



The Spa
at Massanutten®

total indulgence is our specialty

The Spa at Massanutten offers treatments for women, men, teens, and everyone in-between. And now, thanks to our brand new spa menu, you will now have more reasons to spoil yourself than ever before! Whether it is a relaxing massage, invigorating body treatment, luxurious facial, or a pampering nail service, our licensed professionals are here to exceed your every expectation.

MassResort.com/Spa | 540.289.4040

MASSAGE

Massanutten Signature Massage | \$145 - 60 minutes | \$225 - 90 minutes

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

Therapeutic Bamboo Massage | \$155 - 60 minutes | \$230 - 90 minutes

Introducing the new Therapeutic Bamboo Massage! Also known as warm bamboo massage, Hot Bamboo or Bamboo-fusion, bamboo massage therapy involves the use of various rolls of heated bamboo material. They can be used for any types of pressure, especially useful for those requiring deeper pressure.

Hot Stone Massage | \$145 - 60 minutes | \$225 - 90 minutes

Hot stones are used in conjunction with Swedish techniques to call forth the body's own healing energies and to promote a deeper level of relaxation.

Swedish Massage | \$135 - 60 minutes | \$210 - 90 minutes

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

BBW (Best of Both Worlds) | \$150 - 60 minutes

By popular request, we are bringing back our BBW! Experience the best of both worlds, starting with our famous Swedish massage and ending in a facial massage using soothing and aromatic facial products. You will feel refreshed and aglow when you leave the treatment room.

Sleep Therapy Massage | \$150 - 60 minutes

This massage incorporates a blend of essential oils formulated to induce deep relaxation, a gentle rocking, and long strokes to induce sleepiness. After this service purchase this essential oil blend to induce sleep by placing drops on pillow and/or in the bath.

Reflexology Massage | \$135 - 60 minutes

Reflexology is a technique that applies gentle pressure to your feet. It aims to bring about a state of relaxation and help the body's own healing process. Reflexology works in a similar way to acupressure and acupuncture.

Mineral Magnesium Massage | \$145 - 60 minutes | \$225 - 90 minutes

Magnesium is a crucial mineral for the body. In fact, the body uses magnesium to help with many important body processes from regulating muscle and nerve function, to helping to manage blood sugar. Getting a massage with magnesium cream targets those sore and aching muscles directly, resulting in a faster absorption into the body and a faster recovery.

Prenatal Massage | \$135 - 60 minutes

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

Couple's Massage Room

Share your experience side-by-side. All massage services can be performed together as a couple. Price based on choice of massage for each.

BODY TREATMENTS & MASSAGE

Aloe Vera Hydrating Body Wrap & Massage

\$145 | 60 minutes - This versatile treatment contains aloe vera juice and glycerin which hydrates and heals dry stressed skin. Includes a 30 minute Swedish Massage.

Organic Lavender or Coconut Lime Body Scrub

\$145 | 60 minutes - Shea butter sea salt scrub offers an exfoliating treatment for the hands, feet, and body, removing dull dry skin leaving a natural glow. Followed up with shea butter cream leaving the skin smooth, soft, and hydrated. Excellent for sun damaged and dehydrated skin. The aromas are divine. Peppermint lime stimulates the senses, Lavender calms the senses. It's your choice!

Massage Enhancements

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

Tea Tree Scalp Massage | \$20

Cold Stone Face Massage | \$15

Static Stretching | \$15 - Increases muscle control, flexibility, and range of motion.

Reflexology | \$15 - An application of pressure on certain parts of the foot to produce an effect elsewhere in the body.

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

PureWave Massager | \$15 - Featuring cutting-edge percussive therapy. Unparalleled performance designed to rejuvenate your muscles, alleviate pain, and get you back to life.

Magnesium | \$20 - The body uses magnesium to help with many important body processes from regulating muscle and nerve function, to helping to manage blood sugar. Getting a massage with magnesium cream targets those sore and aching muscles directly, resulting in a faster absorption into the body and a faster recovery.

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

Peppermint Foot Scrub | \$20

Peppermint Back Scrub | \$20

Gliding Cupping | \$20

These options can be added to any massage service or pairing. You may choose to add-in multiple enhancements during your massage. Please let us know upon making your reservation or advise your therapist.

All services and pricing are subject to change. All service times are approximate. Prenatal Massage is available for healthy second and third trimester pregnancies only.

