

## 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 is 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.

### Service Charge

For your convenience, a service charge is automatically added to all services. Additional 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 if 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 and after your Spa day.
- Cell phone use is prohibited in the Spa.

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.



All Spa treatments and day programs include access to Spa and fitness facilities including:

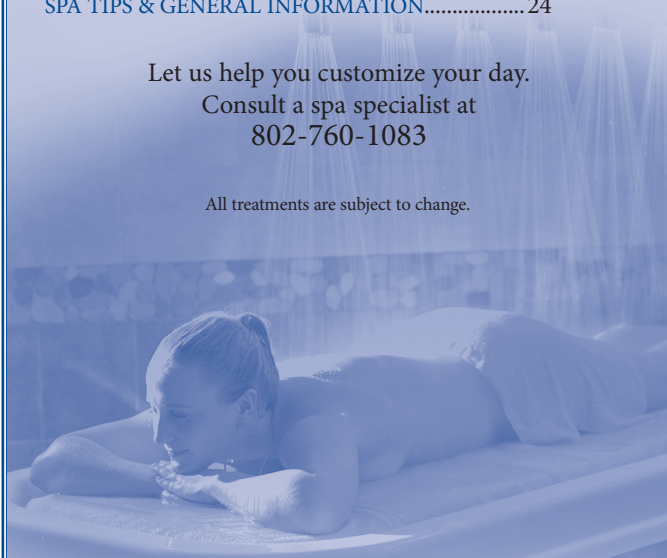
- Exercise Studios
- Indoor and Outdoor Pools, Outdoor Jacuzzi
- Men's and Women's Private Sanctuary Lounges with Fruit, Juice and Tea Bar
- Hot Tub, Saunas and Steam
- Coed Aqua Solarium with Bingham Hydrotherapy Waterfall and Hungarian Mineral Soaking Bath

## SPA OFFERINGS

STOWEFLAKE DAY PACKAGES.....	4-5
SIGNATURE TREATMENTS.....	5
BODY TREATMENTS.....	6-7
KURS.....	8
EASTERN BODYWORK.....	8
AYURVEDIC TREATMENTS.....	9-11
SOUND BALANCING.....	11
TRADITIONAL MASSAGE & BODYWORK.....	12
FACIALS.....	13-14
ESPECIALLY FOR MEN.....	15
COUPLES CORNER.....	16
SALON SERVICES.....	17-20
BRIDAL SERVICES.....	21
FITNESS & TRAINING.....	22-23
SPA TIPS & GENERAL INFORMATION.....	24

Let us help you customize your day.  
Consult a spa specialist at  
802-760-1083

All treatments are subject to change.



## STOWEFLAKE DAY PACKAGES

All packages include Spa access, lunch and fitness classes.

### STOWEFLAKE SPA BLISS

An Aroma Manicure and Pedicure, Jasmine and Honey Vichy, 80 minute Custom Facial, Conditioning Treatment Deluxe and finish with a hair wash and style.

### ORGANIC ROSES GETAWAY

Begin with a 50-minute Roses All Over Body Treatment, followed by our Organic Roses Facial and finish with a Hand Me a Rose Manicure and a Walking on Rose Petals Pedicure.

### MOTHER AND DAUGHTER (AGE 16+)

Relax and bond in our Treatment Suite with side-by-side 50-minute Custom facials and 50-minute Well-being Massages, followed by Aroma Manicures.

### GENTLEMAN'S DAY

Gentleman's Custom Facial, 50-minute Stoweman Body Treatment, and a 50-minute Executive Stress Reliever.

### STOWEFLAKE SPA DAY

50-minute Well-being Massage and a 50-minute Custom Facial.

### AYURVEDIC SPA DAY

Begin with a full consultation by a certified Ayurvedic consultant and relax with an ancient Ayurvedic massage treatment, Abhyanga-Garshana.

### AYURVEDIC REJUVENATION

Includes an Ayurvedic Face Treatment and an Abhyanga-Garshana (or any combination of one 50 and one 80-minute Ayurvedic treatment).

### NATURAL HARMONY

A combination of Sound Balancing and Ayurveda. Find balance with an 80-minute Sound Therapy Full Body Tuning and a 50-minute Abhyanga or Shirodhara.

### MOTHER TO BE

Allow us to pamper you with a soothing 50-minute Maternity Massage, Aroma Manicure and Pedicure.

### MOUNTAIN REFRESHER

Revitalize your face and refresh your soul with an Aroma Manicure and Pedicure with a 50-minute Stoweflake Custom Facial.

### SOLE JOURNEY

A 50-minute Reflexology treatment followed by an Aroma Pedicure with Paraffin will leave your feet feeling rejuvenated.

