

It all started in 1952.

Blue Tango played on the jukebox, everyone was reading *The Old Man and the Sea*, and the Yankees beat the Dodgers in the World Series. Meanwhile in Calistoga, our founders, "Doc" and Edy Wilkinson, were busy crafting the original mud bath which would become famous the world around. Ever since Dr. Wilkinson's has been offering mineral-laden "mud" bath treatments, natural spring baths, and massages to millions of visitors to "Spa country". Our founders, "Doc" and Edy Wilkinson, fell in love with the health-giving geothermal hot spring waters and ancient volcanic ash unique to the Calistoga area, and we know you will too.

MUD BATHING THE DOC WILKINSON WAY

- The water from our hot springs contain minerals like sulfur, zinc, magnesium, calcium, and bromine that help draw out impurities from the skin, exfoliate dead skin cells, relax sore muscles and joints, improve skin conditions, like eczema and psoriasis, and relieve pain from rheumatoid arthritis. Our mud baths, mineral whirlpools, and geothermal steam rooms all contain natural water from our hot spring.
- Upon entering the mud bath your bath attendant will apply a clay mask, cucumbers over the eyes, and will mist an aromatic scent to enhance your mud bathing experience. The mud bath treatment is a great thermotherapy treatment which rapidly increases the body temperature. By increasing the temperature of the body, the blood flow increases, the metabolic rate, and the tissue extensibility will also increase. Heat increases oxygen uptake and accelerates tissue healing.
- Following the mud bath treatment, you will soak in a mineral whirlpool infused with aromatic Epsom salts. Hot mineral baths help soothe tired muscles, reduce swelling, provides pain relief, softening the skin, reduces stress and promotes better sleep and the absorption of critical minerals.
- A geothermal steam room to continue your heat treatment. Steam room treatments help remove toxins from the skin and are popular for improving skin health. The geothermal steam room treatment will cause your body to perspire due to the heat. Perspiration opens up the pores and helps cleanse the outer skin.
- The blanket wrap is one of the final steps of the treatment and this process will help regulate your body temperature, and it will help you fall into a deep relaxed state.
- Adding a massage treatment will help enhance the healing effects of our bath treatments and will certainly increase your level of relaxation.
- Please drink plenty of water. Our treatments are deep heat treatments and can be dehydrating.
- Don't forget to ask about our CBD infused massage oils and CBD Epsom bath salts upgrade option.

*Doc Wilkinson recommends you
to unplug, slowdown and relax...*

You are going to feel great!

Dr. Wilkinson's
• HOT SPRINGS RESORT •

Welcome to Calistoga

Relax & Jet Dirty!

Since 1952

1507 LINCOLN AVE, CALISTOGA, CA 94515
707.942.4102 | drwilkinson.com

Mud Bath Treatments



THE WORKS | 2 HRS \$184

This mud bath treatment is what we are known for!
It includes facial mask, aromatic mineral whirlpool bath, steam room, blanket wrap, and a 30-minute massage.

THE CBD WORKS | 2 HRS \$204

Mud bath treatment with facial mask, aromatic mineral whirlpool bath infused with CBD bath salts, steam room, blanket wrap, and a 30-minute massage enhanced with CBD massage oil.

EARTH'S REMEDY | 2.5 HRS \$224

Our most popular mud bath treatment!
It includes facial mask, aromatic mineral whirlpool bath, steam room, blanket wrap, and a 60-minute massage.

EARTH'S CBD REMEDY | 2.5 HRS \$244

Mud bath treatment for the most CBD exposure!
It includes facial mask, aromatic mineral whirlpool bath infused with CBD bath salts, steam room, blanket wrap, and a 60-minute massage enhanced with CBD massage oil.

COUPLES' THERAPY | 2.5 HRS \$240

Mud bath treatment with facial mask, aromatic mineral whirlpool bath, steam room, blanket wrap, and a 60 minutes couples' massage.

COUPLES' CBD THERAPY | 2.5 HRS \$260

Mud bath treatment with facial mask, aromatic mineral whirlpool bath infused with CBD bath salts, steam room, blanket wrap, and 60-minute couples' massage enhanced with CBD massage oil.

EARTH'S CURE | 1.5 HRS \$105

Mud bath treatment with facial mask, aromatic mineral whirlpool bath, steam room, and blanket wrap.

EARTH'S CBD CURE | 1.5 HRS \$110

Mud bath treatment with facial mask, aromatic mineral whirlpool bath infused with CBD bath salts, steam room, and blanket wrap.

Mud Bath Safety

Our spa treatments are not recommended for people with circulatory or nervous system issues, high or low blood pressure, people with pacemakers, abnormal sensitivity to heat, diabetes, if you are pregnant, under the influence of drug or alcohol, if you have any open wounds, skin rashes, or any skin condition aggravated by heat.

Massage Treatments



30-MIN MASSAGE \$89

30-MIN CBD MASSAGE \$104

60-MIN MASSAGE \$129

60-MIN CBD MASSAGE \$144

60-MIN COUPLES' MASSAGE \$149/person

60-MIN CBD COUPLES' MASSAGE \$164/person

Mineral Bath Treatments



THE HYDRO-WORKS | 1.75 HRS \$164

Mineral bath treatment with aromatic mineral whirlpool bath, steam room, blanket wrap, and a 30-minute massage.

THE CBD HYDRO-WORKS | 1.75 HRS \$184

Mineral bath treatment with aromatic mineral whirlpool bath infused with CBD bath salts, steam room, blanket wrap, and a 30-minute massage enhanced with CBD oil.

WATER REMEDY | 2.25 HRS \$204

Mineral bath treatment with aromatic mineral whirlpool bath, steam room, blanket wrap, and a 60-minute massage.

WATER CBD REMEDY | 2.25 HRS \$224

Mineral bath treatment for the most CBD exposure!
It includes aromatic mineral whirlpool bath infused with CBD bath salts, steam room, blanket wrap, and a 60-minute massage enhanced with CBD oil.

COUPLES' HYDROTHERAPY | 2.25 HRS \$220

Mineral bath treatment with aromatic mineral whirlpool bath, steam room, blanket wrap, and a 60-minute couple's massage.

COUPLES' CBD HYDROTHERAPY | 2.25 HRS \$240

Mineral bath treatment with aromatic mineral whirlpool bath infused with CBD bath salts, steam room, blanket wrap, and a 60-minute couple's massage enhanced with CBD oil.

WATER CURE | 1 HR \$85

Mineral bath treatment with aromatic mineral whirlpool bath, steam room, and blanket wrap.

WATER CBD CURE | 1 HR \$90

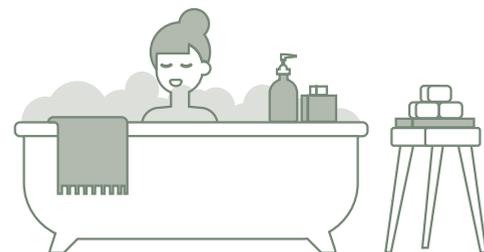
Mineral bath treatment with aromatic mineral whirlpool bath infused with CBD bath salts, steam room, and blanket wrap.

THE BATH | 20 MINS \$45

Aromatic mineral whirlpool bath.

THE CBD BATH | 20 MINS \$55

Aromatic mineral whirlpool bath infused with CBD bath salts.



20% Gratuity Not Included

Treatments made in advance require a credit card guarantee - 72-hour cancellation notice is required. Please arrive 15 minutes prior to your scheduled appointment time. Please note that late arrivals will receive whatever time is left within treatment time full charge will still apply. At the time of booking an appointment, please inform us when a guest is under 18 years of age.