



guide to programs & services

massage

## THE LODGE MASSAGE

A classic Swedish massage that eases muscle tension using light to medium pressure and aromatherapy of your choice. With your guidance, your therapist will focus on areas needing extra attention.

*50 minutes // \$140*

*75 minutes // \$205*

## DEEP TISSUE MASSAGE

Special massage techniques target the sublayer of muscles to treat specific areas of discomfort and relieve areas strained by overuse. Especially helpful for tight, tired muscles after strenuous hiking, biking, kayaking, or other intense physical exercise. Not recommended for first-time receivers of massage.

*Targeted Areas Only, 50 minutes // \$160*

*Full Body, 75 minutes // \$225*

## TENSION TAMER

Release upper body stress and tension with this focused Swedish massage using a warming blend of essential oils to melt away muscle soreness in your back, neck, and shoulders.

*50 minutes // \$140*

## SOLE SOOTHER

Treat your tired feet with an ultimately relaxing experience! A gentle exfoliation softens the skin while Swedish massage combined with warm stones soothe aching feet and restore vitality.

*50 minutes // \$150*

## DEEP RELIEF

An intensive treatment that combines stimulating Russian massage techniques and healing arnica or sweet birch to melt fascia in over-stressed muscles. This deep tissue massage opens the joints and works out the stress with unique stretches, trigger point therapy, and acupressure techniques to release tension.

*75 minutes // \$240*

## BLUES BE GONE

This massage ritual helps ease the symptoms of adrenal fatigue—headaches, depression, stiff muscles, and aches—by enhancing the immune system and re-energizing the mind. A Swedish massage incorporating ginger root oil and acupressure techniques eases muscular stiffness and unwinds emotional tension. This massage is sure to leave you feeling relaxed and renewed.

*75 minutes // \$225*

## CHAKRA BALANCING MASSAGE

This unique experience blends reiki, Swedish massage techniques, and aromatherapy to restore your body while balancing your energy. Massage with infused oils designed for each chakra addresses muscular tension and imbalance while gentle energy techniques promote deep relaxation. The ultimate healing journey for body, mind, and spirit.

*75 minutes // \$215*

## THE SLEEP RITUAL

Attain better sleep through this unique, deeply relaxing massage. In addition to soothing bodywork that incorporates potent botanicals to help you unwind, you will be introduced to a remarkably effective home sleep ritual that will remove stress-driven sleep barriers so you can unlock your deepest, most natural sleep at home. Your experience includes a take-home DreamKit— a breakthrough better-sleep kit of sleep-inducing botanical mist, serum, and cream along with clinically studied sleep music and step-by-step expert instruction. Through this transformative practice, you can create meaningful and lasting changes in your sleep experience every night.

*75 minutes // \$370*





## MASSAGE ENHANCEMENTS

### HAIR AND SCALP TREATMENT

A combination of hair-renewing botanical aromatic oils are applied in a focused massage to scalp and hair to replenish, moisturize, and condition. Customized to your hair and skin type.

*25 minutes // \$75*

### HEALTHY HANDS MASSAGE

Take a break and disconnect from your devices while enjoying this deeply therapeutic hand and arm massage. Techniques to combat overworked hand, wrist, and forearm muscles due to texting, typing, or tweeting will soothe this often-neglected but important area.

*25 minutes // \$75*

### REFLEXOLOGY

The ancient methods of reflexology focus on pressure points in the feet or hands that correspond to various organs and systems throughout the entire body. Pressure point stimulation opens energy pathways, promoting greater circulation and relaxation.

*25 minutes // \$75*

### REIKI

In this century-old Japanese tradition, universal healing energy is channeled to the areas of the body where it is most needed. Results can include a sense of deep peace and greater mental clarity.

*25 minutes // \$75*

### HEALING HEMP EXTRACT

Experience the healing benefits of hemp extract by integrating CBD oil into your treatment. CBD helps to support overall wellness while easing muscular tension, reducing inflammation, and calming the nervous system.

*\$30*

### MUSCLE REPAIR

Ease muscle aches and soreness with an application of a cooling arnica or warming sweet birch gel, designed to target a specific area of tension.

*\$20*

### DETOXIFYING BODY MASK

Applied to your back or feet, this warm seaweed mask will draw out toxins and leave your skin and body feeling rejuvenated.

*\$20*

### THERAPEUTIC CUPS

Soft cupping massage techniques on your areas of concern can address various issues ranging from aching muscles to fluid retention. Your therapist will guide you in creating a customized experience.

*\$35*

### WARM BIRCHWOOD STICK FUSION

Ease sore muscles and melt your tension away with warm birchwood sticks. Enjoy these heated tools on your most-needed areas such as back, shoulders, legs, or arms.

