

THE LODGE
AT WOODLOCH

spa menu



FACIALS.....pages 2-6

Facial experiences tailored to your unique skincare needs, for a radiant complexion.

MASSAGE & TARGETED THERAPIES.....pages 7-9

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Experience a unique path to optimal well-being through this truly immersive touchless therapy. Precisely delivered sound frequencies that create synchronization between the brain's left and right hemispheres lead to a quieting of the mind, allowing for deep relaxation and healing.

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facials

HYDRAFACIAL

The award-winning HydraFacial system merges invigorating spa therapies with advanced medical technology to enhance skin health. Only HydraFacial uses patented Vortex-Fusion® technology to cleanse, extract, and hydrate.

DELUXE

Achieve beautiful skin through this signature experience! This HydraFacial experience deeply cleanses, exfoliates, and hydrates the skin utilizing highly effective serums filled with antioxidants, peptides, and hyaluronic acid, while a personalized booster addresses your specific skin concerns. This treatment includes LED light therapy to further reduce visible signs of aging and rejuvenate the skin.

45 minutes // \$300

PLATINUM

The ultimate HydraFacial experience, beginning with a lymphatic detoxification process. This customized HydraFacial deeply cleanses, exfoliates, extracts, and hydrates the skin while addressing your specific skin concerns with a personalized booster serum and LED light therapy to assist in reducing signs of aging and stimulating cell regeneration. Enjoy a calming face mask and relaxing arm and hand massage in this truly transformative facial.

75 minutes // \$410

HYDRAFACIAL ENHANCEMENTS

BACK RESCUE

Purify and rejuvenate the back through a thorough exfoliation and extraction, effectively clearing away impurities from congested pores. A truly transformative treat for an often neglected area.

30 minutes // \$170

NECK RESCUE

This ultimate neck and décolleté treatment provides immediate anti-aging and brightening results by infusing serums filled with antioxidants, peptides, and hyaluronic acid deep into the skin. This HydraFacial enhancement is designed to visibly revitalize the neck and décolleté to achieve smoother looking skin.

15 minutes // \$120

SCALP SERENITY

A blend of hair-renewing aromatic botanical oils is applied with a luxurious scalp massage to replenish, moisturize, and condition while leaving you in a serene state of relaxation.

25 minutes // \$95

EYE PERK

Using patented roller-flex technology, this treatment brightens and awakens the delicate eye area using key ingredients of horse chestnut seed extract and arnica flower extract. Extend the benefits with a take-home serum.

\$60

LIP PERK

This treatment lightly plumps and locks in moisture to reveal a perfect pout. Key ingredients of peppermint oil and peony extract leave your lips refreshed and hydrated, while a take-home serum can be used to hydrate daily.

\$60

EMINENCE ORGANIC SKIN CARE

Eminence Organic Skin Care, where nature meets luxury. Our meticulously hand-crafted products blend the purest organic ingredients to rejuvenate, nourish, and protect your skin, delivering visible results while promoting overall skin health and wellness. Eminence Organic Skin Care offers a guilt-free indulgence in skincare that's as good for the planet as it is for your complexion.

LODGE FACIAL

A customized facial tailored to your skin care needs, utilizing natural, organic ingredients, carefully selected to deliver superior outcomes for all skin types. Experience a thorough cleansing, gentle exfoliation, luxurious masque treatment, and nourishment using the potency of fruits, vegetables, flowers, and herbs. Enjoy the regenerative power of nature's ingredients for transformative results.

50 minutes // \$180

CALMING FACIAL

Nurture sensitive skin while effectively reducing the visibility of redness and inflammation with soothing, natural ingredients such as chamomile, marigold, rosemary, and arnica. Delicately curated to cater to sensitive skin types, this facial experience will soothe, rejuvenate, and protect skin impacted by environmental stressors, rosacea, intensive medical peels, and laser therapies. This treatment targets uneven skin tone, reinforces delicate capillaries, and promotes the healing of sensitive skin.

50 minutes // \$180

SEASONAL DEFENSE FACIAL

A rejuvenating facial experience that is tailored to the specific needs of your skin during any time of year. This refreshing treatment combines carefully selected ingredients to address seasonal concerns, whether it's combating dryness in the winter or protecting against environmental stressors in the summer. Enjoy a customized blend of nourishing botanicals and advanced skin care techniques, leaving your skin radiant, balanced, and ready to embrace the season ahead.

50 minutes // \$180

TIMELESS FACIAL

An organic approach to the two main concerns of maturing skin, this treatment focuses on correcting hyperpigmentation and minimizing fine lines through naturally sourced bakuchiol and niacinamide. A luxurious facial experience featuring a professional firming peel infused with antioxidants and a rejuvenating lifting massage, along with Vitamin C, collagen, and peptide products, will leave the skin smooth, lifted, and glowing.

75 minutes // \$270

PURIFY & BALANCE FACIAL

Targeting the primary concerns of breakout-prone skin, this treatment focuses on clarifying the pores, minimizing redness and inflammation, smoothing out texture, and regulating oil production. Our purifying approach incorporates a distinctive blend of gentle hydroxy acids, enzymes, and charcoal to detoxify the skin, while probiotics and antioxidants work to balance, soothe and strengthen the skin's defenses.

75 minutes // \$270

CLINICAL PEEL UPGRADE

Enhance your treatment with a customized clinical grade peel targeting your primary skin concern.

\$25





DR. DENNIS GROSS SKINCARE

Dr. Dennis Gross leverages his profound experience in dermatology and skin cancer research to provide clinical, professional treatments and scientifically backed skincare products. Our mission is to transform the lives of individuals by empowering them to achieve healthier skin with a natural glow. They deliver transformative results with carefully selected active ingredients, ensuring effectiveness without any side effects.

