



guide to programs & services

facials

HYDRAFACIAL

The award-winning HydraFacial system merges invigorating spa therapies with advanced medical technology to enhance skin health. Only HydraFacial uses patented Vortex-Fusion® technology to cleanse, extract, and hydrate.

DELUXE

Achieve beautiful skin through this signature experience! The HydraFacial treatment deeply cleanses, exfoliates, and hydrates the skin utilizing super serums filled with antioxidants, peptides, and hyaluronic acid, while a signature booster of your choice addresses your specific concerns. This treatment concludes with LED Light Therapy to further reduce visible signs of aging. For all skin types.

45 minutes // \$275

PLATINUM

The ultimate HydraFacial experience! Begin the detoxification process with lymphatic drainage. Then, the customized HydraFacial deeply cleanses, exfoliates, extracts, and hydrates the skin while addressing your specific skin concerns with a booster of your choice while LED light therapy helps to reduce signs of aging. Enjoy a calming peel-off mask and relaxing arm & hand massage in this truly transformative facial. For all skin types.

75 minutes // \$355

HYDRAFACIAL ENHANCEMENTS

HYDRAFACIAL NECK RESCUE

This ultimate neck and décolleté treatment provides immediate anti-aging and brightening results by infusing super serums filled with antioxidants, peptides, and hyaluronic acid deep into the skin. This HydraFacial treatment addresses your specific skincare concerns in this often overlooked area to reduce visible signs of aging, resulting in smoother lines and a youthful neck and décolleté.

15 minutes // \$125

HYDRAFACIAL HAND THERAPY

The hands reflect the true state of our skin and this deeply hydrating treatment is sure to revitalize and restore a healthy and youthful glow! HydraFacial technology exfoliates and infuses nutrients to this delicate area, revealing brighter, glowing skin!

25 minutes // \$95

EYE PERK

Brightens and awakens the delicate eye area.

\$50





HAIA

Experience the beauty of haia (Happy As I Am) in our signature facials! Nature meets sustainable biotech in this 360-degree skin wellness brand that celebrates inclusion and individual-expression. The Earth's ecological intelligence is tapped in selecting haia's performance ingredients from four naturally occurring plant communities or biomes around the world. haia's personalized skin wellness solutions target today's most pressing lifestyle concerns - urban air quality, extreme climate change, blue light from excessive device exposure, sleep and circadian rhythm disruption, stress, microbiome imbalances, cellular health, and skin longevity. Each product has a carefully selected positive affirmation to support emotional and spiritual well-being. Welcome to haia, where you belong.

LODGE FACIAL

This customized facial begins with an in-depth skin analysis and is designed to connect skin and spirit. Combining nature and green science biotechnology, immediate and noticeable results are achieved, while aromatherapy and sound healing provide a multi-sensory approach to wellness and beauty. For all skin types.

50 minutes // \$150

LOTUS FACIAL

Balance and renew your skin and soul in this multisensory, restorative treatment. This customized facial begins with an in-depth skin analysis for a truly unique facial experience. Specialized techniques - vibrational sound, aromatherapy, gemstones, breathwork, and positive affirmations induce a deepened sense of peace, harmony, and total well-being while delivering remarkable, lasting skincare results. Emerge affirming "I am calm", "I am radiant", "I am well". For all skin types.

75 minutes // \$225

KERSTIN FLORIAN

Inspiring beauty through spa wellness, Kerstin Florian's luxurious results-oriented facials and botanically based skincare products elevate the facial to an experience, featuring distinctive facial massage techniques, clean science, and technology to achieve your healthiest-looking, most radiant skin. Kerstin Florian is dedicated to bringing the benefits of natural ingredients to skin care and creating memorable treatments that provide visible results.

DEEP CLEANSE FACIAL

Start your personal skin care program with our deep cleansing facial. This customized treatment exfoliates and nourishes the skin with rich nutrients to balance, brighten, and clarify. For all skin types.

50 minutes // \$150

SENSITIVE FACIAL

Protects, corrects, and rebuilds skin affected by environmental elements, Rosacea, aggressive medical peels, and laser treatments. Includes a uniquely effective calming peel-off mask to even skin tone, strengthen fragile capillaries, and heal sensitive skin. A soothing treatment that restores the skin's natural glow. For sensitive skin, Rosacea, and environmentally damaged skin.

50 minutes // \$150

CORRECT AND RENEW FACIAL

This customized, results-oriented facial is specifically designed to address problematic skin, ranging from acne to hyperpigmentation. A deep cleanse and professional multi-acid complex peel promote clear, illuminated skin while targeted high frequency promotes clarity and radiance. For oily/troubled or dull skin.

