

The *Spa*
at Wintergreen Resort

**Wintergreen** Resort

PO BOX 706
WINTERGREEN, VIRGINIA
WINTERGREENRESORT.COM
434-325-8562

MENU OF SERVICES

v.6/11



Welcome to
The Spa
at Wintergreen Resort

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Massage

WINTERGREEN SIGNATURE CUSTOM MASSAGE

The Wintergreen Signature Massage will take you to a new level of relaxation. You will enjoy a harmonious combination of Swedish, deep tissue, reflexology and stone massage techniques to restore a heightened sense of well-being to your mind and body.

50 minutes, \$110; midweek \$100

80 minutes, \$165; midweek \$150

MOUNTAIN STONE MASSAGE

Reconnect with the earth and earth energy with this relaxing massage. An experience that is a hands-down favorite, Stone therapy involves the use of smooth mountain river rocks placed at strategic points of the body and used to gently massage targeted muscles. This treatment promotes increased blood flow, energy balance, melts tension from your muscles and de-stresses your mind.

75 minutes, \$160; midweek \$150

SHENANDOAH DEEP TISSUE MASSAGE

Just as deep as the valleys in the Shenandoah Mountains, this massage concentrates on providing muscle and joint relief. This specific technique focuses on alleviating tight, overused muscles.

50 minutes, \$105; midweek \$95

80 minutes, \$160; midweek \$140

ORGANIC AROMATHERAPY MASSAGE

The Organic Aromatherapy Massage will delight you as much as the beautiful scents of a blooming Wintergreen spring. Derived from nature, these organic essential oils are custom blended for a truly personalized journey.

50 minutes, \$105; midweek \$95

80 minutes, \$160; midweek \$140

REFLEXOLOGY MASSAGE

This ancient therapy focuses on the reflex points on palms of the hands and soles of the feet that correlate to all organs of the body. Your feet will be wrapped in herbal infused towels followed by specific pressure techniques. Reflexology can detect imbalances and dissipate energetic blocks, alleviating stress while promoting balance to the body.

50 minutes, \$105; midweek \$95

PRENATAL MASSAGE

Although you are experiencing nature's most amazing female feat, you may have some aches and pains. The Prenatal Massage is the answer. Allow us to soothe those aching feet, relieve lower back pain, and calm your mind. (recommended for women past their first trimester)

50 minutes, \$105; midweek \$95

80 minutes, \$160; midweek \$140

BLUE RIDGE SWEDISH MASSAGE

Inspired by the tranquility of the Blue Ridge Mountains, this light-to-medium touch massage is perfect for all walks of life.

50 minutes, \$95; midweek \$85

80 minutes, \$140; midweek \$125

REFRESHER MASSAGE

For the guest on the go, this express massage will target the much needed areas of your body.

25 minutes, \$65; midweek \$60

FORGET-ME-KNOT (COUPLES) MASSAGE

A unique experience to enjoy with someone special. Unwind and relax as you are massaged side-by-side, each with your own personal therapist in our couples' suite. This treatment is the ultimate self-indulgence for you and your loved one. Enjoy complimentary sparkling cider and chocolates immediately following your treatment. Select one massage type per couple from the following:

Signature Wintergreen Massage

50 minutes, \$120 (per person); midweek \$110

80 minutes, \$180 (per person); midweek \$165

Shenandoah Deep Tissue

50 minutes, \$115 (per person); midweek \$105

80 minutes, \$175 (per person); midweek \$160

Blue Ridge Swedish Massage

50 minutes, \$105 (per person); midweek \$95

80 minutes, \$160 (per person); midweek \$140

Enhancements

This treatment is only available as an add-on to an existing massage or facial and must be pre-booked.

Aromatherapy Wrap

This Add-On Enhancement with your choice of an essential oil mixed with warm shea butter, will provide a hydrating and relaxing experience, leaving your skin baby soft while your therapist massages your scalp and feet.

