



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

\$125 - 60 minutes

Our most popular service, this massage combines the techniques of Swedish massage and deep tissue massage to relieve tension and stress. This service features a neck wrap and warm towels.

Therapeutic Massage

\$135 - 60 minutes

This total body experience is not only relaxing, but addresses specific areas of concern. Whether it is neck, back or shoulder pain, joint soreness and stiffness, or other muscular related issues, your therapist will work to enhance the body's natural restorative functioning. Be sure to discuss your needs with your therapist before your service.

Hot Stone Massage

\$125 - 60 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

\$115 - 60 minutes

Experience this wonderfully relaxing massage designed to reduce stress and improve circulation while calming your body and refreshing your spirit.

Prenatal Massage

\$115 - 60 minutes

This mommy-to-be massage aims to relax tense muscles, ease sore spots, and improve circulation and mobility.

Couple's Massage Room | \$15

Share your experience side-by-side. All massage services can be performed together as a couple.

Price based on choice of massage for each. *Cost of services are additional.

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.



BODY TREATMENTS & MASSAGE

Aloe Vera Hydrating Body Wrap & Massage

\$125 | 60 minutes

This versatile treatment contains aloe vera juice and glycerin which hydrates and heals dry stressed skin. Includes a 30 minute Swedish Massage.

Verde Olive Oil Salt Scrub & Massage

\$125 | 60 minutes

This emollient and healing treatment is rich in antioxidants and is deeply hydrating. With notes of freshly cut grass, olive fruit, tomato leaf, and basil. Includes a 30 minute Swedish Massage.

Massage Enhancements

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

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.

Aromatherapy | \$15 - Uses plant oils for the purpose of altering one's mood, cognitive, psychological, or physical well-being.

Deep Tissue (back only) | \$15 - Uses firm pressure and slow strokes to reach deeper layers of muscle.

Face & Scalp | \$15 - This focused massage can impact your entire nervous system leaving you re-energized from head to toe.

Hot Stones | \$15 - Eases muscle tension and pain.

CBD Oil (Cannabidiol) | \$20 - May help reduce muscular pain and inflammation.

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.

NATURAL NAIL CARE

Massanutten Spa Pedicure | \$55

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 Manicure | \$45

Includes unscented hand scrub, hand massage, cuticle, and nail care.

Gel Polish Removal | \$15

Nail Enhancements

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

Aromatherapy (foot bath, scrub, & lotion) | \$10

Hot Stones (pedicure only) | \$15

Callous Eliminator (includes filing) | \$15

Paraffin (hands or feet) | \$20

Hydrating Aloe Mask | \$10

Honey Heel Glaze | \$5

French Polish | \$10

Gel Polish (manicure only) | \$10

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

Experience natural nail treatments

designed to help enhance the health and appearance of your hands and feet.



SKIN CARE

Massanutten Classique Facial

\$125 | 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.

Advanced Optimizer Firming Facial

\$130 | 60 minutes

Firms, stimulates, and strengthens the skin. Features a rosemary firming treatment and marine collagen masque. For mature and dry skin types.

Hydralessance Facial

\$125 | 60 minutes

An ultra-hydrating, refreshing facial to control the effects of extreme moisture loss. For dry and de-hydrated skin.

Sensitive Skin Facial

\$125 | 60 minutes

This calming, soothing treatment is for sensitized skin or ruddy complexions. For sensitive, rosacea, and hyper-reactive skin.

Facial Enhancements

Paraffin for Hands or Feet | \$20

Lip Exfoliating Treatment | \$15

Additional Extractions | \$15

You may choose to add-in multiple enhancements during your facial. 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.



Yon-Ka Skin Care

Visible results with a healing touch.

GENTLEMEN'S SERVICES

Burly Man Massage

\$125 | 60 minutes

Man up and treat yourself right with this massage just for men. This deep tissue and Swedish massage combination uses body balm infused with orange, cedarwood, peppermint, and tea tree oils.

