

# *New England's Most Celebrated Spa!*

**Forbes**

Hottest Hotel Spas

**ELLE**

Magazine

Voted one of the nation's  
top 14 spas

**SEVEN\*DAISIES**

Best Vermont  
Getaway

**WomensHealth**

Top Destination Spas

**SKI**

One of the Top Six Spas  
in Ski Country

**NewEngland**

Traveler

Best Resort  
2007

**Spa**

Magazine

Voted Top 10 Spas  
healthy weekend getaways

**Spa finder**

Voted Top 10 Spa for Yoga,  
Winter Sports, & Men



**P.O. Box 369, Stowe, Vermont 05672**

**www.spaatstoweflake.com 800-253-2232 802-760-1083**



**TREATMENTS**



*Surrounded by the grace and serenity of the pristine Green Mountains of Vermont, the Spa at StoweFlake mirrors its peaceful environment through custom wellness programs and natural, non-invasive treatments. Using indigenous, therapeutic products, the Spa specializes in signature healing and anti-aging remedies for the body and soul. The Spa's mountain inspired design with cascading waterfalls, soothing soaking pools and tranquil environment evoke the spirit of the area's natural landscape. From relaxing retreats to invigorating outdoor adventures, the Spa at StoweFlake celebrates the essence of life and longevity.*



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\*All treatments are subject to change.



# Signature Treatments



## STOWEFLAKE VERMONT BODY TREATMENTS

### VERMONT MAPLE SUGAR BODY POLISH

80 min.

Indulge in the sweet sensation of our popular Maple Sugar Body Polish. Hot towel compressions, a full body maple scrub, and a moisturizing massage with body butter, tops off this divine experience – leaving your skin soft, smooth and decadent!

### GREEN MOUNTAIN COFFEE BODY TREATMENT

80 min.

Organic Fair Trade Green Mountain Coffee provides the ultimate detoxifying experience. Begin with an invigorating exfoliation, followed by an anti-oxidant Dead Sea Mud wrap, finishing with a full-body Coffee Oil Massage. This treatment is designed to nourish, re-mineralize and help reduce and smooth cellulite.

### BINGHAM FALLS RENEWAL WITH SEASONAL SENSATIONS

80 min. with Vichy; 50 min. without Vichy

Inspired by the four amazing seasons of Vermont, these invigorating Spa experiences feature specialty body scrubs including Winter Wellness, Spring Renewal, Summer Refresher and Autumn Balancing. Each treatment begins with a warm rainwater rinse, finishing with the aromatherapy oil massage of the season.

## STOWEFLAKE MASSAGE & BODYWORK

### ORGANIC ROSES ALL OVER

50/80 min.

Luxuriate in organic roses! Begin with hot towel compresses and a body peel, followed by a hydrating application of an organic rose petal mask and a neck massage while wrapped in a rose cocoon. Finish with a full-body massage with our moisture rich rose lotion.

### HEAVEN AND EARTH

50 min.

Top to bottom total bliss! This treatment includes an aromatic footbath followed by Foot Reflexology combined with warm herbal hot packs and a massage for your head, neck and shoulders.

### STOWE APRÉS SKI MASSAGE

50/80 min.

The perfect way to end an adventurous day on the slopes. A muscle-soothing massage and heat therapy relax and melt away tension, while increasing circulation to back, hands and feet.

### STOWEFLAKE HOT OIL TREATMENT

50/80 min.

Recondition your skin with a deep cleansing Epsom and sea salt exfoliation and hot lavender oil massage. Combined with a head, neck, scalp, and marma point massage, this luxurious treatment is complete.

## TRADITIONAL MASSAGE & BODYWORK

### WELL-BEING MASSAGE

50/80 min.

Unwind with a soothing custom massage. A unique combination of traditional Swedish techniques, with a therapeutic touch and your personal preferences.

### AROMATHERAPY MASSAGE

50/80 min.

Intensify your massage experience with an evocative scent. Choose from the purest, aromatherapy oils, locally blended exclusively for the Spa at Stoweflake.