*\$35*

specialty  
bodywork

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## THAI BODYWORK

A traditional form of bodywork from Thailand, this technique uses stretching, point therapy, and breathwork to create a greater sense of balance throughout the body.

*50 minutes // \$160*

## VIBRATIONAL SOUND THERAPY

Combining powerful vibration and sound to induce an immediate relaxed state, this unique experience introduces sound waves by direct placement of therapeutic singing bowls on the body. The gentle vibration and soothing ambient tones encourage a deep meditative state, allowing the body to fully rest and promoting a greater sense of well-being.

*50 minutes // \$160*

body

treatments

## ADD A BATH

*Salus per aquam*, or healing through water, has traditionally been used to relieve muscular tension, increase circulation, aid in respiration, and enhance overall well-being. Our customized bath options use fine ingredients and the restorative properties of water to enhance your body treatment and help restore optimal health.

**WELLNESS SOAK:** Promotes overall wellness through re-establishing the essential mineral balance of the body.

**SWEET BIRCH MAGNESIUM:** Treats chronic muscle aches, cramps, and stiffness with therapeutic magnesium and pain-relieving sweet birch.

**UNSCENTED SHEA BUTTER BATH TRUFFLE:** A deeply hydrating blend of epsom salts, pink Himalayan salts, and shea butter relieves dry or sensitive skin.

**MOONBATH:** Designed to connect your internal natural rhythms with the lunar cycle, lunar bath tea amplifies the potent energy available during each phase of the moon.

*25 minutes // \$75*

## SEASONAL BODY TREATMENT

Stimulate your senses with our seasonal body treatments. Please inquire about this season's selection.

*Prices and times vary.*

## ROSEMARY AWAKENING

Our signature treatment, inspired by the healing properties of rosemary, begins with a stimulating body polish of rosemary and mint to cleanse and detoxify followed by a full body massage with hydrating shea butter and warming essential oils of vetiver and lemongrass to ease sore muscles. Next, you are gently wrapped to enhance relaxation while a luxurious scalp massage and invigorating foot massage complete this awakening experience.

*100 minutes // \$280*

## THE LODGE BODY POLISH

Our customized body polishes feature a unique blend of revitalizing herbs and minerals to help soften the skin and increase circulation, leaving you with a healthy glow.

**LEMON VERBENA:** A gentle exfoliation using jojoba beads and bright citrus notes is perfect for sensitive skin.

**GRAPEFRUIT BLACK PEPPER:** An invigorating scrub that combines the rich minerals of sea salt with the stimulating properties of citrus and black pepper.

*50 minutes // \$140*

*Add a Swedish Massage, 75 minutes // \$205*

## THE LODGE BODY WRAP

Enjoy a deluxe customized body wrap that will leave your skin healthy and renewed. Includes a relaxing scalp massage and invigorating foot massage.

**HYDRATE:** Healing aloe vera and lavender deeply hydrate to replenish your skin's natural moisture.

**DETOX:** Angelica root and Irish moss help to detoxify while infusing your skin with much-needed minerals.

*50 minutes // \$140*

## DEEP FOREST BODY RITUAL

Enjoy the benefits of local plants and herbs with our detoxifying treatment inspired by native elements. Begins with a stimulating exfoliation with the black mud of coffee and dandelion to cleanse and soften the skin, followed by a therapeutic massage using warm birch-wood sticks and oils of evergreen and citrus to ease tension deep within the muscles with long-lasting effects.

*100 minutes // \$285*

## LAVENDER GARDEN DREAM

Breathe in the calming and cleansing benefits of wild lavender in this tranquil experience. Earthly minerals blended with lavender essential oil exfoliate during an energizing salt scrub. A customized essence-of-lavender wrap with a warm-stone back massage lead the way to a restorative full body massage.

*100 minutes // \$280*



# prenatal

## PRENATAL MASSAGE

A safe, supportive, and relaxing massage designed for the unique needs of the mother-to-be. Therapists trained in prenatal massage help bring ease and comfort to this special time.

*50 minutes // \$140*

*75 minutes // \$205*

## BELLY BLISS

This custom belly treatment and massage combination will leave you in baby bliss. A massage that focuses on the head, neck, and shoulders melts away your tension while a deeply hydrating tummy treatment helps to increase elasticity and prevent stretch marks. Finish this luxurious experience with a foot massage to relieve tired and aching feet.

*50 minutes // \$140*

## NURTURING BODY POLISH

Rejuvenate your skin and clear your mind in preparation for your upcoming arrival. This treatment includes a gentle exfoliation with micro-ground pumice and aloe vera to soften and refine the skin. A customized moisture application focuses on the areas where you need it most, leaving you with skin that will rival your baby's bottom.