THE DOCTOR'S SIGNATURE FACIAL

Revitalize your complexion with a personalized facial designed to purify, hydrate, brighten, and smooth your skin, restoring its natural radiance and beauty. A clinical grade, patented Alpha Beta® Micro-Exfoliation and clean, pharmaceutical-grade actives will treat specific skin concerns and improve the overall health of your skin. A short burst of LED light therapy will nourish your skin from within leaving therapeutic effects and unparalleled results, no matter your skin concerns.
50 minutes // \$210

VITAMIN C BRIGHTENING FACIAL

Revitalize your skin, reduce signs of hyperpigmentation, and elevate your natural glow with this illuminating treatment. Using multiple forms of Vitamin C and LED technology, this facial is designed to stimulate collagen and promote optimal aging, while promising to renew and restore a radiant glow to normal, dull, or uneven skin types.
50 minutes // \$210

INTENSE LINE DEFENSE FACIAL

Reignite your skin's luminosity with the ultimate complexion perfecting experience. This intensive facial will prevent, correct, and maintain your natural beauty restoring your youthful glow and enhancing radiance. A thorough peel exfoliation, a healthy dose of LED light therapy, and an uncompromising double mask application will improve cellular health while leaving skin well hydrated and more toned.
75 minutes // \$315

RETINOL PEEL UPGRADE

Upgrade your peel to pure liquid retinol, supported by bakuchiol and rambutan to target signs of aging, such as fine lines and wrinkles.
\$35

ADD-ONS

SCALP SERENITY

A blend of hair-renewing aromatic botanical oils is applied with a luxurious scalp massage to replenish, moisturize, and condition while leaving you in a serene state of relaxation.

25 minutes // \$95

REVITALIZE LIP & EYE

Restore youthful looking eyes while smoothing and plumping lips with a breakthrough alternative to injectables. Enjoy a firming mask, collagen-boosting LED therapy, and a hydrating lip plumper for radiant results.

15 minutes // \$95

ADD-INS

LED THERAPY

Utilizing the award-winning DRx SpectraLite™ devices, these FDA cleared LED light therapy devices help build collagen and kill acne-causing bacteria while healing and preventing damage.

FACE - Reduces wrinkles, fights acne, and diminishes discoloration.

EYE - Intense targeting on fine lines, wrinkles, and crow's feet.

LIP - Visibly plumps and enhances color in lips. Targets expression and fine lines on and around the lips.

Choose one area of focus // \$35

HAND & ARM RADIANCE BOOSTER

This treatment gently exfoliates and promotes cell turnover for firmer, healthier looking skin. Potent hydrators like squalane and hyaluronic acid lock in moisture, revealing a visible glow for dull or dry hands and arms. Enhanced with AHA/BHAs and bakuchiol, it smooths, hydrates, and enhances radiance while addressing concerns like ingrown hairs, keratosis pilaris, and hyperpigmentation.

\$35



massage &
targeted therapies

LODGE MASSAGE

Enjoy The Lodge at Woodloch's classic relaxation massage. This Swedish massage eases muscle tension using light to medium pressure and aromatherapy of your choice. With your guidance, your therapist will focus on areas needing extra attention, ensuring a personalized experience tailored to your preferences.

50 minutes // \$180

75 minutes // \$270

100 minutes // \$360

DEEP TISSUE MASSAGE

Using firmer pressure and various massage techniques, this massage is recommended for guests looking to treat specific areas of discomfort and relieve areas strained by overuse. Tailored to target areas of chronic pain and muscle tightness, this therapeutic treatment goes beyond the surface to provide profound relief and restoration.

75 minutes // \$300

100 minutes // \$400

TENSION TAMER

Release stress and tension with this upper body massage, using a warming blend of essential oils to melt away muscle soreness in your back, neck, and shoulders. A relaxing face and scalp massage completes this ultimate tension relieving experience.

Swedish, 50 minutes // \$180

Deep Tissue, 50 minutes // \$200

HIMALAYAN SALT STONE MASSAGE

Combining warm Himalayan salt stones with the detoxifying oils of citrus, black pepper, and cypress, this relaxing massage soothes sore muscles and naturally re-mineralizes the body. This therapeutic treatment, featuring the natural benefits of Himalayan salt and Swedish massage, helps to reduce inflammation, increase circulation, and restore balance within the body.

75 minutes // \$285

100 minutes // \$375

DEEP RELIEF MASSAGE

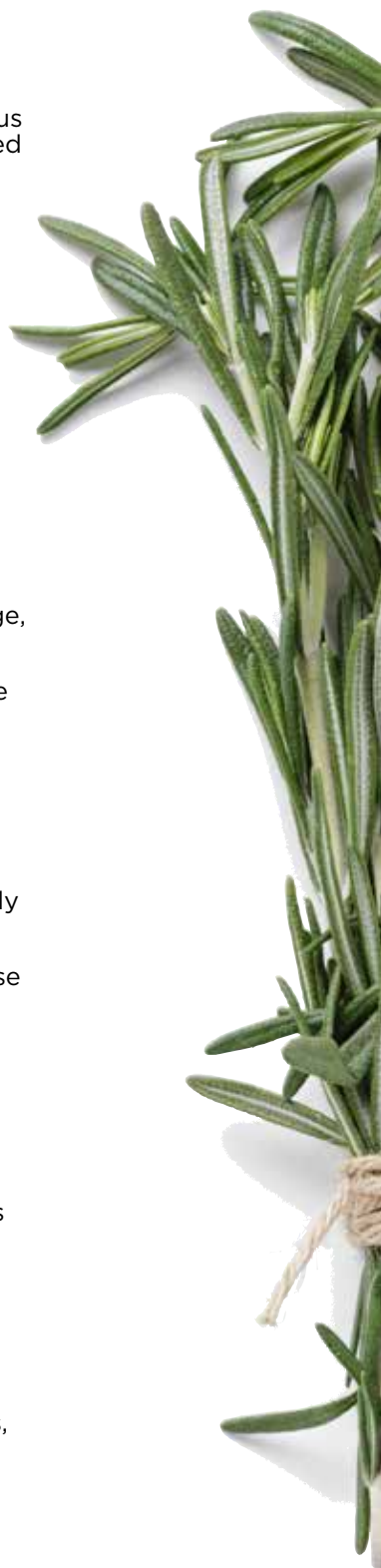
An intensive treatment combining stimulating Russian massage techniques and healing botanicals, such as camphor and anti-inflammatory CBD to release restrictions in the fascia and over-stressed muscles. This deep tissue massage opens the joints and works out stress using unique stretches, trigger point therapy, and acupressure techniques.

