



THE LODGE AT SONOMA DEBUTS REIMAGINED SPA CONCEPT AND NEW WELLNESS PACKAGE

The charming resort unveils a new spa and an unmatched wellness experience in the heart of wine country

SONOMA, Calif. (July 6, 2022) – [The Lodge at Sonoma, an Autograph Collection Resort](#) is pleased to announce the highly anticipated opening of [The Spa at The Lodge](#), a full-service luxury spa and blissful sanctuary nestled in the serene hills of wine country. The spa offers a range of curated treatments incorporating botanicals indigenous to the Sonoma Valley, honoring the resort's commitment to signature rituals and offerings that embody the unique salt-of-the-earth spirit of the region.

Inspired by bold women of California history, The Spa at The Lodge embodies the creative and free-spirited lifestyle of California, with a ruggedly chic essence that is adventurous yet feminine. Tucked away on the lush resort grounds, the 7,796-square-foot spa boasts upscale interiors by [Wilson Ishihara](#) and serves as a tranquil respite, featuring a contemporary and inviting lounge space; charming boutique; an outdoor dry barrel sauna; scrub showers; and a private garden soaking pool and whirlpool spa.

“We are very excited to welcome guests to a new relaxation sanctuary in Sonoma,” said Chris Wingerberg, General Manager at The Lodge at Sonoma. “The Spa at The Lodge is designed to be a tranquil haven in wine country, where guests can revitalize their mind, body, and soul with a curated menu of creative treatments that offer a distinctly local twist on traditional spa services in a serene setting.”

The regionally inspired design of The Lodge at Sonoma is showcased in the spa's warm interiors, underscoring the resort's celebration of Sonoma's rich history and natural beauty. Natural fabrics, custom artwork and embroidered textiles complement wood floors while marble interiors create an elevated rustic aesthetic. Accented with earthy neutral palettes, playful blush tones and natural materials within, the new spa design invites guests to reconnect with themselves to find a sense of grounding.

The Spa at The Lodge invites guests to recharge and revitalize in an inviting space that seamlessly blends into 11 rejuvenating treatment rooms, including two dedicated deluxe couples rooms along with separate facial and massage rooms. The serene outdoor garden space features soaking pools, a whirlpool spa and private cabanas – plus a dry barrel sauna, cleverly designed to resemble a wine barrel made out of rustic cedar. Treatments include a range of innovative therapies from CBD massages to anti-aging facials to celestial full body rituals timed to the lunar calendar. Holistic offerings incorporate natural herbs, native botanicals and minerals to pay tribute to the resort’s natural surroundings.

While the menu will evolve, sample standout therapies include:

- **Valley of the Moon Body Ritual** (Full Body & Cosmic Experience)
 - Honoring Sonoma’s nickname as the ‘Valley of the Moon’, this 90-minute full body treatment uses sacred gemstones combined with the curative power of the moon in this beautifying, cleansing body experience. The lunar ritual begins with a full body massage using handpicked gemstones to match the current calendar full or new moon event – drawing upon that specific energy to enhance overall wellbeing.
- **Celestial Renewal Body Ritual** (Signature Massage & Full Body Experience)
 - The stars align in Sonoma with this 90-minute transformative, cosmic-inspired full body ritual. Senses awaken as a whipped shea butter sugar scrub buffs away dryness, revealing fresh, polished beautiful skin. Weary muscles melt into relaxed states as heated herbal poultices infuse skin with healing minerals while pressing away soreness. Guests enter a blissful, celestial state while being anointed in moon dip age defying body mousse whilst being enveloped in a skin transforming cozy full body cocoon. At a heightened state of relaxation, the experience concludes with a cooling CBD massage.
- **Floral CBD Facial** (Skincare Treatment)
 - Indulge in a performance-driven facial with active florals and CBD-infused products delivering calming, soothing, and brightening effects while healing the skin for a radiant glow.

Additional signature massage treatments include the Lodge Relaxation Massage, Himalayan Salt Stone Massage and CBD Therapeutic Massage and Aromatherapy Massage while full-body treatments include the Body Refiner, Renew & Restore and CBD Detox Body Wrap. Skincare treatments offered include the Reversive Anti-aging Facial, Vitamin C Facial, and the Hyaluronic Acid Facial. Couples treatments are offered within romantic treatment rooms featuring a fireplace and private patio.

