

WINVIAN SPA MENU



WELCOME

Winvian 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 Yon-Ka Paris® amenities. Winvian Farm invites individuals, couples, and community members to indulge in our Zen-like atmosphere and restorative healing arts.





SCALP & HAIR RENEWAL HEAD SPA

This elevated ritual is entirely customized to your hair and scalp's unique needs, beginning with a gentle diagnostic and unfolding through a sequence of deeply purifying cleanses, restorative treatments, and nourishing hydration.

Infused with soothing massage techniques, this service melts away tension, awakens circulation, and nurtures the foundation of healthy, radiant hair. The result is a scalp renewed, strands revitalized, and a tranquil state of mind that lingers long after you depart.

60 minute - \$325

MASSAGES



SWEDISH

Designed to promote relaxation, relieve tension, and improve circulation.

50 minute - \$195++ | **80 minute**- \$255++

HOT STONE

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

50 minute - \$275++ | **80 minute**- \$350++

SIGNATURE AROMATHERAPY

Enjoy a full-body Swedish massage using the light essential oils of Cedarwood & Juniper to melt away muscle tension and improve circulation - leaving you deeply relaxed.

50 minute - \$215++ | **80 minute**- \$265++

DEEP TISSUE

For those who require a deeper touch to penetrate the muscles by working trigger points.

50 minute - \$235++ | **80 minute**- \$295++

PINK HIMALAYAN SALT

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 balanced and grounded.

50 minute - \$275++ | **80 minute**- \$350++

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 for first trimester

50 minute - \$235++ | **80 minute**- \$295++

Guests in their first trimester of pregnancy are not eligible for spa services.

Outdoor Massages are available for an additional charge per person (seasonal & weather permitting)



COUPLES MASSAGES

Indulge in the ultimate relaxation experience with our exclusive Couples Suite. Unwind with a luxurious massage tailored to your preference, and then take pleasure in thirty minutes of pure bliss next to a crackling fire, all while enjoying a glass of chilled champagne. Our Couples Massage package is priced per couple, ensuring that you and your partner can bask in the tranquility and rejuvenation together.

SWEDISH

Designed to promote relaxation, relieve tension, and improve circulation.

50 minute - \$515++ | **80 minute**- \$685++

DEEP TISSUE

For those who require a deeper touch to penetrate the muscles by working trigger points.

50 minute - \$595++ | **80 minute**- \$765++

SIGNATURE AROMATHERAPY

Enjoy a full-body Swedish massage using the light essential oils of Cedarwood & Juniper to melt away muscle tension and improve circulation - leaving you deeply relaxed.

50 minute - \$555++ | **80 minute**- \$705++

HOT STONE

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

50 minute - \$715++ | **80 minute**- \$875++

Outdoor Massages are available for an additional \$50 per person (seasonal & weather permitting)

SKIN CARE



YON-KA PARIS® CBD SLEEP TREATMENT

Yon-Ka's CBD treatment for the face, back, hands, and feet relieves tension and promotes restful sleep through a multi-sensory experience with pure CBD. This soothing treatment includes a relaxing back massage and targets 9 energy points to combat stress, combined with a hydrating facial to rebalance your skin. Ideal for reducing stress and enhancing sleep, this treatment is perfect for anyone needing rest and recovery.

70 minute - \$310++

YON-KA 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 - \$255++

YON-KA PARIS® LE GRANDE CLASSIQUE AROMATIC DEEP PORE CLEANSING

This exclusive treatment curated by Yon-Ka deeply cleanses, detoxifies, and relaxes. Leaving the skin clean, balanced, and radiant. It involves a 5-step regimen with exfoliation, oxygenating essential oils, and hydration, along with a massage for the face, neck, shoulders, hands, and scalp.

60 minute - \$230++ | **Vitamin C20 Serum Add-On** - \$45++ **Couples 60 minute** - \$600 ++

YON-KA PARIS® EXCELLENCE CODE ANTI- AGING

This facial is designed for mature skin - ages 55+. Indulge in deep exfoliation with an energy point massage, draining, and lifting techniques.

You will experience a bio-cellulose mask, which targets fine lines & wrinkles with a plumping result. Neck, shoulder, and hand massages are included in this facial.

