



SENSE

A ROSEWOOD SPA™

Sense, A Rosewood Spa™ at Rosewood Sand Hill features an elegant design that embraces the verdant natural surroundings. The serene sanctuary melds relaxed Californian luxury with fragrant gardens and stunning views of the Santa Cruz Mountains. Personalized service, coupled with an environment in harmony with the peace and beauty of Rosewood Sand Hill, ensure a tranquil escape for resort guests and locals alike.



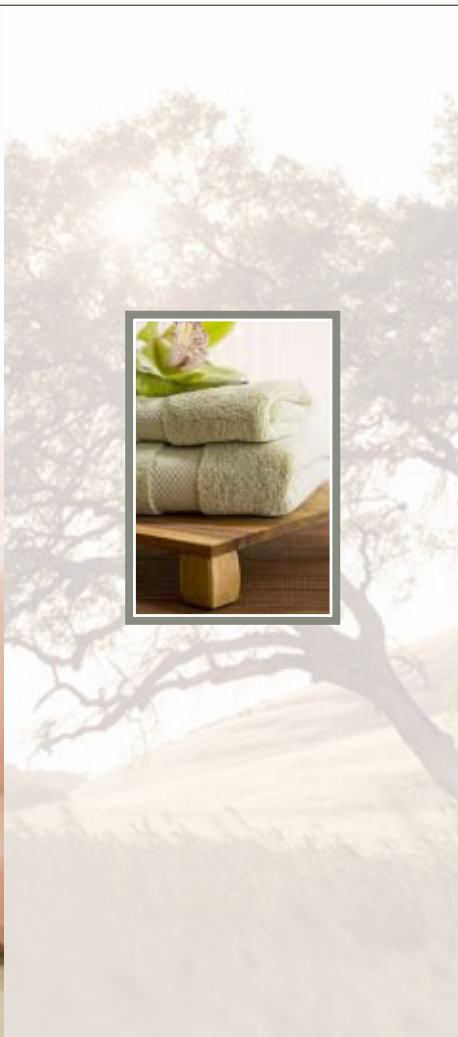
The spa offers an array of personalized services inspired by the local traditions and abundant natural resources of its West Coast locale. Separate men's and women's locker rooms each feature a relaxation area, wet lounge and charming outdoor courtyard with whirlpool. At the center of the spa, a co-ed relaxation lounge opens into a courtyard graced with a soothing fountain. The spa also features a Duet Suite with outdoor garden and whirlpool, movement studio, full-service hair salon and spa cafe. Overlooking English gardens, the spacious fitness center offers the most advanced fitness and wellness suite from Technogym®.



SENSE EXPERIENCES

All of our Sense Experiences have been carefully designed to unite energies with the splendor of the surrounding natural environment.

You are encouraged to arrive at least 30 minutes prior to your treatment time to fully enjoy our exclusive amenities and facilities.



SENSE SIGNATURE RITUAL

Our signature ritual is a symphony of our most indulgent and therapeutic treatments infused with the scents of Northern California that will leave you feeling relaxed, rejuvenated and refreshed. Relieve tension and free your mind with our Sand Hill Signature Massage followed by a 90-minute customized facial. A combination not to be missed! 3 hours

THE SPIRIT OF CALIFORNIA: FOR TWO

The layers of life in the woods hold the promise of enrichment and wisdom—creating a place where you find your senses altered and your sense of self magically transformed. Inspired by the magic of the coastal forests, this aromatic journey begins with a soothing foot ritual to symbolize the cleansing of life's tensions. Relax in the private whirlpool before a gentle exfoliation prepares the skin for a nourishing body wrap. Unwind side-by-side with our Sand Hill Signature Massage and indulge in an aroma bath followed by a tea ritual and private relaxation time to share treasured moments with your loved one. The Spirit Journey, 3.5 hours; treatment only, 2.5 hours

AWAKEN FRESH ENERGY

An escape to revitalize and restore your physical and spiritual balance, this energizing massage treatment offers a true choreography of fluid motion that will regenerate and reconnect your deepest energies. A hot ginger-infused towel will be placed over the lower back area to increase circulation and recharge your batteries. Specially recommended for jetlag, stress and fatigue. 60 or 90 mins.

