



UNWIND FROM THE CARES OF LIFE

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## BODY TREATMENTS

### **Best of Both Worlds (Massage & Toning Facial Massage Service)** - \$95 (~1 hour)

Enjoy a soothing, relaxing massage using Swedish techniques. The treatment then transforms into our popular toning facial massage service. The facial massage utilizes only the finest cleansing and moisturizing products.

### **Salt-Glow Scrub Treatment** - \$85 (~ 1 hour)

A detoxifying and toning spa body treatment designed to sweep away dead surface skin cells and reveal radiant, silky smooth skin. A relaxing massage completes the session.

### **Seaweed Wrap** - \$95 (~ 75 minutes)

The treatment begins with a rejuvenating dry brush exfoliation followed by a seaweed wrap, a relaxing face, scalp, and neck massage, a jetted shower, and culminates with a relaxing massage. The iodine in seaweed helps stimulate the metabolic processes, causing the skin to sweat and release toxins. As heat opens the pores, natural antioxidants, and minerals from the seaweed are absorbed. A heavenly 75 minutes that will melt your stress and leave you with baby-soft, hydrated skin.

### **Body Scrubs Featuring Bella Luce Sugar Scrub** - \$95 (~ 1 hour)

*Your Choice Of:*

#### **Kopi Coffee**

Organic Fair-Trade Coffee, naturally rich in antioxidants, is blended with coffee absolute, shea butter, and pure cane sugar for a Java inspired experience. The scrub is removed with warm towels, followed by massage using French Sugared Vanilla Silk and Honey Lotion. This treatment is designed to shed dead skin cells, stimulate circulation, and lock in moisture for silky smooth skin.

#### **Island Getaway**

Drench yourself in the beauty of the islands as your skin is saturated with natural vitamins and enzymes from a bounty of tropical fruit. Our South Seas Body Buff dissolves dead cells and boosts your skin's brightness and vitality. After removal of the buffing scrub, a massage using an exotic Tahitian Body Glaze follows, leaving your skin feeling and looking soft, smooth, and radiant.

#### **Moroccan Incense**

An array of ancient Arabian beauty secrets infuses the skin with a cocktail of powerful antioxidants. This ritual includes a scrub of dates, wild honey, and a blend of exotic oils. Upon removal of the scrub, a nourishing cream of sandalwood, pomegranate, and fig infused with almond and olive oils is massaged into the skin, leaving it feeling renewed and refreshed.

#### **Thai Detoxifying**

An innovative fusion of rice bran oil, green tea leaves, and extracts of coconut and lemongrass form the basis of this luxurious spa ritual. Beginning with a Green Tea & Crushed Rice body scrub and ending with Thai Coconut Lemongrass Silk & Honey Lotion massage, you'll leave feeling smooth, soft, refined, and delicious.

## MASSAGES

### **Arnica Muscle Relief Massage** - \$95 (~ 1 hour)

Melt away the stress of the day and relax while muscle release massage and steaming hot towels wash away your aches and pains, leaving you deeply relaxed and energized. The treatment begins with a herbal liniment rub rich in extracts of eucalyptus, peppermint, clove, and camphor, followed by a massage with Arnica Relief Cream.

### **Aromatherapy Massage & Cocoon Wrap** - \$95 (~ 1 hour)

Experience a wonderfully relaxing Swedish massage of jojoba infused with your choice of essential oils. You will then be enveloped in the warmth of a cocoon wrap to aid absorption of the oils. While you bask in the aroma of your personally chosen aromatherapy cocoon, you will receive a relaxing face and scalp massage and emerge transformed and glowing.

### **Couple's Retreat Massage** - Price is based on the cost of individual services. (~ 1 hour)

Share your massage experience with the one you love in our spacious couple's room. Lie down side by side under a star-lit ceiling to receive your favorite massage or body treatment. Most treatments are available in the couple's room.

