



SPA SERVICES

Traditional Massages & Bodywork

Aromatherapy Massage

Choose from the purest aromatherapy oils locally blended exclusively for the Spa at Stoweflake.

\$140 50 min. / \$190 80 min.

Deep Tissue Massage

Combines moist heat, deep tissue therapeutic massage, and healing oil to soothe sore muscles and joints.

\$145 50 min. / \$195 80 min.

Deep Tissue Targeted Massage

A custom pinpointed massage focuses therapeutic attention on key areas of the body that hold tension.

\$90 25min / \$145 50 min.

Well-Being Massage

A soothing custom massage using traditional Swedish techniques with a therapeutic touch.

\$135 50 min. / \$185 80 min.

Craniosacral Therapy

This extremely light touch treatment will enhance your body's natural healing process and boost resistance to disease. *Wear loose, comfortable clothing.

\$140 50 min.

Reflexology

Stimulate energy flow and circulation with therapeutic acupressure to reflex points in the feet. Includes a relaxing herbal footbath. 50 minute includes hands and feet.

\$80 25 min. / \$135 50 min.

Maternity Massage

Our prenatal support system allows you to lie face up or face down safely during this gentle, soothing experience.

\$135 50 min. / \$185 80 min.

Stoweflake Body Treatments

Sweet Orange and Aloe Gel Exfoliation

An uplifting sweet orange aloe vera gel gentle exfoliation followed by a sweet orange oil massage.

\$140 50 min. / \$190 80 min.

Salt Glow

Sage oil combined with Epsom and sea salts hydrates and exfoliates followed by a hydrating massage. Refrain from shaving before this treatment.

\$80 25 min. / \$130 50 min.

Mountain Mud Massage

Relieve soreness and tension with the therapeutic benefits of mineral-rich mud applied to the back, combined with a muscle-soothing, full body massage.

\$150 50 min. / \$200 80 min.

Heaven & Earth

An aromatic footbath followed by Foot Reflexology combined with warm herbal hot packs, ending with a massage for your head, neck and shoulders.

\$140 50 min.

Vermont Maple Sugar Polish

Hot towel compressions, a full body maple scrub, and a moisturizing massage with body butter tops off this divine experience.

\$205 80 min.

Eastern Bodywork

Shiatsu Massage

Using Shiatsu, Japanese for “finger pressure,” your therapist addresses points along the meridians (pathways) in the body, to open energy flow and restore balance to your system.

\$140 50 min.

Reiki

Japanese for “universal life force,” Reiki uses your body’s energy, rather than touch, to rejuvenate as it augments your natural state of health.

\$140 50 min.

SALON SERVICES

Nail Services

Aromatherapy Manicure

Uses a blend of aromatic herbs to soak, exfoliate, hydrate & moisturize. Enjoy a full manicure with choice of scent & massage.

\$50 50 min.

Aromatherapy Pedicure

Uses a blend of aromatic herbs to soak, exfoliate, hydrate & moisturize. Enjoy a full pedicure with choice of scent & massage.

\$70 50 min.

French Nails Upgrade

\$10

Sports Pedicure

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

\$70 50 min.

Polish Change

Filing and shaping nails finished with a buffing or painting of the nails. Does not include cuticle work, exfoliation, or massage.

\$20 30 min.

Shellac Removal

\$20 30 min.

Rejuvenating Salon Services

Facial For The Hair

Relaxing shampoo, mask and aroma-therapeutic essential blend oil is applied to your scalp. Includes a balancing touch massage from head to lower arms and hands. Hands are also wrapped in warmth as head, scalp and neck are completed. Finish with a cool refreshing rinse.

\$65 50 min.

Conditioning Hair Treatment

Experience a relaxing shampoo, customized hair treatment and finish with a refreshing rinse.

\$30 25 min.

Scalp Treatment

This invigorating scalp massage uses essential oils to increase circulation and balance your scalp to improve overall condition.

\$30 25 min.

Hair Services

Women's Cut & Style	\$65+	50 min.
Men's Cut	\$35+	25 min.
Children's Haircut (12 and Under)	\$35+	25 min.
Wash and Style	\$55+	
Single Process Color	\$90+	120 min.
Double Process Color	\$120+	120 min.
Partial Highlights or Lowlights	\$110+	120 min.
Highlights or Lowlights	\$150+	180 min.
Balayage	\$160+	180 min.

FITNESS & WELLNESS SERVICES

Health Services

Exercise Prescription	\$75	50 min.
Personal Training	\$75	50 min.
Assisted Stretch	\$50	30 min.
Body Composition	\$50	30 min.