



*The Spa at Stowe Mountain Lodge*

*2015-2016 Winter Spa Menu of Services*

# Winter Spa Menu

December 16<sup>th</sup>, 2015 – April 30<sup>th</sup>, 2016

## Winter Hours of Operation

Fitness Center	5:00am – 8:00pm
Spa/Salon	9:00am – 8:00pm

**Call 802.760.4782 to speak with one of our experienced Spa Concierge.**

Please arrive 30 minutes prior to your scheduled service to relax and unwind. Gratuities are not included but at the discretion of you, our guest. Please contact us at least 24 hours prior to your appointment if you need to change or cancel in order to avoid a \$50 cancellation fee.

*It's more than a spa. It's a lifestyle.*

By nature, we all aspire to be healthy. At The Spa at Stowe Mountain Lodge, we encourage you to discover new experiences by taking time to relax your mind, heal your body, refresh your soul and reconnect with yourself.

Through nature, we have the opportunity to maintain our best health and begin our journey to better well-being. We push the limits on "healthy" to ensure our guests connect with nature and feel inspired. We embrace the powerful nature of science and the purity of ingredients to treat your mind, body and soul. Your well-being is our focus.

Experience "nature" at The Spa at Stowe Mountain Lodge. Become inspired and alive – and embrace the simple pleasures. We live by the words of the late Maya Angelou, **"they may forget what you said, or what you did, but they will always remember how you made them feel."** We invite you to get lost in our world, to open your eyes to fresh thoughts and to experience the magic of nature.

## Customized Spa Day

### **"I Want it My Way" Package**

Create your own Spa Day and custom spa experience. Choose any 3 services for the same person on the same day and receive 20% off all three services.

### **On your Own**

Don't have time for a full spa treatment or you just want to spend some time relaxing - enjoy the spa facilities for \$25/day (Lodge Guest) or \$50/day (Non-Lodge Guest)  
Must be 15 or older. Fee waived with spa service

## Featured Treatment

dēhp®

**80/160 minutes | \$300/\$585**

Your body has its own language to deal with the stresses of everyday life. dēhp® is an integrative licensed spa technique which activates that language to help improve your potential at work and at home. This spa experience includes the licensed dēhp® integrative technique with a balance of massage, essential oils, and a personal journal. This session will provide you with a ready-made toolkit to help you process and integrate stored experiences, promoting a sense of well-being, personal growth, and development.



Our massages are customized to address the specific concerns of your body. Please advise the spa concierge of the benefits you'd like to achieve from your massage and allow us to recommend the therapist and technique for you.

**25 minutes | \$95   50 minutes | \$160   80 minutes | \$225**

## Traditional & Therapeutic Massage Therapies

Swedish Massage – Relaxing	50/80 minutes
Swedish Massage – Deep Pressure	50/80 minutes
Deep Tissue Massage	50/80 minutes
Therapeutic Sports Massage	50/80 minutes
Hot Stone Massage	50/80 minutes
Couples Massage	50/80 minutes
Pre-Natal Massage	50 minutes
Recommended for women in their 2nd or 3rd trimester.	
Target Massage	25 minutes

## Add-On Enhancements

Must be done in conjunction with 50 or 80 minute massage.  
Additional 20-25 minutes

Couples Soak	+\$50
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## Add-In Enhancements

(Requires no extra time)

Warm Therapeutic Healing Pack	+\$20
Après Ski Muscle Soothing Oil	+\$20

## Holistic & Healing Massage Therapies

Alternative massage therapies provide another approach to healing and well-being.

**Harmony / Kundalini Massage** **80 minutes | \$225**

This deeply soothing back treatment will increase your energy & spiritual enlightenment by awakening the dormant energy at the base of your spine. Using a combination of specific essential oils with ancient massage techniques & chakra healing, the journey continues along the spine leading to a relaxed and balanced nervous system.

**Vital Energy / Manipura Massage** **80 minutes | \$225**

This treatment begins with a Himalayan crystal scrub to purify, detox and stimulate the lymphatic system & cleanse the energy body. This helps to release toxins & frees you from fatigue. The Vital Energy massage techniques re-connect a positive flow of energy, which restores balance and leaves your mind, body and spirit sparkling.

