

# The Spa at Wintergreen

## Service Descriptions

### Massage

Massage treatments are personalized, professional and tailored to alleviate stress, increase flexibility and promote wellness.

Select your desired pressure and any enhancements or add-ons to create a one of a kind experience.

**Swedish Massage** includes light to medium pressure.

**Wintergreen Massage** includes medium to firm pressure.

**Deep Tissue Massage** includes firm to deep pressure.

### ~Add-ons

*(all add-ons will include an extra 25 minutes to your service time)*

**Aromatherapy Add-On Wrap:** Turn your service into a slice of heaven by adding one of our signature essential oil blends created to hydrate and soothe the skin. Once the massage or facial portion of your service is complete, you will be cocooned in a wrap to aid absorption and your therapist will massage your scalp and feet.

**Reflexology:** Give your feet extra attention by adding focused reflexology work to provide relaxation, improve circulation, help eliminate toxins and stimulate all the organs of the body.

### ~Enhancements

*(enhancements will add an element to a service, but will not add time)*

**Aromatherapy Essential Oil Blend:** Each season the Spa will offer a specialty house blend of essential oils to highlight the scents of the season. Watch our website for more information.

**Soothing Muscle Massage Cream:** Ideal for sore joints and aching muscles, this custom essential oil blend will promote joint wellness and provide soothing relief to strains, sprains, and other injuries.

**Hot Stone Teaser:** Your therapist will incorporate warm stones into your service to melt away tension in the neck, shoulders and back.

### ~Sports Therapy Massage

Whether you spent the day on the golf course, hiking our many mountain trails or enjoying our ski slopes, this massage can help! Our custom muscle soothing blend is perfect for sports massage and sports injuries because it helps to relax overworked muscles, reduce inflammation and decrease pain. This massage includes assisted stretching and deep tissue massage – everything an active individual needs.

### ~Couples Massage

Relax and unwind as you are massaged side-by-side, each with your own personal therapist in our couples' suite. This treatment is the ultimate self-indulgence and can be customized to create a one-of-a-kind experience for you and your loved one. Enjoy complimentary sparkling cider and chocolates immediately following your treatment.

### ~Hot Stone Massage

Feel your tension melt away as your therapist uses smooth basalt stones to gently massage target muscles and tension areas. This treatment promotes increased blood flow, energy balance, and destresses your mind.

### ~Prenatal Massage

Allow our trained therapists to provide a comforting massage for mothers-to-be and bring special care to weary muscles and sore joints. *\*Not recommended during the first trimester.\**

### ~Reflexology (Hands & Feet Only)

Based on the ancient practice of acupressure, reflexology focuses on the pressure points on the bottom of the foot to provide relaxation, improve circulation, help eliminate toxins and stimulate all the organs of the body.

### ~Refresher

This express massage will target the tension areas of the neck, shoulders and back leaving you feeling relaxed and refreshed.

# Facials

## ~Wintergreen Signature Facial

Relax and enjoy as your esthetician customizes your facial based on your skin type using our array of organic products. \*75 minute includes lip and eye enhancements.

## ~Illuminating Peptide Facial

Reveal the true nature of your skin! The anti-aging powerhouse of peptides and naturally occurring AHA's targets hyper-pigmentation and texture to dramatically improve the skin's strength, elasticity and suppleness. This facial is safe for those with sensitive and rosacea skin types. Not recommended for those using prescription Retin-A or have actinic acne. \*75 minute includes lip and eye enhancements.

## ~Refresher Facial

When time is of the essence, rest assured that your skin will look as though you spent the day at the spa.\*all facials use Eminence organics\*extractions are not performed during 25 minute facials

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## ~Facial Enhancements

*\*for 25 minute services, limit to 1 \*\* for 50 minute services, limit to 2*

**Revital Eyes:** Using products aimed at boosting collagen, this treatment will make your eyes shine.

*~Facial Enhancements continued*

*~Facial Enhancements continued*

**Restorative Lip Treatment:** This three step lip treatment will gently exfoliate, hydrate and plump your lips with natural hyaluronic.

**Hand and/or Foot Soother:** Using a natural repair complex derived from Rosehip and Rosemary, this super-blend of active ingredients promotes cell regeneration to repair skin.

**Mini Reflexology:** Enhance your facial experience with this brief reflexology for complete relaxation \*Available in 75 minute facials only.

