

Massage Treatments

Refresh Massage

50 min \$105

80 min \$140

A traditional Swedish massage using long rhythmic strokes that progress in pressure to target tight, sore muscles and promote complete relaxation. A light to moderate pressure massage.

Deep Tissue Massage

50 min \$120

80 min \$155

Slow, deep pressure and skillful hand movements target stressed muscles, unlock tension and relieve pain. An ideal pre- or post-workout massage.

Hot Stone Massage

50 min \$120

80 min \$155

This Swedish massage incorporates the use of heated stones to relax and massage sore muscles. The stones are placed on various parts of the body to open up energy channels and promote circulation.

Refresh Body Glow

50 min \$115

80 min \$150

A full body exfoliation treatment to slough off dry skin cells and reveal a smooth, healthy glow. This service finishes with a 25 minute Swedish massage. The 80 minute Body Glow includes a 50 minute Swedish massage.

Prenatal Massage

50 min \$120

80 min \$155

A relaxing full body massage using safe but effective prenatal techniques to relax muscles of the lower back and help maintain relaxation throughout pregnancy.

Couples Massage

Price based on menu selection

Enjoy any 50 or 80 minute massage side-by-side in the couples treatment room.

Focus Massage

30 min

\$75

A goal-oriented, result-based, corrective therapy which provides highly concentrated massage to one or two problem areas.

Reflexology Massage

30 min

\$75

Ancient Chinese technique using pressure point massage to restore flow and energy to the entire body.

Refresh Spa Packages

No substitutions with Packages

Serene Day Spa	\$425
Ultimate Zen Body Treatment (110 minutes); Refresh Ultimate Facial (75 minutes); and Spa Mani/Pedi Combo (105 minutes).	
Blushing Bride	\$305
Refresh Body Glow (50 minutes); Express Facial (45 minutes); and Spa Mani/Pedi Combo (105 minutes).	
Bridesmaid Bliss	\$199
Your Choice of Express Facial (45 minutes) or Swedish Massage (50 minutes); and Spa Mani/Pedi Combo (105 minutes).	
Ultimate Unwind	\$289
Massage of Your Choice (80 minutes); and Refresh Ultimate Facial (75 minutes).	
Prenatal Pamper	\$210
Prenatal Massage (80 minutes); and Spa Pedicure (60 minutes).	
The Mountain Man	\$180
Deep Tissue Massage (50 minutes); and Spa Pedicure (60 minutes).	

Couples and Group Packages

Calming Couples Retreat	\$250 per person
Ultimate Zen Body Treatment (110 minutes); and Side-by-Side Pedicures (60 minutes).	
Girlfriends Getaway	
Parties of five or more can enjoy 10% off originally priced services. A 48 hour cancellation policy and credit card required for all appointments.	

Body Treatments and Massage Enhancements

Enhance any of our body treatments with a Massage or Facial Treatment

Refresh Body Wrap 50 min \$115

Begins with an invigorating scrub to exfoliate expired cells, and then the body is cocooned in a warm wrap. To finish, a rich moisturizer is applied to the body leaving you feeling renewed. Includes a soothing scalp massage.

Milk and Honey Body Wrap 50 min \$115

This decadent body wrap begins with a whipped honey sea salt scrub to smooth rough areas and stimulate skin's renewal. Next, the body is painted with a hot, hydrating honey glaze filled with soothing aloe. The sweet finale to this divine experience includes an application of sweet cream body milk. Includes a soothing scalp massage.

The Ultimate Zen 110 min \$195

This lavish service brings healing to every part of the body with the use of hydrating shea butter and soothing oils. This treatment includes a full body exfoliation, warm hydration wrap, scalp ritual and finishes with a 50 minute Swedish massage to awaken the mind and body to a state of relaxation and wellness.

Massage Enhancements

Invigorating Peppermint Neck and Scalp Treatment 15 min \$25

This enhancement releases tension and leaves a feeling of total relaxation.

Foot Scrub Treatment 15 min \$25

Unwind with an invigorating foot exfoliation to finish any massage. This relaxing addition concludes with a tension-melting foot massage.

Sinus & Headache Relief Enhancement 15 min \$35

Alleviates sinus and headache pressure often caused by high altitudes.

Oxygen Inhalation 30 min \$30
60 min \$60

Altitude Adjustment Packages

Tension Relief Massage	50 min	\$125
<p>A customized massage with a 20 minute concentration on reducing inflammation, fatigue, and tension in the head, neck, and shoulders. Paired with our 30 minute Focus Massage.</p>		
Altitude Relief Massage	80 min	\$165
<p>Highlighting <i>Clear My Head</i> products, which are designed to ease away sinus and headache pressure, this massage is designed to help you adjust to Summit County's high elevation. Includes 30 minute concentration on reducing inflammation, fatigue, and tension in the head, neck, and shoulders; a 50 minute Swedish massage and oxygen inhalation throughout the 50 minute massage treatment.</p>		
Sinus & Headache Relief Enhancement	15 min	\$35
<p>Alleviates sinus and headache pressure often caused by high altitudes.</p>		
Oxygen Inhalation	30 min	\$30
	60 min	\$60

