



Massage Therapies



Mountain Massage

A firm nurturing touch is the essence of this massage and tailored just for you. This swedish blend body work combines energy balancing and pressure point techniques for pure relaxation and therapy. 60, 90 and 120 min (\$95, \$135, \$185)

Aromatherapy Massage

Enjoy the benefits of massage and healing power of plants, flowers and herbs. You choose the blend of essential oils to lift the spirits, calm the mind and restore energy. 60 and 90 min (\$100 & \$140)

Deep Tissue Bodywork

A deep therapeutic massage that utilizes techniques to release chronic pain and muscle tension. A more intense form of massage accompanied by special products to promote healing and recovery for muscles. 30, 60, 90 and 120 min (\$50, \$100, \$145 & \$195)

RiverStone Therapy

Healing with stones is an ancient form of therapy and deeply relaxing. Smoothed Flathead River stones are used to massage the muscles and flow across your body to melt away every bit of tension. 90 min (\$160)

Pre-Natal Massage

Experience the benefits of prenatal therapy and enjoy a massage that releases tension and discomfort during pregnancy. A support cushion is used to accommodate any stage of pregnancy. 60 and 90 min (\$95 & \$135)

Couples

A room for two is waiting for you and someone you care about. Share each other's company while being massaged in our couples suite. Choose your massage and enjoy. 60 and 90 min (prices based on massage choice)

And If That Wasn't Enough...Feet Retreat Therapy

Lavendar & peppermint exfoliation and deep hydrating moisture therapy combined with a pressure point foot massage. Ahh! Add 15 min to any massage therapy. (\$25)

Try Something Different...Huckleberry Body Scrub

Add an aromatic full body huckleberry scrub to any massage and your skin will feel soft and yummy. 30 min (\$45)

AAAHHH...Pure Bliss...Lavender and Peppermint Body Scrub

Add an aromatic full body lavender and peppermint scrub to any massage and your skin will feel luxuriously soft. 30 min (\$45)

The Spa at Whitefish Lake ~ Menu of Services

Body Treats

All of our Body Treats blend the finest and most natural ingredients into a full body experience. Choose a complete or deluxe service with your choice of salts, sugars, sea minerals, and essential oil blends. Deluxe services include a full body massage.

Water Works

Nourish -lavender and peppermint scrub - seamineral wrap - marine fango mask.
90 min complete or 120 min deluxe (\$150 & \$195)

Sweet Ginger

Refine - organic sugar and ginger scrub - ginger wrap - Face, neck and scalp massage.
60 min complete or 90 min deluxe (\$100 & \$145)

Huckleberry Scrub

Experience a taste of Montana with our aromatic huckleberry body scrub. With more antioxidants than blueberries, this scrub will leave your body radiant and fresh. 30 min add-on to any massage (\$45)

Stone Silence

Experience the essence of Montana with this huckleberry scented Riverstone Treatment. Begin with a full body huckleberry sugar scrub followed by an invigorating aromatic shower, then our talented therapists melt huckleberry body butter over fresh skin with warmed river stones for aaahhh, a total mind and body altering experience. 90 min (\$175)

In-Room Treatments

Relax in the privacy of your guest room and allow us to come to you.

Massage

Choice of massage modalities, 60 and 90 min (\$110 & \$155)

Deep Tissue Body Work

An in-room deep therapeutic massage that utilizes techniques that release chronic pain and muscle tension. Not for beginners, this more intense form of massage is accompanied by special products to promote healing and recovery for muscles. 90 min (\$165)



Facial Treats



Epicuren® Signature Facial

This results oriented facial utilizes a unique protein enzyme that stimulates cell metabolism to dramatically improve the skin's appearance. Dramatically lifts, tightens, and firms facial skin, increasing textural clarity and tone. This state-of-the-art facial is combined with Epicuren®'s Six-Step System for home care to maintain lasting results. 75 min (\$125)

Brightening Facial

Utilizing the natural lightening ingredient Arbutin, this facial will brighten the skin by decreasing the visibility of hyperpigmentation and uneven skin tone. Your skin will look and feel smooth and supple. 60 min complete or 90 min deluxe (\$100 and \$135)

Volcanic Clay Purifying Facial

This facial incorporates a powerful purifying mask made from a blend of botanical essences in a base of Volcanic Ash and China Clay, two of nature's most effective detoxifiers. Helichrysum, Lavender, Sandalwood, and Rosewood Oils are just a few of the exotic wild-crafted ingredients that promote regeneration to revitalize the skin. 60 min (\$95)

Glycolic Refining Facial

Epicuren®'s Glycolic Facial is great for addressing fine lines, acne, hyperpigmentation, and dry skin. Glycolic exfoliates lifeless cells and allows emerging new skin to absorb more oxygen and nutrients; critical elements for healthy, vibrant skin. The best results are achieved when this facial is given in a series and accompanied by home glycolic use. 60 min (\$100) Recommended as a series of 3 treatments (\$255)

Deep Cleansing Facial for Men

This facial addresses the most common skin issues for men: ingrown hairs, razor irritation, and overactive oil glands. Using Epicuren®'s Skintopia Mens Line, specifically formulated for men, as well as the Epicuren® Enzymes, this treatment finds a perfect balance between simplicity and effectiveness. 60 min (\$95)