75 minutes // \$315

BLUES BE GONE MASSAGE

This massage ritual is designed to ease the symptoms of adrenal fatigue—headaches, depression, stiff muscles, and aches. A Swedish massage focused on enhancing the immune system and re-energizing the mind, uses specially blended oils and acupressure techniques to unwind emotional tension and leave you feeling relaxed and rebalanced.

75 minutes // \$285





BALANCING RENEWAL MASSAGE

A truly hands-on approach to well-being, this massage is focused on returning the body to a calmer state and bringing balance and alignment to anyone suffering from symptoms of hormonal imbalance, including menopause. Combining purposeful bodywork, cold stones, and gua sha, this unique massage will bring alignment and a feeling of wellness.

75 minutes // \$285

REST & RESET MASSAGE

Experience a deep state of immersive rest and allow yourself to repair on a cellular level. Rhythmic massage techniques and calming acupressure assist in relaxing the nervous system, while mindful breath work reconnects your body and intuitive senses, leaving you feeling restored and peaceful within.

75 minutes // \$285

CHAKRA BALANCING MASSAGE

This unique experience blends Reiki, Swedish massage techniques, and aromatherapy to restore your body while balancing your energy. Massage with infused oils designed for each chakra addresses muscular tension and imbalance while gentle energy techniques promote deep relaxation. The ultimate healing journey for body, mind, and spirit.

75 minutes // \$280

SOLE SOOTHER

Treat your tired feet to an ultimate relaxing experience! Begin with a gentle exfoliation of the foot and ankle to soften the skin while a Swedish massage combined with warm stones soothes aching feet and lower legs, restoring vitality.

50 minutes // \$190

RESTFUL RETREAT

Guests are required to come dressed in loose comfortable clothing, fitness, or workout gear.

Unwind with a distinctive experience, meticulously curated to envelop you in a deep state of relaxation. Feel tension melt away with a focused face, scalp and foot massage combined with a hand-crafted oil blend and foot balm, while a warm swaddle embraces you in comfort.

50 minutes // \$180

FASCIAL STRETCH THERAPY

Guests are required to come dressed in loose comfortable clothing, fitness, or workout gear along with socks.

FST is a gentle yet effective form of table based assisted stretching that releases tension throughout the connective tissue, decompresses joint capsules, and unwinds the system for a deeply relaxing and rebalancing experience. By unlocking restrictions in the fascia, increasing mobility and flexibility, and decreasing discomfort, Fascial Stretch Therapy is the ultimate rejuvenating experience.

50 minutes // \$200

75 minutes // \$300

therapeutic
enhancements

ADD-ONS

SCALP SERENITY

A blend of hair-renewing aromatic botanical oils is applied with a luxurious scalp massage to replenish, moisturize, and condition while leaving you in a serene state of relaxation.

25 minutes // \$95

REFLEXOLOGY

The ancient methods of reflexology focus on pressure points in the feet or hands that correspond to various organs and systems throughout the entire body. Pressure point stimulation opens energy pathways, promoting greater circulation and relaxation.

25 minutes // \$95

DETOX GLOW

Enjoy the invigorating and exfoliating benefits of dry brushing, paired with an application of deeply hydrating lotion to promote gentle detoxification and enhancement of skin's texture for a refined, smooth, and youthful look!

25 minutes // \$95

HEALTHY BELLY

A holistic treatment that supports healthy digestion. A stimulating seaweed mask paired with soft cupping techniques, focused on the abdomen, to boost the immune system, and aid in detoxification. This relaxing treatment is also beneficial for seasonal support and general well-being.

25 minutes // \$95

ADD-INS

MUSCLE EASE

Soothe muscle aches and soreness with the comforting heat of an herbal-infused hot pack, followed by a targeted and therapeutic application of a cooling Arnica salve. Designed to focus on an area of tension, this healing, anti-inflammatory treatment enhances any massage, providing deeper relief and ultimate relaxation.

\$35

HEALING HEMP EXTRACT

Experience the healing benefits of hemp extract by integrating CBD oil into your treatment. CBD helps to support overall wellness while easing muscular tension, reducing inflammation, and calming the nervous system.

\$40

HAPPY LEGS

An application of an herbal-infused cooling gel increases circulation to relieve swelling, while stimulating cold stones leave you feeling rejuvenated and restored. Ideal for those experiencing lower leg and foot discomfort and swelling.

\$40

THERAPEUTIC CUPS

Soft cupping massage techniques on your areas of concern can address various issues ranging from aching muscles to fluid retention. Your therapist will guide you in creating a customized experience.

\$40

COLD STONE RELIEF

A calming experience focused on releasing tension in the face and head through the use of massage and cold stones. Essential oils and techniques to decrease blood flow and relieve pressure help to aid in the discomfort associated with migraine headaches, sinus problems, or general tension.