### FIT AND UNWIND

Workout with our personal trainer for 50-minutes to earn a well-deserved 50-minute Well-being Massage!

### STOWE ESCAPE WITH LUNCH

Unlimited use of our spa's aqua features, fitness facilities and a 50-minute Well-being Massage.

### STOWE ESCAPE WITH DINNER\*

Unlimited use of our spa's aqua features, fitness facilities and a 50-minute Well-being Massage  
\*does not include lunch

## STOWEFLAKE SIGNATURE TREATMENTS

### VERMONT MAPLE SUGAR BODY POLISH

80 min.

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

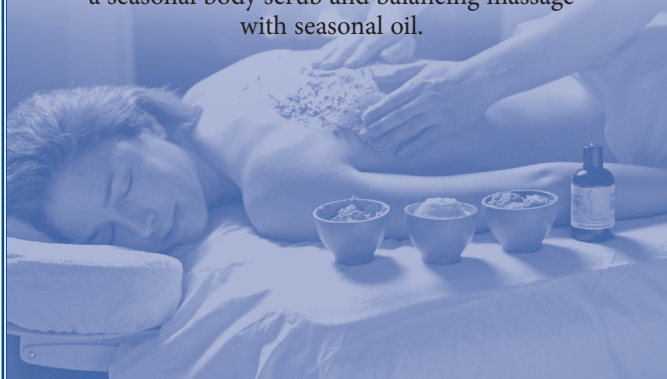
### GREEN MOUNTAIN COFFEE BODY TREATMENT

80 min.

Designed to nourish, re-mineralize and help reduce and smooth cellulite. Includes an invigorating exfoliation, an antioxidant Dead Sea Mud wrap, and a full-body Coffee Oil Massage.

### BINGHAM FALLS RENEWAL

80 min. This Vichy shower treatment features a seasonal body scrub and balancing massage with seasonal oil.



## STOWEFLAKE BODY TREATMENTS

### JASMINE & HONEY VICHY

80 min.

A gentle exfoliation, warm honey body mask, jasmine body butter massage, jasmine hair oil scalp massage and facial marma point therapy.

### ORGANIC ROSES ALL OVER

80/50 min.

A rose exfoliation, followed by an application of a rose petal mask, a neck massage while wrapped and end in a full body rose massage.

### HEAVEN AND EARTH

50 min.

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

### STOWEFLAKE LYMPHATIC HOT OIL TREATMENT

80/50 min.

A series of dry skin brushing to stimulate the lymphatic system followed by a hot lavender or evergreen oil massage.

### EUCALYPTUS HERBAL WRAP AND MASSAGE

80/50 min.

This classic herbal wrap will relieve ailing muscles and joints while improving your respiration. Finish with a classic eucalyptus oil massage.

### SWEET ORANGE ALOE GEL EXFOLIATION

80/50 min.

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

### TüZ & JEG (Fire & Ice)

80/50 min.

Infuse the body with iron and help melt and smooth cellulite. Begin with a hot, active thermal warmth followed by a soothing cool sensation and finish with a warm massage containing paprika to penetrate Vitamin C to the body.

## SUPER GREENS ANTI-OXIDANT BODY MASK

80 min.

Nourish with the rejuvenating effects of Chlorophyll with an exfoliation, a stimulating application of nettle and algae, and an herbal massage.

## THERMAL MUD BACK TREATMENT

50 min.

A warm mineral-rich mud and hot towel application, followed by a full body massage.

## MARVELOUS MOTHERHOOD

80/50 min.

A full body peel, moisture rich carrot mask, soothing head and neck massage, followed by a carotene rich full body massage.

## WILDFLOWER WRAP

25 min.

A body wrap of floral linens warm and soothe your body while your therapist applies head, neck, scalp and marma point massage.

## SALT GLOW

50/25 min.

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.



## KURS

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

### ALPINE HERBAL KUR

80 min.

A soothing body exfoliation with organic rosehip, a therapeutic soak and a nourishing massage.

### THERMAL MINERAL KUR

80 min.

Relax and detox 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.

## EASTERN BODYWORK

Please wear loose, comfortable clothing.

### SHIATSU MASSAGE

80/50 min.

In 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.

### REIKI

80/50 min.

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

### THAI YOGA BODYWORK

80/50 min.

Experience a unique style of bodywork: Assisted stretching combined with acupressure that is applied along energy sen lines - performed on a floor mat.

### ASHIATSU

80/50 min.

Therapists will use their feet to perform broad, deep compressions to bring about relaxation in chronically tight muscle tissue

## AYURVEDIC TREATMENTS

Ayurveda is the ancient Indian science of life and wellness.

