

Dr. W's
SPA & BATHS



SPA MENU

MUD BATHING THE DOC WILKINSON WAY

The water from our hot springs contain minerals like sulfur, zinc, magnesium, calcium, and bromine that help draw out impurities from the skin, exfoliate dead skin cells, relax sore muscles and joints, improve skin conditions, like eczema and psoriasis, and relieve pain from rheumatoid arthritis. Our mud baths, mineral whirlpools, and geothermal steam rooms all contain natural water from our hot spring.

Upon entering the mud bath your bath attendant will apply a clay mask, cucumbers over the eyes, and will mist an aromatic scent to enhance your mud bathing experience. The mud bath treatment is a great thermotherapy treatment which rapidly increases the body temperature. By increasing the temperature of the body, the blood flow increases, the metabolic rate, and the tissue extensibility will also increase. Heat increases oxygen uptake and accelerates tissue healing.

Following the mud bath treatment, you will soak in mineral whirlpool infused with aromatic Epsom salts. Hot mineral baths help soothe tired muscles, reduce swelling, provides pain relief, softening the skin, reduces stress and promotes better sleep and the absorption of critical minerals.

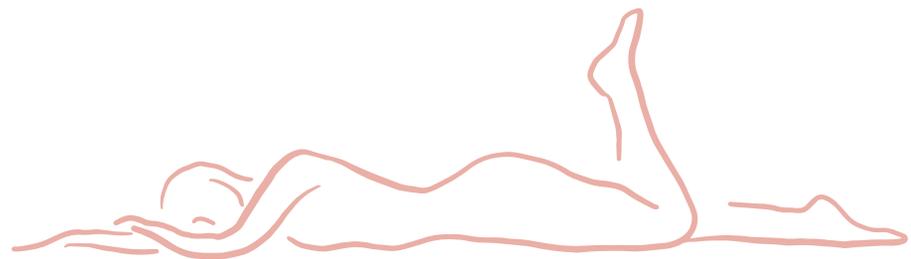
A geothermal steam room to continue your heat treatment. Steam room treatments help remove toxins from the skin and are popular for improving skin health. The geothermal steam room treatment will cause your body to perspire due to the heat. Perspiration opens up the pores and helps clean the out skin.

The blanket wrap is one of the final steps of the treatment and this process will help regulate your body temperature, and it will help you fall into a deep relaxed state.

Adding a massage treatment will help enhance the healing effects of our bath treatments and will certainly increase your level of relaxation.

Please drink plenty of water. Our treatments are deep heat treatments and can be dehydrating.

Don't forget to ask about our CBD infused massage oils and CBD Epsom bath salts upgrade option.



MUD BATH TREATMENTS

THE WORKS — 60MIN

\$329

This mud bath treatment is what we are known for!

Mud bath treatment, a mineral whirlpool bath treatment infused with Epsom sea salts, and a facial mask, geo-steam room, blanket wrap, and a 30-minute Swedish massage.

THE WORKS: COUPLES' THERAPY — 2HRS

\$419/PERSON

Mud bath treatment, mineral whirlpool bath treatment infused with Epsom sea salts, and a facial mask, geo-steam room, blanket wrap, and a 60 minutes couples' Swedish massage.

THE ANTIDOTE — 2HRS

\$419

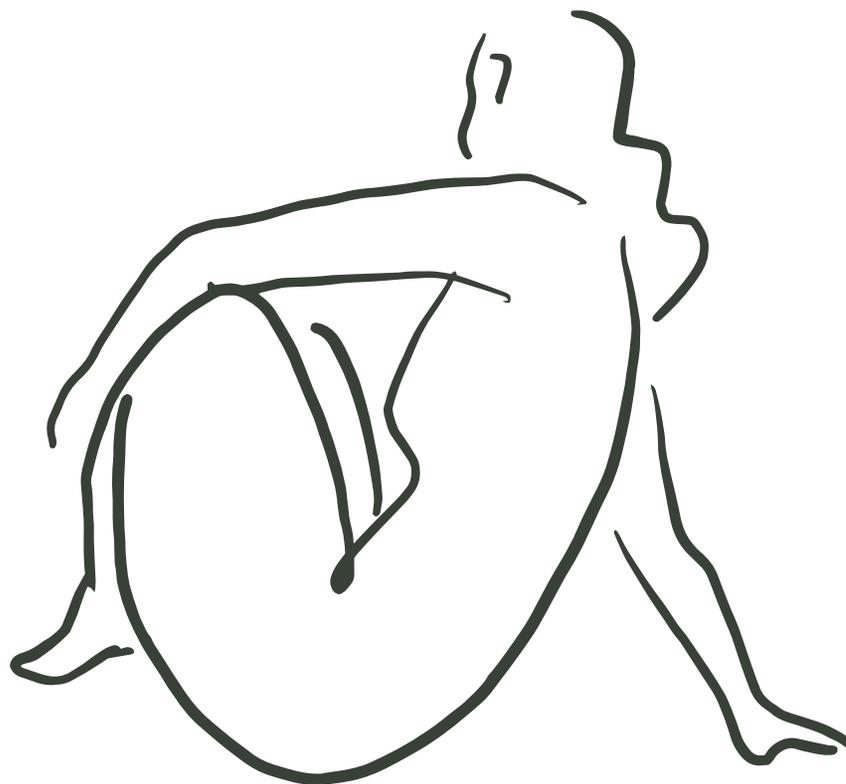
Our most popular mud bath treatment!