25 minutes, \$65; midweek \$60

Facial Care

WINTERGREEN SIGNATURE CUSTOM FACIAL

Prepare to be pampered as your esthetician customizes your facial using our full line of organic products, designed to balance, detoxify, hydrate and create healthy skin. To enhance this experience, your feet will be wrapped in herbal infused towels for complete relaxation. **Our 80 minute service will include the eye, lip, and décolletage treatment.*

50 minutes, \$110; midweek \$100
80 minutes, \$165; midweek \$150

AGELESS HYDRATING FACIAL

This luxurious facial will replenish moisture to the skin, helping to soften the appearance of expression lines and enhance your natural beauty. A treatment for all skin types that leaves you with moisturized, glowing and protected skin. Décolletage treatment included with this facial.

80 minutes, \$140; midweek \$130

VITAMIN C INFUSION FACIAL

A time-defying facial. Designed to combat hyper-pigmentation, reduce age spots and increase firmness, this treatment offers to turn back the hands of time for a younger-looking, luminescent complexion. Décolletage treatment included with this facial.

80 minutes, \$140; midweek \$130

NEW! BIODYNAMIC FACIAL

Take a step beyond organics with our Bio-Dynamic facial. This facial features ingredients with the finest and most potent ingredients nature has to offer. Not only will your skin look and feel amazing, you will know that you have chosen to treat your skin with ingredients grown the way nature intended.

50 minutes, \$125; midweek \$115

ROSACEA FACIAL

This exclusive treatment is designed to diffuse redness, while strengthening and healing capillaries and calming the skin.

50 minutes, \$125; midweek \$115

FUNDAMENTAL FACIAL

For the woman on the go with normal skin type, this treatment will cleanse, tone, exfoliate and hydrate the appearance of your skin, presenting it renewed and radiant.

50 minutes, \$95; midweek \$85

REFRESHER FACIAL

When pressed for time or getting ready for an event, this basic service will cleanse, exfoliate and hydrate your skin.

25 minutes, \$65; midweek \$60

REFRESHER BACK FACIAL

Relax and indulge as we gently take care of this often neglected part of the body. This service includes cleansing, exfoliation, mask and a hydrating lotion application, which leaves your back balanced and glowing.

25 minutes, \$65; midweek \$60

REFRESHER FACIAL AND BACK COMBO

This duo allows you to sample both of these express services, leaving both your back and face looking and feeling radiant.

50 minutes, \$120; midweek \$110

Enhancements

These treatments are only available as add-ons to an existing facial and must be pre-booked.

De-Stress Eye Treatment

A restoration treatment for the delicate eye area. Smooths fine eye lines, hydrates the skin, gently tones and refreshes the eye area. \$20

Youthful Lip Treatment

This restoring treatment for the lip area results in rejuvenated and plumped lips with diminished fine lines. \$20

Eye, Lip and Décolletage Treatments

Eyes, lips and décolletage are transformed by toning and firming the elasticity for a visibly ageless appearance. \$50



Body Treatments

WINTERGREEN SIGNATURE SEASONAL THERAPY TREATMENT

Your journey begins with an invigorating full body scrub, a cascading vichy shower, full body wrap, followed by warm mountain stones. Your therapist will transport you into a blissful relaxation by massaging your scalp and feet.
50 minutes, \$115; midweek \$105

LAVENDER BODY GLOW AND WRAP

Experience the ultimate soothing powers. Earthy minerals are combined with lavender's healing properties in an invigorating full body scrub and oil treatment. During the wrap, your therapist will complete the treatment with a relaxing scalp and foot massage.
75 minutes, \$150; midweek \$135

BLUE RIDGE MUD WRAP

A wonderful mélange of warm therapeutic mud and essential oils surround you in tranquility. This treatment includes a lotion application to soften your skin, leaving you with a sense of comfort and peace.
75 minutes, \$150; midweek \$135

BODY CONTOUR

An effective contouring treatment that utilizes detoxifying extracts, which aids in reduction of water retention, leaving hydrated and smoother skin. While wrapped, you are pampered with a scalp and neck massage. Our Vichy waterfall shower will then gently cascade over you, followed by the application of a body contouring cream. This treatment will leave you feeling more youthful, slimmer and trimmer.
75 minutes, \$150; midweek \$135



WOODLANDS ESSENTIAL OIL WRAP

Using your choice of essential oils mixed with warm shea butter, this luxurious application moistens skin and promotes an overall sense of well-being. You will be cocooned in a wrap to aid absorption and your spirit is soothed as you drift peacefully with an acupuncture facial massage and foot treatment.
50 minutes, \$105; midweek \$95

We ask that you do not shave prior to body treatments.