**Balance / Ku Nye Massage** **80 minutes | \$225**

The aim of the Ku Nye is to honor & respect the ancient Tibetan traditions of healing. This treatment begins with Ku Nye massage techniques which work on awakening the meridians, lymphatic drainage and acupressure using essential oils and hot Himalayan salt poultices and hot stones. Ku Nye will restore energy and balance while strengthening the body's natural flow of energy.

**Reflexology** **25/50 minutes | \$95/\$160**

Specific points and areas on the feet, hands, or ears correspond to different body organs and systems; reflexology provides beneficial effect on the organs and person's general health.

**Reiki** **25/50 minutes | \$95/\$160**

In conjunction with sound therapy, this Reiki session will clear, balance and heal the energy paths of the body and supporting the vital functions.

**Thai Massage** **50/80 minutes | \$160/\$225**

Relax while your practitioner rhythmically stretches and flexes your body, opening and relieving weary muscles. The therapist applies compression with thumbs, palms, elbows, knees and feet to stretch soft tissues and harmonize vital energies. Thai massage renews the body's energy flow while reducing tension and stress. This graceful therapy, which is performed on a mat, leaves you relaxed, energized and more flexible. Please wear yoga or exercise attire.

**Shiatsu** **50/80 minutes | \$160/\$225**

Feel energized with this traditional Japanese modality incorporating stretches and pressure point therapy to balance your meridians. Your therapist uses thumbs, fingers and palms to stimulate the body's energy system, applying pressure to acupoints and along meridians. No oils or lotions are used for this treatment. Please wear yoga or exercise attire.



### Sacred Journey

80 minutes | \$225

A muscle-warming, re-mineralizing and purifying wrap. This therapeutic experience relieves aches and pains, stimulates energy flow, and provides pain relief for tense, tired muscles. Integrated with our hand, scalp and foot rituals, you will experience a sense of relaxation, comfort and vitality.

### Sacred Nature

80 minutes | \$225

Imagine being caught in a rain shower while being gently scrubbed with a Coffee Coconut Scrub and hydrated with a Coffee Coconut Lotion. Sacred Nature combines this hydrating scrub under our Vichy shower along with our hand, scalp and foot ritual, leaving you rejuvenated with profoundly nourished and radiant skin.

### Sacred Healing

80 minutes | \$225

For anyone needing to deeply relax their mind, body and soul, this intoxicating wrap includes an indulgent blend of essential oils with a signature calming scent that stimulates a deep sense of well-being while providing profound nourishment, improved circulation and a complete sense of well-being. Also includes hand, scalp and foot ritual.

### Sacred Love for Couples

80 minutes | \$450

A rejuvenating escape for couples, Sacred Love is a rendezvous for two. Your romance ritual includes a romantic bath, a body polish, body wrap, and massage. While you are sharing this romantic excursion, your individual scents will blend together to create a beautiful & romantic scent that belongs only to the two of you.

### Sky's the Limit

80 minutes | \$225

Inspired by the beauty of Vermont and the work of alchemist Katie Hess & Lotus Wei, this highly hydrating and transforming scrub nurtures and nourishes the heart, emotions and skin. Strawberry seeds are combined with the essence that most resonates with your heart. This treatment is completed with a custom massage.

### De-stress Detox Wrap

50 minutes | \$160

A muscle-warming, re-mineralizing and purifying wrap. This therapeutic experience relieves aches and pains, stimulates energy flow, and provides pain relief for tense, tired muscles.

### Tranquility Hot Oil Body Wrap

50 minutes | \$160

For anyone needing to deeply relax their mind, body and soul, this intoxicating wrap includes an indulgent blend of essential oils with a signature calming scent that stimulates a deep sense of well-being while providing profound nourishment, improved circulation and a complete sense of well-being.

### Detoxifying & Energizing Scrub

50 minutes | \$160

This is a detoxifying body scrub that is recommended to reduce cellulite, stress or exhaustion. Juniper Berry, Rose Geranium, and Wild Poppy essential oils assist to stimulate the lymphatic system, aiding in the elimination of toxins from cells and stimulating circulation.