ESCAPE

This eclectic treatment embraces the spirit of each season, attuning to the natural rhythms and cycles of nature. Life-inspired and life-enhancing, the Escape includes a soft body polish followed by a nourishing body wrap, relaxing bath time and a soothing massage, with each element crafted in honor of the wellness needs for spring, summer, fall and winter. Enjoy the Escape by yourself or share your experience with a partner in a private treatment room. 60 or 90 mins.

SENSE SPA JOURNEY

Every once in a while, we all need to escape. Sneak off for a few hours and allow us to pamper and soothe you. To create your perfect spa getaway, choose one of our Body Sense treatments in combination with 30 minutes of additional massage time to address the physical tension of daily living. A 90-minute facial will address your specific skincare needs, leaving you magically transformed. After a delicious spa lunch, complete your journey with a Signature Pedicure. Includes lunch and 4.5 hours of treatments



BODY SENSE

The spa offers an array of nurturing body therapies. Enjoy these treatments in our Spa Suites or Vichy Room. Following each Body Sense treatment, you will be pampered with a 40-minute massage.

FOREST SANCTUARY

Inspired by the grounding energy of the coastal giants, Rosewood Sand Hill's signature Body Sense treatment restores energy flow, clears the mind and brings a centering balance to your being. Following a gentle exfoliation with native grains and eucalyptus, you will be enveloped in a body wrap infused with scents of the woods. After a warm rainwater rinse, a relaxing massage incorporating aromatherapy and hot stones will gently melt your muscle tension and free your mind of stress. 90 mins. *On-The-Go: Signature Wrap with Vichy, 30 mins.*

HERBAL HARMONY

Based on the century-old tradition of Sebastian Kneipp, each element of this European Cure is individually blended to harmonize your mind, body and spirit. After you select your preferred herbal therapy, your therapist will mix the exfoliant, wrap and massage oils from the finest local herbal ingredients. To complete your Cure, our signature tea ritual is served as you rest cocooned in our relaxation room. 90 mins. *On-The-Go: Signature Exfoliation with Vichy, 30 mins.; Signature Wrap with Vichy, 30 mins.*

SEA CLARITY

Let the rebalancing effects of seaweed renew your body. For sensitive or sun-damaged skin, a calcium-rich, nourishing skin treatment featuring a white algae body mask instantly hydrates and re-mineralizes overexposed skin. For invigorated and toned skin, a detoxifying red algae treatment encourages the absorption of amino acids, minerals and vitamins. The nurturing experience includes a cranial-facial massage to relieve stress as you breathe in a tide-like rhythm. 90 mins. *On-The-Go: Signature Exfoliation with Vichy, 30 mins.; Signature Wrap with Vichy, 30 mins.*

EARTH SERENITY

As one of earth's elements, mud has been honored the world over for its re-mineralizing and detoxifying benefits. More than a typical mud treatment, our signature mud bar takes you on a journey around the world incorporating centuries-old traditions. Choose between the mineral-rich, deep-cleansing Hungarian mud treatment, the nourishing sea mud retreat or our purifying Sedona mud experience. 90 mins. *On-The-Go: Signature Scrub with Vichy, 30 mins.; Signature Wrap with Vichy, 30 mins.*

HAMMAM RENEWAL

The Hammam is an age-old treatment for cleansing and strengthening tissue and restoring the skin's tone and elasticity. The ritual begins with an invigorating body exfoliation followed by a soap lather massage and detoxifying Moroccan Rhassoul mask. Retreat into timelessness throughout the therapeutic massage as oils warm your muscles and renew your body. 90 mins.

MASSAGE THERAPY

Massage offers serenity for the entire body, spirit and soul. It can relax, regenerate and activate your natural power center so that energy will flow and the body will be revitalized. The breath will deepen; mind, spirit and soul will come to peace.

SAND HILL SIGNATURE MASSAGE

Experience a treatment that helps to uncover mysteries. Find the peace represented in the silence of the trees. A powerful full-body massage relieves tension and frees your mind. With special focus on the neck and shoulders, the Signature Massage stimulates energy and blood flow to the brain to increase concentration and improves one's sense of well-being. 90 mins. *On-The-Go: Signature Shoulder & Neck Massage, 30 mins.*

SENSE AROMATHERAPY MASSAGE

Essential oils have a profound effect on body, mind, heart and soul. Your therapist will blend essential oils that speak to your needs of the moment. After a gentle dry brushing, you will receive a balancing massage with your personalized oil. At the end of the 90-minute session, you will be lightly wrapped in dry sheets while receiving a head, neck and scalp massage. The massage oil is yours to keep. 90 mins.