\$40

globally-inspired
bodywork

TRADITIONAL EASTERN THERAPEUTIC BODYWORK

Incorporating Classical Chinese Medicine's Tui Na (tui na) therapeutic bodywork, this holistic experience addresses specific health concerns or areas of tension within the body. Creating a personalized treatment, your practitioner combines musculoskeletal manipulation, acupressure, Qigong Therapy, and gua sha to rid the body of blockages and disturbances that manifest as illness, disease, and emotional issues.

50 minutes // \$210

75 minutes // \$315

YANG SHEN MASSAGE

Experience ancient relaxation with this unique massage experience, rooted in Chinese Medicine principles. Using Yin-Yang, Five Elements, and Qi harmonization, this massage relaxes the body and mind while targeting deep energy channels. Flowing movements with medium to firm pressure help re-align the body, relieve stagnation, and restore balance. Each session focuses on meridians and bioenergy, offering immediate relaxation and promoting long-term vitality. Reconnect your body, mind, and spirit with this transformative practice.

50 minutes // \$200

75 minutes // \$300

THAI BODYWORK

Guests are required to come dressed in loose comfortable clothing, fitness or workout gear.

Deeply rooted in ancient practices, Traditional Thai Bodywork is performed on a comfortable mat. Through a combination of gentle stretching, precise point therapy, and focused breath work, it aims to foster not only physical relaxation but also to harmonize the body's energy flow, promoting a profound sense of balance and well-being.

50 minutes // \$200

75 minutes // \$300

RESTORATIVE HERBAL MASSAGE

A centuries-old Thai-style massage with a local spin! Enjoy a relaxing massage using warm herbal poultices combined with gentle stretching techniques to loosen tight muscles, stimulate blood flow, increase energy, and restore harmony. Our herbal poultices are hand-crafted using traditional Thai herbs combined with our own local blend to provide a restorative and detoxifying experience.

100 minutes // \$380

REFLEXOLOGY

This ancient methodology focuses on pressure points in the feet and hands that correspond to various organs and systems throughout the entire body. Pressure point stimulation opens energy pathways, promoting greater circulation and relaxation.

50 minutes // \$190

energetic

bodywork

REIKI

In this century-old Japanese tradition, universal healing energy is channeled to the areas of the body where it is most needed. Results can include a sense of deep peace and greater mental clarity.

50 minutes // \$190

CRANIOSACRAL

Guests are required to come dressed in loose comfortable clothing, fitness, or workout gear.

Craniosacral offers a light yet profound touch that assists the flow of cerebrospinal fluid in the body. With gentle techniques applied to head and torso, your therapist assesses the craniosacral rhythm and works to balance the flow, which can facilitate deep relaxation, greater energy, and pain relief.

50 minutes // \$190

VIBRATIONAL SOUND THERAPY

Guests are required to come dressed in loose comfortable clothing, fitness, or workout gear.

Combining powerful vibration and sound to induce an immediate relaxed state, this unique experience introduces sound waves by direct placement of therapeutic singing bowls on the body. The gentle vibration and soothing ambient tones encourage a deep meditative state, allowing the body to fully rest and promote a greater sense of well-being.

50 minutes // \$190

SHAMANIC ENERGY HEALING

Guests are required to come dressed in loose comfortable clothing, fitness, or workout gear.

Begin this transformative healing experience with a consultation, followed by setting an intention for your session. Enjoy healing tools including meditation music, essential oils, chimes, singing bowls, rattles, and crystals along with hands on healing, leaving you centered, grounded, and aligned. While working with Shaman Guides to aid in physical, emotional, and energetic wellness, you will receive great insight into your personal soul journey. These healings help to open a gateway to the next step on your healing process, bringing about a shift in your vibration and realigning your energetic system.

50 minutes // \$220

75 minutes // \$325

100 minutes // \$435

SPIRITUAL AWAKENING MENTORING

Guests are required to come dressed in loose comfortable clothing, fitness or workout gear.

In this transformative session, we will work one-on-one in a supportive environment where there is only love and no judgement. Led by our Spiritual Teams of the highest frequency, we will help you enhance, utilize, engage, and interact with your own natural gifts. Each session is channeled and tailored to your specific needs; you will also receive an energy healing. Sessions can include shadow work, energetic shielding, manifesting your heart's desires, expanding creative gifts, shifting perspective, or a custom channeled guided visualization.

75 minutes // \$365

100 minutes // \$475

ayurvedic

treatments

Ayurvedic bodywork is an ancient and powerful tool for bringing body, mind, and soul into harmonious balance. Having a long history of facilitating physical health, emotional well-being, and soul connection, Ayurvedic bodywork addresses multiple layers of your being. Your Ayurvedic journey includes a dosha assessment to determine your current dosha imbalance, with our in-house Doctor of Ayurveda. This information will be used to provide a customized session to optimally balance the elements within the body, mind, and soul.

ABHYANGA HOT OIL MASSAGE

An ancient technique of applying warm herbal oil over the skin that improves circulation and helps to detoxify, while improving muscle and nerve function and reducing pain. This unique, gentle massage leaves you with a deep feeling of stability, warmth, and comfort.

50 minutes // \$210

75 minutes // \$315

100 minutes // \$420

PINDA SWEDA

Allow your body to receive the benefits of this deeply therapeutic massage. Known as SPS or Shastika pinda sweda, the traditional herbal poultice treatment eases sore muscles with warmed herbs that loosen the tissue and relieve tension. The natural, gentle exfoliation process will also improve the quality of the skin while the herbs are massaged into the body, leaving you truly revitalized.

50 minutes (focused area only) // \$220

125 minutes // \$540

SHIRODHARA

With shiro meaning head and dhara meaning flow, this wonderful ancient Indian technique pours a steady stream of warm oil onto the forehead, helping to stimulate the pineal gland and regulate circadian rhythm. This treatment is excellent for insomnia and stress, allowing your body to naturally readjust its own natural patterns, while also assisting with headaches and mental exhaustion. The ultimate soothing experience for those looking for deep relaxation.