### **Deep Tissue Massage** - \$95 (~ 1 hour)

The massage is designed to help provide relief to those especially tight and sore muscles. By applying deep pressure, our staff can help work out knots and release specific areas of tension in muscle tissues.

### **Hot Stone Therapy** - \$95 (~ 1 hour)

Enjoy a treatment that combines Body, Mind, and Spirit. Using hot stones in conjunction with Swedish massage techniques call forth the body's own healing energies and capabilities to promote a deeper level of relaxation and well-being.

### **Massanutten Signature Massage** - \$95 (~ 1 hour)

The most requested spa services of Swedish and Deep Tissue Massage have been combined into a deeply relaxing massage which features aromatherapy, warm towels, and special neck and eye pillows. Specially prepared olive oil and olive oil balm combine to enhance the treatment. We recommend a fifteen minute add-on for an additional \$15 to extend the experience.

### **Revitalizing Reflexology** - \$85 (~ 1 hour)

Specifically designed for tired legs and feet! Begin with a relaxing neck, shoulder, and chest massage, followed by reflexology and massage to the legs and feet. The treatment features the exclusive use of Kneipp products, a line of unique plant combinations that uses Arnica to reduce pain and swelling, Calendula to soothe and moisturize, and Rosemary to stimulate and revitalize.

### **Sports Massage** - \$90 (~ 1 hour)

Feel tension and soreness dissipate, as flexibility and fluidity is restored as this massage is concentrated on the particular muscle groups involved in a specific sport or activity. We focus on restoring peak performance capabilities and improvement of range of motion using Swedish and Deep Tissue Massage techniques and stretching. Address your specific needs with the therapist during the pre-massage interview. We also recommend adding an additional 15 minutes of reflexology and foot massage (\$15) for the perfect way to complete your experience.

### **Swedish Massage** - \$90 (~ 1 hour)

Experience a wonderfully relaxing massage intended to reduce stress and improve circulation, while calming your body and refreshing your spirit.

## NATURAL NAIL CARE - *Revitalizing Hand & Foot Treatments*

### **Spa Manicure** - \$45 (~ 1 hour)

Treatment begins with shaping the nails and pushing back the cuticle to maintain a healthy nail. Nails are then buffed to a satiny shine. Hands are then exfoliated, moisturized, and cleansed with a salt or sugar scrub treatment. To indulge a bit further, a gentle hand and arm massage for relaxation followed with a paraffin wax treatment for superior moisturization. To complete, the nails are polished to perfection.

### **Petite Manicure** - \$35 (~ 1/2 hour)

Treatment begins with shaping the nails and pushing back the cuticle to maintain a healthy nail. Nails are buffed to a satiny shine. Hands are then exfoliated, moisturized, and cleansed with a salt scrub treatment. To complete, the nails are polished to perfection.

### **Signature Spa Pedicure** - \$70 (65 minutes)

A true spa experience that includes a paraffin treatment and warm stones between the toes. Relax with complimentary chocolates and enjoy a spa beverage of choice as a warm lavender-scented neck wrap is placed over your shoulders. The pedicure also includes shaping and buffing of nails, cuticle and callous work, a salt scrub, and foot and leg massage. Your nails are then polished to perfection.

### **Spa Pedicure** - \$60 (~ 1 hour)

Treatment begins with shaping the nails and pushing back the cuticle to maintain a healthy nail. Nails are then buffed to a satiny shine. A ceramic callus stone is used to reduce dry built up skin safely. Salt or sugar scrub is then applied to the lower leg and foot leaving skin exfoliated and moisturized. A soothing mask will be used to detoxify and condition the skin. Lotion is then gently massaged into the legs and feet to seal in the benefits! Nails are then polished to perfection.

### **Petite Pedicure** - \$48 (~ 40 minutes)

Treatment begins with shaping the nails and pushing back the cuticle to maintain a healthy nail. Nails are then buffed to a satiny shine. Salt scrub is applied to the lower leg and foot leaving skin exfoliated and moisturized. Nails are then polished to perfection.