NATURAL NAIL CARE

Massanutten Spa Pedicure | \$60

Includes unscented jetted foot soak, unscented foot scrub, lower leg, and foot massage with unscented butter cream or lotion, cuticle and nail care.

Massanutten Spa Gel Pedicure | \$75

Massanutten Spa Manicure | \$50

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

Massanutten Spa Gel Manicure | \$65

Gel Polish Removal | \$15

DAZZLE DRY NAIL POLISH

Introducing Dazzle Dry nail polish, a four-step system uniquely formulated to look incredible, promote nail health and help you rethink the standard of nail care. For the busy individual on the go, Dazzle Dry dries almost instantly without UV lamps and toxic ingredients. You can go swimming, hiking, or have a massage without a wait time for drying. All Dazzle Dry products are formulated, tested, and manufactured in the US and come in beautiful vibrant colors.

Nail Enhancements

Hot Stones (pedicure only) | \$15

Callus Eliminator (includes filing) | \$15

Paraffin (hands or feet) | \$25

French Polish | \$15

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

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



SKIN CARE



Yon-Ka Skin Care

*Visible results with
a healing touch.*

Massanutten Classique Facial

\$155 | 60 minutes - Skin is refreshed and detoxed with a double cleanse, double exfoliation, and a clay masque. For normal, dry, oily, acneic, or mature skin.

Advanced Optimizer Firming Facial

\$160 | 60 minutes - Firms, stimulates, and strengthens the skin. Features a rosemary firming treatment and marine collagen masque. For mature and dry skin types.

Hydralessance Facial

\$155 | 60 minutes - An ultra-hydrating, refreshing facial to control the effects of extreme moisture loss. For dry and de-hydrated skin.

Sensitive Skin Facial

\$145 | 60 minutes - This calming, soothing treatment is for sensitized skin or ruddy complexions. For sensitive, rosacea, and hyper-reactive skin.

Dermaplaning Custom Facial

\$155 | 60 minutes - Our dermaplaning custom facial includes the deep exfoliation of dermaplaning followed by a custom facial tailored to your skin's needs. Your skin will be smooth and glowing, almost flawless!

Back Facial

\$145 | 60 minutes - Our back is notoriously hard to truly clean and exfoliate. This treatment will target a variety of skincare needs on your back, such as clogged pores, back acne, dry and dehydrated skin.

Vitamin C Facial

\$175 | 60 minutes - This new facial enhances radiance, combats aging, and evens out skin tone in ten main steps. At the intersection of medicine and spa treatments, it perfectly combines effectiveness and sensory appeal.

Facial Enhancements

Hydrating Aloe Mask | \$10 · **Additional Extractions** | \$15 · **Lip Exfoliation** | \$15

High Frequency | \$20 - *This treatment oxygenates the skin, increases circulation, brightens, and evens out skin tone. For all skin types.*

Gua Sha Jade Massage | \$20 - *This enhancement uses a cool, flat, Jade stone to massage the face and neck. Releases tension and tones the skin.* · **Vitamin C** | \$25 · **Dermaplaning** | \$30

Hydrafacial Booster | \$35-\$50 · **Hydrafacial Lymphatic Drainage** | \$50 · **Hydrafacial LED** | \$100

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

NEW! HYDRAFACIALS

HydraFacials are your new aesthetic go-to this season! This service works wonders on all skin types, whether you're dealing with acne, starting to get those lines of wisdom on your skin, or even if you simply need a refresh. Everyone can benefit from the HydraFacial methodology which utilizes cleansing, exfoliating, pore extracting and infusions. Protect and revitalize your skin at any stage of life with deep hydration and an antioxidant formula.

While the benefits of this service are noticeable after just one treatment, the best skin-boosting results occur when treatments are given every 3-4 weeks. **Ask us about our HydraFacial packages and receive up to 50% off a service!**

Invest in your wellness today at The Spa at Massanutten, and let us **renew your spirits, and your skin**, one HydraFacial at a time.

Hydrafacials Services

- Signature | \$195 (30 minutes)
- Deluxe | \$275 (45 minutes)
- Platinum | \$325 (60 minutes)

Enhancements

- Boosters | \$25 - 50
- LED | \$50 - 150 (depending on level of Hydrafacial)
- Lymphatic Drain | \$25 - 50

Throat & Decollete Firming Service

- \$120 | May be booked as a facial enhancement or stand alone service.