### PINNACLE POINT

25/50 min.

Designed to relieve stress, this pinpointed massage focuses therapeutic attention on key areas of the upper or lower body that hold tension.

### DEEP TISSUE MASSAGE

50/80 min.

Relieve discomfort from injury and improve your athletic performance. This treatment combines moist heat, deep tissue therapeutic massage, and healing synergy oil to sooth sore muscles and joints.

### THERAPEUTIC SPORTS MASSAGE

50 min.

A massage is beneficial for any athlete or workout enthusiast before or after exercise. This classic treatment consists of assisted stretching and deep compressions on sore tight muscles.

Wear loose, comfortable clothing.

### CRANIOSACRAL THERAPY

50 min.

Relieve headaches, reduce stress, control pain, and relax. This extremely light touch treatment will enhance your body's natural healing process and bolster resistance to disease.

Wear loose, comfortable clothing.

### REFLEXOLOGY

25/50 min.

Stimulate energy flow and circulation throughout your body with therapeutically applied acupressure to reflex points in the hands and feet. Includes a relaxing herbal footbath. Wear loose, comfortable clothing – performed on a floor mat.

### MATERNITY MASSAGE

50/80 min.

Every expectant mom deserves a caring massage. Our prenatal support system allows her to lie face up or face down during this therapeutic, yet gentle, soothing experience.

### HOT ROCK THERAPY

80 min.

Bring relief to muscles and joints, and relieve emotional stress with this ancient, healing art. Our Hot Rock Therapy incorporates hot basalt stones for a deep, penetrating heat balanced by chilled, marble stones. A scented aromatherapy oil of your choice completes this body cleansing experience.

### FOUR HANDED SYNCHROSAGE

50/80 min.

This extraordinary treatment will take you into another realm of massage therapy. Two skilled therapists work in synchronization to relieve muscle tension, soreness and provide you with the ultimate sensory experience.

### IN-ROOM SERVICES

45/75 min.

Enjoy the privacy and convenience of an in-room massage! Call Spa Reservations for availability. Additional charges and limited treatment selections apply.



## BODY TREATMENTS

### BUILD YOUR OWN BODY TREATMENTS AT THE SPA AT STOWEFLAKE!

80 min.

This journey begins with your choice of one of our enticing custom salt or sugar scrubs, followed by your choice of a moisture-rich body butter. While cocooned in a warm wrap, enjoy our head, neck and marma point massage.

### EUCALYPTUS HERBAL WRAP AND MASSAGE

50/80 min.

This classic herbal wrap will relieve ailing muscles and joints while improving your respiration. Steamy, eucalyptus herbal drenched linens draw the toxins out of your body. Then enjoy a classic Eucalyptus oil massage.

### TUZ & JEG (FIRE & ICE)

50/80 min.

Known as Fire and Ice, this Hungarian treatment will infuse the body with iron and help melt and smooth cellulite. It begins with a hot, active thermal warmth, followed by a soothing cool sensation and finished with a warm massage containing Paprika, to penetrate vitamin C into your body.

### SUPER GREENS ANTI-OXIDANT BODY MASK

80 min.

Nourish your body with the rejuvenating effects of Chlorophyll. Begin with an exfoliation, followed by a stimulating application of nettle and algae, and finish with an herbal massage. This treatment is rich in iron and other beneficial nutrients.

### THERMAL MUD BACK TREATMENT

50 min.

Relieve tension, aches and pains while relishing in the therapeutic benefits of mineral-rich mud. Your therapist applies warm mud and hot towels to your back, followed by a relaxing full-body massage.

### MARVELOUS MOTHERHOOD

80 min.

This treatment will “baby” the expectant mother with a full body peel, moisture rich carrot mask, soothing head and neck massage, followed by a carotene rich full-body massage. Third trimester moms, make it a lasting memory with a customized belly cast to treasure.  
Belly cast only / 45 min.

### WILDFLOWER WRAP

25 min.

