



guide to programs & services

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! The HydraFacial treatment deeply cleanses, exfoliates, and hydrates the skin utilizing super serums filled with antioxidants, peptides, and hyaluronic acid, while a signature booster of your choice addresses your specific concerns. This treatment concludes with LED Light Therapy to further reduce visible signs of aging. For all skin types.

*45 minutes // \$290*

### PLATINUM

The ultimate HydraFacial experience! Begin the detoxification process with lymphatic drainage. Then, the customized HydraFacial deeply cleanses, exfoliates, extracts, and hydrates the skin while addressing your specific skin concerns with a booster of your choice while LED light therapy helps to reduce signs of aging. Enjoy a calming peel-off mask and relaxing arm & hand massage in this truly transformative facial. For all skin types.

*75 minutes // \$375*

## HYDRAFACIAL ENHANCEMENTS

### HYDRAFACIAL NECK RESCUE

This ultimate neck and décolleté treatment provides immediate anti-aging and brightening results by infusing super serums filled with antioxidants, peptides, and hyaluronic acid deep into the skin. This HydraFacial treatment addresses your specific skincare concerns in this often overlooked area to reduce visible signs of aging, resulting in smoother lines and a youthful neck and décolleté.

*15 minutes // \$130*

### EYE PERK

Brightens and awakens the delicate eye area.

*\$55*

### LIP PERK

Lightly plumps and locks in moisture to reveal a perfect pout.

*\$55*





## HAIA

*Experience the beauty of haia (Happy As I Am) in our signature facials! Nature meets sustainable biotech in this 360-degree skin wellness brand that celebrates inclusion and individual expression. haia's personalized skin wellness solutions target today's most pressing lifestyle concerns - urban air quality, extreme climate change, blue light from excessive device exposure, sleep and circadian rhythm disruption, stress, microbiome imbalances, cellular health, and skin longevity. Each product has a carefully selected positive affirmation to support emotional and spiritual well-being.*

## LODGE FACIAL

This customized facial begins with an in-depth skin analysis and is designed to connect skin and spirit. Combining nature and green science biotechnology, immediate and noticeable results are achieved, while aromatherapy and sound healing provide a multi-sensory approach to wellness and beauty. For all skin types.

*50 minutes // \$170*

## LOTUS FACIAL

Balance and renew your skin and soul in this multi-sensory, restorative treatment. This customized facial begins with an in-depth skin analysis for a truly unique facial experience. Specialized techniques - vibrational sound, aromatherapy, gemstones, breathwork, and positive affirmations induce a deepened sense of peace, harmony, and total well-being while delivering remarkable, lasting skincare results. Emerge affirming "I am calm", "I am radiant", "I am well". For all skin types.

*75 minutes // \$255*

## ORGANIC MALE

*OM4 Organic Male is the first skin type and condition-specific professional men's line to launch in the US. On the leading edge of performance-based, green science organics, OM4 globally sources clinically-advanced, socially-responsible ingredients to target the unique biological skin differences and concerns of men.*

## GENTLEMAN'S FACIAL

A customized facial designed specifically for men's individual skin in order to remedy the problems related to daily shaving and excessive environmental exposure. Visibly improves the overall condition and appearance of the skin by deep cleaning and detoxifying, refining, and restoring. For all skin types. To avoid skin sensitivity, please do not shave just prior to this treatment.

*50 minutes // \$170*

## GENTLEMAN'S BEARD TREATMENT

This conditioning beard treatment uses advanced green science and technology to promote underlying skin health while conditioning your facial hair for a well-groomed beard. A gentle exfoliation will prepare your skin and allow for a deep conditioning treatment focused on taming your beard. A conditioning mask and hydrating moisturizer will soften your beard while you enjoy an invigorating scalp massage to complete your treatment.

*50 minutes // \$180*

## KERSTIN FLORIAN

*Inspiring beauty through spa wellness, Kerstin Florian's luxurious results-oriented facials and botanically based skincare products elevate the facial to an experience, featuring distinctive facial massage techniques, clean science, and technology to achieve your healthiest-looking, most radiant skin. Kerstin Florian is dedicated to bringing the benefits of natural ingredients to skin care and creating memorable treatments that provide visible results.*

### DEEP CLEANSE FACIAL

Start your personal skin care program with our deep cleansing facial. This customized treatment exfoliates and nourishes the skin with rich nutrients to balance, brighten, and clarify. For all skin types.