50 minutes // \$210

AYURVEDIC JOINT THERAPY

The most gentle and therapeutic ancient Indian treatment using warm, herbal oil, gathers in a vessel over either the back, neck, or knees. The oil is absorbed into the skin, muscles, and joints, making it excellent for “wear and tear”, arthritis, and general depletion of the synovial joints while strengthening and loosening the muscle tissues around those joints. Great for those who are hesitant to receive a massage but would like the benefits. Gentle enough to receive everyday of your stay, expanding the advantages of the treatment.

50 minutes // \$200

TRANQUIL DETOX

Immerse yourself in this completely relaxing and transformative body treatment that begins with a detoxifying full body scrub that aids in increased lymphatic circulation while promoting the reduction of fat cells. A collagen boosting face mask cleanses the skin while brightening, and a hot oil massage, specific to your body type, nourishes the skin. The ultimate Ayurvedic journey for enhanced skin from head to toe!
100 minutes // \$430

MARMA ENERGY POINT ENHANCEMENT*

A science that dates back 7,000 years ago, marma points are usually the convergence of bones, veins, ligaments, joints, and muscles, used in the traditional martial arts called Kalari Payat. With 107 marma points in the body, this enhancement is customized to your dosha imbalance and is incorporated into the massage by pressing on specific points that will leave you feeling renewed and balanced.
\$40

**Marma Energy Point Enhancement can be incorporated into the Abhyanga Hot Oil Massage, full body Pinda Sweda, or Tranquil Detox. Cannot be added to any other treatment.*



body treatments

BATH RITUAL ENHANCEMENTS

Elevate your body treatment experience with the addition of a relaxing bath. Salus per aquam, or healing through water, has traditionally been used to relieve muscular tension, increase circulation, aid in respiration, and enhance overall well-being. Our tailored bath experiences harness premium ingredients and water's rejuvenating qualities to elevate your body treatment and support optimal health restoration.

CHARCOAL DETOX - Focused on detoxifying the entire body from the outside in, this blend of activated bamboo charcoal, Epsom and Dead Sea salts, and the spicy oil of basil and calming lavender pull toxins and free radicals from the skin while relaxing your aching muscles.

EUCALYPTUS APOTHECARY - Enjoy the purest form of eucalyptus, peppermint, tea tree, and wintergreen essential oils in a soak made for recovery and sinus relief. The healing properties truly penetrate deep within the muscle tissue, leaving you energized and uplifted.

NORTHERN SAGE RECOVERY - The cool tingle of fresh menthol crystal envelops your entire body while brightening sage, pine, and coriander seed detoxify and Abyssinian Oil nourishes damaged skin. British Columbia glacial clay, with its superior high mineral content, pulls toxins and leaves the skin soft and hydrated.

ANCIENT OAT HYDRATION - Nourishing the skin and soothing the body, deeply hydrating rice milk and colloidal oat feed dry skin while a calming blend of chamomile and calendula release their sweet scent.

25 minutes // \$95

SEASONAL BODY POLISH

Inspired by the season, a body polish to refine skin and uplift your senses! Begin your journey with a thorough exfoliation followed by a relaxing body butter application to deeply restore hydration. These nurturing treatments and crafted aromas are perfect for each season.

50 minutes // \$180

Including Swedish Massage, 75 minutes // \$270

THE LODGE BODY POLISH

Enjoy the benefits of local plants and herbs with an invigorating treatment that truly nourishes the skin. Begin with a stimulating exfoliation using beeswax and cane sugar to cleanse and soften the skin, followed by a deeply hydrating application of shea butter blended with uplifting evergreen and citrus, leaving you with a beautiful healthy glow.

50 minutes // \$180

Including Swedish Massage, 75 minutes // \$270

THE LODGE BODY WRAP

Begin with a full body dry brushing for gentle exfoliation and detoxification, followed by a deeply hydrating wrap featuring a healing blend of aloe vera and lavender. Enjoy a luxurious scalp massage as well as a foot massage with an invigorating foot balm to leave you feeling renewed.

50 minutes // \$180

THE LODGE BODY RITUAL

A detoxifying treatment inspired by native elements, including a warm cocoon wrap of wild sage and clay to detoxify and soften the skin. Enjoy a therapeutic massage using warm Himalayan salt stones and oils of arnica and sage to increase circulation and ease tension deep within the muscles.

100 minutes // \$380

ROSEMARY AWAKENING

Inspired by the healing properties of rosemary, our signature treatment begins with a stimulating body polish of rosemary and mint to cleanse and detoxify, and is followed by a full body Swedish massage with hydrating shea butter and healing essential oils to ease sore muscles. Next, you are gently wrapped to enhance relaxation while a luxurious scalp massage and invigorating foot massage complete this awakening experience.

100 minutes // \$370

BOTANICAL BLISS

Inspired by our farm, experience the perfect treatment for pure tranquility, where the harmonious blend of botanical extracts, soothing scents, and expert touch combine to create a truly transformative experience for mind, body, and soul. This ultimately relaxing journey begins with a smoothing exfoliation featuring the calming benefits of lavender and chamomile, followed by a deeply hydrating body wrap with shea butter to nourish the skin. A blissful scalp and foot massage lead the way to a full body massage using slow, rhythmic techniques that will leave you in a true state of tranquility.

100 minutes // \$370

PURIFYING BODY RENEWAL

Experience detoxification and a full body renewal with this treatment, designed to reduce inflammation and muscle fatigue. Begin with an invigorating exfoliation and full body mask featuring a blend of healing clays and potent CBD, followed by a therapeutic massage using anti-inflammatory botanicals to address sore muscles and joints. A truly transformative way to melt muscle tension and deeply hydrate the skin.