Mud bath treatment, mineral whirlpool bath treatment infused with sea salt Epsom salts, and a facial mask, geo-steam room, blanket wrap, and a 60-minute Swedish massage.

MUDSLINGER — 60MIN

\$239

Mud bath treatment, a mineral whirlpool bath treatment infused with sea salt Epsom salts, and a facial mask, geo-steam room, and blanket wrap.



MINERAL BATH TREATMENTS



DOC'S SUPER SOAK — 1.5HRS

\$259

Mineral whirlpool bath treatment infused with Epsom sea salts, and a facial mask, steam room, blanket wrap, and a 30-minute Swedish massage.

COUPLES' SUPER SOAK — 2HRS

\$309

Mineral whirlpool bath treatment infused with Epsom sea salts, and a facial mask, steam room, blanket wrap, and a 60-minute couples' Swedish massage.

WATERS REMEDY — 2HRS

\$349

Mineral whirlpool bath infused with Epsom sea salts, and a facial mask, steam room, blanket wrap, and a 60-minute Swedish massage.

WATERS CURE — 1HR

\$169

Mineral whirlpool bath infused with Epsom sea salts, and a facial mask, steam room, and blanket wrap.

THE CALISTOGA ELIXIR — 60MINS

\$189

Mineral whirlpool bath treatment infused with the finest quality Epsom rock salts infused with grape skins, seeds and oils, and a facial mask. We further enhance the experience by adding a glass of red wine, steam room, and blanket wrap.

BEER BREW — 60MINS

\$199

Mineral whirlpool bath treatment with fresh hops, dry ale yeast, malt, barley, a local beer for the bath, and a facial mask, steam room, and blanket wrap.

GEOHERMAL SOAK — 1HR

\$169

Mineral whirlpool bath treatment infused with 100% pure essential oils, sea minerals and electrolytes, a facial mask, steam room and blanket wrap.

CBD ENHANCEMENT

\$20

Enhance your mineral bath treatment by adding the natural healing benefits of CBD oil or salts.

SCENTED EPSOM SALT ENHANCEMENT

\$20

Enhance your mineral bath treatment by adding one of our plantbased aromatherapy oils.

BATH HOUSE TREATMENTS

EARTH AND SOUND — 30MIN

\$89

Reboot your brain to a healthy, balanced state of relaxation and revitalization with our state of the art sound therapy enhanced with the healing benefits of the bio mat.

EARTH AND FIRE — 30MIN

\$49

Experience Deep Muscle Relaxation and Increased Circulation, Naturally, Unique medical device combining Far Infrared Rays, Negative Ions and Amethyst Crystals to produce deep penetrating light energy and heat for a maximum sense of well being and healing experience.



MASSAGE TREATMENTS

SINGLE

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| 60MIN SWEDISH MASSAGE | \$199 |
| 90MIN SWEDISH MASSAGE | \$289 |
| 60MIN DEEP TISSUE MASSAGE | \$229 |
| 60MIN CBD MASSAGE | \$219 |
| 90MIN CBD MASSAGE | \$319 |
| 60MIN HIMALAYAN SALT STONE MASSAGE | \$209 |
| 90MIN HIMALAYAN SALT STONE MASSAGE | \$299 |
| 60MIN AROMATHERAPY MASSAGE | \$219 |
| 90MIN AROMATHERAPY MASSAGE | \$309 |
| 60MIN PRENATAL MASSAGE | \$199 |
| 60MIN HEALING HEELS FOOT MASSAGE & FOOT BATH TREATMENT | \$199 |

COUPLES

| | |
|-----------------------|--------------|
| 60MIN COUPLES MASSAGE | \$199/PERSON |
| 90MIN COUPLES MASSAGE | \$289/PERSON |



ADD TO YOUR EXPERIENCE

CBD ENHANCEMENT — PER TREATMENT \$20

Enhance your massage or mineral bath treatment by adding the natural healing benefits of CBD massage oils, and CBD Epsom salts for an enhanced experience.