HOT STONE THERAPY

Healing with stones is an ancient form of therapy used by various cultures throughout the ages. The Hot Stone Therapy combines our signature massage techniques with luxuriously warmed aroma therapeutic oils to deeply relax the body. Warm stones melt away the tensions of daily life and provide unmatched deep relaxation. 60 or 90 mins.

THERAPEUTIC MASSAGE

Our highly trained massage therapists are here to listen to you. This customized massage integrates a variety of techniques to release stored tension from within muscular tissues. 60 or 90 mins. *On-The-Go: Tailored to address specific areas in need of attention, 30 mins.*

DEEP TISSUE/SPORTS MASSAGE

Designed for individuals who want a more intense massage, your therapist adapts the techniques during this detailed massage to provide relief from chronic tension in specific muscle groups. 60 or 90 mins.

Enhance your massage with a foot treatment or reflexology, or add our signature Neck & Shoulder Massage for isolated relief of the part of the body that carries the most stress. For couples, we offer a Duet Suite so you may enjoy your treatments side-by-side. Massage options are available in-room at an additional charge. Please ask our spa team for details.

ESSENTIAL SKIN CARE

Our facials are designed to suit individual needs. A personal consultation and skin analysis will assist in determining the specific treatment. All facials include recommendations for homecare to enhance results.

SAND HILL SIGNATURE FACIAL

Experience the synergy of our signature facial. This intensive treatment helps diminish sun-damaged, dull and discolored areas through use of a customized exfoliation. Microdermabrasion, sugar-cane exfoliators and/or fruit enzymes are used to achieve a smoothing and more youthful look. An advanced restorative serum is gently massaged around the eyes and lips to stimulate circulation and diminish fine lines. The skin is instantly brighter and more even-toned. 90 mins.

ADVANCED RADIANCE FACIAL

This transforming treatment provides instant radiance and brilliance by gently resurfacing and deeply cleansing the pores. The facial combines a revitalizing serum and brightening mask to help regenerate healthy skin. Performed regularly, a series of treatments will help increase moisture levels in the skin and minimize the appearance of fine lines. 90 mins.
On-The-Go: Resurfacing treatment only, 30 mins.

SENSITIVE TOUCH FACIAL

Recognizing that many people have extremely sensitive skin, we have designed a facial to address these needs. By calming irritation, replenishing lost nutrients and boosting the skin's natural ability to protect against environmental damage and stress, this treatment is especially effective in soothing skin conditions such as rosacea and sensitive or severely dry skin. 30 or 60 mins.

GENTLEMEN'S FACIAL

For the man who needs to relax, tone and deeply cleanse his skin. Powerful exfoliators open pathways to deliver vitamins, antioxidants and peptides deep into the skin, where active cell renewal occurs. A stress relieving neck and shoulder massage follows to completely relax and indulge the senses. 30 or 60 mins.

HYDRATING MIRACLE FACIAL

Enrich your skin with the "fountain of youth" of facials. This European-style facial is based on the power of touch and addresses your specific concerns—from fine lines or acne to lackluster or sun-damaged skin. Traditional techniques and ingredients proven throughout time to soften and hydrate the skin, along with a rejuvenating massage, take you on a sensory journey. The experience is completed with a luxurious hand and foot treatment. 60 or 90 mins.

Add an additional touch of luxury to your facial with Eyebrow Shaping or a Bright Eyes treatment for the delicate skin around the eyes. Provide extra care for your hands and feet with a PerfectSense™ Paraffin Dip or resurfacing brightening hand or foot treatment.

BLISSFUL BASICS

BEAUTY

BRIGHT EYES

Make the dark circles caused by fatigue, puffiness and lack of elasticity vanish with active ingredients that gently diminish fine lines.

EYE, NECK & LIP CARE

This intensely hydrating treatment helps minimize fine lines and tightens the eye area. The often-neglected neck area is revitalized while chronically chapped lips are polished, renewed and restored.