It establishes an understanding of your individual body type and its current imbalances, which can cause skin problems, weight gain, sleep issues, digestive complaints, joint pain and more. Ayurveda focuses on the root of the problem and the solutions that will help regain balance – allowing your body to heal itself.

### AYURVEDIC DIET & LIFESTYLE CONSULTATION

A Certified Ayurvedic Consultant will begin with a complete evaluation of your personal history, current diet and lifestyle, followed by a pulse assessment and tongue examination. Your consultant will then determine your body/mind type or constitution (prakruti), and discuss your imbalances. The session concludes with recommendations for diet and lifestyle changes, giving you the confidence and insight to achieve better health and wellness.

110 min.

### DIET & LIFESTYLE FOLLOW-UP CONSULTATION

50 min.

Reevaluate your lifestyle plan and maintain motivation in achieving your wellness goals. Meet with our consultant in person or by phone.

### ABHYANGA-GARSHANA

Herbal Oil Treatment and Lymphatic Stimulation  
80 min.

Garshana, a dry lymphatic massage with silk gloves, is followed by a customized rhythmic herbal warm oil treatment.

### ABHYANGA

Formerly known as “Dosha Balancing Massage”  
80/50 min.

An herbal-oil application nourishes, removes impurities, stimulates both arterial and lymphatic circulation, and relaxes the mind and body, promoting overall healing.

### VISHESH

Deep-Tissue Massage

80/50 min. (with swedana - see page 10)

This deeply invigorating treatment breaks up adhesions, stimulates lymphatic flow and guides impurities out of the body.

## AYURVEDIC FACE TREATMENT

50 min.

Pamper your face with Ayurvedic herbs, facial oils and marma therapy (Ayurvedic energy work).

## PINDA SWEDENA

Joint and Muscle Detoxification

80/50 min.

This deeply warming and relaxing treatment uses poultices that are warmed in oil and applied to the tissue, relieving inflammation and sore joints.

## KATI VASTI

Back Relief Treatment

80/50 min.

Immerse the spine in a soothing bath of warm therapeutic oil calming the vertebrae, nerves and muscles.

## NETRA VASTI

Eye Soothing Treatment

80/50 min.

An antidote for tired, burning, red and dry eyes.

Warm ghee bathes and soothes as reservoirs are placed around the eyes.

80 min. session includes full body oil treatment.

## SACRED STONE MASSAGE

80 min.

A nurturing treatment combines a warm stone massage with the healing principles of Ayurveda. The primary focus is to calm the nervous system.

## UTVARTINA

Known as Bindi Herbal Body Treatment

80 min.

Using a warm oil herbal paste the body is massaged with traditional Ayurvedic techniques. After showering, the detoxification continues with swedena.

## SHIRODHARA

75 min.

The perfect remedy for stress and an over-active mind. A stream of warm oil onto the third eye soothes the mind and senses.

## SWEDENA

25/50 min.

A full-body steam treatment in a heat chamber that allows the head to remain cool. Moist heat and essential oils encourage the mobilization of impurities.

25 min. treatment as a treatment enhancement.

50 min. includes warm Ayurvedic oil to loosen the channels of detoxification.

## NASYA

Sinus Treatment

80/50 min.

Opens and stimulates the proper flow within the head and neck area, clearing the sinuses.

80-minute session includes a full body oil treatment.

## AYURVEDIC PAIRINGS

### ABHYANGA - SHIRODHARA

110 min.

A rhythmic warm herbal oil massage followed by a continuous warm oil stream to the forehead.

This treatment is deeply relaxing and balancing to the nervous system.

### VISHESH – SHIRODHARA

80 min.

For those who have a hard time relaxing, this treatment includes a vigorous Ayurvedic deep tissue massage followed by a continuous stream balancing treatment.

## SOUND BALANCING

Sound has been used therapeutically for thousands of years and is now being rediscovered in the West as a powerful means for restoring harmony and balance to the body and mind.

### FULL BODY TUNING

80/50 min.

(80 min suggested for first session)

Sound waves from tuning forks bring the body into alignment after diagnostically and therapeutically locating areas in the body that are “out of tune,” allowing pain, tension and anxiety to slip away.

### SONIC FACE REJUVENATION

50/25 min.

Tones run through a quartz crystal into facial points stimulating and relaxing muscles. This activates blood and lymph flow, resulting in immediate smoothing and diminishing of fine lines.

### SONIC FACE REJUVENATION AND FOOT TUNING

50/25 min.

Sonic stimulation of facial and foot acupuncture points balances energy flow through the body while creating deep relaxation and renewal.