### Coffee Coconut Body Scrub

50 minutes | \$160

This delicious body scrub is performed under the Vichy shower and uses pure coffee, organic coconut oil and other natural ingredients that exfoliate and hydrate your skin – while leaving you soft and energized.

### New Life & New Mom

50 minutes | \$160

Ideal during pregnancy as well as post pregnancy. This gentle treatment improves circulation, reduces swelling of the legs and ankles, and deeply nourishes the skin, ensuring suppleness and elasticity. The nourishing and active ingredients also helps to inhibit the formation of stretchmark's.

### Balancing Hand, Scalp and Foot Ritual

50 minutes | \$160

Reconnect with your mind, body and soul with this ritual combining the healing properties of the hand, scalp and foot rituals. Perfect for the first time spa-goer.

### Ion Detox Foot Experience

50 minutes | \$160

A natural and effective way to re-balance & re-energize our bio-energy through our feet. This treatment produces positive and negative ions that stimulate cells enabling the body to effectively detox through the pores in your feet. Includes hand, scalp and foot massage.

### Body Strategist +

50 minutes | \$160

For those with resistant cellulite and in need of full systemic detoxification, this intense detoxifying treatment accelerates the body's metabolism, stimulates the fat-breakdown process, and re-mineralizes tissues providing effective slimming action.

### Soothe Your Sole

25 minutes | \$95

Relax and enjoy the serenity on our Sound Chair as music resonates through the water in your body, your scalp is massaged and your feet pampered with warm Shea butter.

### Nourish Body Ritual

25 minutes | \$95

An innovative anti-aging treatment offering visible results after the first treatment leaving skin nourished and toned. The preventative action against the body's natural signs of aging is addressed with the active formula, combined with specific massage techniques to activate the skin.  
*Recommend series of 3, 6, or 9.*

### Après Leg & Foot Ritual

25 minutes | \$95

Treat and heal your feet and lower legs to restore lightness, improve circulation and reduce swelling and fatigue.

### Revitalizing Hair and Scalp Ritual

25 minutes | \$95

A precious concentrate of essential oils are rhythmically massaged into your hair and scalp to revitalize, oxygenate and invigorate.



HydraFacial

**Ultimate HydraFacial™ w/ HydroPeptide** **80 minutes | \$275**  
Take the results of your HydraFacial™ to new heights by incorporating the age-defying power of HydroPeptide™. Mega doses of peptides will relax wrinkles, boost collagen, & erase age spots. Experience immediate, visible results with no downtime. After just one treatment, skin will be hydrated, with fine lines & wrinkles visibly erased.

**HydraFacial™ Boost** **50 minutes | \$225**  
The Boost takes the HydraFacial™ to the next level with the addition of Lymphatic Therapy, LED Light Therapy & DermaBuilder protein peptides to stimulate fiberblasts & produce collagen & elastin.

**HydraFacial™** **25 minutes | \$175**  
A breakthrough in aesthetic technology providing non-laser, non-invasive skin resurfacing. The **HydraFacial™** removes dead skin cells & extracts impurities while cleansing, hydrating & moisturizing. The treatment is soothing, refreshing, non-irritating & immediately effective; Improves the appearance of fine lines, wrinkles, congested & enlarged pores, oily or acne-prone skin & hyper-pigmentation.

Facials

**Anti-Wrinkle Vitamin C Facial** **80 minutes | \$225**  
Sublime Comfort Zone signature facial infuses skin with restorative benefits of peptides, growth factor activators & proteins. Vitamin C infused microdermabrasion crystals & plumping activator reveal glowing skin. A hybrid mask purifies using bentonite & kaolin clays. Fine lines and wrinkles don't stand a chance.

**Age Defying Facial** **80 minutes | \$225**  
This pain-free, non-invasive, yet highly effective system utilizes the most innovative technologies to visibly erase years off of your face. Combines the effects of crystal-free microdermabrasion, micro-current, lymphatic drainage, LED light therapy & an advanced hydrating mask. Instantly notice more toned & firm skin and reduced fine lines & wrinkles.

**Custom Facial** **50 minutes | \$160**  
Our customized facials are designed to meet the specific needs of your skin to include rosacea, dehydration, or acne. Your esthetician will analyze your skin & recommend a facial from one of our professional lines to determine which will provide the greatest benefits and results for your skin.

