

 **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 and 90 min (\$95 & \$135)

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)

Hit the Spot Massage

When you know what you knead this therapy is for you. Pick your pleasure and receive targeted massage work that focuses on specific areas of concern. 30 and 60 min (\$50 & \$100)

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. 90 and 120 min (\$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 get soft skin to boot. 30 min (\$45)



Facial Treats



True Refreshing Facial

This superior anti-aging treatment combines the anti-inflammatory benefits of the antioxidant Idebenone with the lightening and exfoliating effects of 30% lactic acid. All these benefits delivered in the spa fashion, aromatherapy, lots of classic massage, and deep relaxing bliss. 60 min complete or 90 min deluxe (\$100 and \$135)

Aromatherapy Facial

The penetrating powers of aromatic essential oils and powerful plant extracts combine to improve the texture and tone of the skin. Relax into this sensory experience as our highly trained estheticians massage into the skin nutrients for a healthy, vibrant complexion. Gentle therapy and great for all skin types. 60 min (\$95)

Mountain Stone Facial

When you think it can't get any better, it does...with our signature stone facial we put vacate in vacation. A complete facial with powerful botanicals and healing masks combined with the warmth and healing elements of soft Flathead River stones. Intensely hydrating and ultimately relaxing. 90 min (\$140)

Gentleman's Facial

This aromatherapy based facial treatment is specifically designed for the unique skin care needs of men. Includes deep cleansing, toning and moisturizing with an emphasis on renewal of the skin. A soothing face, neck and scalp massage will provide the ultimate experience for him. 60 min (\$95)

Back Facial

This gentle reparative facial will improve the tone and texture of the upper back. Great for teens and brides, this targeted treatment will exfoliate, improve circulation and skin hydration to restore a beautiful and vibrant surface. 45 min express or 60 min deluxe (\$75 & \$95)



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

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

Targeted Facial Treatments

Hydradermie Hydrating Treatment

In just over an hour, this multifaceted treatment delivers deep cleansing, purification, oxygenation and maximum hydration. Personalized gels are chosen to suit your specific skin needs that will penetrate through our mild ionized current to regain your skin's natural radiance smoothing away the signs of aging. Also great for men. 75 min (\$125) Recommended as a series of 3 treatments (\$325)

Beaute Neuve Radiance Treatment

This mild peeling treatment contains Glycolic, Citric, Malic and Tartaric Acids to exfoliate, resurface, moisturize and renew the skin. The use of pure Vitamin C brightens and minimizes brown spots, plus Guinot's signature 56 Cellular Activites aid in the healthy regeneration of the cells. Your skin will look and feel cleaner, fresher and younger regaining its luminosity. 60 min (\$100) Recommended as a series of 3 treatments (\$255)

True Reveal Peeling Facial

Reveal youthful skin with this superior clinical peel with spa appeal. The proven lightening and exfoliating effects of lactic acid uncovers youthful skin while the exclusive superior antioxidant Idebenone undoes the inflammation and redness normally expected with serious treatment. Enjoy an eye contour treatment, renewing hand treatment and neck and shoulder massage emerging brighter, smoother, more radiant, and ultimately relaxed. - 60 min (\$115) Series of 3 (\$330)/Series of 6 (\$600)

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

 **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** 

Indulge in our calorie-free ice cream treat! First, a scoop of Me! Bath Ice Cream fills your foot soak with a delicious scent, melting away stress. Follow with a creamy Shower Sherbert, a decadent Foot Mask, then finally a soothing massage with Body Icing. Oh la la! Your choice of flavors: Strawberry Kiwi, Land of Milk and Honey or Lavendar Lullaby. A full beautification of the nails and cuticles are included in all our manicures and pedicures

- * **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



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 - sea salt and citrus scrub - seamineral wrap - marine fango mask. 90 min complete or 120 min deluxe (\$150 & \$195)

Sweet Ginger

Refine - organic sugar and ginger scrub - flowerfusion wrap - scalp and foot 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. 60 min (\$95)

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)

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	\$199
Hit the Spot Massage Feet Retreat Deluxe Spa Pedicure Spa Refreshments		
<u>Montana Air</u>	2.5 hours	\$219
Lavendar and Mint Body Scrub Aromatherapy Massage Mini Benefit Facial Spa Refreshments		
<u>Summer Skin Revival</u>	3.5 hours	\$264
True Deluxe Refreshing Facial Lip, Eye, Neck, and Décolleté Spa Manicure and Pedicure Spa Refreshments		
<u>Glacier Melt</u>	3.75 hours	\$334
Essential Balancing Wrap Riverstone Therapy Aromatherapy Facial Feet Retreat Spa Refreshments		
<u>Sweet Retreat for Two</u>	4.0 hours	\$525
Couples Sweet Ginger Body Exfoliation Couples Massage Couples Aromatherapy Facial Champagne Lunch for two		
<u>Teen Retreat</u>	2.25 hours	\$180
30 min Hit the Spot Massage Choice of Teen Facial or Back Facial Deluxe Spa Pedicure		

** 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

For the Bride

We can make that special day even more memorable with custom designed packages for the bride. Private parties available, call for more details.

<u>Bridal Retreat</u>	4.0 hours	\$399
Aromatherapy Facial Sweet Ginger Body Scrub and Massage Spa Manicure and Pedicure Spa Refreshments		
<u>Mom and Bride</u>	2.25 hours	\$399
Couples Aromatherapy Massage Couples Aromatherapy Facial Spa Refreshments		
<u>King for a Day</u>	3.0 hours	\$255
Gentleman's Facial Hit the Spot Massage Gentleman's Pedicure		



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 48 hours notice for 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.

The Spa at Whitefish Lake ~ Menu of Services

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.

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.



Montana Membership Club



New at The Spa at Whitefish Lake a membership club for frequent visitors! Discounts on services, gift certificates, and gym memberships, as well as Members Only events. Ask for details today!

Hours: Monday thru Saturday, 9-7

Sunday, 9-5

Phone: (406) 863-4050

www.spaatwhitefishlake.com