A body wrap of floral linens saturated with detoxifying herbs and locally blended essential wildflower oils. Warm and soothe your body while your therapist applies head, neck, scalp and marma point massage. Wonderful on its own, or as the beginning of any massage.

### KURS

The Kur is a series of daily treatments based on the use of natural resources – thermal mineral waters, algae, mud and essential oils and herbs that replenish nutrients.

### ALPINE HERBAL KUR

80 min.

Begin with a soothing body exfoliation with organic rosehip, then immerse yourself in a therapeutic soak. An aromatherapy massage completes this remarkable experience.

### THERMAL MINERAL KUR

80 min.

This detoxifying event delivers absolute relaxation. Begin with a full body exfoliation, followed by a mineral-rich wrap and nutrient warm bath. Emerge for a full-body massage with a soothing therapeutic blend of oil crème.

### THALASSO KUR

80 min.

Nourish your body with the rejuvenating effects of Chlorophyll. Begin with a spinach and horsetail exfoliation, followed by a stimulating application of nettle and algae, mineral bath and herbal massage. This treatment is rich in iron and other beneficial nutrients.

### LEMON/CHAMOMILE BODY EXFOLIATION

50/80 min.

Chamomile's delicate, therapeutic flowers play the lead role in this delightful treatment. A gentle scrub with a creamy exfoliating lotion followed by a refreshing massage using a synergy oil of lemon and chamomile. Perfect for sensitive or dry skin types.



### **SALT GLOW**

25/50 min.

This full-body salt scrub will help improve cell vitality while detoxifying and re-mineralizing your skin. A sweet sage oil combined with Epsom and sea salts exfoliates while hydrating. The 50-minute version includes a hydrating massage. Refrain from shaving before this treatment.

### **JASMINE & HONEY VICHY**

80 min.

The euphoric sensations of jasmine herbs and honey will soothe the soul of any goddess. A sweet honey mask is applied and followed with a therapeutic warm water Vichy massage. Finish with a Jasmine Body Butter massage and head, neck, scalp, and marma point therapy.

## **EASTERN BODYWORK**

### **SHIATSU MASSAGE**

50/80 min.

In Japanese, Shiatsu means “finger pressure,” addressing points along the meridians (pathways) in the body, to open energy flow and restore balance to your system. Wear loose, comfortable clothing.

### **REIKI**

50/80 min.

A Japanese word meaning “universal life force,” Reiki uses your body's energy, rather than touch, to rejuvenate as it augments your natural state of health. Wear loose, comfortable clothing.

### **THAI YOGA BODYWORK**

50/80 min.

Perfect for the Spa enthusiast looking to experience a unique style of bodywork. Assisted stretching combined with acupressure is applied along energy sen lines. Wear loose, comfortable clothing – performed on a floor mat.

## **AYURVEDIC TREATMENTS**

*Ayurveda is one of the world's oldest documented healing systems. Specific oils and massage techniques are applied, depending on your dosha, to restore its balance and five elements – space, air, fire, water, and earth.*

### **DOSHA BALANCING MASSAGE**

50/80 min.

Dosha Balancing is an intuitive, sequential massage performed with warm Herbal Infused Body Oil, enhanced with moist hot compresses to your back and abdomen. Specifically chosen oils assist in the detoxification and nourishment of the nervous system.

### **BINDI HERBAL BODY TREATMENT**

80 min.

This Ayurvedic Herbal Body Treatment is from the traditional Purva Karma rejuvenation therapies. Using herbal infused oils and a botanical body mask, this treatment exfoliates, cleanses, detoxifies and nourishes.

### **SHIRODHARA**

75 min.

A gentle stream of warm herbal infused oil onto the third eye soothes the mind and senses. The oil is massaged into the scalp, followed by an application of nourishing hair herbs and face, hand and foot massage.





# Signature Facials



## **STOWEFLAKE CUSTOM FACIAL**

50 min.

A traditional, European-style facial follows a custom skin analysis in which your therapist determines your skin type and the best products for you.

## **HERBAL DEEP CLEANSING FACIAL**

80 min.

