center to promote positive energy flow throughout the body.

Hydration Facial Mask \$15

Instantly soothing, this sheet mask provides moisture and nutrition to damaged or stressed skin and plumps fine lines and wrinkles, giving skin a rich glow.

Revitalizing Scalp Treatment \$60

Immerse yourself with this luxury 25 minute scalp and neck massage. Enjoy a revitalizing, warm hair and scalp oil application that is aimed to stimulate hair roots and scalp, treat dry or damaged hair, and leave hair with a beautiful luster.

Hand and Foot Treatment \$15

Designed to hydrate and soften the hands and feet, this add-in service uses a soothing infusion of shea butter and coconut oil to deeply hydrate the skin while hands and feet are wrapped in warm mittens.

Muscle Repair \$15

Utilizing the best of nature's pharmacy—arnica and sweet birch—this enhancement is designed to help soothe sore muscles, tendons, and stiff joints.



Important Reminder

Please note that at the time of your service an 18% service charge (on the retail price) will be added for the practitioner, but you are always welcome to tip additionally.

Please remember that your treatment is reserved exclusively for you. To cancel or change your appointment, please contact Healing Arts at least 24 hours before your appointment to avoid a 50% charge for your service. All no-show appointments will be charged at full value.