Microdermabrasion

Now offering microdermabrasion from Advanced Microderm! Utilizing baking soda, our Microderm system will evenly and safely exfoliate the skin without chemicals or laser. The exfoliation process rejuvenates the skin by utilizing ultra-fine crystals to remove the upper layer of the epidermis, resulting in firmer, more youthful looking skin over time. Microdermabrasion will minimize fine lines and wrinkles, reduce acne and scarring, and clear dull or congested skin. 30 min (\$125)

Recommended as a series

5 pack	\$562.50
10 pack	\$1,000

or add-on to any facial (\$75)

Neck	\$25
Chest/Decollete	\$35
Hands	\$25

Added Benefits

Lip, Eye, Neck, and Décolleté

Intense and refining treatment for delicate and sensitive areas to minimize fine lines and wrinkles - add 15 min to any facial (\$35)

Feet Retreat Therapy

Lavender & peppermint exfoliation and deep hydrating moisture therapy combined with a pressure point foot massage. Ahh! Add 15 min to any facial. (\$25)

Silver Ion Mask

Treats inflammation and aids in product penetration. Add 15 min to any facial. (\$25)

 **Waxing Services** 

- * **Brow Wax and Brow Shaping** (\$20)
- * **Brow Tint** (\$15)
- * **Lash Tint** (\$20)
- * **Brow and Lash Tint** (\$30)
- * **Lip Wax** (\$10)
- * **Chin Wax** (\$15)
- * **Underarm Wax** (\$30)
- * **Half Leg Wax** (\$40)
- * **Full Leg Wax** (\$75)
- * **Back Wax** (\$55)
- * **Chest Wax** (\$55)
- * **Basic Bikini Wax** (\$35)
- * **Brazilian Wax** (\$65)
Repeat Customer (\$45)

*** Body Wax Package: pick any 3 and get 10% off ***

Please note: No steam, sauna or hydrotherapy prior to waxing services. Additionally, those taking Retina-A, Accutane or Renova should refrain from facial waxing. We suggest avoiding caffeine for 3 hours prior to waxing services.

 **Nail Treats** 

Relax in the privacy of your own suite, drink a cup of tea, enjoy a magazine, or watch T.V.

All services include foot or hand soak, scrub, mask, massage and beautification of the nails.

- * **Deluxe Manicure- 45 min** (\$55)
- * **Deluxe Spa Pedicure- 60 min** (\$65)
- * **Hot Stone Manicure - 60 min** (\$70)
Great for arthritis and circulation.
- * **Hot Stone Pedicure- 90 min** (\$85)
- * **Gentleman's Manicure and Pedicure-75 min** (\$90)

The Spa at Whitefish Lake ~ Menu of Services

 **Day Spa Rituals** 

All of our Day Spa Rituals include full use of our fitness, pool and steam facilities, as well as a wonderful selection of treats, beverages and snacks. Custom packages available and substitutions are allowed...just ask!

<u>Hiker's Solace</u>	2.5 hours	\$174
Hit the Spot Massage Deluxe Spa Pedicure Spa Refreshments		
<u>Montana Air</u>	2.5 hours	\$219
Lavender and Mint Body Scrub Aromatherapy Massage Mini Epicuren® Facial Spa Refreshments		
<u>Going to the Sun</u>	3.5 hours	\$264
Brightening Facial Lip, Eye, Neck, and Décolleté Spa Manicure and Pedicure Spa Refreshments		
<u>Glacier Melt</u>	3.75 hours	\$334
Sea Mineral Wrap Riverstone Therapy Volcanic Clay Purifying Facial Feet Retreat Spa Refreshments		
<u>Sweet Retreat for Two</u>	4.0 hours	\$490
Couples Sweet Ginger Body Exfoliation Couples Mountain Massage Couples Purifying Facial Champagne and truffles		

* Please note that all day spa rituals require 24 hours advance notice and are subject to the cancellation policy.

The Spa at Whitefish Lake ~ Menu of Services



Appointments

To make an appointment you can call our spa directly at (406) 863-4050. A major credit card is required to hold your reservation. We suggest making appointments in advance, however please feel free to call us at the last minute and we will try to accommodate you.

Cancellation

If you must cancel a reservation or reschedule, we require 24 hours notice for individual appointments and packages. Canceling or changing appointments for groups of three or more requires 72 hours notice. Appointments canceled in less than the required time will be billed 100% of the listed service price. At cancellation a credit will be applied toward a re-booking of a similar service. A reschedule fee of \$15 will be applied for any change within 24 hours.

Time is of the essence

Please arrive 10 minutes prior to your scheduled reservation. The Spa at Whitefish Lake guests are welcome to use the coed steam room and shower before and/or after their spa treatments. Early arrival allows for a leisurely check-in and time to relax into the experience that awaits you.

Sshhhh!

Calm and soothing is our goal so we ask that you leave all small children at home. Waivers required for guests under 18 years, please no children under 7.

Medical

Please inform us of any medical or special needs that require our attention. If you have high blood pressure or are pregnant, please avoid any heat treatments, steam or warm soaks.

The Spa at Whitefish Lake ~ Menu of Services

Gift Certificates, Treatment Series, Products and Refunds

Gift certificates and treatment series purchases are non-refundable. Products or accessories can be returned for exchange or spa credit when accompanied by a receipt within 30 days. Please present all gift certificates and promotional coupons at check-in.

Gratuity and Service Charges

Gratuities are voluntary, but welcomed by staff. For excellent service, customary gratuity ranges from 15% to 20%. Please note that a gratuity of 18% will be added to groups of four or more.

Open Daily

Phone: (406) 863-4050

www.spaatwhitefishlake.com