*50 minutes // \$140*

## HAPPY LEGS ENHANCEMENT

The perfect add-on for our prenatal guests. A soothing lower leg and foot massage with an aloe-and-cucumber infused oil increases circulation to relieve swelling, leaving you feeling rejuvenated and restored.

*\$20*

# treatments for two

## PERFECTLY PAIRED

Relax and reconnect during this indulgent couple's spa experience. Nourish the body and soul with side-by-side Swedish massages in our couple's suite, using aromatherapy oils of citrus and cinnamon to inspire enthusiasm and enhance any occasion. Continue the connection as you enjoy a beverage and treat together in our lounge following your massage.

*75 minutes // \$475*

*Add a Body Polish, 25 minutes // \$150*

*Add a Bath, 25 minutes // \$150*

treatments

for him

## MEN'S WELL-BEING MASSAGE

Combining organic aromatherapy oils and wellness massage to address your most pressing lifestyle challenges, these massages are personalized to promote optimal men's health and wellness. Your treatment includes targeted bodywork suited for your needs.

REST: Swedish massage featuring relaxing techniques and gentle bodywork.

*50 minutes // \$140*

*75 minutes // \$205*

AWAKEN: Deep tissue massage focusing on areas of chronic tension.

*50 minutes // \$160*

*75 minutes // \$225*

DETOX: Detoxification massage that includes a thorough foot treatment.

*50 minutes // \$150*

*75 minutes // \$215*

## MEN'S WELL-BEING BODY POLISH

This customized treatment for men begins with an invigorating exfoliation using an uplifting lime-ginger scrub, followed by an energizing massage with a detoxifying oil to stimulate the senses, increase circulation, and relieve tired, aching muscles and joints.

*75 minutes // \$215*

## MEN'S WELL-BEING ENHANCEMENTS

Treat yourself to the ultimate relaxing experience by adding one of these well-being rituals to your service:

FOOT: Focused foot therapy that includes exfoliation and deep hydration.

*25 minutes // \$75*

SCALP: A relaxing treatment to impact scalp health and hair appearance.

*15 minutes // \$50*

BATH: A customized aromatherapy soak to enhance well-being.

*25 minutes // \$75*

## GENTLEMAN'S MANICURE AND PEDICURE

An energizing experience designed for men! Begin with a soothing soak and brisk exfoliation, blending the invigorating scents of lime and ginger followed by hydrating cuticle care and shaping. Enjoy a relaxing moisture application using a customized oil blend made with botanicals to ease tired hands or feet and to restore the senses.

*Manicure, 25 minutes // \$45*

*Pedicure, 50 minutes // \$85*

# float therapy

## FLOAT THERAPY

A hydrotherapy experience that provides a profound sense of relaxation and weightlessness with immediate healing qualities for the body, mind, and soul. The float cabin can be used as a sensory deprivation experience, as the water and solitude removes sound, light, and outside stimulants to allow for a unique meditative state. Or, choose to stimulate the senses by adjusting the lighting and music. With high levels of Epsom salts, the benefits of Float Therapy include the relief of muscular tension, joint inflammation, arthritic pain, and skin ailments, as well as improved sleep and concentration. Float Therapy can also help to reduce headaches, high blood pressure, and more. Float your worries away!

*Single 50 minutes // \$90*

*Double 50 minutes // \$140*



# health & wellness

## PERSONAL TRAINING

Need a little motivation? Our certified personal trainers will assist and guide you through an individualized workout session of your choice to help revitalize your fitness routine. Sessions could include strength training, endurance training, or flexibility training.

*50 minutes // \$125 (one guest)*

*50 minutes // \$190 (two guests)*

## CUSTOMIZED PROGRAM DESIGN

Whether you need advice about starting an exercise program or just want to spice up your old routine, our certified personal trainers can help by working with you one-on-one to create a safe, effective exercise program designed specifically to meet your needs. All programs will be sent to you via email for you to review and use at home.

*50 minutes // \$185*

## PRIVATE MIND-BODY OR FITNESS CLASS

Take advantage of this exclusive opportunity for a private version of one of our currently available group exercise or mind-body classes. Please refer to our class and activity schedule for a complete list of available classes.

*50 minutes // \$125 (one guest)*

*50 minutes // \$190 (two or more guests)*

## THE GREAT WALL OF YOGA PRIVATE TRAINING

Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop core muscles.

*50 minutes // \$125 (one guest)*

*50 minutes // \$190 (two or more guests)*

## PRIVATE REFORMER PILATES

Start exploring the many benefits of Pilates with the gentle guidance of our certified Pilates instructors. Suitable for all fitness and experience levels.