Hydrate, detoxify, re-mineralize and heal your skin with this deep cleansing facial. Pore cleansing, gentle extractions and a restorative masque leave your skin smooth, clear and free of impurities while achieving a tightened, balanced look and feel. Includes feet exfoliation.

## **SKIER'S FACIAL**

80 min.

You will love this deep hydrating facial designed to repair and protect your skin from the harsh winter elements that cause windburn and dryness. Combined with a soothing exfoliation and massage for the hands and feet, this treatment will surely revitalize you.

## **ILIKE ORGANIC FACIALS**

*Ilíke is produced in Hungary from organically grown and handpicked herbs, fruits and vegetables. This all-natural skincare has therapeutic and beautifying effects resulting in clear, balanced and glowing complexions.*

### **THE ORGANIC RESURFACING**

80 min.

Bring back youth to your skin. This unique organic AHA peel will bring back vitality and renew your skin by using organic salicylic, glycolic and lactic acid.

### **THE 24 CARROT FACIAL**

80 min.

Experience the benefits of "24 carrots" on your skin. This deeply hydrating, high-herbal content facial is rich in vitamins and is perfect for most skin types.

### **ORGANIC ROSE FACIAL**

50 min.

Roses have been known throughout history to be beneficial for skin, dating back to Cleopatra. Organic roses hydrate your skin making you rose petal soft with this decadent soothing facial.



## B.KAMINS CHEMIST FACIALS

*B.Kamins is a skincare line developed to bridge the gap between the physician's office and traditional cosmetic treatments. Its results-driven, reparative treatments are ideal for all skin types.*

### BEYOND BOTOX

50 min.

This non-invasive, anti-aging treatment helps rejuvenate, refine and lift fatigued complexions. It is a powerful blend of anti-oxidants that combat free radicals which attack collagen and elastin, that cause skin to age. Reduces the appearance of wrinkles and helps firm skin.

### DIAMOND RADIANCE

80 min.

An advanced treatment that reduces the appearance of wrinkles and sagging – leaving skin refreshed, plumped and thanks to the light-reflecting diamond particles, noticeably softer. Ideal for a more youthful complexion without invasive, surgical procedures.

### MAPLE FACIAL

50 min.

This pampering, moisturizing facial was developed to treat all skin types. Ideal to help restore and maintain healthy, hydrated skin.

### GLYCOLIC FACIAL

50 min.

This acid peel will help diminish fine lines and wrinkles by increasing the rate of cell renewal, delicately exfoliating the surface skin cells – revealing a younger, healthier looking complexion.

### ROSACEA FACIAL

50 min.

The treatment was developed specifically for those with rosacea, a skin condition that includes redness and facial flushing. Special ingredients gently soothe and calm the skin – hydrating and visibly reducing redness and inflammation.

### ACNE FACIAL

50 min.

This gentle facial clears spots, blackheads and blemishes, while improving the texture and appearance of your skin. The special Bio-Maple™ compound prevents excess dryness and irritation.

## ESPECIALLY FOR MEN

### MOUNTAIN MAN MUD MASSAGE

50/80 min.

Relieve soreness with the therapeutic benefits of mineral-rich mud applied to the back. Combined with a muscle-soothing, full-body massage, this treatment provides relief from tension.

### STOWEMAN BODY TREATMENT

50/80 min.

This treatment begins with a cooling exfoliation followed by a stonecrop body mask rich with herbs and minerals. A therapeutic herbal massage will complete your experience.

### EXECUTIVE STRESS RELIEVER

25/50 min.

Our skilled therapist will massage your back, neck and shoulders focusing on key areas that will leave you feeling stress free and renewed.

### EUCALYPTUS HERBAL WRAP AND MASSAGE

50/80 min.

Relieve ailing muscles and joints while improving your respiration with this classic herbal remedy. Steamy, herbal-drenched linens envelop your body and draw toxins followed by a eucalyptus oil massage.

### GENTLEMAN'S HERBAL FACIAL

50 min.

Designed especially for men as the ultimate refuge from stress! Using earthy herbal ingredients, this facial will revive your skin and leave you refreshed.

