



Meadowood Spa & Wellness Group Offerings

TREATMENTS

THE ESSENTIAL JOURNEY

90 minutes

Our signature experience features a wellness sojourn in harmony with your 60 minute massage or facial. Begin with a wellness dialogue with your provider followed by a customized pre-treatment experience to optimize your service.

CURATED MASSAGE

60 minutes

Allow our seasoned massage therapists to customize a massage that is exactly to your liking. Using a wide variety of techniques, you will be able to experience relaxation, therapeutic work and relief from daily stress.

CURATED FACIAL

60 minutes

Following a brief consultation, your esthetician will tailor a facial to provide you with optimum results utilizing gentle yet effective products and techniques.

CURATED BODY TREATMENT

60 minutes

An exfoliation and body wrap will slough dry skin and give you a renewed glow. Choose from a detoxifying mud, re-mineralizing Algae or hydrating aloe shea wrap.



FITNESS CLASSES

MEADOWOOD SIGNATURE HIKE

60 to 120 minutes

Enjoy Meadowood's beautiful, natural setting with a guided hike along the trails encircling our property. Hikes are mild to moderate and a wonderful way to experience the great outdoors while exercising.

CARDIO STRENGTH

60 minutes

This class allows individuals to train for improvements in everyday real life activities. Through the use of hand weights, real life functional movement patterns, such as twisting, bending, pushing, pulling, lunging and squatting, are executed in a fun and creative way. You will walk away feeling more confident and ready to take on daily activities with more energy. Core training, balance and flexibility are all included to create a complete, well rounded program.

YOGA

60 minutes

A calming, stress-relieving yoga class can stretch and strengthen the body gradually. Emphasis is on building awareness of the breath and the body. Asanas are practiced at a slower pace with attention to alignment and detail. Recommended for all levels, this class is ideal for those seeking a soothing, relaxing, and restorative experience.

ECO FITNESS

60 minutes

Enjoy an outdoor workout around the beautiful grounds of Meadowood. Eco fitness incorporates strength exercises along with cardio work utilizing the hiking trails and lawns. The workout is completed with core work and stretching. The instructor will tailor the workout to meet the guest's needs, so it can accommodate beginner through advanced.



MEADOWOOD
Napa Valley