Please visit massresort.com/spa for more info and Hydrafacials package specials.

INFRARED DRY SAUNA

\$30 for 30 minutes or \$50 per couple - Unlike traditional saunas which use heat to warm the air/water and, in turn, your body; an infrared sauna uses light to heat your body directly without warming the air around you. Our Infrared Dry Sauna will heat up 30-100% faster than traditional rock and water saunas and can penetrate skin 40% more to maximize therapeutic benefits.

Potential Health Benefits Include: Weight loss; burn up to 500 calories in each 30-minute session
Detoxification • Pain relief • Improved circulation • Skin purification • Muscle regeneration

CO2 & MASSAGE WELLNESS PACKAGE

\$175 | 60 minutes

Our new CO2 Dry Bath Chamber offers a holistic approach to pampering and revitalization to enhance your spa and wellness ritual. Based on ancient therapeutic treatments which involved bathing in naturally carbonated water to relieve various ailments, such as arthritis, muscle soreness, migraine headaches and menopause symptoms to name a few, CO2 Dry Bath offers the same relief by harnessing the therapeutic properties of magnesium.

The treatment is simple. After applying our therapeutic magnesium oil to your skin, you will relax for 30 minutes in our CO2 special chamber stimulating circulation, promoting collagen production and enhancing tissue oxygenation. You will emerge feeling rejuvenated and oxygenated.

When following this treatment with a mineral magnesium massage, you will have achieved the maximum wellness benefit available.



GENTLEMEN'S SERVICES

Men's Facial

\$145 | 60 minutes

Customized for men's skin care needs.

Renews skin tone and texture while helping soothe and restore razor-burned skin.

Men's Nail Services

Please see our natural nail care services on page 3.



'Makes Scents' Burly Men's Line

You're rough, you're tough, but your skin shouldn't be with our new Buff and Balm!

TEENS & TWEENS SERVICES

Teen Swedish Massage

\$110 | 60 minutes

Gentle relaxation techniques help reduce stress and calm the body. 16 & 17 years of age only. Parent must be present in treatment room.

Teen/Tween Facial

\$115 | 60 minutes

This relaxing facial is customized for your skin care needs. 13 - 17 years of age only. Parent must be present in treatment room.

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

SPA PACKAGES

Massanutten Head-to-Toe

\$325 | 180 minutes

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

Mountain Peak Renewal

\$260 | 120 minutes

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

Complimentary Beverage Options

While visiting the Spa at Massanutten, we invite you to enjoy a complimentary beverage before or after your service. Beverage options include fruit-infused water, hot tea, champagne, and mimosas. Limit one glass of champagne or mimosa per visit.

SPA CLASSES

Enhance Your Everyday With Wellness Classes

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

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



SPA BOUTIQUE

The Spa at Massanutten offers **quality** spa products to enhance your overall health, skin, and **well-being**. Whether you are shopping for yourself, a friend, or that special someone, these products make great gifts for every occasion. Stop in to see our new selection of **beauty and home essentials!**

Products & Brands Include:

Professional Skin Care Products • Sandals • Plush Bath Robes & Loungewear • Handmade Jewelry
Butter Creams & Scrubs in Delicious Scents • Herbal Neck Wraps and Bath & Body Care • Sun Hats • Bath Salts



Indulge in the best each season has to offer!

Fresh scents and the beauty of nature inspire our ever-changing seasonal services. Seasonal services can be found at www.massresort.com/spa or you may ask about them by calling the Spa directly.

HELPFUL INFORMATION

Reservations

We recommend booking at least 1-2 weeks in advance to receive an appointment time most convenient for you. Please call 540.289.4040 to schedule your appointment. We ask that all appointments be reserved with cash or credit card. Walk-ins are accepted based on availability.

Check-In

We ask that you arrive 15-20 minutes prior to your appointment to complete client forms. Service time begins when you are greeted by your service provider.

Cancellation Policy

24-hour notice is required to cancel your spa appointment. A fee of 50% of your service will be charged for each cancelled service to cover the time reserved for you without at least 24 hours notice.

No show for your appointment will result in 100% of your appointment fee.

72 hour cancellation notice is required for parties of 4 or more.

Gratuity Policy

An automatic gratuity of 20% will be applied to your purchases, excluding retail items at the Spa Boutique. This is subject to change at any time.





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