100 minutes // \$380



treatments for two

PERFECTLY PAIRED

Relax and reconnect during this indulgent couple's spa experience. Nourish the body and soul with side-by-side Swedish massages in our couple's suite, using aromatherapy oils of grapefruit and jasmine to inspire enthusiasm and enhance any occasion. Continue the connection as you enjoy a beverage and treat together in our Gather Lounge following your massage.

75 minutes // \$610

Add a Body Polish, 25 minutes // \$190

Add a Bath, 25 minutes // \$190

COUPLE'S SOUL CONNECTION REIKI

Are you interested in taking your relationship to a deeper level energetically? Couple's Soul Connection Reiki does just that. Begin with a consult and, together, set your intention for your healing session. While relaxing on a massage table, you will each receive Reiki, a Chakra alignment, a Shamanic Clearing, and a shift in your vibration, leading you to a more abundant and fulfilled daily life. Along with your individual healing, the energetic connection between partners will be enhanced, opening up communication and clearing stagnant energy that needs to be released. After the healing, we will come back together, sharing each experience.

Note to Couples: Reiki and Shamanic Clearing will bring hidden aspects to light. Be gentle with yourselves and each other in the coming weeks. Clarity may emerge, enhancing your bond or revealing challenges. Embrace what arises with love and address it for healing.

75 minutes // \$635

100 minutes // \$850



*prenatal
treatments*

Prenatal services are specialized treatments designed especially for the unique needs and concerns of pregnancy. In addition to the services listed below, please speak with our Spa Concierge about adding a safe and nurturing facial or salon service to your spa experience.

PRENATAL MASSAGE

A safe, supportive, and relaxing massage designed for the unique needs of the mother-to-be. Therapists trained in prenatal massage use techniques and comfortable positioning to help bring ease and comfort to this special time.

50 minutes // \$180

75 minutes // \$270

ABHYANGA HOT OIL MASSAGE

An ancient technique of applying warm herbal oil over the skin that improves circulation and helps to detoxify, while improving muscle and nerve function and reducing pain. This unique, gentle massage leaves you with a deep feeling of stability, warmth, and comfort.

50 minutes // \$210

75 minutes // \$315

BELLY BLISS

This custom belly treatment and massage combination will leave those expecting in baby bliss. A deeply hydrating tummy treatment helps increase elasticity and prevent stretch marks while a gentle massage that focuses on the head, neck, and shoulders melts away your tension. Finish this luxurious experience with a foot massage to relieve tired and aching feet.

50 minutes // \$190

NURTURING BODY POLISH

Curated for expecting mothers, this hydrating body treatment will rejuvenate your skin and clear your mind in preparation for your upcoming arrival. Indulge in a pampering experience featuring a gentle exfoliation infused with micro-ground pumice and soothing aloe vera, leaving your skin softened and beautifully refined. A customized moisture application focuses on the areas where you need it most, leaving you with skin that will rival your baby's bottom.

50 minutes // \$180

REFLEXOLOGY

This ancient methodology focuses on pressure points in the feet and hands that correspond to various organs and systems throughout the entire body. Pressure point stimulation opens energy pathways, promoting greater circulation and relaxation.

50 minutes // \$190

REIKI

In this century-old Japanese tradition, universal healing energy is channeled to the areas of the body where it is most needed. Results can include a sense of deep peace and greater mental clarity.

50 minutes // \$190

CRANIOSACRAL

Guests are required to come dressed in loose comfortable clothing, fitness, or workout gear.

Craniosacral offers a light yet profound touch that assists the flow of cerebrospinal fluid in the body. With gentle techniques applied to head and torso, your therapist assesses the craniosacral rhythm and works to balance the flow, which can facilitate deep relaxation, greater energy, and pain relief.

50 minutes // \$190

SHAMANIC ENERGY HEALING

Guests are required to come dressed in loose comfortable clothing, fitness, or workout gear.

Begin this transformative healing experience with a consultation, followed by setting an intention for your session. Enjoy healing tools including meditation music, essential oils, chimes, singing bowls, rattles, and crystals along with hands on healing, leaving you centered, grounded, and aligned. While working with Shaman Guides to aid in physical, emotional, and energetic wellness, you will receive great insight into your personal soul journey. These healings help to open a gateway to the next step on your healing process, bringing about a shift in your vibration and realigning your energetic system.

50 minutes // \$220

75 minutes // \$325

SPIRITUAL AWAKENING MENTORING

Guests are required to come dressed in loose comfortable clothing, fitness or workout gear.

In this transformative session, we will work one-on-one in a supportive environment where there is only love and no judgement. Led by our Spiritual Teams of the highest frequency, we will help you enhance, utilize, engage, and interact with your own natural gifts. Each session is channeled and tailored to your specific needs; you will also receive an energy healing. Sessions can include shadow work, energetic shielding, manifesting your heart's desires, expanding creative gifts, shifting perspective, or a custom channeled guided visualization.

75 minutes // \$365

ENHANCEMENTS

SCALP SERENITY

A blend of hair-renewing aromatic botanical oils is applied with a luxurious scalp massage to replenish, moisturize, and condition while leaving you in a serene state of relaxation.

25 minutes // \$95

REFLEXOLOGY

The ancient methods of reflexology focus on pressure points in the feet or hands that correspond to various organs and systems throughout the entire body. Pressure point stimulation opens energy pathways, promoting greater circulation and relaxation.

25 minutes // \$95

HAPPY LEGS

An application of an herbal-infused cooling gel increases circulation to relieve swelling, while stimulating cold stones leave you feeling rejuvenated and restored. Ideal for those experiencing lower leg and foot discomfort and swelling.

