

## GENTLEMEN'S RETREAT

### DEEP MUSCLE RELIEF MASSAGE

Improve your mobility and achieve profound release of deep muscle pain and tension. Moderate to deep pressure with focus on problematic resistant areas caused by poor posture, sports injuries or chronic pain. Highly therapeutic!

**80 min \$315 | 50 min \$235**

### GENTLEMAN'S VITALITY FACIAL

Designed for men's skin health. Deeply cleanse your pores, refine your skin's texture, and completely hydrate and balance your skin's vital health. Refine and remedy imperfections related to daily shaving and environmental exposure.

**50 min \$230**

### THE REFRESHER FACIAL

Watching the clock? This 30-minute facial is ideal for You! A deep cleanse, light exfoliation, soothing mask, and hydrating moisturizer. Then be on your way to a better hydrated day!

**30 min \$150**

## COUPLE'S RITUALS

### COUPLE'S RETREAT

Experience the ultimate sense of relaxation with your loved-one in our Tranquility Suite designed for your ultimate comfort and serenity.

**80 min | 50 min** *Pricing dependent on massage*

### COUPLE'S ESCAPE

Run away together from the stress of life. Providing light to medium pressure, this ultimate experience includes a custom aromatherapy journey, hot oil scalp treatment, and warm stone foot ritual. Pure Pampered Bliss!

**80 min \$315/per person**



**SCAN TO BOOK YOUR APPOINTMENT TODAY!**

### RESTORATIVE NOURISHING FACIAL

Roses contain all the major nutritional players needed to deeply restore skin health and repair barrier function. These delicate petals firm and tighten the skin. In addition to serving up optimal hydration and protection, this facial is a luxurious treatment for rose lovers looking to age vibrantly.

**80 min \$310 | 50 min \$230**

### EXPRESS MASSAGE

A targeted massage with light to moderate pressure. Ease the tense portions of your back, neck, and shoulders with 30 minutes of intoxicating relief.

