

# WINVIAN FARM



LITCHFIELD HILLS  
CONNECTICUT

## Winvian Farm Spa Menu

Winvian Farm offers a blissful array of five-diamond spa services at our luxury Spa in the Litchfield Hills of Connecticut. From Aromatherapy, Swedish and hot stone massage to restorative facials and body scrubs, we uphold a commitment to natural ingredients with esteemed Biologique Recherche and Yonka Paris amenities. Winvian Farm invites individuals, couples, and area community members to indulge in our Zen-like atmosphere and restorative healing arts.

### Massages

**Ashiatsu Massage** | A form of barefoot massage. The therapist utilizes parallel bars in the ceiling to balance while allowing gravity to deliver deep broad pressure. Perfect modality for those seeking particularly deep work.

50 Minute – \$300++      80 Minute – \$350++

**Couples Massage** | Come experience our exclusive Forty Winks Suite. After a massage of your choice, relax for an additional thirty minutes in the suite by a warm fire while sipping champagne.

Aromatherapy – 50 Minute – \$465++      80 Minute – \$565++

Deep Tissue – 50 Minute – \$505++      80 Minute – \$635++

Hot Stone – 80 Minute – \$685++

Swedish – 50 Minute – \$455++      80 Minute – \$535++

**Deep Tissue Massage** | For those who require a deeper touch to penetrate the muscles by working on trigger points.

50 Minute – \$190++      80 Minute – \$255++

**Hot Stone Massage** | Smooth heated basalt stones are placed along the body's meridians and used throughout the massage to relieve tension and stress.

80 Minute – \$280++

**Pink Himalayan Salt Massage** | Experience maximum relaxation as Hot Himalayan Salt Stones melt away stress and muscle tension. Himalayan Sea Salt contains 84 minerals to replenish and alkalize the skin. Heat combined with the salt releases negative ions leaving you feeling balanced and grounded.

80 Minute – \$290++

**Prenatal Massage** | This is a side-lying massage with light relaxing pressure. Great for stimulating circulation, reducing swelling, and easing neck and back pain. *\*Not recommended during first trimester*

50 Minute – \$170++      80 Minute – \$255++

**Scalp Massage** | A head massage designed to relax the mind and encourage circulation. Tension is felt within the head and neck, so scalp massage can be very effective as a stress reducer. Warm oil is massaged throughout the scalp, working to relax tight muscles in the temple and neck regions.

30 Minute – \$90++

**Signature Aromatherapy** | Enjoy a full body Swedish massage using light essential oils of Cedar wood & Juniper to melt away muscle tension & improve circulation leaving you deeply relaxed and balanced.

50 Minute – \$180++      80 Minute – \$220++

**Swedish Massage** | Designed to promote relaxation, relieve tension, and improve circulation

50 Minute – \$165++      80 Minute – \$205++

**Thai Massage** | A 2,500-year-old healing art performed comfortably clothed, combines acupressure, myofascial release, rocking, yoga flow and stretching. This Asian therapy reduces headaches, increases energy and flexibility, eases sciatica and promotes relaxation for the mind, body, and spirit.

50 Minute - \$190++      80 Minute – \$265++

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**Yomassage** | A 60- or 90-minute session that can be done with up to 4 people. The focus is on mindful breathing, gentle stretching, and therapeutic touch. Like in a yoga class, you will be in supported positions on the floor. You will be guided through breathwork, a mindful meditation, and massage will be provided to everyone in the session. The goal of the session is to calm the nervous system, increase body awareness and become more comfortable within the body mind and spirit.

60 Minute (1 person) – \$175<sup>++</sup>

90 Minute (1 person) – \$200<sup>++</sup>

60 Minute (2-4 persons) – \$150<sup>++</sup>/person

90 Minute (2-4 persons) – \$175<sup>++</sup>/person

**Zero Balancing Massage** | Zero Balancing (ZB) is a powerful touch therapy for body and mind. Deeply relaxing and energizing, ZB touches your core, at the level of bone, to promote wellness and balance, guest remains fully clothed in comfortable clothing.