For the Guy

THE BACK NINE SPORTS OR SHENANDOAH DEEP TISSUE MASSAGE

Need to improve your golf swing, alleviate tennis elbow or repair fatigued muscles after a day on the slopes? This massage includes assisted stretching, deep tissue treatment and trigger point therapy - everything an athlete needs.

50 minutes, \$105; midweek \$95

80 minutes, \$160; midweek \$140

MOUNTAIN MAN FACIAL

Designed to meet the specific needs of a man's skin, this is a renewal treatment for skin showing signs of aging or fatigue. Skin is energized, circulation is increased and skin exhibits the look of health and vitality.

50 minutes, \$95; midweek \$85

GENTLEMAN'S MANICURE

A firm handshake is the mark of a confident man. This reparative manicure keeps hands looking and feeling their best.

25 minutes, \$35; midweek \$30

GENTLEMAN'S PEDICURE

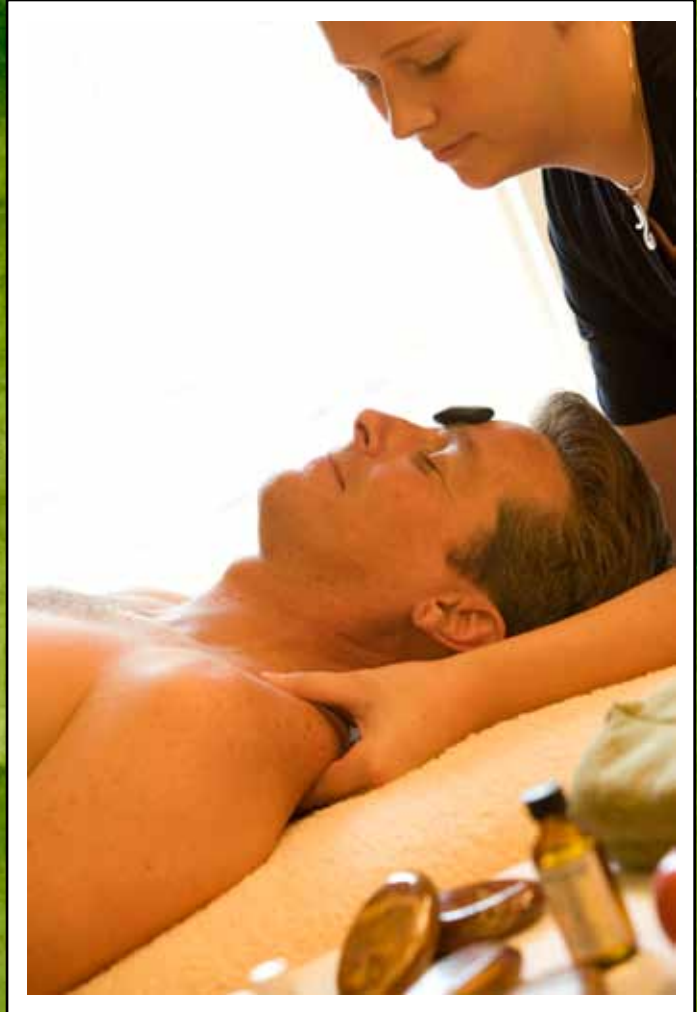
Relax as we soak your feet, trim and buff your nails, and scrub your heels. Finish with a relaxing foot massage, which will make you feel like you are walking on mountain air.