\$40

latus salon

HAIR SERVICES

BLOWOUT

\$65

SUPER SHORT SHAMPOO, CUT & STYLE (ABOVE CHIN)

\$45

SHAMPOO, CUT & STYLE

\$75

ENHANCEMENTS

BALANCING SCALP TREATMENT

Nourish the scalp with this rich oil treatment, formulated with flower essences and hydrating oils to balance scalp health.

\$25

HYDRATING HAIR MASK

Repair and strengthen hair with this rich treatment mask, containing shea butter, tamanu and coconut oils, flax seed, and quinoa to provide restorative hydration.

\$25

DEEP DETOX HAIR MASK

Remove buildup and residue with this clarifying detox mask. Charcoal, kaolin clay, and certified organic white vinegar draw microparticles to the surface without stripping hair of natural oils.

\$25



NAIL SERVICES

The Lotus Salon at The Lodge at Woodloch only works on natural nails. Removal of gel nail polish can be scheduled with any nail service at an additional cost; however, removal of powder dip, gel, or acrylic nails cannot be accommodated. Please let the Spa Concierge know if you need the addition of gel nail polish removal scheduled with your service.

RESTORATIVE MANICURE OR PEDICURE

Your hands or feet will be transformed with this truly nourishing treatment. Inspired by revitalizing herbal blends from our farm, this signature treatment begins with a thorough exfoliation, followed by a deeply hydrating mask. A relaxing moisture application leads the way to nail shaping, cuticle care, and polish using the Dazzle Dry System.

Manicure, 50 minutes // \$75

Pedicure, 50 minutes // \$95

RECOVERY MANICURE OR PEDICURE

A wellness experience for achy hands or feet, these services combine the healing benefits of menthol camphor and hemp extract to cool and revive. A thorough exfoliation and mask infusing Dead Sea salts and detoxifying moor mud lead the way to a curative massage incorporating warm stones for true relief. Promote healthy nails and beautiful skin while inviting deep harmony into the body and mind. Includes nail shaping, cuticle care, and polish using the Dazzle Dry System.

Manicure, 50 minutes // \$85

Pedicure, 50 minutes // \$105

SEASONAL MANICURE OR PEDICURE

Indulge in a sensory delight for your hands or feet, featuring hand crafted aromatics! These seasonally inspired nail services begin with a refining exfoliation followed by a deeply hydrating massage to leave your hands or feet feeling renewed. Includes nail shaping, cuticle care, and polish using the Dazzle Dry system.

Manicure, 50 minutes // \$75

Pedicure, 50 minutes // \$95

POLISH FREE MANICURE OR PEDICURE

An energizing experience designed for those looking for a natural finish! Begin with a soothing soak and brisk exfoliation, blending invigorating botanicals, followed by hydrating cuticle care and nail shaping. Enjoy a relaxing massage to ease tired hands or feet and to restore the senses.

Manicure, 25 minutes // \$50

Pedicure, 50 minutes // \$95

GEL POLISH REMOVAL

25 minutes // \$30

FRENCH POLISH

Add this classic look to a 50-minute manicure or pedicure.

\$10

LED THERAPY

Make the most of your salon experience by adding a customized LED light therapy treatment. Utilizing the award-winning DRx SpectraLite™ devices, these FDA cleared LED light therapy devices help build collagen and kill acne-causing bacteria while healing and preventing damage.

FACE - Reduces wrinkles, fights acne, and diminishes discoloration.

EYE - Intense targeting of fine lines, wrinkles, and crow's feet.

LIP - Visibly plumps and enhances color in lips. Targets expression and fine lines on and around the lips.

Choose one area of focus // \$35

satori

a touchless wellness experience

“Satori,” a word used by Zen Masters to describe sudden enlightenment, is a moment of total presence and awakening to the light of our own consciousness. The Satori Wellness System offers a unique path to optimal well-being through the use of synchronized binaural sound, music, voice-guided meditation, and tactile sound projected through vibration, to impart a profound relaxation and rejuvenation response. A truly immersive touchless therapy, with precisely delivered sound frequencies, creates synchronization between the brain’s hemispheres, quieting the mind, and allowing deep relaxation and healing.

Choose from the following unique offerings. All sessions can be a one-time experience, or enjoyed as a series.

VIBRATIONAL WELLNESS

These programs are designed to improve self-worth and emotional positivity. Not recommended in a series.

MIND-BODY DETOX - Quiet, non-guided deep vibrations for transformation
16 minutes // \$40

EMOTIONAL HEALING - Voice guided meditation on positive lifestyle change

20 minutes // \$50

MINDFUL RELAXATION - Non-guided meditation with minimal music for deep relaxation

25 minutes // \$65

CELLULAR MASSAGE - Voice guided visualization of cellular healing

50 minutes // \$125

SLEEPWAVE

Designed to redirect the busy mind to quickly adjust from “thinking” mode to deep sleep mode, these programs help the brain to go to its deepest level of sleep.

POWER NAP

20 minutes // \$50

DELTA SLEEP

60 minutes // \$125

MEDITATION ENERGY

Each session begins with a short voice guide that assists brainwaves to deep theta and light delta levels, leading to profound meditative and rejuvenation experiences.

ENERGETIC CLEANSING AND TENSION RELEASE

PHYSICAL AND MENTAL DETOX

GROUNDING

MIND BODY REGENERATION

RELEASING STORED STRESS

Choose One Session, 25 minutes // \$65

CHAKRA BALANCE

Designed to align all chakras, while focusing on the one needing the most attention, by guiding brainwaves to the deep theta (meditative) state.

