

## Cedar Enzyme Bath



osmosis  
DAY SPA  
SANCTUARY

Rejuvenate in the healing alchemy of the Cedar Enzyme Bath, a therapeutic body treatment from Japan found nowhere else on this continent.

This **fermentation bathing ritual** involves immersing your entire body in a mixture of soft and fragrant ground cedar and rice bran pulsating with enzyme activity that stimulates your metabolism.

The warm and stress reducing treatment offers myriad health benefits, from improving circulation to relieving joint and muscle pain, and thoroughly cleansing your skin, casting you in a radiant glow.

Find us in the historic village of Freestone, just minutes from the Pacific Coast and wine country. We're located on the scenic Bohemian Highway near Wild Flour Bread and Freestone Artisan Cheese.

National leader in  
eco-conscious spas



Convenient Online Booking  
osmosis.com 707.823.8231

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## Facials

Feel the radiant glow that comes from pure botanicals used in an organic facial.



Connect with nature on five lush acres along Salmon Creek with magical gardens and secluded forest trails



## Massage

"Be transformed by the gifted touch of an expert massage practitioner in our serene spa or a private pagoda in a wooded paradise."

## Menu

### PACKAGES

**Rejuvenation** 2 1/2 hours — \$239 Cedar Enzyme Bath and 75-minute Swedish Massage

**Transformation** 2 1/2 hours — \$259 Cedar Enzyme Bath and 75-minute Osmosis Fusion Massage

**Radiant Skin** 2 1/2 hours — \$259 Cedar Enzyme Bath And 75-minute Vital Energy facial

**Warmth of Love for Two** 2 1/2 hours — \$469 Cedar Enzyme Bath for two, followed by two 75-Minute Massages in a Couple's Room with aromatherapy.

**Ultimate Experience** 4 1/2 hours — \$399 Cedar Enzyme Bath, 75-minute Firm Massage, 75-minute organic facial and Organic boxed lunch.

### ALA-CARTE

Cedar Enzyme Bath – from \$109 per person

75-minute Massages - 75-minute sessions starting at \$149

Organic Facial - 75-minute sessions starting at \$159

### ENHANCEMENTS

Creekside Pagoda Massage rooms - Reflexology

Organic Scalp Therapy - Aromatherapy Bar

Organic Boxed Lunch - Hammock sound therapy

### VITAL HEALTH CLUB MEMBERSHIP

Each month choose between a 75-minute massage, facial, or Cedar Enzyme Bath for two \$129/month

### GROUPS

Book your own private spa gathering at Osmosis for the ultimate social relaxation experience with friends, family or business partners. Starting at \$149 per-person. (min. 5, no Saturdays or Holidays)

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE