

**SALON SERVICES**

	<b>PRICE</b>	<b>DURATION</b>
Bridal Updo	\$70 and up	90 mins.
Bridal Veil Fittings & Trial Runs	\$50 and up	90 mins.
Corrective Color	Varies	Varies
Cut and Style	\$55 and up	50 mins.
Facial for the Hair	\$65 and up	50 mins.
Highlights or Lowlights w/Style	\$120 and up	120 mins.
Men's Hair Cut	\$35 and up	30 mins.
Permanent Color w/Style	\$120 and up	90 mins.
Semi Permanent Color w/Style	\$95 and up	90 mins.
Style	\$50 and up	60 mins.
Updo	\$60 and up	60 mins.

**NAIL SERVICES**

Aromatherapy Manicure	\$45	50 mins.
Aromatherapy Pedicure	\$65	50 mins.
Express Manicure	\$20	30 mins.
Express Pedicure	\$35	45 mins.
Hand Me a Rose	\$55	50 mins.
Skiers Pedicure	\$65	50 mins.
Stoweflake French Manicure	\$50	50 mins.
Stoweflake French Pedicure	\$70	50 mins.
Walking on Rose Petals	\$95	80 mins.
Paraffin Dip	\$15	15 mins.

**WAXING**

Eyebrow, Upper Lip and Chin	\$20	30 mins.
Full arm, Under arm or Stomach	\$35	30 mins.
Bikini, French Bikini	\$45	30 mins.
Lower Leg	\$45	60 mins.
Full Leg	\$85	80 mins.

**FITNESS SERVICES**

Assisted Stretch	\$50	30 mins.
Body Composition	\$50	30 mins.
Comprehensive Fitness Evaluation	\$125	120 mins.
Exercise Prescription	\$75	50 mins.
Group Fitness	Varies	50 mins.
Personal Training	\$75	50 mins.
Express Training	\$50	30 mins.
Pilates Reformer - Private Session	\$70 per person	60 mins.
Lifestyle Coaching	\$95	60 mins.

**DAY PACKAGES\***

Fit and Unwind	\$210
Gentleman's Day	\$405
Mother to Be	\$230
Mother and Daughter	\$605
Mountain Refresher	\$245
Organic Roses Getaway	\$425
Sole Journey	\$205
Stoweflake Spa Bliss	\$605
Stoweflake Spa Day	\$275
Stowe Escape	\$140

\*All day packages include use of all Spa facilities and unlimited fitness classes for the entire day. For your convenience an 18% gratuity will be added to each package or treatment. Prices subject to change. Some restrictions may apply. Discounts not available on any packages. All package components must be used on the same day.

January, 2012



## Price List

*Voted one of the nation's  
"Top 14 Spas"  
- Elle Magazine*

*Voted "Top 10 Spa for Healthy  
Weekend Getaway"  
- Spa Magazine*

*Voted "Top 10 Hottest  
Hotel Spas"  
- Forbes Magazine*

*Voted one of the  
"Top 27 Destination Spas  
in the Country"  
- Women's Health Magazine*

