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 // $250

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 // $325

Extend the benefits of the HydraFacial treatment to further cleanse, exfoliate, and hydrate the skin:

LIP PERK
Lightly plumps and locks in moisture to reveal a perfect pout.
$50

EYE PERK
Brightens and awakens the delicate eye area.
$50

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
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 // $140

SENSITIVE
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 // $140

CORRECT AND RENEW
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 // $210

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 // $250
NATUROPATHICA
Naturopathica takes a holistic approach to beauty, offering safe and effective topicals and proven herbal remedies to optimize skin health and support overall well-being. They believe that beauty is rooted in wellness and approach skin care through a lens of health, understanding that the skin is a reflection of what is going on inside the body. Naturopathica products are created using the principles of naturopathic medicine, which emphasize doing no harm, healing with natural therapies, and treating the source of an imbalance, not just the symptoms.

PURE RESULTS
This customized facial begins with an in-depth skin analysis for a truly unique facial experience. Botanical enzyme peels of sweet cherry, pear fig, or pumpkin exfoliate while profoundly effective serums deeply repair and hydrate your skin. For all skin types.
50 minutes // $140

RESTORE AND REPAIR
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 // $210

HOLISTIC
Our holistic facial embraces beauty rooted in wellness, understanding that radiant skin is a reflection of health on the inside. Start your customized facial with detoxifying lymphatic brushing, relaxing aromatherapy massage, and targeted active ingredients—from plant stem cells to peptides. Enhance skin health with a unique kombucha mask and a take-home botanical concentrate to deliver lasting results. For all skin types.
75 minutes // $250

FACIAL ENHANCEMENTS

CLINICAL PEEL UPGRADE
Enhance your treatment with a 15% clinical-grade herbal enzyme or glycolic 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
An intensive eye treatment 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 // $75

REFLEXOLOGY
Elevate your facial experience with the balancing effects of reflexology. Two technicians work simultaneously—one addressing facial concerns and one performing reflexology to relax and reduce the effects of stress. This experience will leave you feeling renewed from head to toe!
50 minutes // $140

WAXING
Please see our Spa Concierge for waxing services and pricing options.
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
100 minutes // $275

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 // $225
100 minutes // $295

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 // $140
Deep Tissue, 50 minutes // $160

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
DELAWARE RIVER STONE MASSAGE
The Lenni Lenape, an indigenous Native American tribe, have known for centuries that Delaware River stones contain an energy that accelerates change and energizes one’s entire aura. Warmed Delaware River stones are incorporated with classic massage techniques in this deeply relaxing full-body massage with a choice of aromatherapy oils.  
Swedish, 75 minutes // $215  
Swedish, 100 minutes // $285  
Deep Tissue, 100 minutes // $305

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.  
Swedish, 100 minutes // $285  
Deep Tissue, 100 minutes // $305

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.  
100 minutes // $285

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

DETROXIFYING 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

COLD STONE RELIEF
Massage and cold stones are used to focus on releasing tension in the face and head. Techniques to decrease blood flow and relieve pressure help to lessen the discomfort associated with migraine headaches, sinus problems, or general tension. $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
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 // $140*

**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 // $140*

**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 // $140*

**Restful Retreat**

This distinctive experience focuses on promoting a deep state of relaxation. A specially designed chair embraces you in comfort while your therapist massages your head and feet using handcrafted oil blends to ease you into a restful state.  
*50 minutes // $150*

**Restorative Reiki**

A treatment like no other, this combines the balancing effects of restorative yoga with the healing benefits of reiki, leaving you profoundly transformed. Your practitioner will guide you through a series of gentle yoga poses designed to relax the mind and body while applying energy techniques to balance the spirit. This unique blend will help direct your awareness within, cultivating a deep sense of stillness.  
*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 // $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*
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.

*Swedish, 100 minutes // $280*

*Deep Tissue, 125 minutes // $365*

**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*

*Add a Deep Tissue Massage, 100 minutes // $290*

**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
**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 stimulating exfoliation with the black mud of coffee and dandelion to cleanse 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.

