

MASSAGES

Deep Tissue Includes all of the relaxing features of the Grand Relaxation Massage, but designed for the person who needs deeper, more intense work. This type of spa massage focuses on releasing and relaxing areas of chronic tension. Using a variety of muscle release techniques, your therapist will target tense and painful areas to bring relief.

Golfer's Designed to loosen up the specific shoulder, back and hip muscles used to create your perfect swing. This massage combines gentle stretching and massage techniques to increase range of motion in joints and reduce muscle soreness. A perfect massage for before or after your golf outing.

Grand Relaxation Our signature massage – the Grand Relaxation Massage is designed to induce full body relaxation. Complimented with hot towels and a sensory journey with your choice of aromatherapy, this massage relieves muscle tension and soothes your mind and body.

Hot Stone Hot Stone uses warm basalt stones to help release tension and allow energy to flow freely. Comforting and soothing with its warmth, this service is perfect for connecting the energy of nature with your natural energy centers to release stress and blockages.

Mother-to-be Help relieve the physical stresses pregnancy can put on your body. A service specific to pregnant women will help relax your mind and body to give you an overall sense of calm. We focus on giving the mother-to-be the special attention she deserves.

MASSAGE ENHANCEMENTS

Body Exfoliation (Choice of Moroccan Body Buff, Sugar or Salt Scrub) Nurture your skin by adding an exfoliation to your massage. Your skin will look and feel softer and refreshed.

Heated Gloves & Booties Reward your hands and feet with this heated intense hydrating treatment.

Pedissage Extra attention for tired feet featuring an extended comprehensive massage for your relief.

Scalp Massage An extensive scalp massage added to your service allowing you to enjoy complete relaxation.

Moroccan Scalp & Hair Therapy Soothing and invigorating, Moroccanoil® scalp oil is warmed and massaged into the scalp and hair. Followed by a hydrating hair masque.

Hungarian Herbal Foot Detox This herbal mud foot wrap benefits all skin types by detoxifying skin, opening pores, eliminating toxins and increasing circulation. The Thermal Mud contains minerals blended with Willow, Cinnamon and Paprika to soothe, revitalize and energize. A final hydration of Honeydew lotion completes this service.

BODY TREATMENTS

Neuromuscular Therapy

Specific massage techniques are used to engage the neuromuscular system. This massage focuses on trigger points and muscle spasms utilizing alternating levels of concentrated pressure. These techniques help alleviate chronic pain and discomfort.

Body Firming Wrap This wrap treatment targets specific areas of cellulite for younger looking skin. While you enjoy the heat from the wrap, your therapist performs a cleanse, tone and hydration on the face followed by a balancing foot massage. Finally, a calming lotion is used to hydrate your body for a beautiful glow.

Grand Body Exfoliation (Choice of Body Buff, Sugar or Salt Scrub) This invigorating exfoliation treatment polishes away dry, dull skin while hydrating and softening deeper layers. After your skin is polished to perfection, a rich hydrating lotion is applied, leaving your skin feeling smooth, silky and tingling with renewed energy.

Hungarian Herbal Mud Wrap A unique wrap that blends a Hungarian Herbal Mud Treatment and Sour Cherry Masque, this treatment tones and revitalizes your skin as it cleanses your body of toxins and free radicals. During the wrap, a cleanse, tone and hydration are performed on the face, followed by a balancing foot massage. A final hydration with a soothing Stone Crop Lotion is applied to the body.

The Indulgence Start with a Blueberry scrub to renew and soften the skin. Next you will soak in the warmth of our signature serenity soak to completely rid yourself of stress. A relaxation, deep tissue or hot stone massage will then be performed with a blend of massage oil and Honeydew Lotion to relieve your tired muscles. A series of warm blankets will then cover your body to create the perfect wrap. While drifting away, your therapist will cleanse, tone and hydrate your face with our all organic Eminence™ line of products. A relaxing foot massage ends this extraordinary experience.