50 Minute – \$195<sup>++</sup>

## Enhance your Massage

Gommage Hydrating Body Treatment – \$50<sup>++</sup>  
*Hydrating, soft cream exfoliation*

Gommage Nourishing Gel Exfoliant – \$50<sup>++</sup>  
*Soft & granular free body exfoliation*

Gommage Sel Pro Re-Mineralizing Salt Exfoliator – \$50<sup>++</sup>  
*Invigorating & granule body exfoliation*

Scalp Massage – \$60<sup>++</sup>

## Skin Care

**Biologique Recherche Illuminating Facial** | This customized facial treatment combines unique massage techniques with the highly concentrated active ingredients of Biologique Recherche skincare. Personalized to repair and nourish, this facial will brighten, hydrate, purify, and reinforce skin at the cellular level. Bio-active, cold formulated and raw ingredients penetrate to work below the surface of the skin. Perfect for skin that is beginning to show signs of aging and hyperpigmentation. Your complexion is visibly unified with a health radiant glow.

60 Minute – \$250<sup>++</sup>

**Biologique Recherche Ultimate Facial** | The most intensive and results oriented facial we offer. This treatment features a firming, lifting, and exfoliating Booster, followed by the application of a hydrating masque, and finished with the application of the *Seconde Peau*. *Seconde Peau* (Second Skin) is a cosmetic alternative to injections which accelerates cell renewal and optimizes regeneration for a visible and immediate tightening effect. The *Seconde Peau* is an electro spun mask made up of 80% hyaluronic acid and used with a special serum which accelerates the bioavailability of the hyaluronic acid contained in the patches while providing lifting and smoothing properties. A world premiere in skincare. The treatment includes a hand and arm massage. Immediate results are noticed – skin tone, clarity, and elasticity are all dramatically improved and restored.

1 Hour 30 Minute – \$450<sup>++</sup>

**Crystal Clear Deluxe** | Combination of our microdermabrasion and oxygen facials.

80 Minute – \$300<sup>++</sup>

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**Microdermabrasion Facial Treatment** | Microdermabrasion is a non-invasive, skin resurfacing procedure that gently exfoliates or polishes away the top layer of dead skin cells while stimulating collagen growth to reveal healthy new skin that looks and feels smoother. Fine lines, blemishes, dull-skin, and sunspots can be improved, especially with regular treatments. Products such as: moisturizers, creams, and lotions are more easily absorbed, and therefore more effective after microdermabrasion treatment. This is a painless skin treatment that can be added to your beauty routine.

60 Minute – \$225<sup>++</sup>

**Oxygen Facial (great for ALL skin types)** | Our oxygen treatment works with added serums which contain vitamins and other active ingredients that re-energize skin cells and reverse free radical damage, thus plumping up tired and dull skin. It creates the production of new healthy skin cells, reversing signs of aging. Better for you and your skin than Botox and injectables.

60 Minute – \$250<sup>++</sup>      6 Treatment Collection – \$1275<sup>++</sup> (savings of \$225)

**YONKA Paris® Alpha-Vital Fruit Enzyme Peel** | This anti-aging treatment is specifically designed for clients with fine lines or deep wrinkles. It will bring out the skin's natural glow, restoring smoothness as early as the first treatment. Also includes relaxing face, neck, and neckline massage.

60 Minute – \$220<sup>++</sup>

**YONKA Paris® Le Grande Classique Aromatic Deep Pore Cleansing** | This deep cleansing, detoxifying, and relaxing custom treatment for men and women leaves you with clean, perfectly balanced skin and a radiant complexion. Yonka's exclusive 5-step deep cleansing regimen includes exfoliation, oxygenating essential oils, and aromatic hydration. The treatment includes a face, neck, shoulder, hand & scalp massage.

60 Minute – \$180<sup>++</sup>

**YONKA Paris® Éclait Cocoon | Ultra-hydrating & Relaxing Treatment with Hot Stones** | For "stressed" skin that is dehydrated and lacking radiance. Using hot stones, warm intensely hydrating aromatic preparations, and an enveloping and relaxing massage, the tension is released, the complexion lights up, and the whole body gives in to tranquility and softness.

60 Minute – \$200<sup>++</sup>

**YONKA Paris® Excellence Code Anti-Aging** | This facial is designed for mature skin ages 55+. You will experience a deep exfoliation with energy point massage, draining & lifting techniques. You will experience a bio cellulose mask, which targets fine lines & wrinkles with a plumping result. Neck, shoulder, and hand massage are included in this facial.