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**Prenatal Treatments for Two**

**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

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**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
**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

- **STRENGTHEN:** Immune boosting massage incorporating warm stones.
  - 50 minutes // $150
  - 75 minutes // $215

- **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.

- **Swedish,** 75 minutes // $215
- **Deep Tissue,** 100 minutes // $300

**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 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 // $140

**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 // $140

**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 revitalizing massage 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
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 min // $90**
**Single 75 min // $125**
**Double 50 min // $140**
**Double 75 min // $210**

FITNESS ASSESSMENT
Begin your journey toward better health and well-being with a complete fitness assessment. By assessing your body composition, muscular strength and endurance, flexibility, and aerobic capacity, our certified trainers can determine the best approach for maximizing the results of your fitness program.

**30 minutes // $65**

ENHANCED FITNESS ASSESSMENT
Learn how to find time to exercise when there is no time and how to make better food choices by deconstructing cravings. This personalized session includes an evaluation of your current fitness level plus diet and eating habits.

**50 minutes // $125**

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**

SPECIAL OFFER
Schedule a Fitness Assessment, Customized Program Design, and Personal Training session during your stay for $290, a $90 savings.

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

**50 minutes // $125**

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**
Hair Services

Shampoo, Cut, and Style
$55

Men’s Cut
$30

Blowout
$45

Formal Style
$75

Enhancements
Give your locks the attention they need with these signature enhancements:

Moroccanoil® Deep Conditioning Hair Treatment
A customized mask is applied to your hair to leave it nourished and shiny.
$20

Moroccanoil® Customized Scalp Treatment
A blend of essential oils to help regulate the scalp.
$15

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 gentle massage leads the way to nail shaping,
cuticle care, and polish.
Manicure, 50 minutes // $65
Pedicure, 50 minutes // $85

Mini Nail Refresher
A quick fix for the nails when you’re on the go. This time-saving service
includes nail shaping, cuticle detail, light massage, and polish.
Hands, 25 minutes // $45
Feet, 25 minutes // $65

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
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.
Spa Day Guests

Á LA CARTE SPA SERVICES
Choose an á la carte spa service from our extensive spa menu. For one hour before and one hour after your treatments, relax and renew. Sit under the heated Hydromassage WaterWalls, our unique waterfall massage feature at the Aqua Garden. Relax in our spacious Eucalyptus steam room, dry sauna, and whirlpools, or spend some quiet time on one of our beautiful porches. Remember to bring your bathing suit! For your convenience an 18% spa service charge will be automatically added to the price of your treatment, which is distributed to all spa staff who assist you during your visit.

Prices are subject to change.

SPA DAY PACKAGES
Sample the destination spa experience with our half-day and full-day packages. Our packages allow you to experience the joys of fitness, the pleasures of our delectable spa cuisine, and the indulgence of our spa treatments. A truly unique way to spend the day!

DEMI DAY - $255
Choice of one spa service (valued at $140)
Selected fitness classes and use of CardioWeight Studio
Gourmet spa cuisine Lunch in TREE

DAY AWAY - $410
Choice of two spa service (valued at $140)
Selected fitness classes and use of CardioWeight Studio
Gourmet spa cuisine lunch in TREE

EVENING ESCAPE - $280
Choice of one spa service (valued at $140)
Use of CardioWeight Studio
Gourmet spa cuisine dinner in TREE

ULTIMATE RETREAT - $655
Choice of three spa services (valued at $140)
Selected fitness classes and use of CardioWeight Studio
Gourmet spa cuisine lunch and dinner in TREE

A DAY OF ADVENTURE - $265
Choice of any outdoor adventure activity
Choice of one spa service (valued at $140)
Gourmet spa cuisine lunch in TREE

All packages include use of the Men's or Women's Retreat, Hydromassage WaterWalls, and pool facilities. Package rates are per person and include all taxes and gratuities. Prices are subject to change.