### MEN'S PROTEIN FACIAL

50 min.

This facial addresses the specific needs of a man's skin, challenged daily with shaving and structural differences. It rebuilds, nourishes and conditions the skin's health and integrity.



## COUPLES CORNER

*Enhance your favorite treatment by sharing it with someone you love! The Spa at Stoweflake Private Couple's Suites feature a soaking tub, fireplace, and two massage or facial tables.*

### COUPLE'S RETREAT

80/110 min.

By the warm glow of a crackling fire, couples indulgence with a private, aromatherapy bath for two. After the luxurious soak, partners are treated to side-by-side candlelit massages.

### COUPLES SIDE BY SIDE MASSAGE

50/80 min.

### COUPLE'S HOT ROCK THERAPY OR COUPLE'S FACIAL'S

50 /80 mins.



# Salon Menu

## NAIL SERVICES

### AROMATHERAPY MANICURE

50 min.

Indulge your senses with this sensory journey! We will pamper you with an aromatherapy hand massage and expert manicure. Finish with polish. Add a hydrating paraffin dip /15 min.

### AROMATHERAPY PEDICURE

50 min.

Our signature pedicure is a sole rejuvenation to remember. Relax into heated, vibrating massage chairs while soaking in an aromatic hydrating foot bath-followed by an exfoliating scrub and a tension soothing massage. Finish with polish. Add a hydrating paraffin dip /15 min.

### STOWEFLAKE FRENCH MANICURE OR PEDICURE

50 min.

Treat yourself to a classic French Tip Manicure or Pedicure.

### SKIERS PEDICURE

50 min.

Developed for the active winter athlete to restore and rebalance feet with exfoliation, heat and hydration. Completed with nail grooming.

### WALKING ON ROSE PETALS

80 min.

Unwind with the soft scent of organic roses. First rid unwanted dead skin with a peel, followed by a stimulating foot mask and a hydrating rose cream massage. Finish with polish.

### HAND ME A ROSE

50 min

Take years off your hands! Begin with an organic peel to remove dead skin, next a silky rose mask to restore vitality, followed with a hydrating rose cream massage. Finish with polish.

## MAKEUP SERVICES

*Using the finest mineral makeup, we will guide you through application techniques and help you choose colors that create your perfect look.*

### MAKEUP CONSULTATION

60 min.

Learn what makeup is best for you, how to apply it and other helpful tips with a personalized analysis.

### MAKEUP APPLICATION

30 min.

Enjoy as our makeup artist enhances your natural beauty by highlighting your best features.

## WAXING

Eyebrow, Upper Lip and Chin 30 min.

Full arm, Under arm, and Stomach 30 min.

Bikini, French Bikini 30 min.

Lower Leg 60 min.

Full Leg 80 min.

### WAXING TIPS

*It is best to have at least a quarter inch of hair growth (approximately 2 to 3 weeks.) One or two days prior, exfoliate the area to be waxed and avoid tanning. The day of, do not use moisturizers.*

## HAIR SERVICES

*All of our hair services begin with a personal consultation. Your hair texture, facial structure and lifestyle are all considered as we work together to create your new look.*

### WOMEN'S CUT & STYLE ~ MEN'S CUT

### WASH AND STYLE ~ WASH & SET

### PERMANENT AND SEMI-PERMANENT COLOR

90 min.

Complete color coverage beautifully complements any hairstyle – or Semi, that fades gradually over four to six weeks will subtly blend with gray.

Both include styling.

### HIGHLIGHTS OR LOWLIGHTS

120 min.

Enhance your natural color, blend gray or add a new dimension with this highly effective full or partial foiling technique. Includes blow-dry.

### FACIAL FOR THE HAIR

50 min.

Begin with a balancing touch massage with an aroma-therapeutic essential blend. The hair is then repaired with a special formula to restore moisture. Includes head and hand massage.