**Massanutten Spa Special** - \$95 (~ 2 hours) Includes a Spa Pedicure & Manicure.

**Massanutten Petite Special** - \$73 (~ 70 minutes) Includes a Petite Manicure & Pedicure.

**Polish Change:** \$15 - Nails are cleaned free of oils and polished to perfection. Available for hands only.

### **Gel Polish Manicure** - \$55 (~ 1 hour)

Treatments begin with shaping the nails and pushing back cuticles to maintain a healthy nail. Nails are buffed to a satiny sheen, treated, and polished with the Gelish™ Polish color of your choice. The gel polish is then cured to a high gloss under a LED or UV light, resulting in a high gloss shine that lasts for two to three weeks, resists chipping and peeling, and does not cause damage to the natural nail.

### **Gel Polish Manicure and Soak Off** - \$60 (~ 90 minutes)

**French Detail Add-On Service:** \$8 – May be added to any nail service.

**Nail Art:** Available with manicures and/or pedicures for an additional cost.

- \$5 - One individual nail
- \$8 - Two individual nails
- \$20 - Ten nails with simple design (20 additional minutes required)
- \$30 - Ten nails with complex design (30 additional minutes required)

**Please Note:** For the health and safety of our guests, we are unable to provide nail services for guests who have various nail and/or skin conditions/disorders (e.g., viral, fungal and bacterial infections, warts, open cuts/wounds, abnormal thickening or discoloration, separation of the nail from the nail bed, etc).



## SKIN CARE

### **Bella Luce Petite Facial** - \$80 (~ 50 minutes)

The aromatherapy of citrus and pink grapefruit envelops your senses as the cleansing process begins, followed by the scent of pomegranate during exfoliation. A masque, formulated especially for your skin type will then be mixed and applied to the face and neck. While the mask works its magic, you will receive a relaxing hand, foot, or neck and shoulder massage. The facial culminates with a cooling cucumber toner and a multi-fruit regenerative moisturizer. You may choose to add a face firming serum, brimming with beta carotene, DMAE, natural vitamins, and antioxidants, along with additional time for massage, and extend your facial to 65 minutes for an additional \$15 if you wish.

### **Microdermabrasion Facial** - \$90 (~ 1 hour)

All the rage in new facial treatments! Microdermabrasion is designed to remove the top layer of dead skin cells to give you a more youthful and refreshing look. The treatment includes herbal cleansing; microabrasion, Omega Peel (removes dead skin cells), Crystal Mask (anti-inflammatory, anti-bacterial, and promotes the formation of collagen and elastin), toner, and oxygen cream (vitamin and MSM enriched treatment for crows feet and aging skin), as well as a facial massage and hot towel applications. No dermabrasion machines or equipment are used in this process.

### **Restorative Skin Facial: *Perfect for guests with sensitive skin or acne!*** - \$90 (~ 1 hour)

A breakthrough oxygen-based therapy for the treatment of rosacea and sensitive skin conditions. A combination of anti-inflammatory, anti-microbial, anti-fungal, and healing ingredients result in brighter, smoother, and silkier skin as well as the formation of collagen and elastin. A gentle but powerful exfoliant clears away waste and debris from skin pores. Oxygen Plasma, a patented formula carries massive amounts of oxygen into cells and kills anaerobic bacteria.

### ***Yon-Ka Signature Facials***

The Spa at Massanutten is pleased to announce the introduction of the Yon-Ka Skin Care line, the haute couture of luxury skin care, featured in Advanced Optimizer, Alpha Vital, Gentleman's, Hydralessence, Le Grand Classique, and Vital Elastine facials.