**Beyond Organic Facial** **25/50 minutes | \$95/\$160**  
Our Signature Organic facial combining the results of science and nature & the efficacy of pure ingredients from illa. With over 22 active natural ingredients which include healing essential oils, CoQ10, Vitamin C ester, Boabob, licorice, & a variety of other pure ingredients to nourish, heal & balance the skin.

Facials

**Re-Fueling Gentleman's Facial** **25/50 minutes | \$95/\$160**  
Gently exfoliates, unclogs pores, protects & evens out skin tone with Vitamin C, fruit enzymes and antioxidants. Peptides & growth factor activators increase elasticity & firmness. Perfect for reducing fine lines & wrinkles.

**Clarifying Teen Facial** **25/50 minutes | \$95/\$160**  
Improve skin clarity while combating acne & unbalanced skin using a combination of salicylic acid & peptides. Unclog pores & speed up skin cell turnover after just one treatment – leaving your skin balanced & clear.

**Nourish Face Ritual** **25/50 minutes | \$95/\$160**  
Feed your skin with high-tech nutritional replenishment combined with a therapeutic facial massage that leaves the skin vibrant, energized & lifted. Immediate replumping, lifting & softening of expression lines & deep wrinkles.

**Anti-Stress Express Facial** **25 minutes | \$95**  
Perfect if you are short on time but still want the benefits of a full treatment. Peptides help to balance stressed skin, while Echinacea stem cells provide instant hydration and cranberry pomegranate mask provides exfoliation & nutrients for renewed radiance and elasticity.

Waxing

Waxing

Face		Body	
Lip	\$15	Bikini	\$50
Eyebrow	\$20	Lower Leg	\$40
Chin	\$15	Full Leg	\$65
Brow, Lip, Chin	\$40	Full Leg and Bikini	\$80
Full Face	\$50	Underarm	\$30
Half Arm	\$35	Back	\$65
Full Arm	\$45		



## Salon Ritual — Sacred Beauty 80 minutes | \$160

Created by our Salon team this treatment soothes and softens your hair and relaxes and hydrates your hands. Begin with a wash and treatment to your hair and scalp followed by a hand massage and hydration ritual, ending this luxurious treatment with a blow dry. All products are natural and organic and all nail lacquers used are free of formaldehyde, DBP and Toluene.

## Hair Styling

Ladies, Cut and Style/above shoulder length hair	\$65
Ladies, Cut and Style/below shoulder length hair	\$85
Children Under 12, Cut Only	\$35
Shampoo/Blow-Dry, Short/cropped	\$50
Shampoo/Blow-Dry, Above shoulder length hair	\$60
Shampoo/Blow-Dry, Below shoulder length hair	\$65
Shampoo/Blow-Dry, Ethnic Hair	\$70+
Special Event Style	\$85+
Gentlemen's Cut, Dry & Style	\$55

## Color

All color processing includes blow-dry & style. Pricing for color does not include cut, and varies by hair length, thickness and texture.

Full Foil Highlights	\$185+
Partial Highlights	\$125+
One Process Color	\$95
Double Process Color	\$140+
Corrective Process	Quoted on consultation
Gentlemen's Cut & Color	\$95

## Hair Treatments

Euphora Restorative Hair Mask	\$40
Loma Intense Hydrating Mask	\$40
Balancing Scalp Treatment	\$20

## Hair Extensions

100% Remy human hair extensions. Our trained Hair Stylists will assist you with styling & ordering your new hair to create a look that best fits you.

Extension Consultation	15 minutes   Complimentary
Extension Application	3 hours   \$285

## Manicures

**Winter Spa Manicure** 80 minutes | \$85  
Referred to as the facial for your hands. Let our nail technician's pamper, soothe and hydrate your hands during this cold and dry season.

**Traditional Manicure** 50 minutes | \$55  
Cut, file, buff and polish...with a little extra touch of Shea butter to make your mani complete.

**Gentleman's Manicure** 25 minutes | \$40  
Look good. Feel good. An express version of our traditional manicure tailored for men on the go.