Men's Facial

\$125 | 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!



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:

- Weight loss; burn up to 500 calories in each 30-minute session
- Detoxification
- Pain relief
- Improved circulation
- Skin purification
- Muscle regeneration

MULTI-SALT BOOTH

\$20 for 10 minutes

Our enclosed, dry salt therapy booth provides individual and personalized skin and lung therapy. Sit back, relax, and breathe deeply as the micro-particles of salt are dispersed into the air, entering your airways to naturally cleanse and detoxify your lungs, sinuses, and air passages.

Dry salt therapy, or halotherapy, is a holistic, drug free, natural therapy using micro particles of salt which has been known to aid in detoxifying the respiratory system, healing skin conditions, promoting better breathing, sounder sleep, and overall wellness.

Potential Health Benefits:

Our dry salt therapy booth can help to alleviate symptoms of allergies, asthma, COPD, snoring, sleep apnea, sinusitis, bronchitis, colds, flus, and so much more.

MINERAL MAKEUP

Day Look | \$35

A lighter application. Perfect for a luncheon, a day out shopping, or for the first-time makeup user.

Evening/Special Occasion | \$45

A more luminous and dramatic application. Perfect for an evening out, weddings, and parties.

Waxing Services

Please contact the Spa at 540.289.4040 for available services.



TEENS & TWEENS SERVICES

Teen Swedish Massage

\$110 | 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

\$115 | 60 minutes

This relaxing facial is customized for your skin care needs. 12-17 years of age only. Parent must be present in treatment room.

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

SPA PACKAGES

Massanutten Head-to-Toe

\$285 | 180 minutes

Includes a Massanutten Signature Massage, Massanutten Classique Facial, and a Massanutten Pedicure. No substitutions.

Mountain Peak Renewal

\$230 | 120 minutes

Includes a 30 minute Aloe Vera Hydrating Treatment and a 90 minute Swedish Massage. No substitutions.

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



SPA CLASSES

Enhance Your Everyday With Wellness Classes

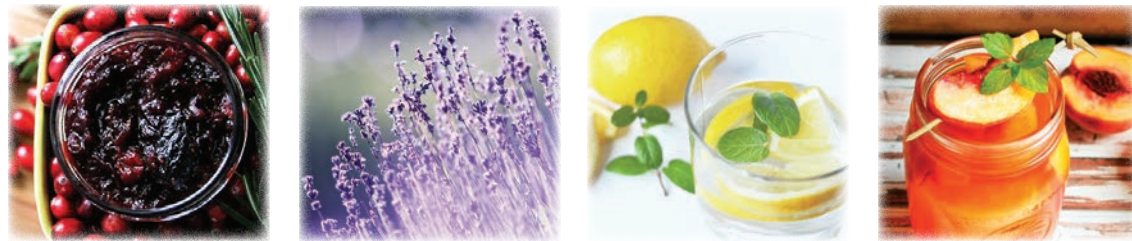
A vacation offers a blissful, stress-free escape from reality. But when it comes time to pack your bags and head home, you're right back where you started. By experiencing one of our wellness classes, you'll have the opportunity to take home the pleasure and relaxation you found on vacation.

Please call the Spa at 540.289.4040 or visit www.massresort.com/spa for class times, locations, and pricing.

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!**

- Hemp CBD Products
- Revitalizing skin care products
- Mineral makeup
- Soy candles
- Bath robes
- Nail polish
- Nail care
- Men's care
- Bath soaps
- Body lotions
- Gift sets
- Gift cards
- Accessories



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

If you must cancel, we will be happy to assist you in rescheduling your appointments; however, if rescheduling is not an option for you, a 24-hour cancellation notice is required. Parties of 4 or more require a 72-hour notice. Cancellations may be subject to a fee of \$50 for each service to cover the time reserved for you. If the cost of the service is less than \$50, a \$25 fee will be applied.

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, white or blush wine, and hot tea. Limit one glass of wine per visit.





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