**Hot Oil Hair Treatment:** Pamper your scalp and rejuvenate your hair with this soothing and nourishing treatment. \*Available in 75 minute facials only.

# Body Treatments

## ~Aromatherapy Wrap

Your service will begin with a luxurious application of one of our specialty aromatherapy blends designed to moisten skin and promote an overall sense of well-being. Next, you will be cocooned in a wrap to aid absorption while your therapist massages your scalp and feet.

## ~Stone Crop Total Body Experience

Take your self-care to the next level with this brand new service that uses our premier Eminence body products. Start with a gentle sugar and salt scrub that buffs away dull, dry skin cells and sets the stage for hydration. Enjoy a scalp and foot massage during a full body wrap that imparts the healing benefits of our signature stone crop ingredient, followed by a cascading Vichy shower. For the final step, a contouring cream is applied to specific body areas to help reduce the appearance of cellulite and sealed with a lightweight oil that softens all over and leaves your skin feeling its best.

*\*Not recommended during pregnancy.*

## ~Wintergreen Rejuvenation

Your experience starts with a dry brush buffing treatment to slough away dry winter skin, followed by a warm Wintergreen signature essential oil blend application. After a chilly day on the slopes, this treatment will nourish and hydrate your body, leaving you ready to ski the next day! Take the brush home with you to maintain that great glow!

# Nail Services

## ~Wintergreen Signature Pedicure

Enjoy silky smooth feet with our all natural sugar scrub infused with green tea antioxidants and our specially blended shea butter cream with botanical oils. \*75 minute includes a warm hand and foot paraffin treatment.

## ~Wintergreen Signature Manicure

This collagen boosting service is designed to be healing and hydrating for dry and tired hands. Relax with a soothing hand soak, warm towels and a moisturizing masque.

## ~Wintergreen Signature Duo

Experience all the benefits of our Signature manicure and pedicure in this all-in-one service. Light foot file, and paraffin on hands and feet are included with the 75 minute service.

## ~Express Pedicure

For those on the go days, when you need a quick finished look! \*No foot file in this service.

## ~Express Manicure

Short on time, but want the look of a full manicure? Enjoy our high quality products that will leave your hands soft and smooth.

**\*Our Signature and Express services use products that are both organic and vegan.**

## ~Lavender Escape Pedicure

Enjoy the soothing benefits of lavender and Dead Sea minerals to ease the stress of tired feet. A warm lavender oil is massaged in to give full relaxation and a beautiful healthy glow. \*75 minute includes a lavender hand and foot paraffin treatment.

## ~Lavender Escape Manicure

Relax and breathe in calming lavender. A luxurious oil blend is used to soften and nourish nail and cuticle area. This mineral rich service will revitalize your hands.

## ~Mountain Detox

Recline and relax while your feet soak in a natural detox that is high in magnesium and blended with botanicals to soothe, de-stress and refresh your feet. While soaking your feet, enjoy a warm neck wrap and a paraffin dip for your hands, followed by a soothing hand massage. After your feet are rinsed, they will continue to be pampered with our Somatology massage. \*This service includes nail prep and polish or buffing.

*\*Does not include foot filing.*

## ~Youth Pedicure

Awaken and pamper your feet with a warm soak, natural sugar scrub and foot massage.

*\*Youth services are for those under 16.*

## ~Youth Manicure

A fun experience with the hands and nails being primped to perfection.

*\*Youth services are for those under 16.*

## ~Youth Duo

Get the best of both worlds in this service, where hands and feet will both leave happy.

*\*Youth services are for those under 16.*

## ~Add Ons

*(all add-ons will include an extra 25 minutes to your service time)*

Gel Soak Off

Dip Powder Soak Off

French Polish

# Salon Services

*\*Rates vary due to hair length and thickness.*

*\*Haircut does not include a shampoo and blowout.*

*\*Haircut not included with coloring services.*

Women's Haircut

Shampoo and Blowout

Men's Haircut

Youth Haircut (under 16)

**Deep Keratin Conditioning Treatment:** This 75 minute service uses Paul Mitchel's Awapuhi treatments to leave the hair smoothed and softened. A true Spa experience for your hair! Blowout included.

Color

Partial Highlights

Highlights

Color and Highlights

Special Occasion Consult

Special Occasion Style

Bridal Consult

Wedding Up-do

Bridal Party Up-Do

Makeup Application

Bridal Makeup Application