Moroccan Ritual Be revitalized, refreshed and relaxed by the luxurious journey that is inspired by a traditional Moroccan Hammam and Shirodhara ritual. This begins with the detoxifying and invigorating benefits of a full body dry exfoliation. Relaxing hot stones will be used during the application of the Intense Hydrating Treatment. A body buff is used to gently exfoliate and soften your feet. The journey ends with a Moroccanoil® Scalp Treatment which is warmed and massaged into the scalp.

Spa Reflexology Address physical concerns through your feet. Our Reflexology service includes a foot scrub and mask, as well as a neck, shoulder and hand massage. Specific points are targeted and worked on in order to send signals to the brain and balance the nervous system. You can't help but feel relaxed as endorphins are released in your body, reducing stress, and returning balance to the body. Be engulfed in a sense of calm and focus.

The Grand Steam Glow Experience the benefits of an exfoliating scrub, an intensive hydration, and steam in this unique body treatment. It includes our luxurious private steam canopy treatment, scalp massage, a shower, and a refreshing application of body product designed to complete the treatment and prolong the benefits. The head and neck are not heated during the steam treatment, making it more comfortable and avoiding the dizziness and overheating associated with saunas. Benefits of steam include: relieving allergies and asthma, improving circulation, reducing inflammation, and an immunity booster. Steam, hot water or thermal effects of any kind are contra-indicated during pregnancy.

dōTERRA AromaTouch

The AromaTouch Technique is an essential oil application to the back and feet. This 60 minute body service combines the unique benefits of human touch with the power of essential oils to create an overall wellness experience. Each essential oil in the AromaTouch Technique is selected for its individual aromatic properties and for their benefits when combined. The overall scent of the AromaTouch Technique is soothing, light, and pleasant to the senses. These blends of oils provide a calming of your central nervous system, help relieve stress, and support a healthy digestive, respiratory and immune system.

HYDROTHERAPY

The Awakening This full-body treatment combines exfoliation, warm hydrotherapy, and a chilled stone massage for a relaxing and exhilarating experience. The treatment begins with a total body exfoliation incorporating a personalized sea salt scrub followed by a hydrotherapy massage using a pressurized Scots hose. The treatment continues with our seven-headed Vichy shower to open up the Chakra centers and clear out stagnant energy. While under the warm rain, a chilled stone massage is then performed to awaken your soul. This awakening experience is completed with a hydrating lotion.

Calming Waters Can't decide between a massage or hydrotherapy? This is the perfect choice for you. Start with a traditional 40 minute massage to target specific problem areas. Follow this with a high pressured Scots hose hydrotherapy massage for complete revitalization. We conclude this experience with a Vichy shower cascade, a seven headed shower designed for relaxation and to open up the seven chakras of the body.

Glacial Rain This therapeutic treatment begins with a sea salt exfoliation and a full body hydrotherapy massage with a pressurized Scots hose designed to relieve the deepest tensions. Next, you'll relax under our seven-headed Vichy shower designed to open up the Chakra energy centers and cleanse stagnate energy from the body. An application of a personalized blend of hydrating lotion is applied, and we complete this experience with a Shirodhara treatment – a warm steady stream of a plant-based

oil mixture flowing onto your third eye for ultimate relaxation. A scalp massage, shampoo and conditioning for your hair finishes up the session to leave you cleansed, energized and restored to balance.

Grand Renewal This full body treatment combines exfoliation and hydrotherapy for a relaxing and exhilarating experience. The treatment begins with a total body exfoliation incorporating a personalized sea salt scrub followed by a hydrotherapy massage using a pressurized Scots hose. The treatment continues with our seven-headed Vichy shower to open up the Chakra centers and cleanse stagnant energy in the body. A full body hydration customized with your aroma of choice completes this treatment.

Moroccan Rain Renew your skin and melt your tension away with this full body exfoliation and Vichy shower hydrotherapy treatment. Relax with the luscious aromas of Argon and Orange during the Moroccanoil® Body Buff. Your skin is then quenched with Moroccanoil® Body Soufflé followed with an invigorating scalp experience. A scalp massage, shampoo and conditioning for your hair finishes up the session to leave you cleansed, energized and restored to balance. A true complete spa experience.