Wellness in Wine Country Package

In celebration of the spa’s opening, The Lodge at Sonoma has debuted a special wellness-focused package for guests seeking the ultimate self-care getaway in wine country. Package inclusions are as follows:

- Three-night stay in the resort’s cozy, secluded cottage accommodations, complete with private patios with soaking tubs
- Special “wine down” service featuring in-room amenities of a Lavender Face Mask and Sleep Mist for a post-wine tasting nap
- ‘Valley of The Moon’ full-body spa treatment
- Daily access to spa facilities
- Dinner for two at Wit & Wisdom
- Daily breakfast

The Wellness in Wine Country Package is available starting at \$3200 for 3 nights (inclusive of taxes and fees. Available between July 18 - December 31, 2022, 2022.

The Spa at The Lodge operates on Sunday, Monday and Thursday 9:30 a.m. to 5:30 p.m, and Friday and Saturday from 9:30 a.m. to 6:30 p.m. Coming soon, guests can look forward to dedicated packages and experiences for weddings and groups. For a wellness focused celebration, guests can book an aptly named 'Spa'rtly' – perfect for a weekend getaway, bachelorette, bridal party and more.

Outside of the spa, guests can also enjoy top-notch amenities and dining concepts onsite, from delicious locally grown cuisine for dinner at [Wit & Wisdom](#), lauded Chef Michael Mina's first wine country restaurant, to farm fresh fare at Benicia's Kitchen for breakfast and lunch to poolside cocktails at High Horse Bar. With movement as an essential part of wellness, guests can also choose to explore the charming and romantic town of Sonoma via bicycle with the resort's Pedal for Pinot program to taste the region's finest wines. After a day in Sonoma, guests will unwind in cozy accommodations, many of which feature fireplaces and private soaking tubs.

For more information or to place a reservation, please call The Lodge at Sonoma at (707) 935-6600 or visit thelodgeatsonoma.com. Spa reservations must be placed in advance and can be made online at thespaatthelodge.com or by calling 707-931-3434.

Treatment menu and spa renderings available [HERE](#) (Credit: Wilson Ishihara Design).
General resort imagery can be found [HERE](#). (Credit: The Lodge at Sonoma)

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About The Lodge at Sonoma, Autograph Collection Resort

Surrounded by the serene hills of Sonoma in the heart of wine country, The Lodge at Sonoma, an Autograph Collection hotel embodies the salt-of-the-earth spirit of Sonoma. Honoring Sonoma's commitment to craft, the charming wine country resort boasts 182 guest rooms, suites, and cottage accommodations – some of which feature new private outdoor soaking tubs and fireplaces - and offers completely redesigned spaces, distinct culinary concepts, and unexpected experiences. Highlights include Chef Michael Mina's first wine country restaurant, [Wit & Wisdom](#); High Horse Bar, a horse trailer turned endearing poolside bar; Benicia's Kitchen serving up farm fresh fare; and more. After a day of adventures, guests can retreat to the Raindance Spa for locally inspired treatments that highlight an array of indigenous botanicals found throughout the property and region. The property also has 32,000 square feet of indoor and outdoor function space. Whether it's weddings, memorable meetings, family gatherings, romantic getaways or solo traveling, the resort offers unparalleled opportunities to relax, immerse and enjoy the best of wine country.

About Trilogy Spa Holdings

Founded in 2011 by David Stoup, Co-Founder of La Prairie Cosmetics and former CEO of Red Door Spas, Trilogy Spa Holdings is one of the world's few spa management companies made up of professionals from the hospitality and spa industries. Trilogy's portfolio of hotel brands includes Four Seasons, Fairmont, Ritz-Carlton, Waldorf Astoria, and Westin in markets as diverse as New York City, California, Arizona, Texas, and Puerto Rico. Lessening the burden on hotel ownership and management, Trilogy oversees spa departments, including marketing, human resources, operations, and retail. Pre-pandemic, Trilogy revenues were up by an average of 20% year-over-year at the spas they manage, and post-pandemic, all of Trilogy's spas are profitable. The Arizona-based company focuses not only on a spa's bottom line but

also on how to fortify the “soul” of each of its clients in this unique, personalized, and service-forward business. For more information, visit www.trilogyspaholdings.com.

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