**P.O. Box 369 Stowe, Vermont 05672**  
**www.spaatstoweflake.com**  
**800-253-2232 802-760-1083**

<b>MASSAGE AND BODYWORK</b>	<b>PRICE</b>	<b>DURATION</b>	<b>BODY TREATMENTS</b>	<b>PRICE</b>	<b>DURATION</b>
Aromatherapy Massage	\$130	50 mins.	Alpine Herbal Kur	\$195	80 mins.
Aromatherapy Massage	\$180	80 mins.	Belly Cast	\$100	45 mins.
Ashiatsu	\$135	50 mins.	Bingham Falls Renewal	\$140	50 mins.
Ashiatsu	\$185	80 mins.	Bingham Falls Renewal with Vichy	\$190	80 mins.
mins.Couple's Hot Rock Therapy	\$370	80 mins.	Build Your Own Body Treatment	\$190	80 mins.
Couple's Retreat	\$360	80 mins.	Eucalyptus Herbal Wrap and Massage	\$140	50 mins.
Couple's Retreat	\$450	110 mins.	Eucalyptus Herbal Wrap and Massage	\$190	80 mins.
Couple's Side by Side Massage	\$255	50 mins.	Green Mountain Coffee Body Treatment	\$190	80 mins.
Couple's Side by Side Massage	\$350	80 mins.	Jasmine & Honey Vichy	\$190	80 mins.
CranioSacral Therapy	\$130	50 mins.	Lemon/Chamomile Body Exfoliation	\$135	50 mins.
Deep Tissue Massage	\$135	50 mins.	Lemon/Chamomile Body Exfoliation	\$185	80 mins.
Deep Tissue Massage	\$185	80 mins.	Marvelous Motherhood	\$195	80 mins.
Executive Stress Reliever	\$75	25 mins.	Mountain Man's Mud Massage	\$145	50 mins.
Executive Stress Reliever	\$125	50 mins.	Mountain Man's Mud Massage	\$195	80 mins.
Four Handed Synchronage	\$245	50 mins.	Organic Roses All Over	\$145	50 mins.
Four Handed Synchronage	\$345	80 mins.	Organic Roses All Over	\$195	80 mins.
Heaven and Earth Massage	\$135	50 mins.	Salt Glow	\$75	25 mins.
Hot Rock Therapy	\$185	80 mins.	Salt Glow	\$125	50 mins.
In-Room Services	\$140	45 mins.	Stoweman Body Treatment	\$145	50 mins.
In-Room Services	\$180	75 mins.	Stoweman Body Treatment	\$195	80 mins.
Maternity Massage	\$125	50 mins.	Super Greens Anti-Oxidant Body Mask	\$195	80 mins.
Maternity Massage	\$175	80 mins.	Thalasso Kur	\$195	80 mins.
Personalized Healing Session	\$270	110 mins.	Thermal Mineral Kur	\$195	80 mins.
Pinnacle Point Massage	\$75	25 mins.	Thermal Mud Back Treatment	\$145	50 mins.
Pinnacle Point Massage	\$125	50 mins.	Tüz & Jeg	\$145	50 mins.
Reflexology	\$75	25 mins.	Tüz & Jeg	\$195	80 mins.
Reflexology	\$125	50 mins.	Vermont Maple Sugar Body Polish	\$180	80 mins.
Reiki	\$130	50 mins.	Wildflower Wrap	\$75	25 mins.
Reiki	\$180	80 mins.			
Shiatsu Massage	\$130	50 mins.	<b>SKIN CARE</b>		
Shiatsu Massage	\$180	80 mins.	24 Carrot Facial	\$140	50 mins.
Stowe Après Ski Massage	\$125	50 mins.	24 Carrot Facial	\$190	80 mins.
Stowe Après Ski Massage	\$175	80 mins.	Acne Facial	\$135	50 mins.
Stoweflake Hot Oil Treatment	\$135	50 mins.	Beyond Botox	\$150	50 mins.
Stoweflake Hot Oil Treatment	\$185	80 mins.	Couple's Facial	\$280	50 mins.
Thai Massage	\$130	50 mins.	Couple's Facial	\$350	80 mins.
Thai Massage	\$180	80 mins.	Diamond Radiance	\$250	80 mins.
Therapeutic Sports Massage	\$125	50 mins.	Gentlemen's Mountain Herbal Facial	\$140	50 mins.
Well-Being Massage	\$125	50 mins.	Glycolic Facial	\$140	50 mins.
Well-Being Massage	\$175	80 mins.	Herbal Deep Cleansing Facial	\$175	80 mins.
			Maple Facial	\$135	50 mins.
			Men's Protein Facial	\$135	50 mins.
			Organic Resurfacing Facial	\$195	80 mins.
			Organic Rose Facial	\$140	50 mins.
			Oxygenating-Lightening Facial	\$185	80 mins.
			Rosacea Facial	\$140	50 mins.
<b>AYURVEDIC TREATMENTS</b>	<b>PRICE</b>	<b>DURATION</b>	Skier's Facial	\$185	80 mins.
Bindi Herbal Body Treatment	\$185	80 mins.	Stoweflake Custom Facial	\$140	50 mins.
Dosha Balancing Massage	\$130	50 mins.	Vitamin "C" Facial	\$160	50 mins.
Dosha Balancing Massage	\$180	80 mins.			
Shirodhara	\$185	75 mins.	Bridal Make-Up	\$65	60 mins.
			Makeup Application	\$65	30 mins.
			Makeup Consultation	\$85	60 mins.