60 minute - \$305++

YON-KA 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 Yon-Ka's exclusive techniques.

60 minute - \$245++

YON-KA PARIS® ÉCLAIR COCOON ULTRA-HYDRATING & RELAXING TREATMENT WITH HOT STONES

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 - \$235++

Vitamin C20 Serum Add-On - \$45++

SKIN CARE CONT.



MICRODERMABRASION

Microdermabrasion is a non-invasive skin resurfacing procedure that removes dead skin cells, stimulates collagen growth, and improves skin texture. It helps with fine lines, blemishes, dull skin, and sunspots, enhancing the absorption and effectiveness of skincare products.

60 minute - \$285++

Vitamin C20 Serum Add-On - \$45++

OXYGEN FACIAL

Our oxygen treatment with added serums revitalizes skin cells, reverses free radical damage, and boosts new healthy skin cell production, reducing signs of aging. It is a natural alternative to Botox and injectables.

60 minute - \$375++

CRYSTAL CLEAR DELUXE

Combination of our microdermabrasion and oxygen facials

70 minute - \$450++

VITAMIN C25 FACIAL

This multi-corrective anti-aging treatment features three skin-brightening steps: deep exfoliation; 25% Vitamin C ampoule; and skin clarifying freshly prepared modeling mask. The actives of these key steps work in synergy to rejuvenate skin. Skin looks and feels younger, with renewed radiance and density. Face, neck, shoulder, and hand massage are included in this facial.

60 minute - \$295++

WINVIAN ULTIMATE FACIAL

This comprehensive facial is the ultimate care to treat the signs of mature, aging skin. It's the perfect balance of technically advanced products and sensory pleasure that promotes radiance, reduces dark spots, smooths wrinkles, and firms and sculpts the skin. This luxurious, diamond-tiered facial experience includes deep exfoliation, oxygen infusion, specialized techniques, and cryotherapy. Face, neck, shoulder, and hand massage are also included in this facial.

80 minute - \$490++

GENTLEMAN'S FACIAL YON-KA'S MEN'S INTENSIVE

An energizing facial for men that revives a tired and dull complexion. The treatment can be customized to purify, hydrate, or combat lines and wrinkles and is suitable for all skin types. Includes massage for the face, neck and shoulders.

50 minute - \$230++

EXPRESS GENTLEMAN'S FACIAL YON-KA'S MEN'S EXPRESS

An express detoxifying treatment for men. Perfect for introducing skincare or when you are short on time and want to care for your skin.

30 minute - \$200++



BODY TREATMENTS

WINVIAN TOTAL BODY RESET

A balancing fusion of massage and body treatment in one. If you are looking for a total body reset and recharge, this is the treatment for you. The service includes balancing energy points on the face and neck, scalp and ear massage, plus classic full body massage fused with rebalancing movements using the indulgent Taiga warm oil candle with the aromatherapy of cedar, cypress, pine, and mandarin. You will feel refreshed, rejuvenated, and re-energized.

80 minutes - \$390++

AROMA LUXE BODY SKIN TREATMENT

Four specialized techniques were developed to showcase Yon-Ka's expertise, using an all natural, unscented oil, which is then personalized with the concentrate of choice. Aroma-Luxe, a full body 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 minutes - \$225++

With Gommage Scrub - \$265++

A WALK IN THE FOREST

Experience Yon-Ka's invigorating essential oils from France, like Cedar and Cypress, in a full-body treatment that combines toning and aromatherapy.

This rejuvenating method targets major muscle groups and includes dry brushing, a Guerande sea salt scrub with algae, and nourishing plant oils. The treatment aids in body sculpting, reduces cellulite appearance, and leaves you feeling more toned, relaxed, and well.

80 minute - \$305++

WINVIAN'S SUMMER GLOW

A classic treatment that provides an authentic golden glow without the damaging effects of the sun's UV rays. Featuring full body dry brushing, followed by a relaxing manual application of sunless tanner. Golden color develops 3-4 hours after treatment and lasts for several days.

Note: Please wear loose, comfortable clothing post-treatment.