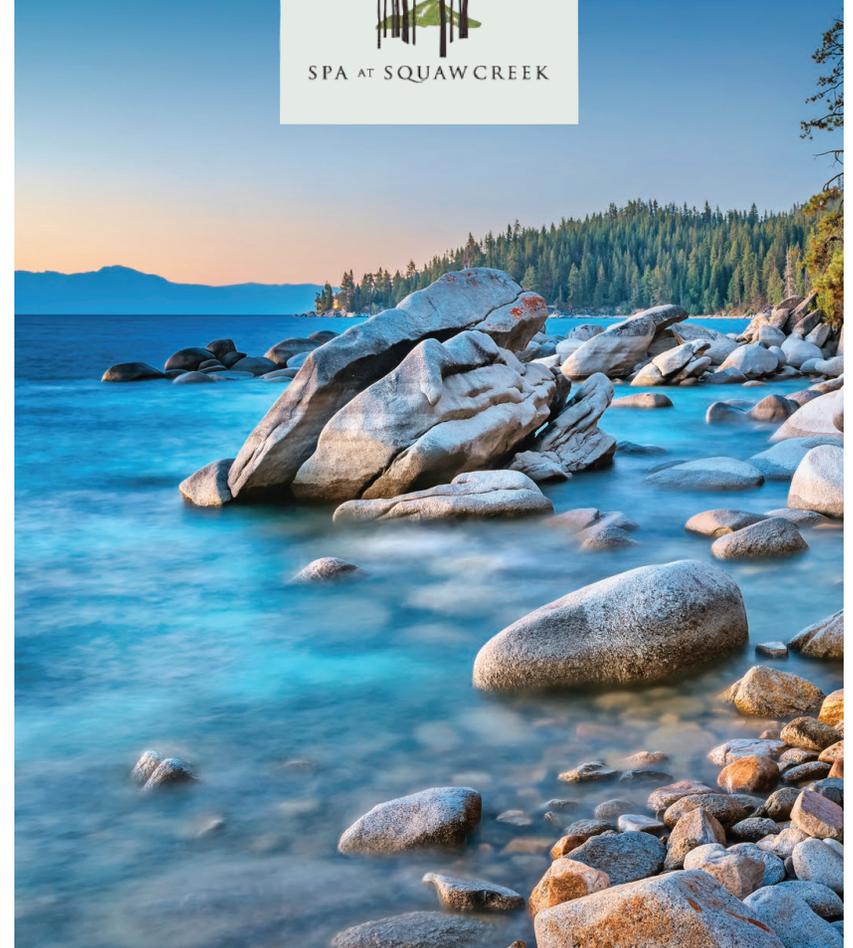
**30 min \$150**

### THE WAX BAR

Eyebrow Design	30
Lip	20
Chin	20
Nose	20
Ears	20
Full Face	75
Underarms	30
Chest	55
Back	75
Full Arm	65
Half Arm	45
Full Leg	90
Half Leg	70
Bikini	65
Brazilian	80

### LASH & BROW TINTING

Lash	35
Brow	35
Lash & Brow Combo	55



RESORT AT SQUAW CREEK

# WELLNESS MENU

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[squawcreek.com/spa](http://squawcreek.com/spa)

SPA AT SQUAW CREEK

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## CREEKSIDE EXCLUSIVE EXPERIENCES

**SHIRODHARA BALANCING TREATMENT** (*Five Elements: Space, Air, Fire, Water, and Earth*)  
Shirodhara comes from the two Sanskrit words "shiro" (head) and "dhara" (flow). This decadent treatment focuses on re-balancing the life forces within your body. Starting with your wellness focus aromatherapy inhalation session, then a pleasant warm oil is poured over your third eye, flowing down into the scalp for a soothing hot oil scalp massage. Conclude with a hand and foot ritual. Improves sleep quality, lessens anxiety, lowers high blood pressure, and reduces stress.  
**50 min \$235**

**A WALK IN THE WOODS FACIAL**  
Life is a balance, starting with your skin. Bring out your glow with our Laurel advanced natural ingredients, and the detoxifying power of Gua Sha techniques. Plant-based organic ingredients include: chamomile, passionflower, turmeric, and lavender that support healthy skin functions and restore a healthy radiant glow.  
**80 min \$310 | 50 min \$230**

**MOUNTAIN SPORTS MASSAGE**  
A combination of moderate to deep pressure. The interactive full-body stretching will be beneficial to help soothe tired muscles, enhance your range of motion, and encourage blood flow. An excellent choice of body work after an active day of skiing, golf or exploring the mountains.  
**80 min \$310 | 50 min \$235**

**HIGH ALTITUDE MASSAGE**  
Breathe easier with this massage designed to help calm and ground your body to adjust to a higher altitude by opening the lungs and relieving head pressure. Light to moderate pressure.  
**80 min \$305 | 50 min \$225**

**CREEKSIDE AWAKENING RITUAL**  
This decadent body wrap begins with an invigorating dry brush to stimulate circulation, exfoliate, and detox the skin. A hydrating mask application is applied, then nestled within a cocooned wrap. While wrapped you will receive our hot oil scalp treatment to heighten your experience. Choose your wellness focus aromatherapy.  
**80 min \$305 | Add-on a 30-minute relaxation massage \$115**

## BODY WORK & MASSAGE THERAPY

**PURE RELAXATION MASSAGE**  
This nurturing massage combines light to moderate pressure that increases circulation, promotes deep relaxation, and calms the mind, body, and spirit.  
**80 min \$305 | 50 min \$225**

**DEEP TISSUE MASSAGE**  
Enjoy the physical relief of this deep tissue body work to release muscular tissues with moderate to deep pressure. Dissipates chronic pain and acute tension, with focus on specific areas of concern and aimed to ease your chronic discomfort.  
**80 min \$315 | 50 min \$235**