GEOHERMAL STEAM — 25MIN \$49

Mineral whirlpool bath treatment infused with 100% pure essential oils, sea minerals and electrolytes.

*Limited Availability

SOUND THERAPY — 30MIN \$49

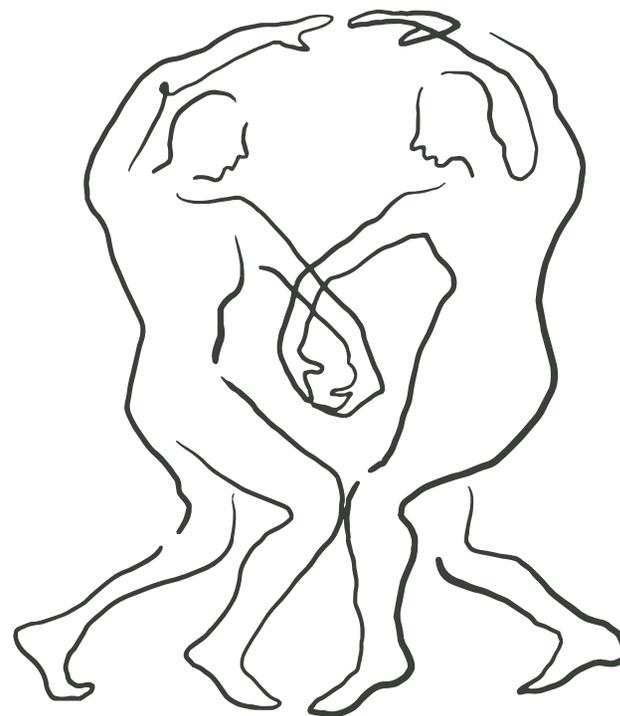
The calming, rejuvenating effect of sound therapy in combination with the power of light frequency therapy will help you achieve a balanced state of relaxation and revitalization.

EARTH AND FIRE — 30MIN \$39

Experience Deep Muscle Relaxation and Increased Circulation, Naturally, Unique medical device combining Far Infrared Rays, Negative Ions and Amethyst Crystals to produce deep penetrating light energy and heat for a maximum sense of well being and healing experience.

AROMATHERAPY ENHANCEMENT \$20

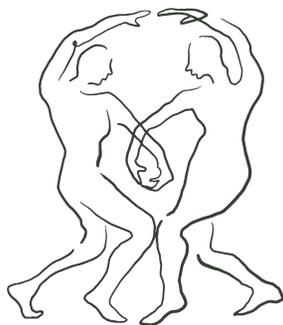
Enhance your massage or mineral bath treatment with your choice of one of our plant-based aromatherapy oils.



WELLNESS DAY

Choose 3 of our treatments
or a \$5 savings

All treatments must be booked for
same day and for same guest



SPA GUIDELINES

Spa Arrival: Please arrive 15 minutes before the start of your scheduled treatment. Please understand that late arrivals will not be given an extension of their service.

Spa Cancellation Policy: We require a 24 hour notification for any treatment changes or cancellations. Failure to give a 24 hour notification will result in a 50% charge of your booked services. Less than a 4 hour notice will result in a 100% charge of your booked services.

23% GRATUITY NOT INCLUDED

Treatments made in advance require a credit card guarantee — 24-hour cancellation notice is required.

Please arrive 15 minutes prior to your scheduled appointment time.

Please note that late arrivals will receive whatever time is left within treatment time full charge will still apply.

At the time of booking an appointment, please inform us when a guests under 18 years of age.

IT ALL STARTED IN 1952

Bluegrass played on the jukebox, everyone was reading the Old Man and the Sea, and the Yankees beat the Dodgers in the World Series.

Meanwhile in Calistoga, our founders, “Doc” and Edy Wilkinson, were busy crafting the original mud bath which would become famous the world around. Ever since Dr. Wilkinson’s has been offering mineral- laden “mud” bath treatments, natural spring baths, and massages to millions of visitors to “Spa country”. Our founders, “Doc” and Edy Wilkinson, fell in love with the health-giving geothermal hot spring waters and ancient volcanic ash unique to the Calistoga area, and we know you will too.



drwilkinson.com
(707) 942-4102

Doc Knows best, and recommends that you unplug, slowdown and relax...

FEELING BETTER ALREADY!