

## The Spa at Shangri-La Springs Resort: Service Menu

### SPA MASSAGES & BODY TREATMENTS

- **60min Complete Relaxation Massage** 99  

Enjoy a relaxing one hour massage to soothe body and mind. A light pressure massage that helps to relax muscle tension and enhance circulation. Feel the stress melt away, as you enter deeper into a state of complete relaxation and well-being.
- **90min Complete Relaxation Massage** 129  

Swedish-style massage strokes are applied with a soothing touch to release tension, promote relaxation, improve circulation and help increase your range of motion.
- **120min Complete Relaxation Massage** 159  

Two full hours of relaxing full body massage to soothe body and mind. A light pressure massage that helps to relax muscle tension and enhance circulation. Feel the stress melt away, as you enter deeper into a state of complete relaxation and well-being. This treatment includes an aromatic scalp massage.
- **60min Especially for You Massage** 129  
*(custom massage, therapeutic assessment)*  

This treatment will be designed especially for you by your massage therapist, utilizing a combination of massage techniques to specifically address your needs and desires. You may also choose to focus primarily on specific areas that need special attention.
- **90min Especially for You Massage** 159  
*(custom massage)*  

This treatment, designed especially for you by your massage therapist, utilizes a combination of massage techniques to specifically address your needs and desires.
- **120min Especially for You Massage** 189  
*(custom massage)*  

This treatment will be designed especially for you by your massage therapist, utilizing a combination of massage techniques to specifically address your needs and desires.
- **60min Muscle Recovery Deep Tissue Massage** 129  

Deep muscle work is combined with stretching, rocking and circulation-enhancing strokes to move lactic acid out of the system. A healing and stimulating method that helps relieve the feeling of tension and soreness in the body.

- **90min Muscle Recovery Deep Tissue Massage** 159

The focus of this massage is on the deeper layers of muscle tissue, tendons and fascia (the connective tissue in between and surrounding muscles, bones and joints). Gradually working the fibers to create suppleness can help promote better mobility in the muscles and joints.
- **90min Hot Stone Vitality Massage** 159  
*(detail areas)*

Our Hot Stone Vitality Massage uses heated smooth volcanic stones or beautiful warming Himalayan Salt Stones to warm the tissues and increase circulation. The application of hands in conjunction with the stones directs the vital energy flow releasing tension, and soothing sore joints and muscles.
- **90min Raindrop Technique Aromatherapy** 159  
*(Young Living Essential Oils)*

The Raindrop Technique from Young Living combines the art of aromatherapy with the techniques of massage, for a deeply harmonizing, rejuvenating, and relaxing experience. The technique, developed by Young Living Founder, Gary Young, draws from his experience with Native American wellness traditions and provides a revolutionary means of aligning the body and mind. Raindrop involves the amazing power of essential oils (which are dispensed in small, rain-like drops about six inches above the body), mixed with a variety of massage techniques, including back massage, Vita Flex massage and heat application. The main responses to the Raindrop Technique have been praise for its ability to facilitate tissue cleansing (detoxification) and overall health. It is a powerful non-invasive tool for assisting the body's natural healing processes. The use of therapeutic grade essential oils of the purest quality from Young Living, assures maximum benefit from the treatment.
- **60min Cranial Sacral Therapy** 99

A hands-on approach to healing that applies gentle pressure to balance what is known as the craniosacral system. At the center of this network is a system of cerebrospinal fluid (CSF), which circulates from the cranium down and within the spinal column to the base of the spine. Practitioners of craniosacral therapy maintain that by working with the rhythm and flow of the CSF through the bones and soft tissue that encase it, they can provide relief for a variety of acute and chronic neuromuscular and musculoskeletal complaints. This method focuses on realigning lines of pull within the network of connective tissue.
- **60min Reiki Treatment** 99

A gentle Japanese healing art for stress reduction and relaxation that promotes deep physical, mental and emotional healing. The practitioner acts as a conduit for the transfer of REIKI or "universal" energy to the receiver's energy pathways, meridians and chakras, thereby promoting a healing response in the body.

