EXPERIENCE ORGANIC SERENITY

The Spa at Shangri-La Springs
### THE SPA AT SHANGRI-LA SPRINGS

Located on a historic property, long famous for its invigorating powers, The Spa at Shangri-La Springs offers organic serenity. Whether you’re looking for rejuvenation or relaxation you’ll feel like you’ve turned back the clock in more ways than one.

Enjoy a full menu of organic spa treatments at our beautiful estate featuring a natural spring, lush botanic gardens, and more!

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**BODY**

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Description</th>
<th>Duration Options</th>
<th>Price Options</th>
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</thead>
<tbody>
<tr>
<td><strong>The Springs Serenity Couples Massage</strong></td>
<td>The perfect gift is time together. Let the pressures of life melt away while you drift off enjoying a side-by-side complete customized therapeutic relaxation massage.</td>
<td>60 min / $259</td>
<td>90 min / $319</td>
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<tr>
<td><strong>Warm Muslin Bag Massage</strong></td>
<td>Warm steamed bags of orange, clove, ginger and seaweed are gently massaged into the body releasing aromatic oils. Using the finest organic ingredients and hand-harvested seaweed muscle oil, this treatment is relaxing and gently exfoliates and nourishes your skin.</td>
<td>90 min / $189</td>
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<td><strong>Voyager Massage</strong></td>
<td>This ritual incorporates scalp, face and body massage alongside stretches that echo the movement of the sea. Combining both gentle and stimulating movements, this massage is the ultimate luxury treatment to relieve aches and pains. The use of organic oils is tailored to individual needs.</td>
<td>90 min / $179</td>
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<td><strong>Hot Stone Vitality Massage</strong></td>
<td>Our Hot Stone Vitality Massage uses heated smooth volcanic stones or Himalayan Salt Stones to warm the tissues and increase circulation. The application of hot stone massage directs vital energy flow, releasing tension and soothing sore joints and muscles, inducing deep relaxation.</td>
<td>90 min / $169</td>
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<td><strong>Muscle Recovery Deep Tissue Massage</strong></td>
<td>Deep muscle work is a healing and stimulating method of massage that helps relieve the feeling of tension and soreness in the body. A mild soreness may result.</td>
<td>60 min / $149</td>
<td>90 min / $179</td>
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<tr>
<td><strong>Pampering Prenatal Massage</strong></td>
<td>Designed with the safety and comfort of mother and baby in mind, this massage helps to relieve muscle aches, joint pain and swelling.</td>
<td>60 min / $139</td>
<td>90 min / $169</td>
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<tr>
<td><strong>The Springs Especially for You Massage</strong></td>
<td>A customized therapeutic and relaxation massage designed especially for you. This treatment combines massage techniques to address the specific areas that may need special attention.</td>
<td>60 min / $139</td>
<td>90 min / $169</td>
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FACE

The Springs Fountain of Youth Facial
Our ultimate facial utilizes ultrasonic technology in the form of low-frequency sound waves to deliver 3-treatments in one luxurious facial designed for all skin types. It combines a thorough exfoliation without irritation, followed by nutrient rich treatments designed to plump, hydrate, firm, and brighten the skin to decrease the look of fine lines and wrinkles and enhances oxygen absorption caused by free radical damage, giving you that “Fountain of Youth” appearance, leaving skin looking radiant.

80 min / $189  Package of 3 / $499

Hydra Sea Deluxe Facial
A results-driven hydrating and purifying facial, including a 20-minute facial massage followed by a re-mineralizing face mask and seaweed leaves. Leaving the skin's texture rejuvenated, the appearance of deep-set wrinkles is reduced and the skin's texture is left hydrated and plumped.

80 min / $179

Intense Defense for Men Facial
Exclusively created for men’s specific skincare needs, this powerfully effective treatment exfoliates the skin with bamboo spines, allowing for a deeper cleanse. This treatment includes a soothing face and scalp massage and a seaweed mask and seaweed leaves to soothe even the most sensitive of skin. Fantastic for those affected with shaving rash, razor burn or ingrown hairs; your skin is left hydrated, fresh and mattified.