25 minutes, \$35; midweek \$30

THE OUTDOORSMAN

Indulge yourself and recover after a day on the greens or on the slopes. Choice of a Back Nine Sports Massage (50 min.) or a Shenandoah Deep Tissue Massage (50 min.) combined with a Gentleman's Pedicure (50 min.)

2 hours, \$150 includes gratuity (per person)



Teen and Tween

Our teen and tween services are designed for our next generation of spa visitors. Teen services are for ages 15-17 and Tween services are for ages 9-14. We recommend both teens and tweens wear bathing suits for spa services and parental accompaniment is always welcome.

TEEN FACIAL

This treatment for young skin includes a thorough skin analysis, customized cleansing, exfoliation, gentle extractions, facial massage and a deep cleansing masque. Emphasis is placed on good skin care habits for clearer, healthier skin.

This treatment is designed for all skin types.

50 minutes, \$80

TEEN RUB MY BACK AND FEET

A perfect way to introduce your teen to massage, this experience will help young spa-goers see the importance of taking care of their bodies.

25 minutes, \$65 with parental consent and same gender therapist

TEEN HANDS DOWN MANICURE

A fun, customized experience with the hands and nails being shaped and primed to perfection using your favorite ice cream flavors. *Our 50 minute service will include a hydrating masque.

25 minutes, \$25; 50 minutes, \$35

Additional discounts do not apply to BFF and Mom & Daughter Packages.

TEEN FOOTLOOSE PEDICURE

Keep your toes cool and treat your feet to something sweet! Delight your senses with a fresh way to use your favorite ice cream sundae flavors to pamper your feet. Start with a foaming ice cream foot soak followed by a sherbet-flavored scrub, an ice cream topping foot masque, whipped cream body icing and top it off with your favorite polish color (we recommend cherry red!). *Our 50 minute service will include a relaxing foot, ankle, and calf massage.

25 minutes, \$35; 50 minutes, \$45

TWEEN ICE CREAM SUNDAE MANICURE & PEDICURE

Designed especially for our youngest Spa-goers, a petite experience to create your own ice cream sundae manicure and pedicure combination.

50 minutes, \$45

TEEN BFF SUNDAE PACKAGE

Bring a friend and you both receive a Hands Down Manicure and a Footloose Pedicure.

75 Minutes, \$140 for two and includes gratuity

DIVA DAY WITH MOM

A simply sweet day with two Rub My Back Massages and two Footloose Pedicures.

75 Minutes, \$225 for two and includes gratuity

TEEN MAKEUP ART 101

This customized makeup lesson will teach young teens how to moderately apply makeup to enhance their natural beauty.

30 minutes, \$50



Pampering Packages

SPIRIT OF RENEWAL

For the ultimate journey of the soul. A powerful combination of therapies recommended for those seeking balance, renewal, restoration and relaxation.

Mountain Stone Massage (75 min.), Woodlands Essential Oil Wrap (50 min.), Signature Pedicure (50 min.) and your choice of an Ageless Hydrating Facial (80 min) or a Vitamin C Infusion Facial (80 min.)
5 hours, \$450 per person (includes gratuity)

WINTERGREEN SIGNATURE DAY

Indulge in a complete day of pampering with our custom signature services. Your day will include a Signature Facial (80 min.), Signature Manicure (50 min.) and Signature Pedicure. (50 min.)
3 hours, \$250 per person (includes gratuity)

HAPPY TRAILS

Indulge in a combination of treatments designed to ease your stress, rejuvenate your skin and relax your mind. A Soaring Spirit Facial (50 min.), Signature Pedicure (50 min.) and your choice of a Lavender Body Wrap (80 min.) or a Blue Ridge Mud Wrap (80 min.)
3½ hours, \$295 per person (includes gratuity)

MOUNTAIN MEMORIES

COUPLES RETREAT

Reconnect with each other and escape from the stress and worry of everyday life as you both experience relaxation time together and begin the process of restoring your body, mind and spirit.