Do not shower, swim, or exercise for 4-6 hours afterwards so as not to wash or sweat off the sunless tanner.

30 minute - Legs Only - \$158 ++

60 minute Full Body - \$258++

WINVIAN STRETCH

This is a full body stretch with a focus on relieving tension. Improves flexibility, range of motion, posture, circulation, releases endorphins, and reduces muscle tension.

50 minute - \$195++

OTHER SERVICES

PRIVATE YOGA

This private session is focused exclusively on your needs and skill level.

60 minutes \$150++ | Additional Person(s) - \$100++
Exempt from use of spa credits



PILATES

A restorative, core-strengthening Pilates experience designed to align body and breath.

60 minutes \$150++ | Additional Person(s) - \$100++
Exempt from use of spa credits

BARRE

A graceful, full-body barre workout that blends ballet-inspired movement with mindful strength and sculpting

60 minutes \$150++ | Additional Person(s) - \$100++
Exempt from use of spa credits

PRIVATE 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 minutes \$250++(1-2 people) | Additional Person(s) - \$50++
Exempt from use of spa credits

REIKI

A calming, hands-on energy treatment that guides the body back into balance. Gentle touch and focused intention help release tension, quiet the mind, and support emotional well-being.

60 minutes \$250++
Exempt from use of spa credits
Available as a solo session only





PACKAGES

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

Available Monday through Friday

EAU

60 minute

Deep Tissue Massage

60 minute

Hydralessence Facial

30 minute

Hydrotherapy Tub + Phyto
Bain Hydrating Oil

\$540 ++ Per Person

VIVIAN

60 minute

Private Yoga Session

60 minute

Le Grande Classique Facial

60 minute

Swedish Massage

\$522 ++ Per Person

SERENITY

80 minute

Aromatherapy Massage

60 minute

Éclat Cocoon Facial

30 minute

Reflexology

\$550 ++ Per Person

HARMONY

80 minute

Aroma Luxe Body Treatment with
Gommage Exfoliating Scrub

80 minute

Hot Stone Massage

\$554 ++ Per Person

SANTÉ

60 minute

Pink Himalayan Salt Massage

60 minute

Oxygen Facial

60 minute

Tibetan Sound Therapy

\$670 ++ Per Person

THE COMFY~COZY PACKAGE

2 HOUR

30 minute

Reflexology

30 minute

Scalp Massage

60 minute

Le Grande Facial

\$383++ Per Person

3 HOUR

80 minute

Pink Himalayan Salt
Massage

30 minute

Scalp Massage

60 minute

Le Grande Facial

\$581++ Per Person

ENHANCE

CAN BE ADDED TO ANY TREATMENT



SCALP MASSAGE

Warm oil is massaged throughout the scalp, working to relax tight muscles in the temple and neck regions.

30 minute add-on \$75++
30 minute alone- \$105++

SCALP TREATMENT

A refreshing hair wash and soothing scalp massage to ease tension and stimulate circulation.

30 minute add-on \$220++

HYDRO TUB

Sixty-three strategically placed jets offer an underwater massage, with or without adding scented oils.

30 minute add-on \$125++

REFLEXOLOGY

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

30 minute add-on \$110++

CBD OIL

Cannabidiol has natural, anti-inflammatory effects. Adding CBD oil to a massage can reduce inflammation, soothe chronic pain, and ease tension. Our CBD oil is nut and fragrance free.

Add \$55++ to the cost of any massage or facial

YON-KA PARIS® GOMMAGE (EXFOLIATING BACK SCRUB)

Non-abrasive, botanical body polish of your back that gently removes dead skin cells, provides clarity for dull skin, hydrates, and balances the skin. Due to the borneol and white nettle, it soothes and purifies. Essential oils can be added for further relaxation and detoxification treatment.

Add \$100++ to the cost of any massage, facial, or body treatment

YON-KA PARIS® WARM CANDLE

This treatment includes aromatic, cleansing of the hands and feet, followed by gentle, hydrating exfoliation, and dry brushing. Next the Warm Yon-Ka Candle is used for relaxing massage. The treatment finishes with warm cocooning of the hands and feet.

Add \$125++ to the cost of any massage or facial