75 minutes // \$235

RESTORE AND REPAIR FACIAL

A regenerating facial combining skincare technology and active ingredients to help improve the health and vitality of the skin. A customized experience to address signs of premature aging or moisture-depleted skin, this facial delivers the ultimate combination of science, LED technology, and nature, yielding remarkable results. For mature and dry skin.

75 minutes // \$235

LUXE

The ultimate experience, this luxurious facial hydrates and firms the face and décolleté using protein-rich caviar and powerful antioxidants. A traditional jade gua sha ritual boosts circulation, reduces inflammation, and promotes detoxification while a take-home ampoule promotes a more youthful appearance. Results are immediate, creating healthy, luminescent skin. For mature and dry skin.

75 minutes // \$260





FACIAL ENHANCEMENTS

CLINICAL PEEL UPGRADE

Enhance your treatment with a 15% clinical grade peel.

\$20

ECO-FIN HAND OR FOOT TREATMENT

This nourishing heat treatment uses a rich blend of jojoba, vitamin E, shea butter, and essential oils to soothe your hands and feet leaving them incredibly soft.

\$30

EYE RESCUE

This intensive eye treatment is designed to diminish fine lines and wrinkles, reduce dark circles, relieve puffy eyes, improve clarity, and rejuvenate this delicate area.

\$50

VITAMIN C AMPOULE

This antioxidant treatment improves the quality and appearance of the skin and strengthens skin elasticity.

\$50

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 // \$80

WAXING

Please see our Spa Concierge for waxing services and pricing options.

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 // \$150

75 minutes // \$220

100 minutes // \$295

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.

75 minutes // \$250

100 minutes // \$335

TENSION TAMER

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

Swedish, 50 minutes // \$150

Deep Tissue, 50 minutes // \$170

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 // \$160

DEEP RELIEF

An intensive treatment that combines stimulating Russian massage techniques and healing arnica 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 // \$265

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 // \$240

NATIVE WARM STONE MASSAGE

Feel your tension melt away as warmed Basalt stones are incorporated with classic Swedish techniques in this deeply relaxing, full-body massage, featuring aromatherapy of your choice.

75 minutes // \$235

100 minutes // \$310

RESTORATIVE HERBAL MASSAGE

A centuries-old Thai style massage with a local spin! Enjoy gentle stretching techniques and a relaxing massage with warm herbal poultices to restore harmony, loosen tight muscles, and stimulate blood flow and energy. Our herbal poultices are handcrafted using traditional Thai herbs combined with our own local blend to provide a relaxing and detoxifying experience.

100 minutes // \$310

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 // \$235

GEMSTONE JOURNEY MASSAGE

An experience in natural wellness, this gentle massage, using the healing properties of gemstones helps to facilitate well-being and a balancing of one's energies. Your journey begins with choosing a specialized gemstone blend to address your specific needs. A pendulum will then guide your therapist to areas of blocked energy as crystals are incorporated with Swedish massage throughout this deeply healing bodywork experience. After your treatment, enjoy a gemstone intuitively chosen by you for at-home care.

75 minutes // \$250





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 // \$80

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 // \$80

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 // \$80

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

YOUTHFUL GLOW

Add this ultra-hydrating lotion, packed with probiotic peptides to help skin appear more refined, smooth, and youthful! Rich organic shea butter and coconut oil impart softness and protect skin from the elements while hyaluronic acid holds moisture to promote a healthy appearance.

\$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

HYPERVOLT BOOST

Elevate your massage experience with targeted relief from the Hypervolt with Quiet Glide Technology™, a state of the art percussion massage device. Designed to relieve muscle pain and stiffness while increasing flexibility and range of motion, the Hypervolt can be added to any massage to help achieve optimal wellness.

\$35

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

CRANIOSACRAL

Craniosacral offers a light yet profound touch that assists the flow of cerebrospinal fluid in the body. With gentle techniques applied to head and torso, your therapist assesses the craniosacral rhythm and works to balance the flow, which can facilitate deep relaxation, greater energy, and pain relief.

50 minutes // \$160

REFLEXOLOGY

This ancient methodology focuses on pressure points in the feet and hands that correspond to various organs and systems throughout the entire body. Pressure point stimulation opens energy pathways, promoting greater circulation and relaxation.

50 minutes // \$160

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.

50 minutes // \$160

RESTFUL RETREAT

This distinctive experience focuses on promoting a deep state of relaxation. A zero-gravity position and a warm swaddle embraces you in comfort while your therapist massages your head and feet using a handcrafted oil blend and soothing foot cream to ease you into a restful state.