Serenity Soak & Massage (Choice of Detox, Muscle Therapy, Moisturizing or Stress Relief Therapy) Our signature treatment. Enjoy a relaxing soak using mineral bath salts chosen just for you. Find complete respite in a personalized bath drawn for you followed by a 60 minute Grand Relaxation, Deep Tissue or Hot Stone Massage to rejuvenate and calm your mind and spirit.

SKIN CARE

Arctic Berry Peel & Peptide Facial Target aging, hyperpigmentation, as well as sensitive, rosacea and acne prone skin. Ingredients are sourced from natural elements such as the hibiscus flower, bitter almond, sugar, yellow plum and gardenia, offering you the natural approach to a peel and peptide powerhouse facial. Enjoy this alternative route to a chemical peel with no "down time"! Sun protection is essential, especially the week following this treatment.

Grand Duo Treatment This treatment will cleanse, exfoliate and hydrate your back leaving the skin noticeably smoother and revitalized. Followed up with a concentrated facial focusing on your skin's personal needs.

Age Corrective Facial Our therapists will give you glowing, youthful skin that boosts the appearance of fewer lines and wrinkles by feeding it with phytonutrients, antioxidants and vitamins.

Clear Skin Facial Cooling cucumber and refining yogurt work to purify and reduce the signs of acne so your skin will glow with newfound confidence

SKIN CARE

Calm Skin Facial Chamomile and Aloe Vera work together to calm, balance and soften the skin. Reduce the sign of redness and irritation leaving the skin soft and hydrated.

Bright Skin Facial Stone crop and licorice root regenerate, lighten and moisturize the skin leaving it luminous and bright

Replenishing Facial & Body Wrap Repair and protect your skin with this organic, soothing and hydrating body wrap & facial. A soothing hydrator is applied to the body to calm, strengthen and repair the skin, and then you are comfortably wrapped. Your face is calmed from exposure to the elements and defended against the harshest of season during a complete customized facial to address your skin care goals.

Gentleman's Facial Designed to address the special skin care needs of men. Products used in this service are customized according to your individual needs. We recommend not shaving the day of this service.

Grand Organic A relaxing facial treatment and personalized consultation featuring natural, organic products chosen by your esthetician to target basic skin care needs.

Tahitian Facial & Body Wrap Diminish the signs of aging, dehydration and fatigue with the enticing tropical ingredients of coconut, shea butter, mango and Tahitian monoi flowers. A full body exfoliation is followed by a relaxing application of the hydrating and firming Tahitian Cream. You are then warmly wrapped while you receive a delightfully tropical facial suited to your needs.

Ultimate Facial A luxurious facial that includes all of the extras and a warm neck and shoulder massage. Not only will you receive a beautiful facial, but also a cool stone eye treatment, regenerating lip treatment, a scalp massage, and warm hand and foot treatments.

SKIN CARE ENHANCEMENTS

Facial Peel Our Hungarian peels utilize natural, active ingredients that address a variety of issues including aging, acne, dryness and poor skin tone. Your peel will be customized by your Esthetician to suit your needs.

Lip or Eye Treatment These treatments smooth rough lips/eyes, increase collagen production and diminish lines around these areas. Hydration and a healthy appearance are restored.

Neck & Décolleté Firming Treatment Reverse signs of aging, sun damage, fine lines and wrinkles. Your neck and décolleté are treated with powerful hydrating firming boosters, followed by a warm argan oil compress. Restores elasticity and leaves even the driest skins transformed, nourished and hydrated.

Heated Gloves & Booties Reward your hands and feet with this heated intense hydrating treatment.

Moroccan® Scalp & Hair Treatment Soothing and invigorating, Moroccanoil® scalp oil is warmed and massaged into the scalp and hair. Followed by a hydrating hair masque.

Make-up We offer a complimentary make-up touch-up following any service, based upon availability. Make-up applications with our wonderful mineral make-up are also available to be scheduled.

Waxing Brow, chin or lips.