## TRADITIONAL MASSAGE & BODYWORK

### AROMATHERAPY MASSAGE

80/50 min.

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

### DEEP TISSUE MASSAGE

80/50 min.

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

### STOWE APRÈS SKI MASSAGE

80/50 min.

A muscle-soothing massage and heat therapy relaxes and melts away tension while increasing circulation to the back, hands and feet.

### WELL-BEING MASSAGE

80/50 min.

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

### PINNACLE POINT

50/25 min.

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

### CRANIOSACRAL THERAPY

50 min.

This extremely light touch treatment will enhance your body's natural healing process and boost resistance to disease.

\*Wear loose, comfortable clothing.

### REFLEXOLOGY

50/25 min.

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.

### MATERNITY MASSAGE

80/50 min.

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

### HOT ROCK THERAPY

80 min.

Relieve muscles, joints, and stress with hot basalt stones for a deep, penetrating heat balanced by chilled, marble stones.

### FOUR HANDED SYNCHROSAGE

80/50 min.

Two skilled therapists work in synchronization - the ultimate sensory experience.

## STOWEFLAKE SIGNATURE FACIALS

### DIAMOND RADIANCE

80 min.

Reduces the appearance of wrinkles through light reflective diamond particles. Skin feels instantly firmer.

### HERBAL DEEP CLEANSING FACIAL

80 min.

For all skin types, this facial removes impurities and balances the skin, leaving it feeling refreshed. Includes foot exfoliation.

### BEYOND BOTOX

50 min.

This non-invasive, anti-aging treatment helps rejuvenate, firm the skin, and reduce the appearance of fine lines and wrinkles.

### STOWEFLAKE CUSTOM FACIAL

80/50 min.

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

## ILIKE ORGANIC FACIALS

Ilike 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.

This unique organic AHA peel will bring back vitality and renew your skin to create lasting firmness. Includes foot exfoliation.

### HARVEST FACIAL

50 min.

The anti-aging properties of organic grape seed combined with the organic AHA peel hydrate and help stimulate collagen production.

### ORGANIC ROSACEA FACIAL

50 min.

Soothing organic ingredients help to calm the skin and reduce inflammation, leaving skin hydrated and soft.

### ORGANIC ROSE FACIAL

50 min.

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.

### AGE-DEFYING FACIAL

50 min.

Blending plant derived Stem Cells and Niacin, this advanced treatment will help prevent the signs of aging.

### VITAMIN C RESVERATROL AGE REVERSAL FACIAL

50 min.

A skin brightening treatment helps to treat sun damage with a powerful alpha beta peel while peptides firm your skin.

### MAPLE FACIAL

50 min.

For normal to extra dry skin types, this treatment uses the highest concentration of B.Kamins Bio-Maple™ compound, infusing the skin from inside out.

### GLYCOLIC FACIAL

50 min.

This acid peel helps diminish fine lines and wrinkles by delicately exfoliating surface skin cells. Leaves skin smooth and hydrated.

### ACNE FACIAL

50 min.

This gentle facial helps to clear skin and prevent further breakouts. The special Bio-Maple™ compound prevents excess dryness and irritation.

### SKIER'S FACIAL

80 min.

A deep hydrating facial designed to repair and protect your skin from harsh winter elements that cause windburn and dryness. Includes foot exfoliation.

## EYE TREATMENTS

### ILIKE ORGANIC EYE REPAIR TREATMENT

50 min./or 25 min. Add-on

Tones, exfoliates and hydrates while targeting dark circles, puffiness and fine lines.

### DIAMOND RADIANCE EYE TREATMENT

25 min./or Add-on

Visibly reduces signs of aging, including wrinkles, fine lines, sagging and dark circles.

## ESPECIALLY FOR MEN

### MOUNTAIN MAN MUD MASSAGE

80/50 min.

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

### STOWEMAN BODY TREATMENT

80/50 min.

Begin with a cooling exfoliation followed by a stonecrop body mask rich with herbs and minerals, ending with a therapeutic herbal massage.

### EXECUTIVE STRESS RELIEVER

50/25 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

80/50 min.

Relieve ailing muscles and joints while improving your respiration with steamy, herbal-drenched linens that envelop your body and draw out toxins, followed by a eucalyptus oil massage.

### GENTLEMAN'S CUSTOM FACIAL

50 min.

Using earthy herbal ingredients, this facial will revive your skin and leave you refreshed.



## COUPLES CORNER

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

### COUPLE'S RETREAT

110/80 min.

By the warm glow of a fire, couples indulge in a private aromatherapy bath for two and are then treated to side-by-side candlelit massages.