50 minutes // \$150

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 // \$170

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 // \$170

HEALING LIGHT THERAPY

This unique therapy developed by NASA uses LED's (Light Emitting Diodes) and a combination of lights (red, blue, and green) to penetrate skin, tissue, muscle, joint, and even bones. The variation of colors has been proven to ease pain and accelerate the healing process, replace damaged cells more frequently by increasing RNA and DNA synthesis. The light absorbed by the cells stimulates metabolism in muscle, bone, and skin tissue, promotes wound healing, and decreases inflammation. Light therapy not only accelerates the healing process but also stimulates new tissue regeneration. Not recommended during pregnancy or for those with seizure disorders.

25 minutes // \$90

50 minutes // \$170

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.

EUCALYPTUS: Mineral salts and eucalyptus to energize, ease respiration and soothe sore muscles and joints.

TRANQUIL: Wild lavender, clary sage, and violet leaf support a state of relaxation and help dissolve patterns of stress.

CBD: Relaxing blend of hemp extract, Epsom salts, and pink Himalayan salt restore while shea and coconut oil nourish the skin.

25 minutes // \$80

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 // \$300

Deep Tissue, 125 minutes // \$400

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.

RADIANT: An inspiring blend of lemon, vanilla, and chamomile is paired with sugar and aloe vera to soften the skin and invite clarity and purpose.

SOOTHING: Calming, organic sweet lavender and blue chamomile blended with Epsom salt and volcanic pumice polish the skin, while easing the mind.

50 minutes // \$150

Add a Swedish Massage, 75 minutes // \$220

Add a Deep Tissue Massage, 100 minutes // \$325

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, lavender, and cucumber deeply hydrate to replenish your skin's natural moisture.

RESTORE: Magnesium infused with red marine algae, rosemary, and juniper help to relieve tension and increase energy.

50 minutes // \$150

THE LODGE BODY RITUAL

An ultimate spa experience that includes a warm body wrap and luxurious massage. These bespoke rituals will envelop you in a deep sense of warmth and relaxation while aiding in detoxification and well-being.

DEEP FOREST: A detoxifying treatment inspired by native elements, including a warm cocoon wrap of wild sage and clay to detoxify and soften the skin and a therapeutic massage using warm birchwood sticks and oils of evergreen and citrus to ease tension deep within the muscles.

LOTUS CLEANSING: This cleansing treatment begins with a nurturing cocoon of mineral-rich mud followed by a full-body warm stone massage and the intoxicating scent of the neroli blossom, leaving you with a feeling of deep relaxation and renewed energy.

100 minutes // \$310

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 // \$300

Deep Tissue, 125 minutes // \$400

PURE ZEN BODY RITUAL

The perfect treatment for pure bliss. This CBD-infused journey begins with a smoothing exfoliation, followed by a deeply hydrating wrap, featuring hemp extract and flower essences to nourish the body and mind. Access the mind body benefits of CBD alongside an infusion of age-defying paracress plant extract in a truly restorative massage, leaving you in a zen state of relaxation and wellness.

100 minutes // \$325

Deep Tissue, 125 minutes // \$425



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 // \$150

75 minutes // \$220

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 // \$160

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 // \$150

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.

\$25

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 grapefruit and jasmine 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 // \$505

Add a Body Polish, 25 minutes // \$160

Add a Bath, 25 minutes // \$160

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 // \$150

75 minutes // \$220

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

50 minutes // \$170

75 minutes // \$250

STRENGTHEN: Immune boosting massage incorporating warm stones.

50 minutes // \$160

75 minutes // \$235

DETOX: Detoxification massage that includes a thorough foot treatment.

50 minutes // \$160

75 minutes // \$235

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 // \$220

Deep Tissue, 100 minutes // \$325

GENTLEMAN'S FACIAL

A customized facial designed specifically for men's individual skin in order to remedy the problems related to daily shaving and excessive environmental exposure. Visibly improves the overall condition and appearance of the skin by deep cleaning and detoxifying, refining, and restoring. For all skin types. To avoid skin sensitivity, please do not shave just prior to this treatment.

50 minutes // \$150

GENTLEMAN'S BEARD FACIAL

This conditioning beard treatment uses advanced green science and technology to promote underlying skin health while conditioning your facial hair for a well-groomed beard. A gentle exfoliation will prepare your skin and allow for a deep conditioning treatment focused on taming your beard. A conditioning mask and hydrating moisturizer will soften your beard while you enjoy an invigorating scalp massage to complete your treatment.

50 minutes // \$160

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 // \$80

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 // \$80

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 and 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 // \$100

Double 50 minutes // \$150



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

PURE ZEN MANICURE AND PEDICURE

These nourishing and age-defying services feature a luxurious infusion of CDB, warm organic shea butter, and paracress to restore moisture and ease tension in the hands and feet. Promote healthy nails and beautiful skin while inviting deep harmony into the body and mind.

Manicure, 50 minutes // \$75

Pedicure, 50 minutes // \$95

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, in addition to the quoted price, a 20% service charge will automatically be 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