*50 minutes // \$170*

### SENSITIVE FACIAL

Protects, corrects, and rebuilds skin affected by environmental elements, Rosacea, aggressive medical peels, and laser treatments. Includes a uniquely effective calming peel-off mask to even skin tone, strengthen fragile capillaries, and heal sensitive skin. A soothing treatment that restores the skin's natural glow. For sensitive skin, Rosacea, and environmentally damaged skin.

*50 minutes // \$170*

### CORRECT AND RENEW FACIAL

This customized, results-oriented facial is specifically designed to address problematic skin, ranging from acne to hyperpigmentation. A deep cleanse and professional multi-acid complex peel promote clear, illuminated skin while targeted high frequency promotes clarity and radiance. For oily/troubled or dull skin.

*75 minutes // \$265*

### RESTORE AND REPAIR FACIAL

A regenerating facial combining skincare technology and active ingredients to help improve the health and vitality of the skin. A customized experience to address signs of premature aging or moisture-depleted skin, this facial delivers the ultimate combination of science, LED technology, and nature, yielding remarkable results. For mature and dry skin.

*75 minutes // \$265*

### LUXE FACIAL

The ultimate experience, this luxurious facial hydrates and firms the face and décolleté using protein-rich caviar and powerful antioxidants. A traditional jade gua sha ritual boosts circulation, reduces inflammation, and promotes detoxification while a take-home ampoule promotes a more youthful appearance. Results are immediate, creating healthy, luminescent skin. For mature and dry skin.

*75 minutes // \$290*







## FACIAL ENHANCEMENTS

### CLINICAL PEEL UPGRADE

Enhance your treatment with a 15% clinical grade peel.

*\$25*

### ECO-FIN HAND OR FOOT TREATMENT

This nourishing heat treatment uses a rich blend of jojoba, vitamin E, shea butter, and essential oils to soothe your hands and feet leaving them incredibly soft.

*\$35*

### EYE RESCUE

This intensive eye treatment is designed to diminish fine lines and wrinkles, reduce dark circles, relieve puffy eyes, improve clarity, and rejuvenate this delicate area.

*\$55*

### HAIR AND SCALP TREATMENT

A combination of hair-renewing botanical aromatic oils are applied in a focused massage to scalp and hair to replenish, moisturize, and condition. Customized to your hair and skin type.

*25 minutes // \$90*

### INTENSIVE REPAIR AMPOULE

This concentrated treatment immediately and dramatically drenches the skin in moisture for improved skin texture, protection and smoothness. Its natural polysaccharides work together for visible tightening and lifting, instantly providing a more youthful, toned look.

*\$65*

### VITAMIN C AMPOULE

This unique, dual-function patented form of Vitamin C has potent antioxidant properties and offers proven anti-aging, anti-wrinkle and skin-lightening functions for the ultimate radiance-boosting treatment.

*\$55*

### WAXING

Please see our Spa Concierge for waxing services and pricing options.

massage

## THE LODGE MASSAGE

A classic Swedish massage that 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.

*50 minutes // \$170*

*75 minutes // \$250*

*100 minutes // \$335*

## DEEP TISSUE MASSAGE

Special massage techniques target the sublayer of muscles to treat specific areas of discomfort and relieve areas strained by overuse. Especially helpful for tight, tired muscles after strenuous hiking, biking, kayaking, or other intense physical exercise. Not recommended for first-time receivers of massage.

*75 minutes // \$280*

*100 minutes // \$375*

## 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.

*Swedish, 50 minutes // \$170*

*Deep Tissue, 50 minutes // \$190*

## SOLE SOOTHER

Treat your tired feet with an ultimately relaxing experience! A gentle exfoliation softens the skin while Swedish massage combined with warm stones soothe aching feet and restore vitality.

*50 minutes // \$180*

## DEEP RELIEF

An intensive treatment that combines stimulating Russian massage techniques and healing arnica to melt fascia in over-stressed muscles. This deep tissue massage opens the joints and works out the stress with unique stretches, trigger point therapy, and acupressure techniques to release tension.

*75 minutes // \$295*

## BLUES BE GONE

This massage ritual helps ease the symptoms of adrenal fatigue—headaches, depression, stiff muscles, and aches—by enhancing the immune system and re-energizing the mind. A Swedish massage incorporating ginger root oil and acupressure techniques eases muscular stiffness and unwinds emotional tension. This massage is sure to leave you feeling relaxed and renewed.

*75 minutes // \$270*



## RESTORATIVE HERBAL MASSAGE

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

*100 minutes // \$350*

## 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 // \$265*

## HIMALAYAN SALT STONE MASSAGE

Combining warm Himalayan salt stones and detoxifying oils of citrus and spruce, this relaxing massage soothes sore muscles and naturally replenishes the body with vital minerals. A therapeutic treatment that features the natural benefits of Himalayan salt and Swedish massage to reduce inflammation, increase circulation, and restore balance within the body.