EYEBROW SHAPING

A well-groomed brow line creates a subtle difference that positively enhances the overall look of your face.



THE ART OF MAKE-UP

Our finishing touch make-up is the perfect way to look great with the optimal amount of make-up (20 mins.). Learn the subtle art of applying make-up while discussing the latest trends (45 mins.). Let our make-up artist transform you for your special occasion (60 mins.).

HANDS

SAND HILL SIGNATURE MANICURE

This “more than a” manicure employs resurfacing agents to restore the youthful appearance of hands by minimizing brown spots and fine lines and softening dry areas. A warm paraffin wrap provides moisturizing benefits followed by cuticle nail work. Your treatment concludes with a soothing hand and arm massage and nail polish of your choice.

ESSENTIAL MANICURE

Focusing on the nails’ appearance, this manicure includes a moisturizing treatment, cuticle conditioning, shaping and polish change.

MEN’S HAND TREATMENT

Tailored to be enjoyed in the privacy of your treatment room, the traditional results of a manicure are enhanced to soften the skin and tidy and buff your nails so that your hands are fit for presentation.

FEET

SAND HILL SIGNATURE PEDICURE

Our signature pedicure is a foot experience of pure luxury that goes beyond traditional pedicures to restore smoothness and revive circulation. The proven power of resurfacing agents is used to eliminate dry and callused skin build-up. Tension is released with a relaxing foot stone massage followed by a deep hydration paraffin dip.

ESSENTIAL PEDICURE

After a mineral foot soak, rough skin is exfoliated and massaged with a natural foot balm rich in aromatic oils. Nail care includes cuticle conditioning, nail shaping and buff shine or polish.

MEN’S FOOT TREATMENT

In the privacy of your treatment room, we remove hardened skin and calluses, apply an invigorating mask, and tidy and buff your nails before you kick back and enjoy a fantastic foot massage.

HAIR

Our salon blends beauty with well-being to create the ideal style that works with your face shape, skin tone, hair texture and lifestyle. Cutting, styling, color, hair treatments and special occasion styling are available.

WAXING

Available for lip, eyebrow, chin, back, underarm, leg and bikini.

TREATMENT MENU PRICE LIST

SENSE EXPERIENCES

Sense Signature Ritual (3 hrs.)	\$355
The Spirit of California: For Two (3.5/2.5 hrs)	\$660 per couple/\$590 per couple
Awaken Fresh Energy (60/90 mins.)	\$135/\$195
Escape (60/90 mins.)	\$135/\$195
Sense Spa Journey (4.5 hrs. + lunch)	\$540

BODY SENSE

Forest Sanctuary (30/90 mins.)	\$85/\$195
Herbal Harmony (30/90 mins.)	\$85/\$195
Sea Clarity (30/90 mins.)	\$85/\$195
Earth Serenity (30/90 mins.)	\$85/\$195
Hamam Renewal (90 mins.)	\$195

MASSAGE THERAPY

Sand Hill Signature Massage (30/90 mins.)	\$85/\$195
Sense Aromatherapy Massage (90 mins.)	\$195
Hot Stone Therapy (60/90 mins.)	\$135/\$195
Therapeutic Massage (30/60/90 mins.)	\$85/\$135/\$195
Deep Tissue/Sports Massage (60/90 mins.)	\$135/\$195
Reflexology (30/60 mins.)	\$85/\$135

ESSENTIAL SKIN CARE

Sand Hill Signature Facial (90 mins.)	\$195
Advanced Radiance Facial (90 mins.)	\$195
Sensitive Touch Facial (30/60 mins.)	\$85/\$135
Gentlemen's Facial (30/60 mins.)	\$85/\$135
Hydrating Miracle Facial (60/90 mins.)	\$135/\$195
Resurfacing Treatment (30 mins.)	\$85