MANICURES

Age Defying This incredible manicure helps to heal and hydrate your hands. Featuring a pineapple enzyme peel wrapped in warm towels, an illuminating serum, and a rosehip & lemongrass hydrator leaving your hands feeling young and rejuvenated.

Children's A manicure tailored just for children. Includes cuticle work, nail shaping, hydration, and their choice of the perfect polish. Ages 4-10.

Gel Make your spa manicure last longer. This manicure features a gel polish that retains shine and resists chips for up to two weeks. Packed with vitamins to promote and protect healthy nails. Followed by a hydrating finish.

Grand Organic This full service manicure features our favorite organic products. It includes nail shaping, conditioning of the cuticles, exfoliation of the hands, and a hydration masque wrapped in warm towels. Enhanced by a relaxing and hydrating hand and arm massage. Completed with a polish color of your choice.

Moroccanoil® Hydrating Manicure This service revitalizes your skin and stimulates your senses. Our unique and luxurious orange peel scrub gently exfoliates your skin preparing it for the rich hydrating effects of Moroccanoil's® honey lavender scented Intense Hydrating Treatment wrapped in warm towels. The service concludes with the signature Body Soufflé, leaving your hands and arms soft and renewed. Completed with a polish color of your choice.

Repair & Protect Manicure Relax with a warm neck wrap while your nail technician shapes your nails and conditions your cuticles. Your hands will be rewarded with an exfoliation followed by a hydrating masque wrapped in warm towels. This service includes a relaxing hand and arm massage with a hydrating finish. A buff and shine of your nails will complete your service.

PEDICURES

Children's Our specially customized pedicure for young feet. Includes nail shaping, cuticle conditioning, hydration and is completed with a polish of choice. Ages 4-10.

Mineral Detox Soak Pedicure There are approximately 250,000 sweat glands in the feet. Through these sweat glands toxins can be discarded using nutrient rich minerals that soften the skin and nourish your feet. This extended service will include nail shaping, conditioning of the cuticles, exfoliation of the feet, and a hydrating masque wrapped in warm towels. A relaxing massage of the hands and feet complete this service. Completed with a polish color of your choice.

Grand Organic This full service pedicure features our favorite organic products. It includes nail shaping, foot soak, conditioning of the cuticles, exfoliation of the feet, hydration masque wrapped in warm towels, and a relaxing foot and leg massage. Completed with a polish color of your choice.

Hot Stone You will feel the stress melting away as your feet are treated to an exfoliation, a deep conditioning masque wrapped in warm towels, followed by a hydrating hot stone massage. Your feet and legs will feel whole again with the increased circulation, reduced stress and eased tension. Completed with a polish color of your choice.

MoroccanOil® Hydrating The ultimate in hydration, this pedicure revitalizes your skin and stimulates your senses. A luxurious orange peel scrub gently exfoliates your skin preparing it for the rich hydrating effects of MoroccanOil's® honey lavender scented Intense Hydrating Treatment wrapped in warm towels. The service concludes with the signature Body Soufflé leaving your feet soft and rejuvenated. Completed with a polish color of your choice.

Ultimate This ultimate pedicure offers everything you need to pamper yourself. Along with a full service pedicure, enjoy heated moisturizing gloves, sole treatment, and our relaxing Clarisonic exfoliating brush on your legs and feet. This pedicure satisfies the needs of even the hardest worked feet. Completed with a polish color of your choice.

Repair & Protect Pedicure Relax with a warm neck wrap while your nail technician shapes your nails and conditions the cuticles. Your feet are then treated to an exfoliation followed by a hydrating masque wrapped in warm towels. This service includes a relaxing foot massage and is completed with a buff and shine of your nails.

NAIL CARE ENHANCEMENTS

Sole Treatment Helps to peel away calluses and dry problem areas on the feet using professional strength products. Add-on to pedicures only.

French Polish A classic, clean, natural look for your nails.

Gel Polish Removal Gel removal using professional products.

Nail Art Choose one of our designs to add a special touch to your nail service. Add to one or all nails.