Two synchronized Blue Ridge Swedish Massages (50 min.), Two Signature Pedicures (50 min.), Complimentary sparkling cider and chocolates.
2 hours, \$325 for two (includes gratuity)

THE OUTDOORSMAN

Indulge yourself to recover after a day on the greens or on the slopes.

Choice of a Back Nine Sports Massage (50 min.) or a Shenandoah Deep Tissue Massage (50 min.) and a Gentleman's Pedicure (50 min.)
2 hours, \$150 per person (includes gratuity)



Spa Parties

Perfect for a bachelorette or bachelor party, graduation, Mother's Day, birthday or just getting together with friends.

SIMPLE CELEBRATION

(Two 25-minute services per person)
Choice of a Refresher Massage, Refresher Facial, Express Manicure or Express Pedicure.
\$115 per person

GRAND GALA

(Two 50-minute services per person)
Includes a Raw Earth Pedicure and your choice of a Blue Ridge Swedish Massage or a Fundamental Facial.
\$165 per person

Additional discounts do not apply to Pampering Packages or Spa Parties. No substitutions please. Six person minimum per spa party required.

Salon

HAIRCUT AND STYLE

Men \$20; Women \$40 & up

Youth (4-14) \$15; Toddler (up to 3 years) \$10

SHAMPOO, BLOW-DRY & STYLE \$40 & up

BANG TRIM \$10 • BEARD AND MUSTACHE TRIM \$10

COLOR \$55 & up

CORRECTIVE COLOR

Consultation needed to determine price

DOUBLE PROCESS \$85 + Each additional color \$20

HIGHLIGHTS \$80 & up

PARTIAL HIGHLIGHTS \$55 & up

PRE-OCCASION STYLING \$60

SPECIAL OCCASION STYLING \$75 & up

BRIDAL STYLING CONSULTATION \$60

BRIDAL STYLING \$75 & up

Make-Up

NEW!

Introducing, La Bella Donna,
the all Natural complete Mineral Make Up.

MAKE-UP LESSON 80 minutes, \$90

MAKE-UP APPLICATION 50 minutes, \$65

BRIDAL MAKE-UP 25-minute consultation, \$55
50-minute application, \$75

Waxing

LIP, CHIN OR BROW \$20

LIP, CHIN AND BROW \$40

BIKINI \$40

UNDERARM \$25

LOWER LEG \$40

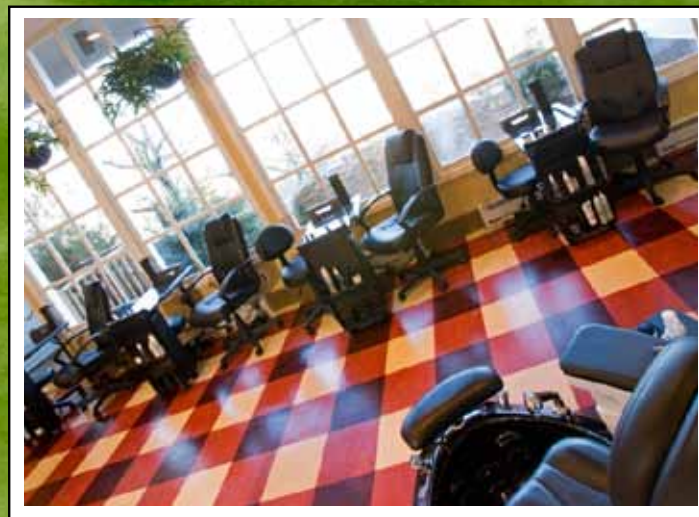
FULL LEG \$70

BIKINI AND HALF LEG \$70

BIKINI AND FULL LEG \$90

BACK \$50

We ask that you do not shave prior to any waxing treatments.