ROOT

SACRAL

SOLAR PLEXUS

HEART

THROAT

THIRD EYE

Choose One Session, 20 minutes // \$50

health and wellness

PERSONAL TRAINING

Need a little motivation? Our certified personal trainers will assist and guide you through an individualized workout session of your choice to help revitalize your fitness routine. Sessions could include strength training, endurance training, or flexibility training.

50 minutes // \$140 (one guest)

50 minutes // \$210 (two guests)

CUSTOMIZED PROGRAM DESIGN

Whether you need advice about starting an exercise program or just want to spice up your old routine, our certified personal trainers can help by working with you one-on-one to create a safe, effective exercise program designed specifically to meet your needs. All programs will be sent to you via email for you to review and use at home.

50 minutes // \$200

PRIVATE MIND-BODY OR FITNESS CLASS

Take advantage of this exclusive opportunity for a private version of one of our currently available group exercise or mind-body classes. Please refer to our class and activity schedule for a complete list of available classes.

50 minutes // \$140 (one guest)

50 minutes // \$210 (two or more guests)

THE GREAT WALL OF YOGA PRIVATE TRAINING

Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop core muscles.

50 minutes // \$140 (one guest)

50 minutes // \$210 (two or more guests)

PRIVATE PILATES REFORMER

Start exploring the many benefits of Pilates with the gentle guidance of our certified Pilates instructors. Suitable for all fitness and experience levels.

50 minutes // \$165 (one guest)

50 minutes // \$265 (two guests)

HOLISTIC HEALTH CONSULTATION

Talia Segal Fidler is a Board-certified holistic health and nutrition counselor. Talia holds a Master's degree in science of health and nutrition education. Talia's mission is to empower her clients to take control of their health and improve their well-being by making sustainable changes that will be appropriate for their own individual lifestyle and nutritional needs. Talia can provide a numerous different tailored options for nutritional counseling: weight-loss consultation, mindful eating counseling, anti-inflammatory diet recommendations, heart-healthy diet guidelines, navigating food allergies, nutrition for disease prevention, cleansing and elimination diet, healthy skin from the inside out, as well as healthy aging through nutritional protocols.

50 minutes // \$175

important information

WHAT IF I NEED TO CANCEL MY APPOINTMENT?

You will need to cancel your scheduled service at least four hours prior to the scheduled start time to avoid incurring the full cost of the treatment.

WHAT HAPPENS IF I AM RUNNING LATE FOR MY SERVICE?

We encourage all guests to check in for their service 30 minutes prior to their scheduled appointment to enjoy our spa retreat. Arriving late will simply limit the time of your treatment, so that the next guest is not delayed or inconvenienced. The full cost of your treatment will still be charged.

CAN I REQUEST A CERTAIN SERVICE PROVIDER? MAY I REQUEST A MALE OR FEMALE SERVICE PROVIDER?

Yes, of course! We will always do our best to schedule you with the Service Provider you prefer. All of our therapists are trained to properly drape sheets over areas of the body not involved with the treatment. We respect and protect your privacy at all times.

SHOULD I ALERT SOMEONE IF I HAVE ANY ALLERGIES, PHYSICAL LIMITATIONS OR MEDICAL CONDITIONS THAT MIGHT IMPACT MY TREATMENT?

Yes. When scheduling your treatment please inform the Concierge of anything that may require your treatment to be customized for your safety. Our service providers cannot provide transfer assistance. Guests needing this level of assistance will require help from their traveling companion.

HOW OLD DO YOU HAVE TO BE TO RECEIVE SPA SERVICES?

Guests must be at least 16 years of age to receive spa services or use spa amenities. Due to Pennsylvania state law, any guest age 16-17 is required to have a parent, guardian, or representative in the treatment room with them for the duration of all services except for salon services or facials.

SHOULD I AVOID THE SPA IF I AM PREGNANT?

Not at all. Please inform the Concierge of your pregnancy when scheduling your services as not all services are recommended for our expecting guests.

WHAT, IF ANYTHING DO I NEED TO BRING TO THE SPA?

The Lodge at Woodloch provides everything that you will need to enjoy your experience. During your visit you will receive a spa robe and slip-resistant slides to wear in our spa retreats. You will have access to a locker for your personal belongings. Most self-care and grooming products are provided for your convenience, however, if you need anything special please feel free to bring it with you. We recommend not bringing jewelry or other valuable possessions to the spa as we cannot be responsible for lost items.

WHAT DO I WEAR DURING MY SPA TREATMENT?

Most treatments are enjoyed without clothing, however if you prefer, undergarments can be worn. Please refer to alternative attire requirements that are specifically noted for any treatments that require them.

important information

WHAT DO I WEAR DURING MY PEDICURE?

During a pedicure, your provider must access your lower legs and feet. You can wear any attire that allows access to these areas. If you would like to wear a spa robe for your pedicure service, we ask that you are also wearing undergarments.

AM I SUPPOSED TO TIP MY SERVICE PROVIDER?

The Lodge at Woodloch adds a 20% service charge to all spa services. This service charge covers gratuities for all team members involved in your spa experience. No additional tipping is necessary or expected.

ARE THERE ANY OTHER "SPA RULES" I SHOULD KNOW?

- The Lodge at Woodloch is a cell phone free facility. To preserve our tranquil spa environment, we ask that you silence all cell phones.
- The Lodge at Woodloch is a smoke and vape free environment.
- Always respect other guests' right to privacy, do not take photos of other guests.
- Please be considerate of your neighbors at the spa, and try to keep the volume down, even if you are part of a group or special celebration. As much as we love that you are having a great time, our other spa guests may be seeking a quiet, tranquil spa experience.
- Use common courtesy and treat others as you would like to be treated. This includes being polite, friendly, and respectful to other guests and spa staff.





THE LODGE
AT WOODLOCH

A DESTINATION SPA RESORT

570.685.8000
thelodgeatwoodloch.com