The Spa at Massanutten®



total indulgence is our specialty

The Spa at Massanutten offers treatments for women, men, teens, and everyone in-between. And now, thanks to our brand new spa menu, you will now have more reasons to spoil yourself than ever before! Whether it is a relaxing massage, invigorating body treatment, luxurious facial, or a pampering nail service, our licensed professionals are here to exceed your every expectation.

MASSRESORT.COM/SPA | 540.289.4040

MASSAGE

Massanutten Signature Massage | $152 - 60 minutes | $236 - 90 minutes
Our most popular service, this massage combines the techniques of moderate to firm pressure massage to relieve tension and stress. This service features a neck wrap and warm towels.

Therapeutic Bamboo Massage | $163 - 60 minutes | $242 - 90 minutes
Introducing the new Therapeutic Bamboo Massage! Also known as warm bamboo massage, Hot Bamboo or Bamboo-fusion, bamboo massage therapy involves the use of various rolls of heated bamboo material. They can be used for any types of pressure, especially useful for those requiring deeper pressure.

Hot Stone Massage | $152 - 60 minutes | $236 - 90 minutes
Hot stones are used in conjunction with Swedish techniques to call forth the body's own healing energies and to promote a deeper level of relaxation.

Swedish Massage | $142 - 60 minutes | $220 - 90 minutes
Experience this wonderfully relaxing massage designed to reduce stress and improve circulation while calming your body and refreshing your spirit.

BBW (Best of Both Worlds) | $158 - 60 minutes
By popular request, we are bringing back our BBW! Experience the best of both worlds, starting with our famous Swedish massage and ending in a facial massage using soothing and aromatic facial products. You will feel refreshed and aglow when you leave the treatment room.

Sleep Therapy Massage | $158 - 60 minutes
This massage incorporates a blend of essential oils formulated to induce deep relaxation, a gentle rocking, and long strokes to induce sleepiness. After this service purchase this essential oil blend to induce sleep by placing drops on pillow and/or in the bath.

Reflexology Massage | $142 - 60 minutes
Reflexology is a technique that applies gentle pressure to your feet. It aims to bring about a state of relaxation and help the body's own healing process. Reflexology works in a similar way to acupressure and acupuncture.

Mineral Magnesium Massage | $152 - 60 minutes | $236 - 90 minutes
Magnesium is a crucial mineral for the body. In fact, the body uses magnesium to help with many important body processes from regulating muscle and nerve function, to helping to manage blood sugar. Getting a massage with magnesium cream targets those sore and aching muscles directly, resulting in a faster absorption into the body and a faster recovery.

Prenatal Massage | $142 - 60 minutes | $236 - 90 minutes
This mommy-to-be massage aims to relax tense muscles, ease sore spots, and improve circulation and mobility.

BODY TREATMENTS & MASSAGE

Aloe Vera Hydrating Body Wrap & Massage | $154 - 60 minutes
This versatile treatment contains aloe vera juice and glycerin which hydrates and heals dry stressed skin. Includes a 30 minute Swedish Massage.

Organic Body Scrub | $164 - 60 minutes
Choose from Lavender, Coconut Lime, Chocolate, Peppermint or Pumpkin (seasonal), or try combining a couple of scents! Shea butter sea salt scrub offers an exfoliating treatment for the hands, feet, and body, removing dull dry skin leaving a natural glow. Followed up with shea butter cream leaving the skin smooth,soft, and hydrated. Excellent for sun damaged and dehydrated skin. The aromas are divine.

Massage Enhancements

Our enhancements allow you to experience even more during your service time.

Hot Stones | $10
Tea Tree Scalp Massage | $20
Cold Stone Face Massage | $15
Static Stretching | $15 - Increases muscle control, flexibility, and range of motion.
Reflexology | $15 - An application of pressure on certain parts of the foot to produce an effect elsewhere in the body.
Face & Scalp | $15 - This focused massage can impact your entire nervous system leaving you re-energized from head to toe.
PureWave Massager | $15 - Featuring cutting-edge percussive therapy. Unparalleled performance designed to rejuvenate your muscles, alleviate pain, and get you back to life.
Magnesium | $20 - The body uses magnesium to help with many important body processes from regulating muscle and nerve function, to helping to manage blood sugar. Getting a massage with magnesium cream targets those sore and aching muscles directly, resulting in a faster absorption into the body and a faster recovery.
CBD Oil (Cannabidiol) | $20 - May help reduce muscular pain and inflammation.
Peppermint Foot Scrub | $20
Peppermint Back Scrub | $20
Gliding Cupping | $20

These options can be added to any massage service or pairing. You may choose to add-in multiple enhancements during your massage. Please let us know upon making your reservation or advise your therapist.

All services and pricing are subject to change. All service times are approximate.
Prenatal Massage is available for healthy second and third trimester pregnancies only.

NATURAL NAIL CARE

Massanutten Spa Pedicure | $60
Includes unscented jetted foot soak, unscented foot scrub, lower leg, and foot massage with unscented butter cream or lotion, cuticle and nail care.