- **60min Couples Massage** 199

The perfect gift is time together. Let the pressures of life melt away while you drift off enjoying a side-by-side complete relaxation massage.
- **90min Couples Massage** 259

The perfect gift is time together. Let the pressures of life melt away while you drift off enjoying a side-by-side complete relaxation massage.
- **60min Pre-Natal Massage** 99

Designed with the safety and comfort of mother and baby in mind, this customized massage using support cushions addresses specific issues that arise during the course of your pregnancy. The soothing massage helps to relieve muscle aches and joint pain and reduce swelling, as well as offering you a relaxing and stress-reducing treatment. Our therapists are well trained in the art of prenatal massage.
- **60min Day of Bliss Massage** 145  
*(plus class & lunch) ONLY UNTIL JUNE 30<sup>th</sup>*  
 Please call The Spa to book a Day of Bliss appointment: 239-676-7334.
- **45min Foot Reflexology** 65  
**JUNE SPECIAL OFFER**

Reflexology is based on the theory that all body parts, organs, and glands are associated with specific areas, called reflex zones, in the hands and feet, which serve as a kind of mini map of the whole body. By manipulating the associated zone, changes can be effected in the corresponding body part. An aromatic foot scrub to soothe and soften the skin is followed by the reflexology treatment.

## SPA RITUALS

- **60 min Body Wrap/Foot Reflexology/Scalp Massage with Aromatherapy** 129

Choose from our selection of organic body wraps and scrubs to soothe, relax and nourish your body and soul. A balancing of the organs and release of tensions and toxins are key attributes of the Foot Reflexology, as well as the profound relaxation created by our aromatic scalp massage.
- **90min Herbal Cellulite Treatment with Fascia-Blasting** 159

This highly acclaimed body wrap treatment from Eminence Organic Skincare works by applying warming products such as cinnamon, paprika and nettle to increase blood flow and enhance the elimination of toxins from the tissues, thereby helping to reduce the appearance of cellulite. A special method called "Fascia-blasting" will be incorporated into the treatment, to intensify the loosening of the fascia (connective

tissue that holds the fat cells trapped) to allow an effective release of the toxins for elimination. The result is a smoother looking skin area.

**90min Body Beautiful: Body Scrub & Relaxation Massage** 159

Choose from a selection of scented, fruited, sugared or salted polishes followed by a relaxing full body massage to create a profoundly peaceful effect for body, mind and soul.

• **120min Shangri-La Royal Rejuvenation Skincare Ritual** 199  
*(skincare)*

This facial treatment includes a fruit and sugar body scrub with organic tropical lotion application, and a custom Shangri-La Facial , eye treatment and revitalizing scalp or foot massage. A complete head-to-toe experience sure to please and delight all the senses.

• **120min Shangri-La Supreme: Full Body Massage & Organic Facial** 199

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.

**SPA FACIALS**

**60min Shangri-La Organic Facial** 99

Our Summer Special Offer: Relax and rejuvenate your senses as Eminence organic skincare products, specifically matched to your skin type, are applied to nourish and enhance your skin's healthy appearance.

• **60min Specialty Facials** 129  
*(several to choose from for Hydration, Detoxification, Firming)*

We are offering specialized skincare treatments with Age-defying, anti-oxidant rich ingredients. These highly effective treatments target key concerns such as hydration, nourishment, brightening, and/or collagen renewal. Our skincare specialists offer you their knowledge and expertise in selecting the right ingredients for your professional skincare experience.

**75min Peptide Illuminating Facial** 149

*(Signature Level Excellence for Age-Defying Results)*

Awaken your skin's radiance instantly with this activating, power-packed Arctic Berry Peel (20%) and Peptide Illuminating system from Eminence Organic Skincare. This treatment addresses fine lines and wrinkles, hyperpigmentation, as well as sensitive, rosacea or acne prone skin, protects against free radical damage, contains natural

soothing anti-inflammatory ingredients, allowing your skin to have a smooth, even and luminous appearance.

**60min Day of Bliss Facial** 145  
*(plus class & lunch) ONLY UNTIL JUNE 30<sup>th</sup>*

Please call The Spa to book a Day of Bliss appointment: 239-676-7334.