## BRIDAL SERVICES AND CUSTOMIZED PACKAGES

*The Spa at Stoweflake has everything you need to make the most of the most important day of your life! Customized Bridal Day Packages offer everything from manicures and pedicures to hair and make-up sessions to massages and mimosas. Enjoy the utmost attention from our salon artists and spa therapists throughout the entire planning process for you and your bridal party.*

### VEIL FITTINGS AND TRIAL RUNS

90 - 120 min.

Visualize how beautiful you will be with a personal veil fitting session with our stylist – eliminating all anxiety! Schedule your veil fitting 6 to 12 weeks prior to your wedding day.

### BRIDAL UPDO

Work with our salon artists to design the perfect hair styles for the bridesmaids and bride. Prior veil fitting required.

### BRIDAL MAKEUP

Relax under the brush strokes of our makeup artists as they customize the ideal look for the bridal party on the wedding day.



## FITNESS & WELLNESS

*All services performed by Stoweflake Certified Personal Trainers & Fitness Specialists*

### EXERCISE PRESCRIPTION

50 min.

We will assess your medical history and health risk factors to develop a customized exercise prescription appropriate for you.

### PERSONAL TRAINING

50 min.

Trainers are available by appointment to assist in all aspects of your exercise routine.

### GROUP FITNESS TRAINING

Limit 3 persons - 50 min.

Gather your friends for a fitness training that will create synergy and results as you work together on a common goal.

### ASSISTED STRETCH

30 min.

Increase flexibility and range of motion through assisted stretching. Appropriately gauged pressure is applied during a complete body stretch.

### BODY COMPOSITION

30 min

Learn your body fat to muscle ratio and our recommendations on life style changes to meet your goal.

### COMPREHENSIVE FITNESS EVALUATION

120 min.

This comprehensive evaluation is a combination of tests including aerobic capacity, flexibility, body composition, strength and endurance levels.

### PROFESSIONAL CONSULTATIONS

Consultations are available with sports psychologists, nutritionists, herbalists, and alternative healers.

### PRIVATE HIKE/BIKE/SNOWSHOE TOURS

A scenic tour of the area, tailored to your ability. Bottled water and PowerBar included.

### STRESS MANAGEMENT AND LIFESTYLE COACHING

Work with our specialist, experienced in stress medicine and work/life counseling to reflect on your path, clear your mind, confront burnout and confirm your life choices.

## PERSONALIZED TRAINING PACKAGES

*Our personal trainer will design an effective fitness activity package that fits with your lifestyle. Includes a one-hour personal training, activity equipment, and "how to" effectively incorporate into your fitness regimen. Choose from the following:*

### STOTT PILATES™ REFORMER SESSION

50 min.

Learn the essentials or have a custom routine designed for you. Benefits include toning the entire body, flattening the abdominal muscles and increased flexibility. Includes a Pilates matt.

### NORDIC WALKING

50 min.

Increase caloric expenditure and cardiovascular fitness while developing long lean muscles for upper body strength. You will leave empowered with the knowledge to begin training at home. Includes poles, and tutorial compact disk.

### ASHTANGA YOGA

50 min.

Constant fluid movements, known as "vinyassas," are used in this formatted class. This energizing session develops full-body strength and flexibility and promotes weight loss. Includes a yoga matt.

### PHYSIO-BALLS

50 min.

Learn to develop strength, balance and flexibility with the use of exercise balls. Includes a Physio-Ball.

### FITNESS CLASSES\*

*All classes led by Stoweflake Certified Instructors*

Our extensive fitness class schedules include:

Nordic Walking

Body Sculpting

Spinning™

Yoga

Sports Conditioning

Kickboxing

In-line Skating

STOTT PILATES™ / STOTT REFORMER™

Pilates Matt Science

Ski Conditioning

Winter Fit Course

Core Ball Class

Snowshoe Walks

*\*Class schedule is subject to change.  
Additional charge may apply*

## STOWEFLAKE DAY PACKAGES

*Day programs include access to our luxurious sanctuary lounges with complimentary tea and juice bars use of our signature Bingham Hydrotherapy Waterfalls, Hungarian Mineral Bath, Jacuzzis, saunas, and steam baths. Robes and sandals provided. All packages include a Spa lunch and fitness classes.*

**STOWEFLAKE SPA BLISS** ~ Indulge in an Aroma Manicure, Aroma Pedicure, Aromatherapy Massage, Custom Facial and a Roses All Over Body Treatment. Finish with a hair wash and style.

