



TOWER SPA  
& BOUTIQUE

TREATMENTS & SERVICES

2020 Limited Menu

# TOWER SPA & BOUTIQUE

*Open Daily - 9:00 a.m. to 7:00 p.m.*

*Holiday hours may vary.*

Here in the Tower Spa & Boutique, located on the fourth floor of the resort, we are committed to ensuring customer safety and are adhering to all CDC and State recommended safety measures. This limited menu showcases our current offerings. As we aim to provide you with the highest level of service and safety, please take note of the following spa information and policies.

- **Reservations are required.** Walk-in appointments are unfortunately not permitted at this time.
- Please adhere to social distancing and wear a mask at all times. Your therapist will advise you when it is safe to remove your mask, treatment dependent.
- All customers are required to complete our Tower Spa COVID-19 Waiver. Please see the Spa Reception Desk for more information.
- Please note that public spaces and lounges are closed and we ask that you do not congregate in these areas.
- Only those customers receiving a treatment will be admitted into the Tower Spa.
- Eating and drinking is not permitted in the Tower Spa.
- The Tower Spa staffs both male and female therapists. We will accommodate your gender preference whenever possible.
- For your convenience, a **20% gratuity** is automatically added to your bill at checkout and applied to the full price of services before any discounts, coupon offers, or promotions.
- There is a **24 hour cancellation policy** for appointments. If your appointment is canceled within 24 hours of your service, we reserve the right to charge 100% of the service cost.

For information on any of our services or to book an appointment, please call 603.837.0080.

# MASSAGES

## **Classic Mountain Massage**

50 minutes - \$120

Our most popular service, this massage incorporates various techniques and preferred pressure for your body's individual needs. Together you and your therapist create your own personalized massage.

## **Alpine Arnica Deep Tissue Massage**

50 minutes - \$120

This intensive service incorporates three techniques into your experience: Russian Massage, Trigger Point Therapy, and Myofascial release. Sweet birch, magnesium, and arnica are blended into this treatment for added natural pain relief.

## **Deep Tissue Massage**

50 minutes - \$120

Relieve severe tension in muscles and connective tissues using deep pressure techniques to improve your range of motion and circulation throughout the body.

## **Wellness Massage**

50 minutes - \$100

This massage promotes relaxation with long connecting strokes to soothe and destress. Designed for individuals desiring lighter pressure or receiving their first massage.

## **Prenatal Rest & Renew Massage**

50 minutes - \$100

This deeply restorative treatment is designed for moms-to-be to help improve sleep, reduce stress, and soothe muscle fatigue. The service begins with a *Wellness Massage* using *Lavender Blossom Body Oil*, followed by the application of firming lotion to help prevent the appearance of stretch marks. Final attention is then paid to the feet with a cooling massage.

## **Swedish Massage**

50 minutes - \$100

Our traditional Swedish massage with lighter pressure to improve your circulation and relaxation.

# PRODUCT ENHANCEMENTS

*Add the following product enhancements to any full massage service.*

**Sweet Birch Rub** \$7

This blend of sweet birch with magnesium will re-energize and soothe chronically sore or overworked muscles, tendons and joints.

**CBD Oil** \$20

A luxurious blend of nutrient rich oils and therapeutic plant extracts designed to rehydrate your skin, ease muscle tension and promote full body relaxation.

**Arnica Gel** \$7

Arnica is an ancient European herb prized for its ability to soothe overworked muscles while helping to minimize bruising. The gel also provides the added benefits of cooling menthol, magnesium, copper and zinc.

**Mighty Mint Rescue Cream** \$5

This energizing formula helps stimulate circulation, invigorate overworked hands and feet, and calm tension headaches.

**Perfecting Body Lift** \$8

Redefine "aging skin" from head to toe with this revitalizing and anti-aging body serum.

**Gotu Kola Healing Balm** \$5

This intensely moisturizing balm helps replenish lost hydration and soothes dry skin.

**Aromatherapy Oil** \$5

A great way to enhance any massage service, aromatherapy oils help soothe the mind, body and spirit. Choose either *Lavender*, *Ginger Root*, or *Deep Forest* scented oil.

# SERVICE ENHANCEMENTS

*Add the following enhancements to any full massage service.*

## **Oil Scalp Massage**

\$10

Promotes circulation and soothes capillaries and nerves, relaxing your mind, body and alleviates stress, all while boosting your mood.

# BODY REMEDIES

## **Full Body Hydrating Treatment**

50 minutes - \$110

A revitalizing serum, the nourishing *Soothing Balm* will sculpt, tone and nourish dehydrated skin while improving circulation with the power of peptides and antioxidants.

## **CBD Treatment**

50 minutes - \$160

A luxurious blend of nutrient rich oils and therapeutic plant extracts infused with 400mg of water-soluble CBD to elevate your mind and body. The active botanical ingredients will enhance skin health and radiance.

## **Reiki Treatment**

50 minutes - \$95

Reiki is a Japanese method of healing that uses energy to balance the mind and body. Reiki promotes physical health, emotional well-being, stress reduction, and mental clarity. Please note that this treatment is not a massage.

