



INDIAN SPRINGS

CALISTOGA

Indian Springs Classic Volcanic Ash Mud Bath

The Mud Bath is truly an amazingly tranquil and unique experience. Our Mud Baths are performed in gender separate communal bathing rooms, as the treatment is traditionally done in the nude. We can accommodate up to 6 Mud Baths per hour in both the male and female bathing rooms (12 total) depending on availability.



More about the Mud...

Our Mud Bath is a 4-step treatment that lasts a total of 50 minutes. The first step of the treatment is the Mud Bath itself. We sift our volcanic ash on site, which is then mixed with the incredibly hot geyser water to create a thick, hot, heavy mud. Our historic mud tubs are original to the turn of the century.




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After your soak in the mud, the second step is a mineral bath in a classic clawfoot ceramic tub. The mineral bath is composed of concentrated mineral water sourced from the geyser, which is then cooled to your comfort. Following the mineral soak, is a eucalyptus infused steam, also fed by the geyser. Because the first 3-steps are heat intensive, the last portion of the treatment is designed to bring your body back down to your core temperature. Lastly, you will enjoy a blanket wrap in a private room with a cool compress and cucumber slices over your eyes.



When your treatment is over, we encourage you to extend your experience by visiting our serene Buddha Pond and Garden. The Buddha Pond is a peaceful relaxation area that we treat as an extension of your spa treatment. The pond is not something to swim in, however the garden offers a variety of lounging options. As the pond's water comes from the geyser, mornings are especially calming as you can spend hours watching the steam rise while meditating to the subtle lull created by neighboring fountains. If you listen closely, you can even hear the geyser's gentle rumble.



Because the Mud Bath is heat intensive, it is not recommended for anyone who is pregnant, has claustrophobia, any heart conditions, high blood pressure, or someone who has consumed more than one alcoholic beverage prior to treatment.

For those who are not interested in the Mud Bath, we also offer traditional mineral baths, a Chardonnay infused bubble bath, and a hydrating Goat Milk Bath infused with rose oil and fresh flower petals. Each of the bath treatments finish with a blanket wrap in a private room, and each bath has the option to use the eucalyptus infused steam room.

Base Prices:

Mud Bath \$95

Mineral Bath \$95

Chardonnay Bubble Bath \$105

Goat Milk Bath \$105