**STOWEFLAKE SPA DAY** ~ Enjoy unlimited use of our spa's aquatic features, fitness classes, and facilities and a 50-minute massage and facial.

**STOWE ESCAPE** ~ The ultimate day escape, this packages includes unlimited use of our spa's aqua features, fitness facilities and a 50-minute massage.

**MOTHER TO BE** ~ Allow us to pamper you with a soothing Maternity Massage, Aroma Manicure and Pedicure.

**GENTLEMAN'S DAY** ~ Designed especially for men – Gentleman's Herbal Facial, Stoweman Body Treatment, and Executive Stress Reliever.

**MOUNTAIN REFRESHER** ~ Revitalize your face and refresh your soul with an Aroma Manicure and Pedicure with Stoweflake Custom Facial.

**MOTHER AND DAUGHTER (AGE 16 AND OVER)** ~ Relax and bond in our Treatment Suite with side-by-side facials and massages, followed by Aroma Manicures.

**ORGANIC ROSES GETAWAY** ~ Begin your rose journey with a Roses All Over Body Treatment, followed by our Organic Roses Facial and finishing with a Hand Me a Rose Manicure and a Walking on Petals Pedicure.

**SOLE JOURNEY** ~ Feel like you have walked in a invigorating cool mountain stream with a Reflexology treatment followed by an Aroma Pedicure with Paraffin.

**FIT AND UNWIND** ~ Workout with our personal trainer for 50-minutes and earn a well-deserved 50-minute massage!



## GENERAL SPA INFORMATION

**Please, no cell phones in the spa**

### Spa Hours

The Spa desk is open from 8:00 a.m. to 8:00 p.m. and the Spa's Sports and Wellness Center is open from 6:30 a.m. to 9:30 p.m. Hours may vary by season.

### Spa Access

Access to the Spa facilities are available for hotel guests at a discounted rate. Daily fee for non-hotel guests varies based on day of the week. Spa access and all classes are complimentary with any of our Day Packages and at no charge on the day of appointments (excludes Salon services). Based on availability. Some restrictions apply.

### Spa Reservations

We recommend you schedule your spa appointments a week in advance. A major credit card, or a resort confirmation number with telephone number, is required to hold reservations. Subject to availability. Please call 1-800-253-2232 or 1-802-760-1083.

### Change and Cancellation Policy

Please notify us at least 24-hours in advance if you need to cancel or reschedule your appointments. Fifty-percent of the value of your service will be charged for cancellation with less than 24-hours notice. No-show appointments will be charged the full value of the service.

### Gratuity Charge

For your convenience, an 18% gratuity charge is automatically added to all services. Additional gratuity is at your discretion.

### Age Requirements

Use of the Spa facilities is only for guests 16 years of age and older. Guests under the age of 16 are welcome in the indoor and outdoor pool area only accompanied by an adult. To inquire about childcare options, contact the Mountain Vacation Planners desk at the Stoweflake Mountain Resort & Spa.

### Gift Certificates

Spa gift certificates are an ideal year-round gift for any special occasion. Inquire at the Spa Desk or request online.

### Spa Cuisine

Stoweflake's exclusive Spa Cuisine is available at both of our restaurants and at the Spa Poolside Café.

## SPA TIPS

- Arrive a minimum of 30 minutes prior to your first spa service.
- Locker, robe and slippers are provided.
- Do not bring valuables.
- Spa professionals include male and female massage therapists – appointment availability is greater with no preference. Request at time of booking.
- We practice full draping to accommodate modesty.
- Inform your therapist or trainer of any special physical or medical needs, conditions or allergies.
- Drink plenty of water during your spa day.
- Cell phone use is prohibited in the Spa.