*75 minutes // \$265*

*100 minutes // \$350*

## 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 // \$270*





## MASSAGE ENHANCEMENTS

### HAIR AND SCALP TREATMENT

A combination of hair-renewing botanical aromatic oils are applied in a focused massage to scalp and hair to replenish, moisturize, and condition. Customized to your hair and skin type.

*25 minutes // \$90*

### 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 // \$90*

### YOUTHFUL GLOW

Add this ultra-hydrating lotion, packed with probiotic peptides to help skin appear more refined, smooth, and youthful! Rich organic shea butter and coconut oil impart softness and protect skin from the elements while hyaluronic acid holds moisture to promote a healthy appearance.

*\$25*

### DETOXIFYING BODY MASK

Applied to your back or feet, this warm seaweed mask will draw out toxins and leave your skin and body feeling rejuvenated.

*\$25*

### 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*

### HYPERVOLT BOOST

Elevate your massage experience with targeted relief from the Hypervolt with Quiet Glide Technology™, a state of the art percussion massage device. Designed to relieve muscle pain and stiffness while increasing flexibility and range of motion, the Hypervolt can be added to any massage to help achieve optimal wellness.

*\$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*

### WARM BIRCHWOOD STICK FUSION

Ease sore muscles and melt your tension away with warm birchwood sticks. Enjoy these heated tools on your most-needed areas such as back, shoulders, legs, or arms.

*\$40*

### COLD STONE RELIEF

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

*\$40*

specialty  
bodywork

## CRANIOSACRAL

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 // \$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 // \$180*

## 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 // \$180*

## RESTFUL RETREAT

This distinctive experience focuses on promoting a deep state of relaxation through gentle massage designed to ease you into a restful state. A focused scalp and foot massage, combined with a hand-crafted oil blend and foot cream relieve tension while a warm swaddle embraces you in comfort.

*50 minutes // \$170*

## THAI BODYWORK

A traditional form of bodywork from Thailand, this technique uses stretching, point therapy, and breathwork to create a greater sense of balance throughout the body.

*50 minutes // \$190*

## VIBRATIONAL SOUND THERAPY

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*

## 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 // \$190*

*75 minutes // \$280*

## FASCIAL STRETCH THERAPY

FST is a gentle yet effective technique of table based assisted stretching that releases tension throughout the connective tissue, de-compresses 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.

*25 minutes (focused area only) // \$100*

*50 minutes // \$190*

*75 minutes // \$280*

*100 minutes // \$375*

## SHAMANIC ENERGY HEALING

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 // \$210*

*75 minutes // \$310*

*100 minutes // \$415*

## SPIRITUAL AWAKENING MENTORING

In this transformative session, we will work one-on-one in a supportive environment where there is only love and no judgement. Here you can speak freely of your own magical experiences no matter how peculiar or curious they may seem to you, and we can explore different ways to work with them! 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 may include (but are certainly not limited to):

- Shadow Work: Facing your wounds and fears to clear out and make room for a life of abundance and flow
- Energetic shielding, clearing and grounding techniques
- Inner child healing
- Manifesting and aligning with your heart's desires
- Expand on any creative gifts you may have by learning how to access the creative flow
- Twin Flame Journey Support
- Learn to take your power back, find those empty spaces within and fill your own cup
- Shift your perspective from searching externally for fulfillment and begin to look at your work within
- Custom channeled guided visualization to connect with your Spiritual Team while receiving a Shamanic Reiki Healing

*75 minutes // \$325*

*100 minutes // \$435*

body

treatments



## ADD A 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 customized bath options use fine ingredients and the restorative properties of water to enhance your body treatment and help restore optimal health.

**EUCALYPTUS:** Mineral salts and eucalyptus to energize, ease respiration, and soothe sore muscles and joints.

**TRANQUIL:** Wild lavender, clary sage, and violet leaf support a state of relaxation and help dissolve patterns of stress.

**CBD:** Relaxing blend of hemp extract, Epsom salts, and pink Himalayan salt restore while shea and coconut oil nourish the skin.

*25 minutes // \$90*

## THE LODGE BODY POLISH

Our customized body polishes feature a unique blend of revitalizing herbs and minerals to help soften the skin and increase circulation, leaving you with a healthy glow.

**RADIANT:** An inspiring blend of lemon, vanilla, and chamomile is paired with sugar and aloe vera to soften the skin and invite clarity and purpose.