60 min / $169

Premium Peptide Illuminating Facial
This Arctic Berry Peel and Peptide Illuminating system addresses fine lines, wrinkles and hyperpigmentation. Great for sensitive skin and rosacea- or acne-prone skin.

75 min / $159

Shangri-La Specialty Facials
Choose from our selection of specialty facials:
- Hydrating
- Detoxifying
- Firming
- Lightening
- Brightening

60 min / $139

Marine Eye Treatment
Using hand-harvested organic Atlantic seaweed, this is a unique treatment for refreshing and rejuvenating, aging around the eyes and includes relaxing and decongesting massage movements to banish puffiness and dark shadows. This is a firming, hydrating treatment that uses specific products rich in seaweed extract, green tea and vitamin C.

45 min / $129

The Springs Organic Facial
Relax and rejuvenate as we apply organic skincare products specifically matched to your skin type, to nourish and enhance your skin's beauty. Treatment includes use of microcurrent technology for facial contouring, toning and firming.

60 min / $129

BODY TREATMENTS

Warm Spiced Seaweed Mudwrap
This seaweed-rich wrap is potent with antioxidants and minerals and is infused with aromatic spices of ginger and orange to revive the senses. With immediate and noticeable effects on the skin, including firming and toning, it is a serious detoxifier, metabolism stimulator, and a natural anti-aging boost.

75 min / $179

Body Wrap with Fascia/Cellulite Treatment
This highly acclaimed treatment increases blood flow and enhances the elimination of toxins from the tissues to reduce the appearance of cellulite. The result is smoother looking skin.

90 min / $169

Raindrop Technique Aromatherapy
Drawn from Native American wellness traditions, raindrop technique harnesses the power of essential oils, dispensed in small, rain-like drops, mixed with a variety of massage techniques, including back massage, and heat application. Facilitating detoxification and overall health, this is a powerful treatment for assisting the body’s natural healing processes.

90 min / $169

Organic Seaweed Body Wrap
Our Organic Seaweed Body Wrap hydrates and relaxes your tired and lethargic muscles, relieving stress and fatigue. This treatment includes a full body brushing to increase circulation and to aid penetration of the potent seaweed gel, while the wrap’s antioxidant compounds help to protect against environmental cell damage. Skin will be toned and firmed, and signs of ageing and cellulite will be visibly reduced.

60 min / $159

Wrapped in Bliss Body Wrap
Our Bliss Body Wrap is a full-body wrap with foot reflexology and a scalp massage with aromatherapy. Choose from our selection of organic body wraps!

60 min / $149

Organic Seaweed Body Buff
This treatment is the ultimate treat for tired and dull skin. The antioxidants from our mineral-rich seaweed and massage oils to offer a powerful organic way to better your skin.

60 min / $149

Shirodhara (coming soon)
Shirodhara, also known as “Third Eye Treatment” is an ancient Ayurvedic practice. A stream of herbal oil flows onto the center of the forehead inducing a meditative state of mind, calming the central nervous system, resulting in a reduction of stress and anxiety, and improved sleep quality. This powerful holistic treatment includes an Indian Head massage and massage of the neck and shoulders, promoting deep relaxation and clarity.

45 min / $129
FEET

Revitalizing Marine Foot & Leg Ritual
Re-charge the circulation of the lower limbs, and refine your skin with a Sea Salt Scrub followed by a deeply relaxing massage of the lower legs. Following the massage, your legs are then wrapped in warmed Atlantic seaweed leaves to detoxify, increase circulation, nourish and revive tired feet and legs.
45 min / $109

Foot Reflexology with Foot Scrub
Reflexology is a form of massage that is based on the theory that reflex points on the feet and hands are linked to specific areas of the body and that massage of these points induces relaxation and is health promoting. A scented foot scrub to soothe and soften the skin is included.
45 min / $99

RITUALS

Shangri-La Serenity Ritual
This treatment includes a customized full body massage, luxurious facial with organic ingredients and scalp massage with aromatic oils. Two hours of bliss and serenity for you.
120 min / $268

Royal Shangri-La Rejuvenation Ritual
This complete head-to-toe experience includes a fruit and sugar body scrub, organic tropical lotion, a custom Shangri-La Facial, an eye treatment, and a revitalizing scalp or foot massage.
120 min / $249

Beautiful Body Scrub & Relaxation Massage Ritual
Choose from a selection of scented, fruited, sugared or salted polishes or scrubs, followed by a relaxing full body massage to create a profoundly peaceful effect for body, mind and soul.
90 min / $189

SPA AMENITIES

Use of the Far Infrared Salt Sauna and Steam Room are complimentary with your purchase of a facial, massage, body treatment, or ritual along with the use of our private garden, and a robe and slippers!