Massanutten Spa Gel Pedicure | $75

Massanutten Spa Manicure | $50
Includes unscented hand scrub, hand massage, cuticle, and nail care.

Massanutten Spa Gel Manicure | $65

Gel Polish Removal | $15

DAZZLE DRY NAIL POLISH

Introducing Dazzle Dry nail polish, a four-step system uniquely formulated to look incredible, promote nail health and help you rethink the standard of nail care. For the busy individual on the go, Dazzle Dry dries almost instantly without UV lamps and toxic ingredients. You can go swimming, hiking, or have a massage without a wait time for drying. All Dazzle Dry products are formulated, tested, and manufactured in the US and come in beautiful vibrant colors.

Nail Enhancements

Hot Stones (pedicure only) | $10
Paraffin (hands or feet) | $20
French Polish | $15

You may choose to add-in multiple enhancements during your nail service. Please let us know upon making your reservation or advise your therapist.

All services and pricing are subject to change.
All service times are approximate. No substitutions.



SPA FACIAL MENU

ÉMINENCE ORGANIC SKIN CARE
HUNGARY · SINCE 1958

Massanutten Classique Facial | $164 - 60 minutes
Skin is refreshed and detoxed with a double cleanse, double exfoliation, and a clay masque. For normal, dry, oily, acneic, or mature skin.

Lifting & Firming Facial | $170 - 60 minutes
Firms, stimulates, and strengthens the skin. Features a rosemary firming treatment and marine collagen masque. For mature and dry skin types.

Sensitive Skin Facial | $154 - 60 minutes
This calming, soothing treatment is for sensitized skin or ruddy complexions.

Dermaplaning Custom Facial | $164 - 60 minutes
Our dermaplaning custom facial includes the deep exfoliation of dermaplaning followed by a custom facial tailored to your skin's needs. Your skin will be smooth and glowing, almost flawless!

Back Facial | $154 - 60 minutes
Our back is notoriously hard to truly clean and exfoliate. This treatment will target a variety of skincare needs on your back, such as clogged pores, back acne, dry and dehydrated skin.

Vitamin C Facial | $185 - 60 minutes
This new facial enhances radiance, combats aging, and evens out skin tone in ten main steps. At the intersection of medicine and spa treatments, it perfectly combines effectiveness and sensory appeal.

Energizing Gemstone Facial | $164 - 60 minutes
Uplift your senses and bring positivity your way with an energizing gemstone facial. Natural gemstones are infused into potent formulas that take your treatment to a higher level.

Mangosteen Gentle Resurfacing Facial | $164 - 60 minutes
Looking to increase the vitality of your skin without irritation or down time? Elevate your complexion's natural glow with the help of our proprietary Lactic Acid Complex paired with antioxidant-rich "super fruit" Mangosteen.

Arctic Berry Illuminating Facial | $196 - 60 minutes
Utilizing potent and rare berries from the Arctic, this decadent, results-oriented facial layers three uniquely formulated products which work harmoniously as an advanced resurfacing treatment. The breakthrough Arctic Berry Peel & Peptide Illuminating System also targets blemishes, uneven skin and fine lines to reveal a new level of luminosity to your skin.

Seasonal Organic Custom Facial | $175 - 60 minutes
Let us delight your senses with our customized Seasonal Organic Facial, featuring the finest fruits, vegetables and herbs of the season to deliver an incredibly potent and active treatment.

AHA/Paprika Warming Facial | $175
This active herbal treatment is perfect for mature, uneven or problem skin. Paprika rejuvenates the skin, while the otheractive ingredients, including St. John's Wort, sage, lavender and honey, work to soothe and restore the skin's appearance.



NEW! HYDRAFACIALS

HydraFacials are your new aesthetic go-to this season! This service works wonders on all skin types, whether you're dealing with acne, starting to get those lines of wisdom on your skin, or even if you simply need a refresh. Everyone can benefit from the HydraFacial methodology which utilizes cleansing, exfoliating, pore extracting and infusions. Protect and revitalize your skin at any stage of life with deep hydration and an antioxidant formula.

While the benefits of this service are noticeable after just one treatment, the best skin-boosting results occur when treatments are given every 3-4 weeks. **Ask us about our HydraFacial packages and receive up to 50% off a service!**

Invest in your wellness today at The Spa at Massanutten, and let us **renew your spirits, and your skin,** one HydraFacial at a time.

Hydrafacials Services

- Signature | $205 (30 minutes)
- Deluxe | $285 (45 minutes)
- Platinum | $335 (60 minutes)

Enhancements

- Boosters | $25 - 50
- LED | $50 - 150 (depending on level of Hydrafacial)
- Lymphatic Drain | $25 - 50

Throat & Decollete Firming Service

- $120 | May be booked as a facial enhancement or stand alone service.

Please visit **massresort.com/spa** for more info and Hydrafacials package specials.





INFRARED DRY SAUNA

$30 for 30 minutes or $50 per couple - Unlike traditional saunas which use heat to warm the air/water and, in turn, your body; an infrared sauna uses light to heat your body directly without warming the air around you. Our Infrared Dry Sauna will heat up 30-100% faster than traditional rock and water saunas and can penetrate skin 40% more to maximize therapeutic benefits.