**SOOTHING:** Calming, organic sweet lavender and blue chamomile blended with Epsom salt and volcanic pumice polish the skin, while easing the mind.

*50 minutes // \$170*

*Add a Swedish Massage, 75 minutes // \$250*

## THE LODGE BODY WRAP

Enjoy a deluxe customized body wrap that will leave your skin healthy and renewed. Includes a relaxing scalp massage and invigorating foot massage.

**HYDRATE:** Healing aloe vera, lavender, and cucumber deeply hydrate to replenish your skin's natural moisture.

**RESTORE:** Magnesium infused with red marine algae, rosemary, and juniper help to relieve tension and increase energy.

*50 minutes // \$170*

## THE LODGE BODY RITUAL

An ultimate spa experience that includes a warm body wrap and luxurious massage. These bespoke rituals will envelop you in a deep sense of warmth and relaxation while aiding in detoxification and well-being.

**DEEP FOREST:** A detoxifying treatment inspired by native elements, including a warm cocoon wrap of wild sage and clay to detoxify and soften the skin and a therapeutic massage using warm birchwood sticks and oils of evergreen and citrus to ease tension deep within the muscles.

**LOTUS CLEANSING:** This cleansing treatment begins with a nurturing cocoon of mineral-rich mud followed by a full-body warm stone massage and the intoxicating scent of the neroli blossom, leaving you with a feeling of deep relaxation and renewed energy.

*100 minutes // \$350*

## ROSEMARY AWAKENING

Our signature treatment, inspired by the healing properties of rosemary, begins with a stimulating body polish of rosemary and mint to cleanse and detoxify followed by a full body Swedish massage with hydrating shea butter and warming essential oils of vetiver and lemongrass 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 // \$340*

## BRIGHTER BODY POLISH

Illuminate your body with this double exfoliation experience. Smoothing pumice, jojoba beads, and glycolic acid polish and refine while body buffing improves texture and brightens the skin. A relaxing massage performed with specially blended oils and shea butter hydrate and brighten. This treatment is sure to restore the body's healthy-looking glow!

*75 minutes // \$260*

## LAVENDER GARDEN DREAM

Breathe in the calming and cleansing benefits of wild lavender in this tranquil experience. Earthly minerals blended with lavender essential oil exfoliate during an energizing salt scrub. A customized essence-of-lavender wrap leads the way to a restorative full body Swedish massage.

*100 minutes // \$340*

## PURE ZEN BODY RITUAL

The perfect treatment for pure bliss. This CBD-infused journey begins with a smoothing exfoliation, followed by a deeply hydrating wrap, featuring hemp extract and flower essences to nourish the body and mind. Access the mind-body benefits of CBD alongside an infusion of age-defying paracress plant extract in a truly restorative Swedish massage, leaving you in a zen state of relaxation and wellness.

*100 minutes // \$365*

## SEASONAL BODY TREATMENT

Stimulate your senses with our seasonal body treatments. Please inquire about this season's selection.

*Prices and times vary.*



# prenatal

## PRENATAL MASSAGE

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

*50 minutes // \$170*

*75 minutes // \$250*

## BELLY BLISS

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

*50 minutes // \$180*

## NURTURING BODY POLISH

Rejuvenate your skin and clear your mind in preparation for your upcoming arrival. This treatment includes a gentle exfoliation with micro-ground pumice and aloe vera to soften and refine the skin. 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 // \$170*

## HAPPY LEGS ENHANCEMENT

The perfect add-on for our prenatal guests. A soothing lower leg and foot massage with an aloe-and-cucumber infused oil increases circulation to relieve swelling, leaving you feeling rejuvenated and restored.

*\$25*

# 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 lounge following your massage.

*75 minutes // \$565*

*Add a Body Polish, 25 minutes // \$180*

*Add a Bath, 25 minutes // \$180*

*latus salon*

## 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 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 AND PEDICURE

Your hands and feet will be transformed with this truly nourishing treatment. Your aromatherapy journey 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.

*Manicure, 50 minutes // \$75*

*Pedicure, 50 minutes // \$95*

### PURE ZEN MANICURE AND PEDICURE

These nourishing and age-defying services feature a luxurious infusion of CBD, warm organic shea butter, and paracress to restore moisture and ease tension in the hands and feet. Promote healthy nails and beautiful skin while inviting deep harmony into the body and mind.

*Manicure, 50 minutes // \$85*

*Pedicure, 50 minutes // \$105*

### SEASONAL MANICURE AND PEDICURE

Enjoy the aromas of the season with these special offerings. Please inquire about this season's selection.