Nail Care

WINTERGREEN SIGNATURE MANICURE

This manicure incorporates a hand exfoliation treatment based on nourishing oils. Hands are soaked and cuticles are enriched. Enjoy a relaxing hand and arm massage along with full nail service to complete this relaxing experience.
50 minutes, \$45; midweek \$40

WINTERGREEN SIGNATURE PEDICURE

This pedicure incorporates a foot exfoliation treatment based on nourishing plant oils. Feet are soaked and cuticles are enriched. Enjoy a relaxing foot and calf massage along with full nail service to complete this relaxing experience. * 80 minute service includes a luxury hand and foot paraffin treatment.
50 minutes, \$55; midweek \$50
80 minutes, \$75; midweek \$70

DUO ESPRESSO

Take a breath, sit down and relax during our java express manicure and pedicure. We will begin with an espresso scrub followed by a cappuccino massage. This treatment combines the skin-reviving benefits of caffeine and the irresistible aroma of coffee.
50 minutes, \$70; midweek \$65

RAW EARTH MANICURE

Inspired by the terrain in our Blue Ridge Mountains, this decadent manicure turns into an exceptional spa experience. The elements that affect your hands are treated with triple-acting vitamin exfoliation and an essential oil masque to leave hands soft and supple. Followed by a full nail service to complete this experience.
50 minutes, \$55; midweek \$50

RAW EARTH PEDICURE

In concert with the Raw Earth Manicure, this pedicure also takes its cues from the terrain and earthiness of our Blue Ridge Mountains. A unique foot scrub provides instant warmth and triple-action vitamin exfoliation to smooth and polish your skin, followed by an essential oil masque leaving your feet soft and supple.
50 minutes, \$65; midweek \$60



UV GEL MANICURE

Hard and rough on your nails? Polish never lasts? UV Gel is the manicure for you, no drying time and can last up to 14 days. Choose from a variety of gel colors to enhance and protect your natural nail.
50 minutes, \$60; Midweek \$55

EXPRESS MANICURE

For those on-the-go days when you need a quick finished look, enjoy this express service. We cut, file, buff, clean the cuticle and smooth on a hydrating cream to nourish skin and give a manicured look. Finish with your polish of choice.
25 minutes, \$35; midweek \$30

EXPRESS PEDICURE

Your experience will begin by soaking your feet in a whirlpool jet tub; your toes will be manicured, nails filed, cuticles nourished, feet exfoliated and completed with a moisturizing foot massage. Finish with your polish of choice.
25 minutes, \$40; midweek \$35

Enhancements

Nail Repair \$5 per nail

French Polish \$10

Polish Change \$15

Paraffin Treatment \$15

Wedding

WEDDING DAY BLISS

The special day has arrived and the Spa is the perfect place for everyone to prepare together.

- Bridal Hair Styling
- Bridal Make-Up
- Express manicure

\$190 includes gratuity (per person)

WEDDING DAY PARTY

Shower the bride and her bridesmaids with some pampering and relaxation before the ceremony. This is the perfect package to treat your treasured friends from head to toe.

- Bridal Hair Styling
- Bridal Make-Up
- Duo Espresso

\$210 includes gratuity (per person)

BRIDAL BOUQUET

When all eyes are on you, you'll want to look beautiful from head to toe. Treat yourself to a pampering day of blissful relaxation.

25-minute Aromatherapy Wrap

50-minute Blue Ridge Bliss Swedish Massage

80-minute Signature Facial

3 Hours, \$300 includes gratuity (per person)

TWO HEARTS, ONE LOVE

A romantic way to pamper you and your loved one after a stressful time of planning and anticipating your special day to arrive. Just relax and let us rejuvenate the two of you!

Two 50-minute Side by Side Signature Massages

Two 50-minute Signature Manicures

Two 50-minute Signature Pedicures

Complimentary Sparkling Cider and chocolates

3 Hours, \$450 for two includes gratuity

MOUNTAIN WEDDING PARTY

Bring all of your bridesmaids in for a few hours of pampering before your big day for a relaxing and fun experience.

- Choice of an 80 minute Ageless Hydrating Facial or 75 minute Mountain Stone Massage
- 50 minute Signature Manicure
- 50 minute Signature Pedicure
- Complimentary Wedding Survival Kit

3½ Hours, \$260 includes gratuity (per person)

For groups of 6 or more.

