

The Spa at Whitefish Lake

Menu of Services

Body Work

Mountain Massage

A firm nurturing touch is the essence of this massage and tailored just for you. This Swedish-style body work combines energy balancing and pressure point techniques for pure relaxation and therapy.

60 and 90 min (\$90 & \$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 (\$95 & \$140)

Hit the Spot Massage

When you know what you need this therapy is for you. Pick your pleasure and receive targeted massage work that focuses on specific areas of concern. Oil blends of arnica, tea tree and aloe penetrate and heal sore muscles.

30 and 60 min (\$50 & \$100)

Deep Tissue Bodywork

A deep therapeutic massage that utilizes techniques that release chronic pain and muscle tension. This is a more intense form of massage.

90 min (\$145)

RiverStone Therapy

Healing with stones is an ancient form of therapy and deeply relaxing. Smoothed river stones are used to massage and work the muscles and flow across your body to melt away every bit of tension.

90 min. (\$160)

Mom's 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 min. (\$90)

Couples Massage

A room for two is waiting for you and someone you care about. Share each other's company while being massaged in our couple's suite. Choose your massage and enjoy.

60 and 90 min (price based on massage choice)

SkinCare

We believe that it's only natural to use the freshest and purest products available and have chosen skin care products that reflect this philosophy. All of our facials include a complete skin analysis, cleansing, extractions when needed, exfoliation, masque, massage and hydration treatment.

Anakiri Custom Facial

Our customized BioEnergetic facial cleanses, tones, and moisturizes using homeopathic tinctures and herbal extracts. This treatment re-establishes health, radiance, and natural beauty. Excellent for all skin types and tailored to your specific skin care needs.

75 min. (\$120)

Mountain Stone Signature Facial

When you think it can't get any better it does... with our signature stone facial we put the vacate in vacation. A complete facial with powerful botanicals and healing masks combined with the warmth and healing elements of soft river stones. Intensely hydrating and ultimately relaxing.

90 min. (\$140)

Aromatherapy Facial

A little fresh air and skin care goes a long way in this flower and plant essence facial. The penetrating powers of aromatic essential oils helps to improve the tone and texture of your skin. A gentle and restorative skin therapy that is custom to your

needs and appropriate for all skin types. 60 min. (\$95)

Gentlemen's Facial

This aromatherapy based facial treatment is specifically designed for the unique skin care needs of men. Includes deep cleansing, moisturizing and toning 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)

Botanical Benefits Facial

Powerful antioxidants, raw organic plants, flower essences and sea extracts are the foundation of this skin-specific facial. Our expertly trained aestheticians will determine the primary needs of your skin and tailor this facial to you.

75 min. (\$120)

Choose from:

- * Hydration- Intensive hydration for dry, mature and high altitude skin
- * Preservation- Anti-aging and refining for dull and tired skin. Excellent for fine lines

* Clarification- A deep and cleansing treatment for acneic conditions and oily skin

Added Benefits: Add any of the following to the treatments above for an added treat.

- Lip and Eye Zone- intense and refining treatment for delicate and sensitive areas around the mouth and eyes (15 min) \$25 Neck and Décolleté- A complete skin smoothing and cleansing treatment that focuses on the neck and chest (15 min) \$25 Feet Retreat Therapy- Sea salt exfoliation and hydration aahhh add 15 min to any facial or massage \$25.

Body Treats

All of our Bodytreats 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.

- Pure Intention - purify - dry brush exfoliation- essential balancing wrap-clarifying clay mask with essence of lavender, lemongrass and juniper. 60 min complete and 90 min deluxe (\$100 & \$145)
- WaterWorks - nourish - sea salt and citrus scrub - sea mineral wrap - marine fango mask. 90 min complete and 120 min deluxe (\$150 & \$195)
- Sweet Ginger - refine - organic sugar and ginger scrub - flowerfusion wrap-scalp and foot massage. 60 min complete and 90 min deluxe (\$100 & \$145)