**MOMMY-2-BE MASSAGE**  
This prenatal massage is tailored to meet the needs of the mother-to-be. Light to moderate pressure helps support the lymphatic system and relieves swelling. Safe for prenatal women after their first trimester (12 weeks), as well as, beneficial for postpartum moms.  
**80 min \$315 | 50 min \$235**

**TAHOE WARM STONE MASSAGE**  
Tension and tight muscles will melt away with the use of volcanic warm basalt stones. Light to moderate pressure will ease stiffness, increase blood flow, and offer deep relief.  
**80 min \$315 | 50 min \$235**

**MOUNTAINSIDE EXPEDITION**  
A therapeutic and rejuvenating light to moderate massage including your wellness focus-aromatherapy, hot oil scalp treatment, and invigorating warm stone foot hydrating ritual. The ultimate re-energizing relaxation for the body.  
**80 min \$315 | 50 min \$235**

**EXPRESS MASSAGE**  
A targeted massage with light to moderate pressure. Exercise is beneficial for the body, but sometimes we do too much! Ease tense portions of your back, neck, shoulders, and breathe easier!  
**30 min \$150**

## MASSAGE ENHANCEMENTS

CBD Oil	30	Reflexology (30min)	55
Warm Stone Hand or Foot Hydrating Ritual	38	Cupping (30 min)	65
Hot Oil Scalp Treatment (20 min)	35	The Smoothie Full Body Scrub (30 min)	135

## ADVANCED SKINCARE

**HYDRAFACIAL ADVANCED SKIN TREATMENT**  
You will experience hydradermabrasion, a light peel, and painless extractions. The HydraFacial Treatment infuses your skin with antioxidants, hyaluronic acid, and peptides. Expect to see instant results in the appearance of fine lines, wrinkles, acne, and hyper-pigmentation. Our most rejuvenating, restorative, and hydrating facial.  
**80 min \$350 | 50 min \$260 | 30 min \$205**

**CUSTOMIZED DEEP CLEANING FACIAL**  
This customized facial to your skin's current needs, will leave you with a youthful, radiant glow. Deep pore cleansing, exfoliation, as well as, a tailored mask treatment. A relaxing massage will reveal your healthiest skin with tangible, lasting results.  
**80 min \$310 | 50 min \$230**



## SKINCARE ENHANCEMENTS

Dermaflash	50	Dermabuild	50
Deep exfoliation, instantly removes peach fuzz		Fills in fine lines with hyaluronic acid to stimulate collagen	
Pro Peel	50	Britenol	50
Fruit enzymes & acids chemically exfoliate your skin		Lightens and brightens your skin's tone	
Diamond or Gold Face Mask	60	Regenerative Growth Factor (Stem Cell)	90
Full of antioxidants to fight free-radicals and very hydrating to the skin		Brings skin to a more youthful state using stem cell technology	
Diamond or Gold Eye Mask	25	Hot Oil Scalp Treatment	35
Full of antioxidants to fight free-radicals and very hydrating to the skin		Hydrating Hand Treatment	30

## BODY TREATMENTS & SEASONAL OFFERINGS

**CREEKSIDE AWAKENING RITUAL**  
This decadent body wrap begins with an invigorating dry brush to stimulate circulation, exfoliate, and detox the skin. A hydrating mask application is applied, then nestled within a cocooned wrap. While wrapped you will receive our hot oil scalp treatment to heighten your experience. Choose your wellness focus aromatherapy.  
**80 min \$305 | Add-on a 30-minute relaxation massage \$135**

**MELT YOUR STRESS AWAY BODY TREATMENT**  
A purifying shea butter body polish followed by a light chocolate souffle mask. Concludes with a vitamin E enriched velvety shea butter moisturizer that hydrates from head to toe.  
**50 min \$235 | Add-on a 30-minute relaxation massage \$135**

**AFTER SUN COCONUT & HONEY REVITALIZER**  
Ideal for dehydrated, sun burned or post-peeling skin.  
**30 min mask \$135 | 50 min combo mask & scrub \$235**