60 Minute – \$250<sup>++</sup>

**YONKA Paris® Hydralessence Facial | Long-lasting & Deeply Hydrating** | This high-performance facial smooths & softens dry skin using 2 super hydrating masks; one including a massage with a fine aromatic mist; and the application of a repairing, hydration-reactivating duo using Yonka's exclusive techniques.

60 Minute – \$200<sup>++</sup>

**Winvian Signature Biologique Recherche Facial** | This Biologique Recherche signature treatment is designed to improve your skin instantly. After a Skin Instant® diagnosis, a customized treatment addresses the skin's needs such as revitalization, hydration, regeneration, etc. This effective treatment begins with a deep cleansing massage, a gentle P50 exfoliation, the application of a Booster to address specific needs, followed by the application of custom selected and combined masks, serums, creams, and the last touch, a finishing serum to leave you with healthy and glowing skin.

60 Minute – \$250<sup>++</sup>

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### Enhance your Skin Treatment

Biologique Recherche Patches Défatigants Eye Mask – \$30<sup>++</sup>  
*Immediately revives the eye area. Instantly depuffs and refreshes tired eyes.*

Biologique Recherche Seconde Peau (Second Skin) – \$180<sup>++</sup>  
*Increases cohesion, firmness, and density of the skin*

Cold Mask – \$65<sup>++</sup>  
*Soothing and purifying peel-off mask*

## Body Treatments

**Aroma Luxe Massage** | Four specialized massage techniques were developed to showcase Yon-Ka's expertise, using an all-natural, unscented massage oil, which is then personalized with the concentrate of choice. Aroma-Luxe, a full body manual massage experience utilizing relaxing, draining, and energizing techniques. Aroma-Sculptant, a toning massage with bamboo that focuses on the legs for a sensation of lightness. Aroma-Relax with warm volcanic stones, eases muscle tension on the back. Finally, Aroma-Energy for the hands and feet uses acupressure to remove energy blockages and relieve stress.

50 Minute – \$180<sup>++</sup>      80 Minute – \$250<sup>++</sup>

**Back Facial** | Enjoy cleansing, masking, and massaging of the back with Yonka's exquisite body cremes. Enhance the experience by adding an exfoliating Gommage.

60 Minute – \$150<sup>++</sup>      80 Minute – \$200<sup>++</sup>

**Collection of Six 60 Minute Body Treatments** | Six treatments – to include three 60 Minute Hydralessence & three 60 Minute Yonka Phyto-Fermete  
\$1620<sup>++</sup> (savings of \$175 – no expiration)

**Hydralessence Body Treatment** | Foot compresses, exfoliation, shower/warm towels, masque & massage, compresses with toner. Conclusion: aromatic awakening, body stretching, & massage.

60 Minute – \$299<sup>++</sup>

**Private Yoga** | This private session is focused exclusively on your needs and skill level.

60 Minute – \$150<sup>+</sup>      Additional Person – \$50<sup>+</sup> (exempt from use with spa credits)

**Reflexology** | An ancient therapy using gentle pressure on the feet to relieve pain and tension in the body while restoring energy and balance.

50 Minute – \$175<sup>++</sup>      80 Minute – \$195<sup>++</sup> (includes feet & hands)

**Tibetan Sound Therapy** | Spend one hour relaxing the mind and body while also promoting healing. With the use of Tibetan and crystal singing bowls, clear your energetic blockages and induce a state of ease and harmony.

60 Minute – \$150 (\$50 for an additional guest)

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**YONKA Paris® Phyto-Fermete Body Treatment** | A body treatment that firms and lifts. Includes: foot compresses, firming massage techniques, wraps, and stimulating hydration. Conclusion: aromatic awakening, body stretching, & massage.

60 Minute – \$299++

## Spa Packages

Reserve the morning or afternoon to pamper yourself with one of Winvian Farm's exclusive spa packages created with everyone in mind, to unwind and relax.

### Vivian

60 Minute – Private Yoga Session  
60 Minute – Le Grand Classique Facial  
50 Minute – Swedish Massage  
**\$445++ per Person**

### Harmony

80 Minute – Aroma Luxe Body Treatment with Gommage Exfoliating Scrub  
80 Minute – Hot Stone Massage  
**\$450++ per Person**

### Serenity

50 Minute – Thai Massage  
60 Minute – BR Illuminating Facial  
50 Minute – Reflexology  
**\$555++ per Person**