**Princess Manicure (4-12yrs old)** 25 minutes | \$20  
Every girl should feel like a Princess! Let your little one feel like a big girl with a pampering manicure. \*No cutting or filing.

**Polish Change** 25 minutes | \$20  
**Gel Polish Soak Off** 25 minutes | \$25  
**French Manicure** +\$10

## Pedicures

**Winter Spa Pedicure** 80 minutes | \$105  
Referred to as the facial for your feet. Let our nail technician's pamper, soothe and hydrate your tootsies during this cold and dry season. And warm your insides with a warm beverage while you relax.

**Traditional Pedicure** 50 minutes | \$80  
Cut, file, buff and polish...with a little extra touch of Shea butter to make your pedicure complete.

**Après Ski Pedicure** 50 minutes | \$80  
Soothe those aching feet with an Arnica based foot ritual after a great day on the slopes. This pedicure is great for men and women who want some relief and relaxation.

**Princess Pedicure (4-12yrs old)** 25 minutes | \$30  
Every girl should feel like a Princess! Let your little one feel like a big girl with a pampering pedi. \*No cutting or filing.

Add On French +\$10

## Add-In Enhancements

Wrinkle MD for Eye or Brow \$40



KidsSpa

## KidsSpa Menu

For the early spa-goer aged 6-12

### Chillax Session

25 minutes | \$25

A customized relaxing session designed for your child to relax, unwind, and experience what it "feels" like to relax and be still. Aromatherapy wash clothes, cool cucumbers, hand and foot treatments and deep breathing exercises will leave them relaxed and ready for a good night's sleep. Must be 6 years of age or older.

### Tween Chillax Session

25 minutes | \$30

Focusing on your tween to relax, unwind, and experience being calm and rejuvenated. Cool cucumbers, aromatherapy wash cloths, soothing green tea and avocado face mask, hand and foot ritual with deep breathing exercises, leaves your tween feeling relaxed and their skin hydrated, great after a day out in the cold. Must be 9 years of age or older.

### Sacred Chillax Session

25 minutes | \$35

For our veteran chillaxer. We combine our traditional chillax session with an added level of pampering. We exfoliate the feet with a gentle sea salt and Shea butter scrub and apply a warm chocolate face mask that soothes and smells good enough to eat. Must be 9 years of age or older.

### Princess Manicure

25 minutes | \$20

A quick buff and polish so your little Princess can feel like a big girl too. For children 12 and under.

### Princess Pedicure

25 minutes | \$30

Treat your little one with a delicious pedicure that leaves their toes smelling fresh from the bakery. For children 12 and under.

### Mini Me Massage

25 minutes | \$75

Allow us to massage out the stress and tension in your child's body. Adult must be present in room during the massage. For children 12 and under.

### Mini Me Facial

25 minutes | \$75

A pure and simple facial for your child with cleansing, toning, and hydrating. Basic lessons on the importance of clean skin will be shared with your child. Adult must be present in the room during the facial. For children 12 and under.

### Hair Feathers

2 Feathers/\$25    4 Feathers/\$30    \$10/additional

### Hair Tinsel

6 Tinsels/\$25    \$5 for each additional Tinsel

## What is Chillax?

A program designed to enable children to experience what it "feels" like to be in a stress free environment through touch, smell, sound and imagination. This unique program is intended to spread love, laughter and self-confidence to children in a safe and relaxing environment through programming that includes deep breathing exercises, imagination, meditation, touch, smell and sound.

## Why Chillax?

\*Children are affected by stress more than we know. The results of this study opened our eyes to the opportunity we had to help to teach children how to relax and be stress free, by experiencing what it feels like to relax in a safe and relaxing environment.

- ✓ 30% of tweens and 42% of teens say they get headaches. However, only 13% of parents reported being aware of their children having headaches.
- ✓ 39% of tweens and 49% of teens report difficulty sleeping. However, only 13% of parents reported being aware of their children having trouble sleeping.
- ✓ 25% of tweens and 39% of teens reported eating too much or too little due to stress. However, only 8% of parents reported being aware of this issue.

\*The above stress statistics related to children and their parents were reported by a 2009 survey conducted by the American Psychological Association (APA).