#### **SPA TREATMENT ENHANCEMENTS**

- **20min Foot or Hand Reflexology Enhancement** 25  

Reflexology points on the hands or feet, which correspond to specific regions of the body, will be stimulated with light pressure to enhance the flow of energy to these areas, helping to balance the body's systems.
- **Melt Away Scalp Massage Enhancement** 15  

Indulge in an aromatic scalp massage and release tension in the forehead and scalp areas, stimulating mental function, boosting your mood and promote hair growth.
- **Foot or Back Scrub Enhancement** 15  

Select for either back or foot, or both. Refresh, renew and deeply hydrate with our organic sugar scrub followed by hot towels.
- **Aromatherapy Enhancement** 10  

Aromatherapy is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being. The inhaled aroma from these "essential" oils is widely believed to stimulate brain function. Essential oils can also be absorbed through the skin, where they travel through the bloodstream and can promote whole-body healing.
- **Chinese Cupping Enhancement** 10  

Cupping is a method of creating a vacuum on the patient's skin with a cupping glass, to dispel stagnation (stagnant blood and lymph), thereby improving qi flow, in order to treat respiratory diseases such as the common cold, pneumonia and bronchitis.
- **Organic Enzyme Peel Enhancement** 20  
*(skincare)*  

Based on the needs of the client, a customized selection will be chosen to remove dead skin, balance skin tone and reduce the appearance of fine lines, revealing a refreshed, balanced and more luminous complexion.
- **3 step Organic Eye Treatment** 20  
*(skincare)*

A complete spa experience for your beautiful eyes. Restore elasticity and reduce the appearance of wrinkles with citrus and berry antioxidants. Brighten and refresh the eyes with iron-rich wild plum, horse chestnut, and green tea, then finish with soothing cucumber, herbs and evening primrose, leaving your delicate eye area looking bright, youthful and energized.

- **3 step Organic Lip Treatment** 15  
(skincare)

A complete spa experience for your lips. Exfoliate with key ingredients like orange peel and pineapple, hydrating masque of avocado oil, green tea and papaya and plumping peptides, followed by a finishing gloss of sunflowers seed oil, shea butter and lemon balm.

- **Sinus Relief Enhancement** 20  
(skincare)

For those struggling with sinus challenges, regardless of cause, our customized sinus relief enhancement incorporates sinus specific pressure points, gentle lymphatic massage to remove toxins and increase circulation, layered with classic essential oils known for centuries to positively affect our airways, such as eucalyptus, menthol and peppermint. You will emerge breathing easy and energized.

## SPA AMENITIES

Spa Amenities can be enjoyed on the day of any confirmed appointment. Please arrive at least 30 minutes in advance to allow time for check-in and enjoying the spa amenities (Far Infra-red Sauna, Eucalyptus Steam-Room, and Private Spa Garden). The Spa treatment will begin at the scheduled time, and arriving late will therefore limit the time that you can enjoy your service.

*Far Infrared Sauna/Steam-Room Visits can be enjoyed without booking a service. (a visit includes use of sauna, steam-room, private garden, robe, slippers and showers)*

- **Single Visit Sauna/Steam/Spa Garden** 25
- **10 Visit Sauna/Steam/Garden Package** 200  
(valid 1 year)

**BOOKING YOUR APPOINTMENT:** In order for us to reserve your service appointment, it is necessary for us to obtain your credit card information at the time of booking.

**PERSONAL CLIENT MESSAGES AND FACIALS:** Personal clients of a particular therapist/practitioner can enjoy ANY of the services listed here. The therapist can make the reservation, or the client themselves can call the reception, making sure that they mention they are a personal client of that particular therapist, at the time of booking. This is important.

**CANCELLATIONS:** As a courtesy to you, and the service providers, please advise us at least 24 hours in advance if you must reschedule or cancel your appointment, in order to avoid being charged a \$50 late cancellation fee. Thank you.

The Spa Reception: (239) 676-7334

TheSpa@shangrilasprings.com

**LOOKING FORWARD:** Treatment Packages and Memberships will begin to be offered after the Summer Sale ends August 31st!!

Thank you and Happy Spa Days ahead!

*Cheryl Bernardi*

Spa Manager at Shangri-La Springs

6/12/2017