### **Advanced Optimizer Anti-Aging Facial** - \$95 (~ 75 minutes)

A results oriented lifting and firming anti-aging and anti-wrinkle facial that features a peel-off mask treatment. This highly moisturizing facial produces visibly younger-looking skin. Clients typically experience a brighter and more radiant complexion as well as a smoothing effect and reduction in wrinkles and lines after only one treatment.

### **Alpha Vital Anti-Aging Facial** - \$95 (~ 75 minutes)

A results oriented radiance-enhancing, anti-aging resurfacing treatment that brightens, softens, and hydrates. This remarkably effective facial uses alpha and beta hydroxy acids to refine the skin's texture and diminish wrinkles and fine lines. Alpha Vital improves hyper-pigmentation and improves the skin's tone. Clients with dull and drab complexions typically experience a renewal of the brightness and radiance of more youthful skin. (Note: Please avoid direct sunlight and wear sunscreen for several days to one week following this facial.)

### **Gentleman's Facial** - \$85 (60 minutes)

Enjoy a restorative and replenishing deep pore cleansing facial designed especially for men that includes hot towel treatments reminiscent of old barbershop days. The exclusive Yon-Ka method includes steam, exfoliation, and masks as well a neck, shoulder, chest, hand, and arm massage. The session culminates with a hot towel application and massage to the upper back.

### **Hydralessence Anti-Aging Facial** - \$95 (75 minutes)

A high performance, powerful and intense hydrating, toning and brightening program with long lasting results. You'll notice an immediate smoothness and softness to the skin. This facial is a must for both dry and oily dehydrated skin. Includes an express hand treatment of exfoliation and massage. (Note: Please avoid direct sunlight and wear sunscreen for several days to one week following this facial.)

### **Le Grand Classique** - \$95 (70 minutes)

This deep pore cleansing and restoring facial is a perfectly complete and personalized experience customized for each client. Five purifying steps epitomize an amazing and highly detailed facial encounter rich in hands-on contact, which includes massage of the neck, shoulders, and décolleté. The treatment begins with a gentle sensorial encounter and continues with rich aromatic scents intended to produce a deeply relaxing experience.

## SKIN CARE CONT.

### **Vital Elastine Anti-Aging Facial** - \$95 (75 minutes)

A luxurious, anti-wrinkle facial specifically targeted and designed to address fine lines and deep wrinkles and preserve skin elasticity. It's the perfect treatment for smoothing and restructuring mature skin, bringing back the glow and brightness of a more youthful appearance. Also beneficial following weight loss. An express hand treatment of exfoliation and massage is included in the service. (Note: Please avoid direct sunlight and wear sunscreen for several days to one week following this facial.)

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## MINERAL MAKEUP

At last a makeup that is good for the skin! We feature **Jane Iredale Mineral Makeup**. Let our treatment providers analyze your skin and help you choose the perfect match. (Please arrive without makeup.)

### **Day Look** - \$35 (~ 40 minutes)

Stop Guessing! Whether you desire a new look or a way to enhance your natural beauty our esthetician will apply makeup tailored to your skin type as well as instruct you in the proper step-by-step application of each product.

### **Evening/Special Occasion** - \$45 (~ 50 minutes)

Make an impact! This is perfect for weddings or any special occasions. Our esthetician will help you accomplish the current trend in makeup application. You will see a luminous and dramatic transformation from day to night. We will teach you professional tips and secrets for results that you can easily recreate on your own.

### **Eye & Lip Makeup** - \$25 (~ 25 minutes)

Girls in the know don't leave home without perfectly natural eyes and lips! We are introducing long-lasting lipsticks and eye shadows that will enhance and make the most of your unique features all the while creating a natural look that is defined and radiant.

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## WAXING SERVICES

Waxing services are available. Please visit [www.massresort.com/spa](http://www.massresort.com/spa) or contact the spa at 540.289.4040 for availability and pricing.

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## SPA CLASSES

### **Couple's Massage Class** - \$36 per couple (Wednesday or Thursday at 1:30 PM)

Couples will learn simple back, neck, and shoulder massage while working on each other. Basic strokes that can be applied to the entire body will be demonstrated.