BRIDESMAID/GROOMSMAN GIFTS

Need a special present or basket of gifts for your bridal party? Let the Spa create a unique gift experience for each individual to commemorate your day and say thank you to those who shared it with you.

WEDDING GIFTS

A spa retreat is the perfect gift of relaxation for the newly wedded couple or the exhausted mother of the bride. Gift Certificates or gift baskets can be custom designed to create a truly unique gift.

CUSTOMIZED BACHELORETTE PARTIES/WEDDING PACKAGES

Ask our spa receptionist about personalizing your party based on your specific needs. Requests must be made in advance; prices will vary depending on requests.

Additional discounts do not apply to Wedding Bliss, Wedding Day Party, Bridal Bouquet, One Love, and Mountain Wedding Packages. No substitutions, please.



General Info...

HOURS OF OPERATION

Monday through Thursday: 9 am - 8 pm
Friday: 9 am - 9 pm Saturday: 8 am - 9 pm
Sunday: 8 am - 8 pm

AQUATICS & FITNESS CENTER

ACCESS FEE

All guests of The Spa have complimentary use of the Aquatics & Fitness Center when they purchase a Spa treatment on the day of service.

RESERVATIONS

As Spa services are always very popular with our guests, we strongly recommend making your Spa appointments when you make your lodging reservation. We ask that all appointments be guaranteed with a credit card. Spa prices, services and hours of operation are subject to change.

CHECK-IN

We recommend that you check in with the Spa Concierge at least 30 minutes prior to your first scheduled appointment. We encourage you to shower and take advantage of the amenities prior to your service. Appointments begin promptly at the time they are scheduled. Should you arrive late, your appointment may be shortened to allow the technician to be on time for his/her next appointment.

APPOINTMENT CANCELLATION

If you must cancel, we will be happy to assist you in rescheduling your appointment. However, if rescheduling your appointment is not an option for you, a 24-hour cancellation notice is required for à la carte services. For Spa packages, a 48-hour notice is required. Failure to comply with this cancellation policy will result in a full charge of each service or package. Group cancellations will be defined within a group contract. A \$25 change fee will be assessed for each treatment you wish to change on the day of that service.

SPA ATTIRE

You will need to bring your swimsuit for our pool area and workout gear if you plan to use our fitness facilities. Robes, slippers and towels will be provided to you upon your arrival at the Spa. You will also be given a locker to store your personal belongings. Please do not bring jewelry to the Spa, as we cannot guarantee the security of these or other valuables.

HEALTH ALERTS

Please inform our staff of any health concerns you may have at the time of booking your appointment. Some of our treatments may not be appropriate or available if you are pregnant or have certain health conditions.

SERVICE CHARGE

For your convenience, an 18% service charge is added to all services at check out. Additional gratuities are optional.

SPA ETIQUETTE

Help us keep the Spa a sanctuary of tranquility and relaxation. Please respect the quiet and privacy of other Spa guests by refraining from using all cellular phones while at the Spa. The Spa is a non-smoking facility.

AGE RESTRICTIONS

The Fitness Center is restricted to those 16 years or older. Teen Spa services are for ages 15-17 and Tween Salon services are for ages 9-14.

LAST SCHEDULED SERVICE OF THE DAY

If you are scheduled for the last service of the day, we ask that you arrive early to enjoy the Spa's amenities as the Spa does close after the last service is completed.

SERVICE PROVIDER

When scheduling your treatments, you may request a male or female therapist; however, we regret that we cannot guarantee this preference.

SPA BOUTIQUE

The Spa has a variety of fun and exciting products and merchandise available for yourself or that perfect gift for someone to cherish. There are no refunds on opened or used items. Product exchange is available for unused items within 3 days of purchase with the receipt. Gift certificates are available for purchase; see Spa concierge for details.

PRICING

Midweek pricing is available Monday - Thursday (excluding Holidays).

Rates and availability of treatments are subject to change.