# FACIALS

## HYDROPEPTIDE: CLINICAL LEVEL PRODUCTS

### **Advanced Repair Facial**

50 minutes - \$150

Give your exfoliation routine a professional boost. This instant apple stem cell resurfacing treatment leaves skin smooth and refreshed with no downtime. *Hydrostem Facial Serum* unites rejuvenating peptides with DNA repair enzymes and activators to guard against UV and pollution damage. Combining the best of science and nature to achieve age defying results.

### **Collagen Boosting Facial**

50 minutes - \$130

Discover Dr. Marcel Nimni's patented collagen support complex. *Nimni Day Cream* has the technology to significantly improve the appearance of skin's fullness and elasticity. *Hydropeptide's Polypeptide Collage+ Mask* infuses the skin with glow-boosting peptides and antioxidants that instantly lifts lines, deeply hydrates, and beautifully brightens your skin.

### **Customized Facial**

50 minutes - \$125

Your therapist will meet your skin care needs. Peptides and stem cells will immediately revitalize your skin's radiance, leaving it with a healthy glow while also addressing additional skin care concerns such as deep wrinkles, age spots, dehydration, sensitivity and congestion. Your skin will feel nourished, hydrated and look brighter than ever before.

### **Re-Fueling Facial**

50 minutes - \$100

Correct the first signs of aging and extract impurities. This treatment helps protect and even skin tone with Vitamin C, fruit enzymes, and a variety of antioxidants.

# FACIALS

## NATUROPATHICA: NATURAL PRODUCT LINE

### **Vitamin C15 Brightening Facial**

50 minutes - \$130

This treatment helps to reverse the effects of sun damage as potent antioxidants and corrective botanical extracts restore the skin. Featuring our best-selling daily *Vitamin C15 Wrinkle Repair Serum* that helps firm, brighten and dramatically reduce the appearance of wrinkles.

### **Manuka Honey Moisture Facial**

50 minutes - \$115

Nature's cure for thirsty, moisture-deprived skin. This facial immediately replenishes the skin with deeply hydrating botanical blends. Our sensorial *Soothing Hibiscus Enzyme Peel* smooths and calms stressed skin. A nourishing facial massage with our *Gotu Kola Healing Balm* leaves skin radiant and protected from harsh environmental elements.

### **Rebalance Facial**

50 minutes - \$100

This balancing facial effectively renews skin tone and texture while helping to soothe and restore devitalized, sun-damaged or razor-burned skin. Our purifying *Moss Blemish Treatment Mask* combines pore-refining moss extract with oil-absorbing kaolin and bentonite to leave skin looking healthy and clear.

# MANICURES & PEDICURES

## **Signature Pedicure**

*50 minutes - \$75*

Enjoy a warm foot bath to soften and soothe your tired feet along with full nail and foot care. Follow with a scrub to remove dry skin, luxurious foot massage and warm paraffin wax. Complete your pedicure with your choice of polish color.

## **Signature Manicure**

*50 minutes - \$55*

Enjoy a reparative manicure that begins with perfect nail and cuticle care, followed with a relaxing exfoliation and hand massage. Soften and hydrate with warm paraffin wax. Your experience is then completed with your choice of polish color for a perfect finish.

# HAIR TREATMENTS

## **Blowout**

*50 minutes - \$45*

Shampoo and style will leave your hair looking it's best and ready for the day.

## **Shampoo Cut and Style**

*60 minutes - \$50*

This woman's cut starts with a shampoo and leaves you with a brush-finish blow-dry.



# FREQUENTLY ASKED QUESTIONS

## **When should I make my appointment?**

We strongly recommend that you make your spa appointment(s) when you make your room reservation or at least three weeks in advance. If you are considering last minute services, we will do our best to accommodate your request.

## **What if I am late for my service?**

Treatments will begin and end on time as a courtesy to the next guest. Regretfully, if you are late for your appointment, we may have to shorten your appointment time to be on schedule for the next guest.

## **What information is required to make a reservation?**

We need the best number to reach you at during your stay in the event we need to contact you regarding your reservation. We also ask for an email address in order to send you confirmation of your appointments.

## **Are there age restrictions?**

The Mountain View Grand Resort & Spa is a family friendly resort. However, children under 16 must be accompanied by an adult for services and/or special spa events that are held.

## **Should I avoid the spa if I am pregnant?**

We offer pregnancy treatments that are designed with expecting moms in mind. However, you will want to avoid treatments using deep pressure and heat, such as deep-tissue massage. We also recommend only receiving massages after your first trimester. When making your appointments, please let the Spa Receptionist know how far along you will be at the time of service.

## **Should I alert someone if I have any physical ailments, disabilities or allergies?**

Please notify the Spa Receptionist when booking your appointments if you are pregnant, have high blood pressure, a heart condition, or any allergy to food or medicines, to prevent any unnecessary risks during your time here at the Tower Spa.