### **Foot Reflexology** - \$36 per couple (Thursday at 3:00 PM)

Learn basic reflex points on the feet that correspond to various organs and regions of the body. Reflexology promotes optimal organ function, relaxation, and a state of well being.

### **Make-up Application & Education Class** - \$20 per person (Wednesday at 3:00 PM)

Participants will be color-matched for their individual foundation and learn about color palates that work best with their complexion. The class includes a complementary mini makeup kit.

### **Personal Nail Care Class** - \$20 per person (Wednesday at 12:00 PM)

Learn the basic techniques for giving yourself an all-natural nail care manicure. The instructor demonstrates the proper way to remove polish, file and buff nails, as well as cuticle care and polish application. Along the way you will learn some tricks and tips to help achieve a professional look. The class also includes a take home mini manicure kit.

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## SPA PACKAGES

*An extended spa experience is a well-deserved treat for yourself or a treasured gift for friends and loved ones. We have created special combinations of services for your pleasure and convenience.*

### **Signature Spa Day** - \$270 per person (~ 4 hours & 30 minutes)

Indulge in treatments designed to ease your stress, rejuvenate your skin, and relax your mind, beginning with a relaxing Aromatherapy Cocoon Massage followed by 15 minutes of foot reflexology. Your next experience will be a luxurious Le Grand Classique facial featuring the highly acclaimed Yon-Ka Skin Care line and customized especially for you. Culminate your experience with a Spa Manicure and Spa Pedicure.

### **Mountain Renewal** - \$165 per person (~ 2 hours)

Indulge in a combination of treatments designed to ease your stress and rejuvenate your skin. Begin with a relaxing Swedish massage plus 15 minutes of foot reflexology, followed by a Bella Luce Petite Facial featuring the aromatherapy of citrus, pink grapefruit, and pomegranate.

### **Petite Retreat** - \$150 per person (~ 2 hours & 10 minutes)

Enjoy the Best of Both Worlds with a 30 minute Swedish massage followed by a 30 minute facial toning massage. You are then treated to a 40 minute petite pedicure and a 30 minute petite manicure.

### **Romantic Spa Getaway** - \$150 per person (~ 2 hours & 15 minutes)

Begin your romantic getaway with Swedish full-body massages in our spacious couple's room. Lie down side by side under a star-lit ceiling and let the relaxation begin. The relaxation continues with an additional 15 minutes of foot reflexology. Culminate your time together with a spa pedicure.

**Please Note:** All packages listed above must be scheduled for the same day and for the same person. | Please plan for additional time between services for all spa packages. | Packages have a 24 hour cancellation policy.

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## COMPLIMENTARY BEVERAGE OPTIONS

The Spa at Massanutten is pleased to offer expanded complimentary beverage options. Your choice of sparkling cider, cucumber infused water, white or blush wine, and hot tea are available with any Spa service. \*One glass of wine per visit.

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## HELPFUL INFORMATION

### **Spa Hours of Operation**

Sunday - Friday: 10:00 AM to 6:00 PM | Saturday: 9:00 AM to 9:00 PM  
Summer & Holiday Hours: Sunday - Saturday: 9:00 AM - 9:00 PM

To receive the appointment time most convenient for you, we recommend booking at least 1-2 weeks in advance. To reserve your appointment, please call 540.289.4040 or resort ext. 65200. A major credit card or cash prepayment is required to reserve appointments. Please arrive 15-20 minutes prior to your appointment to fill out paperwork and ensure that your service will begin on time.

**Cancellation Policy:** An 8-hour notice is required to cancel your spa appointment. A fee of \$50 will be charged for each cancelled service to cover the time reserved for you. If the cost of the service is less than \$50, a \$25 fee will be applied. A \$75 fee will be applied to spa packages.