BLISSFUL BASICS

Bright Eyes (add-on, 30 mins.)	\$45+
Eye, Neck & Lip Care (add-on, 30 mins.)	\$45+
Eyebrow Shaping (add-on, 30 mins.)	\$45+
The Art of Make-Up (20/45 mins.)	\$45/\$95
Special Occasion Make-Up	\$115
Sand Hill Signature Manicure (60 mins.)	\$65
Sand Hill Signature Manicure: French (75 mins.)	\$80
Essential Manicure (30 mins.)	\$35
Essential Manicure: French (45 mins.)	\$50
Men's Hand Treatment (45 mins.)	\$55
Sand Hill Signature Pedicure (60 mins.)	\$85
Sand Hill Signature Pedicure: French (75 mins.)	\$100
Essential Pedicure (45 mins.)	\$65
Essential Pedicure: French (60 mins.)	\$80
Men's Foot Treatment (60 mins.)	\$65
Nail Polish Change Only	\$25
Paraffin Dip	\$15
Waxing	\$vary
Hair	\$vary

Prices subject to change.

SPA ETIQUETTE & POLICIES

ARRIVALS Treatments are carefully planned to accommodate each and every client. In the spirit of mutual respect, we kindly request that you arrive on time. You are encouraged to arrive 30 minutes prior to your appointment to enjoy the facilities. Late arrivals will be finished within the scheduled treatment time while the fee remains unchanged.

SPA AMENITIES On arrival you will be supplied with a bathrobe, sandals and locker for your clothing and personal belongings. You will also find ample towels throughout the spa. Disposable underwear is provided for all body treatments. Spa amenities such as deodorants, razors, mouthwash, sanitary napkins, styling products and a touch of make-up are available. The spa maintains a Wellness Library complete with books on stress reduction, meditation and healthy living for use during your visit.

ETIQUETTE Our environment is one of tranquility and relaxation. We ask that you speak with a quiet voice while at the spa. In consideration of other spa guests, please switch off mobile phones and pagers. If using headphones, please make sure the volume is not audible to other guests. The spa is a non-smoking zone. For your safety, proper closed-toe fitness shoes and clothing are required in the fitness center.

SPECIAL REQUESTS Feel free to request your preference for a specific technician or gender of therapist for your treatment. Our trained professionals properly drape you throughout the spa service. We strive to accommodate your requests based on availability. If you need assistance during your visit—such as an adjustment to lighting, sound or temperature, or to the pressure or technique of your spa service—please do not hesitate to speak with your therapist.

IN-ROOM TREATMENTS The spa offers in-room massage. A surcharge of \$25 applies.

HEALTH To maximize the benefits of your spa experience, please inform us of any health issues, allergies or injuries that may make the treatment you have chosen unsuitable. We will be happy to advise safer alternatives.

PREGNANCY We have specially designed treatments for expectant mothers. Please allow us to assist you in selecting suitable treatments for this special time. We advise you to consult with your physician prior to booking.

CHILDREN In consideration of safety, young adults 16-18 years of age are welcome to visit the spa and fitness center with adult supervision. Salon services are available for guests of all ages.

CANCELLATIONS Please allow at least 24 hours notice for cancellation to avoid being charged in full. If we are able to re-book your appointment time with another guest, the cancellation fee will be waived. A rescheduling fee of \$45 will apply to treatments changed within the 24-hour period. No shows are charged at full treatment rate. For group cancellation policies, please inquire with your group coordinator.

LOSS OR DAMAGE We regret that we cannot be responsible for any loss or damage to personal items and valuables during your visit. Please do not wear jewelry to the spa.

CONFERENCE & CORPORATE PACKAGES The spa offers treatments, spa packages and incentive certificates to inspire and motivate your staff members.

HOURS & ADMISSION Hotel guests enjoy complimentary access to the spa and fitness facilities weekdays from 5:30 am to 11:00 pm and weekends from 7:00 am to 9:00 pm. The spa offers treatments from 9:00 am to 9:00 pm. Blissful Basics are available from 10:00 am to 7:00 pm. We recommend scheduling treatments well in advance to ensure preferred appointment times. For non-hotel guests wishing to experience the spa, our daily fee is waived upon availability with a 90-minute facial, body or massage treatment. Credit card and contact details are required at the time of reservation to guarantee external bookings.

MEMBERSHIP Take your health to the next level. Contact the spa for more information.

SPA BOUTIQUE The boutique offers a unique collection of clothing, accessories and personal spa products as well as gift items and gift certificates.

For appointments, gift certificates or further information, please contact us at:

Sense, A Rosewood Spa™
Rosewood Sand Hill

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