Potential Health Benefits Include: Weight loss; burn up to 500 calories in each 30-minute session
Detoxification • Pain relief • Improved circulation • Skin purification • Muscle regeneration

CO2 & MASSAGE WELLNESS PACKAGE

$185 | 90 minutes

Our new CO2 Dry Bath Chamber offers a holistic approach to pampering and revitalization to enhance your spa and wellness ritual. Based on ancient therapeutic treatments which involved bathing in naturally carbonated water to relieve various ailments, such as arthritis, muscle soreness, migraine headaches and menopause symptoms to name a few, CO2 Dry Bath offers the same relief by harnessing the therapeutic properties of magnesium.

The treatment is simple. After applying our therapeutic magnesium oil to your skin, you will relax for 30 minutes in our CO2 special chamber stimulating circulation, promoting collagen production and enhancing tissue oxygenation. You will emerge feeling rejuvenated and oxygenated.

When following this treatment with a mineral magnesium massage, you will have achieved the maximum wellness benefit available.



GENTLEMEN'S SERVICES

Men's Facial
$154 | 60 minutes
Customized for men's skin care needs.
Renews skin tone and texture while helping
soothe and restore razor-burned skin.

Men's Nail Services
Please see our natural nail care services on page 3.



'Makes Scents' Burly Men's Line

You're rough, you're tough, but your skin shouldn't be
with our new Buff and Balm!

TEENS & TWEENS SERVICES

Teen Swedish Massage
$125 | 60 minutes
Gentle relaxation techniques help reduce stress and calm the body. 16 & 17 years of age only.
Parent must be present in treatment room.

Teen/Tween Facial
$135 | 60 minutes
This relaxing facial is customized for your skin care needs. 13 - 17 years of age only.
Parent must be present in treatment room.

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SPA PACKAGES

Massanutten Head-to-Toe
$355 | 180 minutes
Includes a Massanutten Signature Massage, Massanutten Classique Facial, and a Massanutten Pedicure.
No substitutions.

Mountain Peak Renewal
$276 | 120 minutes
Includes a 30 minute Aloe Vera Hydrating Treatment and a 90 minute Swedish Massage. No substitutions.

Soul & Skin Symphony
$265
This upgraded Best of Both Worlds package offers the popular BBW which includes back massage, compressions & facial massage using our own private collection of products; a body scrub of your choice (organic peppermint, chocolate, coconut lime, lavender or the seasonal special scent); OR a Reflexology massage. Take our popular Best of Both Worlds to the next level.

Serenity Senses
$265
Inspire your Senses with this delightful package including our famous Classique Facial followed by the Mani/Pedi package using our beautiful Dazzle Dry polishes. Your face will thank you all the way down to your toes.

Crown to Soul Indulgence
$419
Take our Head to Toe package to a whole new level! This indulgent package includes our Classique Facial; Swedish Massage; Mani/Pedi package with Dazzle Dry and either our popular Infrared Sauna OR our newest CO2 Dry Bath immersion. This will indulge all of your senses leaving you rejuvenated and simply glowing when you leave the Spa.

Complimentary Beverage Options

While visiting the Spa at Massanutten, we invite you to enjoy a complimentary beverage before or after your service. Beverage options include fruit-infused water, hot tea, champagne, and mimosas. Limit one glass of champagne or mimosa per visit.

SPA BOUTIQUE

The Spa at Massanutten offers **quality** spa products to enhance your overall health, skin, and **well-being.** Whether you are shopping for yourself, a friend, or that special someone, these products make great gifts for every occasion. Stop in to see our new selection of **beauty and home essentials!**

Products & Brands Include:
Professional Skin Care Products • Sandals • Plush Bath Robes & Loungewear • Handmade Jewelry
Butter Creams & Scrubs in Delicious Scents • Herbal Neck Wraps and Bath & Body Care • Sun Hats • Bath Salts

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Monica Mauro ÉMINENCE ORGANIC SKIN CARE HUNGARY · SINCE 1958



Indulge in the best each season has to offer!

Fresh scents and the beauty of nature inspire our ever-changing seasonal services. Seasonal services can be found at **www.massresort.com/spa** or you may ask about them by calling the Spa directly.

HELPFUL INFORMATION

Reservations

We recommend booking at least 1-2 weeks in advance to receive an appointment time most convenient for you. Please call 540.289.4040 to schedule your appointment. We ask that all appointments be reserved with cash or credit card. Walk-ins are accepted based on availability.

Check-In

We ask that you arrive 15-20 minutes prior to your appointment to complete client forms. Service time begins when you are greeted by your service provider.

Cancellation Policy

24-hour notice is required to cancel your spa appointment. A fee of 50% of your service will be charged for each cancelled service to cover the time reserved for you without at least 24 hours notice. No show for your appointment will result in 100% of your appointment fee. 72 hour cancellation notice is required for parties of 4 or more.

Gratuity Policy

An automatic gratuity of 20% will be applied to your purchases, excluding retail items at the Spa Boutique. This is subject to change at any time.





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