*Prices and times vary.*

### GENTLEMAN'S MANICURE AND PEDICURE

An energizing experience designed for men! Begin with a soothing soak and brisk exfoliation, blending the invigorating scents of lime and ginger followed by hydrating cuticle care and shaping. Enjoy a relaxing moisture application using a customized oil blend made with botanicals to ease tired hands or feet and to restore the senses.

*Manicure, 25 minutes // \$50*

*Pedicure, 50 minutes // \$95*

### FRENCH POLISH

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

*\$10*

## HAIR SERVICES

### BLOWOUT

*\$65*

### SHAMPOO, CUT & STYLE

*\$75*

### MEN'S CUT

*\$40*

### MOROCCANOIL DEEP CONDITIONING HAIR TREATMENT

*\$20*

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 // \$70*

EMOTIONAL HEALING - Voice guided meditation on positive lifestyle change  
*20 minutes // \$75*

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

*25 minutes // \$80*

CELLULAR MASSAGE - Voice guided visualization of cellular healing  
*50 minutes // \$160*

## 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 // \$75*

DELTA SLEEP  
*60 minutes // \$180*

## 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 // \$80*

## 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, 25 minutes // \$80*

## GAMMA

These sessions help to increase focus, memory retention, mental clarity, and acuity. Not recommended for first-time users. Can be experienced after another Satori program.

GAMMA FOCUS

MEMORY RECALL

*Choose One Session, 25 minutes // \$80*

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 // \$190*

*75 minutes // \$280*

*100 minutes // \$375*

## TRADITIONAL HERBAL MASSAGE

*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) // \$195*

*125 minutes // \$485*

## 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 // \$190*

## 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 // \$180*

## BLISSFUL 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 // \$390*

## 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 Traditional Herbal Massage, or Blissful Detox.*

*Cannot be added to any other treatment.*



# health & 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 REFORMER PILATES

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)*

## NUTRITION 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 few 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*

# helpful information

TREATMENTS AND PRICES ARE SUBJECT TO CHANGE.

**SPA SERVICE CANCELLATION POLICY:** If you should choose to cancel your treatment, please notify our Spa Concierge at least 4 hours in advance of your scheduled appointment time to avoid being charged the full amount of your scheduled service.

**MINIMUM AGE:** Guests must be at least 16 years of age to receive treatments and use the spa facilities. Due to state law, we require any guest under the age of 18 to have a parent or guardian in the treatment room for all services except facials and salon services.

**COMFORT AND CUSTOMIZATION:** It is our intention to help you maximize the many benefits of your spa experience. We encourage you to communicate your questions or thoughts about your treatment to your therapist so we may accommodate your needs.

**SPECIAL REQUESTS:** When scheduling your treatments, please notify our Spa Concierge of any special requests, including your preference of a male or female therapist.

**ARRIVAL PRIOR TO TREATMENTS:** We suggest you arrive at least 15 minutes prior to your treatment experience to ensure that you receive the full benefit of your service. All services will finish on time to allow our next guests their full treatment, and the full value of your treatment will be charged.

**CELL PHONES:** All digital devices must be placed on silent or vibrate throughout your stay. Although silent use of your digital device is permitted, watching videos or listening to music without earbuds is prohibited. Speaking on your mobile device is permitted only in guest rooms, the front entrance vestibule, or the benches in the front of the building. Guests at The Lodge at Woodloch understand that they may be approached by one of our staff members with a gentle reminder of our cell phone free policy.

**TREATMENT ATTIRE:** Complimentary use of spa robes and slippers is provided for all spa guests. Our treatment providers are professionally trained to properly drape throughout the service.

**PERSONAL POSSESSIONS:** We ask that you do not bring jewelry or valuable personal possessions to the spa as we cannot be responsible for lost items.

**SMOKING:** Committed to providing a healthy and relaxing experience for all guests, The Lodge at Woodloch is a smoke-free environment. Please refrain from smoking of any kind (tobacco, cigars, cigarettes, vaping, and marijuana—including medical). This also includes incense, sage, or palo santo stick burning. There is a designated smoking cottage located on the left upon exiting the front of the building.

**ALCOHOL:** To ensure your safety please be conscious of the effects of alcohol when participating in fitness and spa treatment activities. The intake of any alcoholic beverage before or shortly after any massage or bodywork is not recommended as the impact of alcohol may be intensified by certain treatments.

**GRATUITIES:** For your convenience, in addition to the quoted price, a 20% service charge will automatically be added to all services, consultations, private activities, and alcoholic beverages. Additional gratuities are not necessary or expected.







THE LODGE  
AT WOODLOCH

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