Far Infrared Salt Sauna
Dry heat, soothes and warms the muscles, relieving tension from your body and minimizes joint pain. Far-infrared heat also helps to counterbalance and neutralize our overuse of the UV lights and penetrates deep under the surface layers into the muscles and joints. Our natural Himalayan salt, rich in trace minerals, cleanses and purifies the air.

Eucalyptus Steam Room
A moisture-rich aromatic humid heat experience, is highly beneficial for respiratory issues, opening up the breathing passages alleviating congestion and is especially beneficial before or after a massage treatment to increase circulation.

BEMER Technology Session
This highly effective and non-invasive technology consists of mild electromagnetically transferred stimulation which combats the effects of stress, sleeplessness, unbalanced diet, unhealthy lifestyle habits, illnesses and aging on the circulatory system.

Single Visit (Sauna, Steam Room or BEMER Session) 30 min / $25
Package of 10 Visits $200*
*Packages are valid for one year from date of purchase; no refunds or discounts
**ENHANCEMENTS & UPGRADES**

The following services are only available in combination with an existing spa treatment.

3-Step Organic Eye Treatment  $25
A complete spa experience for the eyes, this treatment restores elasticity and reduces the appearance of wrinkles, leaving your delicate eye area looking bright and youthful.

3-Step Organic Lip Treatment  $25
A complete spa experience for your lips, this treatment exfoliates and plumps the lips with natural ingredients.

Aromatherapy Enhancement  $15
Natural essential oils are used to enhance psychological and physical well-being during treatments.

Chinese Cupping Enhancement (partial)  $20
Cupping creates suction on the patient’s skin, improving the flow of qi, blood, and general well-being. It provides additional benefits when combined with cellulite treatments, facials or massage.

Foot or Back Scrub Enhancement  $20
Select for either back or foot. Refresh and hydrate with our organic sugar scrub, followed by hot towels.

Foot or Hand Reflexology Enhancement  
20 min / $25
Reflexology points on the hands or feet will be stimulated with light pressure to enhance the flow of energy to specific areas of the body, helping to balance the body’s systems.

Fountain of Youth Facial Enhancement  $25
Add an organic fruit acid enzyme peel for a deeper skin exfoliation to enhance your Springs Fountain of Youth Facial results.

Marine Add-On  $25
Rejuvenate the eye area with the application of a specialized eye mask with your seaweed-based facial.

Melt Away Scalp Massage Enhancement  $25
Indulge in a scalp massage and release tension in the forehead and scalp areas, stimulating mental function, boosting your mood and promote hair growth.

Organic Enzyme Peel Enhancement  $25
Customized based on the needs of the client, this skin peel removes dead skin, balances skin tone and reduces the appearance of fine lines, revealing a refreshed, balanced and more luminous complexion.

Plant-Based Relief Massage Enhancement  $20
Include CBD oil for targeted relief from muscle or joint pain or discomfort associated with simple backache, arthritis, or sprains/strains.

Sinus Relief Enhancement  $25
This customized sinus relief enhancement uses sinus specific pressure points and gentle lymphatic massage to remove toxins and increase circulation, as well as essential oils known to positively affect our airways. You will emerge breathing easy and energized.

Two-Guest Suite Upgrade  $10 per guest
Upgrade your experience to enjoy any massage service in our spacious Two-Guest Suite for yourself and a guest to share.

*To enjoy your spa experience to its fullest potential, please familiarize yourself with our Spa Guidelines.*

[www.shangrilasprings.com/spa/guidelines](http://www.shangrilasprings.com/spa/guidelines)