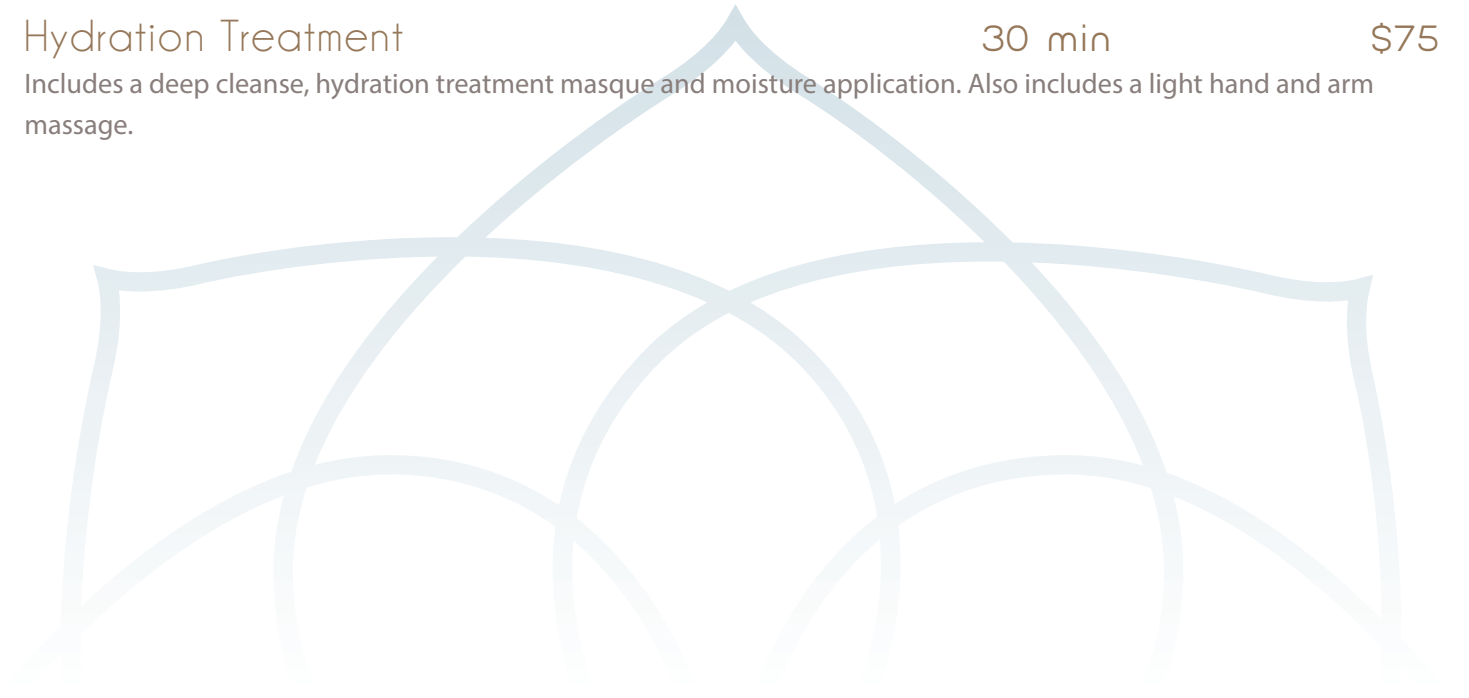


Treatments for the Hands and Feet

Spa Pedicure	60 min	\$70
Enjoy a soak in a refreshing foot bath followed by an invigorating exfoliation to reveal baby-soft feet. Includes nail shaping, cuticle work, light massage, paraffin treatment and choice of polish.		
Spa Manicure	45 min	\$45
A luxurious manicure designed to renew and repair dry skin and reveal a softer, more youthful appearance. Includes nail shaping, cuticle work, light massage, paraffin treatment and choice of polish.		
Shellac Manicure	60 min	\$50
Finally stop stressing over chipping polish with a fabulous Shellac Manicure! Enjoy the application of a shellac polish color of choice, followed by a gentle exfoliation, hand massage and paraffin dip. Also includes nail shaping and cuticle work.		
Spa Mani-Pedi Package	105 min	\$105
Combine two relaxing services for the ultimate pampering! Start with a stress-melting exfoliation followed by a massage and paraffin treatment. <i>*Add Shellac Gel Polish for only \$10.</i>		
Express Pedicure	40 min	\$55
Includes foot soak with light exfoliation, nail shaping, cuticle work, buff and polish.		
Buff & Polish (Hands Only)	15 min	\$25
Includes nail shaping, lotion application, buff and polish.		
Gel Polish Removal		\$10
French Polish add-on		\$10
Kids Manicure	25 min	\$25
Includes hand soak with light exfoliation, nail shaping, buff and polish (10 years and under).		
Kids Pedicure	25 min	\$35
Includes soak with light exfoliation, nail shaping, buff and polish (10 years and under).		

Skin Care Treatments

Refresh Ultimate Facial	75 min	\$150
Personalized for all skin types to renew and repair, this facial includes a professional exfoliation and treatment masque, extractions, a light facial, neck and shoulder massage. Finishes with a foot scrub and light massage.		
Anti-Aging Facial	60 min	\$125
This facial incorporates the use of anti-aging products customized to your skin type and provides an at-home regimen for lasting results.		
Express Facial	45 min	\$105
Looking for a quick pick-me-up? This facial begins with a deep cleansing followed by an infusion of select facial products that replenish the skin's nutrients for a vibrant, refreshed look.		
Brightening Treatment	30 min	\$75
Includes a deep cleanse, brightening peel and moisture application. Also includes a light hand and arm massage.		
Hydration Treatment	30 min	\$75
Includes a deep cleanse, hydration treatment masque and moisture application. Also includes a light hand and arm massage.		



Waxing Treatments

Eyebrow.....	\$25
Chin.....	\$15
Lip.....	\$15
Full Face (lip, chin, jaw line).....	\$45
Back.....	\$65
Arm.....	\$45
Lower Leg or Upper Leg.....	\$45
Full Leg.....	\$80
Underarm.....	\$20
Bikini.....	\$45
Brazilian.....	\$65