### COUPLE'S SIDE-BY-SIDE MASSAGE

80/50 min.

### COUPLE'S HOT ROCK THERAPY

80 min.

### COUPLE'S FACIALS

50 min.



## SALON SERVICES

### NAIL SERVICES

#### AROMATHERAPY MANICURE

50 min.

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

#### AROMATHERAPY PEDICURE

50 min.

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

#### STOWEFLAKE FRENCH MANICURE OR PEDICURE

50 min.

#### HYDRATING MANICURE

50 min.

Our Aromatherapy Manicure with a hydrating paraffin dip.

#### HYDRATING PEDICURE

80 min.

Our Aromatherapy Pedicure with a hydrating paraffin dip.

#### 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 exfoliate with a peel, followed by a stimulating foot mask and a rose cream massage.

#### HAND ME A ROSE

50 min.

Includes an organic peel to remove dead skin, a silky rose mask to restore vitality, and a rose cream massage.

## 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

50 min.

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

### MAKEUP APPLICATION

25 min.

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

### WAXING

Eyebrow, Upper Lip or Chin - 25 min. Each

Full arm, Under arm, or Stomach - 25 min. Each

Bikini or French Bikini - 25 min. Each

Lower Leg - 50 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. Do not use moisturizers the day of.



## HAIR SERVICES

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

### WOMEN'S CUT & STYLE ~ MEN'S CUT CHILDREN'S HAIRCUT 13 and under

### WASH AND STYLE ~ WASH & SET

### PERMANENT AND SEMI-PERMANENT COLOR 80 min.

Our stylists can tailor beautiful color to enhance your hairstyle, cover or blend gray, or match your existing color.

### HIGHLIGHTS or LOWLIGHTS 110 min.

Naturally enhance your color, blend gray or go for a new look.

## REJUVENATING SALON SERVICE

Does not include blow-drying.

### FACIAL FOR THE HAIR 50 min.

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.

### HAIR & SCALP TREATMENT COMBO 50 min.

Enhance your Conditioning Treatment by adding a therapeutic aromatherapy scalp, head and neck massage.

### CONDITIONING HAIR TREATMENT a la carte 25 min.

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

### SCALP TREATMENT a la carte 25 min.

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

## SPECIAL OCCASION SERVICES

All special occasion services begin with a personal consultation. Please arrive 5 to 10 min. prior to your appointment—earlier if you would like to choose a style from our hair design literature. Styling services include use of the Sanctuary Lounge and facilities.

### SPECIAL OCCASION STYLE

50 min.

Experience a relaxing shampoo followed by a blow-dry style and curling/flat iron or roller set.

Thick or long hair: 80 min.

### UP-DO

50 min.

Let us create the perfect up-do just right for you! Please arrive with clean, dry hair (washed the night before, not flat ironed). Bring your hair accessories— decorative bobby pins, clips or flowers— and photos of styles that you like. Wearing a buttoned down shirt is helpful.



## BRIDAL 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.

### Happily Ever After

Bridal Up-do, Bridal Make-up,  
Aromatherapy Manicure and Pedicure

### Bridesmaid Soirée

Up-do or special occasion style, Make-up application

### Maid of Honor Bliss

Up-do or special occasion style,  
Aromatherapy Manicure and Pedicure

### Pretty Little Thing

Flower girl styling, Express Manicure

### Perfect Nails

Aromatherapy Manicure and Pedicure

### Aromatherapy

50 min. Aromatherapy  
Massage, Aromatherapy Manicure and Pedicure

\*\* All packages include a light Spa lunch,  
fitness classes and Spa facilities.

## SERVICES

### BRIDAL HAIR TRIAL

80/50 min.

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 style. Prior veil fitting required.

### BRIDAL PARTY MAKEUP

Relax while our makeup artists 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 just 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 people - 50 min.

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

### ASSISTED STRETCH

30 min.

Appropriately gauged pressure is applied during a complete body stretch to increase flexibility and range of motion.

### BODY COMPOSITION

30 min.

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

### COMPREHENSIVE FITNESS EVALUATION

120 min.

A combination of tests including aerobic capacity, flexibility, body composition, strength and endurance levels.

### PRIVATE HIKE/BIKE/SNOWSHOE TOURS

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

### PERSONALIZED TRAINING PACKAGES

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

## STOTT PILATES™ REFORMER SESSION

50 min.

Tone the entire body, strengthen the core muscles and increase flexibility

## NORDIC WALKING

50 min.

Increase caloric expenditure and cardiovascular fitness while developing long lean muscles for upper body strength.

## YOGA

50 min.

Unite your body and mind with our wide variety of yoga offerings. All levels welcome.

## 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

## 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