Seasonal Signatures

- ✿ Mountain Air Skin Care- A light and airy hydrating facial using cooling gels and weightless serums to hydrate and tone summer skin. This warm weather facial is a perfect way to cleanse, tone and moisturize leaving your face feeling fresh and bright. 60 min. (\$95)
- ✿ Stone Silence- A combination of stone and herbal remedies creates a fusion of ancient body work and exotic essences resulting in deep muscular relaxation, improved circulation, aroma therapeutic exfoliation and tropical bliss! Begin with a hot stone massage using deeply hydrating aromatherapy oils , continue with a full body exfoliation of Coconilla or Thai lemongrass tropical scrub. After a cleansing aromatic shower, hot stones are used to melt cocoa butter, shea and essences of the tropics over your body for a skin, body and mind alternating experience. 90 min (\$175)

Day Spa Rituals

A selection of treats that combine all that is good in life. Fresh air, fit room, cool pool, steamy moments, pure products, helping hands, fantastic food and lake view. All of our Day Spa Rituals include full use our fitness, pool and steam facilities, as well as, a wonderful selection of treats, beverages and snacks. Enjoy!

Glacier Melt 4.5 hours \$355

RiverStone Massage
Essential Balancing Wrap
Aromatherapy Facial
Manicure or Pedicure
Spa Lunch

Big Mountain Day 3.5 hours \$245

Mountain Massage
Mountain Stone Signature Facial
Spa Lunch

On the Lake 2.5 hours \$215

Aromatherapy Massage

Sea and Citrus Scrub

Sweet Retreat for Two 3.5 hours \$525

Couples Massage
Sweet Ginger Body Treat
Couples Aromatherapy Facial
Champagne Lunch for two

On the Go 2 hours \$160

Hit the Spot Massage (30min)
Mini-Benefit Facial (30 min.)
Manicure or Pedicure

Light Spa Refreshments
Manicure or Pedicure
Light Spa Lunch

Nail Services

Our hand and foot treatments includes hydrating mountain balm, exfoliating scrub, rich honey butter, purifying mud mask and a finishing lotion of aloe and essential oils. A full beautification of the nails and cuticles are included in our manicures and pedicures.

Express Manicure or Pedicure	30 min (\$45)
Deluxe Spa Manicure or Pedicure.....	50 min (\$75)
Deluxe Spa Manicure and Pedicure.....	75 min (\$90)
Gentleman's Manicure or Pedicure.....	30 min (\$45)
Gentleman's Manicure and Pedicure.....	60 min (\$75)

Waxing and In-Room Services also available.

Good Info to Know.....

Appointments

To make a spa appointment you can call our spa directly (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 published tariff of each service. At cancellation a credit will be applied toward a re-booking of similar service.

Time is of the essence

Please arrive 15 minutes prior to your scheduled reservation. The Spa at Whitefish Lake guests are welcome to use the coed steam room, whirlpool and shower before and/or after their spa treatments. Early arrival allows time for a leisurely check-in, a change of clothes, and to relax into the experience that awaits you.

Please present all gift certificates and promotional coupons at check-in.

Sshhhh!

To keep the serenity of the spa, we ask that all cellular phones and pagers be turned off upon arrival. Calm and soothing is our goal so we ask that you leave all small children at home.

What To Bring

Please arrive for your spa appointment in your guest robe or comfortable clothing. Shower amenities will be available for your convenience. The steam and shower facilities are coed so please bring your bathing suit. For privacy, you will be properly draped for the duration of your treatment.

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. Spa Treatments, Skin Care and Waxing services have specific contraindications related to pregnancy and to prescription drugs that are outlined in the treatment descriptions.

Gift Certificates, Series, Products and Refunds

Certificates and Series purchases are non-refundable. Products or accessories can be returned for exchange or spa credit when accompanied by a receipt within 30 days.

Gratuity and Service Charges

Gratuities are voluntary, but welcomed by staff. For excellent service, customary gratuity ranges from 15% to 20%.

(Please note that an additional service charge of 18% will be added to groups of four or more)

Winter Hours: Monday thru Saturday, 9-7, Sunday 10-5
Phone (406) 863-4050