*50 minutes // \$150 (one guest)*

*50 minutes // \$250 (two guests)*

## NUTRITION CONSULTATION

Talia Segal Fidler is a Board-certified holistic health and nutrition counselor. Talia holds a master's degree in science of health and nutrition education. Talia's mission is to empower her clients to take control of their health and improve their well-being by making sustainable changes that will be appropriate for their own individual lifestyle and nutritional needs. Talia can provide a few different tailored options for nutritional counseling: weight-loss consultation, mindful eating counseling, anti-inflammatory diet recommendations, heart-healthy diet guidelines, navigating food allergies, nutrition for disease prevention, cleansing and elimination diet, healthy skin from the inside out, as well as healthy aging through nutritional protocols.

*50 minutes // \$150*

*latus salon*

## NAIL SERVICES

*The Lotus Salon at The Lodge at Woodloch only works on natural nails. Removal of gel nail polish can be scheduled with any nail service at an additional cost; however, removal of gel or acrylic nails cannot be accommodated. Please let the Spa Concierge know if you need the addition of gel nail polish removal scheduled with your service.*

## RESTORATIVE MANICURE AND PEDICURE

Your hands and feet will be transformed with this truly nourishing treatment. Your aromatherapy journey begins with a thorough exfoliation, followed by a deeply hydrating mask. A relaxing moisture application leads the way to nail shaping, cuticle care, and polish.

*Manicure, 50 minutes // \$65*

*Pedicure, 50 minutes // \$85*

## SEASONAL MANICURE AND PEDICURE

Enjoy the aromas of the season with these special offerings. Please inquire about this season's selection.

*Prices and times vary.*

## FRENCH POLISH

Add this classic look to a 50-minute manicure or pedicure.

*\$10*



# helpful information

TREATMENTS AND PRICES ARE SUBJECT TO CHANGE.

**SPA SERVICE CANCELLATION POLICY:** If you should choose to cancel your treatment, please notify our Spa Concierge at least 4 hours in advance of your scheduled appointment time to avoid being charged the full amount of your scheduled service.

**MINIMUM AGE:** Guests must be at least 16 years of age to receive treatments and use the spa facilities. Due to state law, we require any guest under the age of 18 to have a parent or guardian in the treatment room for all services except facials and salon services.

**COMFORT AND CUSTOMIZATION:** It is our intention to help you maximize the many benefits of your spa experience. We encourage you to communicate your questions or thoughts about your treatment to your therapist so we may accommodate your needs.

**SPECIAL REQUESTS:** When scheduling your treatments, please notify our Spa Concierge of any special requests, including your preference of a male or female therapist.

**ARRIVAL PRIOR TO TREATMENTS:** We suggest you arrive at least 15 minutes prior to your treatment experience to ensure that you receive the full benefit of your service. All services will finish on time to allow our next guests their full treatment, and the full value of your treatment will be charged.

**CELL PHONES:** Thank you for your efforts in connecting with nature by disconnecting from electronic devices, ensuring a quiet sanctuary for all. All digital devices must be placed on silent or vibrate throughout your stay. Although silent use of your digital device is permitted, watching videos or listening to music without earbuds is prohibited. Speaking on your mobile device is permitted only in guest rooms, the front entrance vestibule, or the benches in the front of the building. We are flattered when you take photos and share your memories while your device is on silent. Guests at The Lodge at Woodloch understand that they may be approached by one of our staff members with a gentle reminder of our cell phone free policy.

**TREATMENT ATTIRE:** Complimentary use of spa robes and slippers is provided for all spa guests. Our treatment providers are professionally trained to properly drape throughout the service.

**PERSONAL POSSESSIONS:** We ask that you do not bring jewelry or valuable personal possessions to the spa as we cannot be responsible for lost items.

**SMOKING:** Committed to providing a healthy and relaxing experience for all guests, The Lodge at Woodloch is a smoke-free environment. Please refrain from smoking of any kind (tobacco, cigars, cigarettes, vaping, and marijuana—including medical). This also includes incense, sage, or palo santo stick burning. There is a designated smoking cottage located on the left upon exiting the front of the building.

**ALCOHOL:** To ensure your safety please be conscious of the effects of alcohol when participating in fitness and spa treatment activities. The intake of any alcoholic beverage before or shortly after any massage or bodywork is not recommended as the impact of alcohol may be intensified by certain treatments.

**GRATUITIES:** For your convenience an 18% service charge is automatically added to all services, consultations, private activities, and alcoholic beverages. Additional gratuities are not necessary or expected.



THE LODGE  
AT WOODLOCH

1.800.woodloch  
[thelodgeatwoodloch.com](http://thelodgeatwoodloch.com)