

THE WOODHOUSE
experience



Welcome Home

The Woodhouse Day Spa®
*is your destination to relax, unwind,
and to let go, right here in your backyard.
Only in a state of relaxation will
the mind become free allowing you
to dream your best dreams.
Realize yourself and find your intention
at your Woodhouse Day Spa.*

— The Woodhouse Day Spa Family



*This symbol marks our Woodhouse Signature Treatments
representing our guests' all-time favorites.*

skin care



The Woodhouse signature minkyti

Our age-defying, award-winning facial.

THIS REVOLUTIONARY SEAWEED FACIAL IS A TRULY ME-TIME TREATMENT WITH EXTRAORDINARY RESULTS. A HANDCRAFTED “MINKYTI” MASSAGE TECHNIQUE REGENERATES AND OXYGENATES THE SKIN. FRESHLY HARVESTED SEAWEED LEAVES ARE PLACED ON THE FACE OVER A WARM POULTICE SEAWEED MASK TO NOURISH AND HYDRATE THE SKIN. TO TOP IT OFF, WE ENHANCE THE MASK WITH A RELAXING HEAD, NECK AND SHOULDER MASSAGE.

80 MINUTES, \$150 SERIES OF SIX, \$750

The Woodhouse hydrafacial

LIKE NO FACIAL YOU’VE EVER EXPERIENCED. THE HYDRAFACIAL WILL LEAVE YOUR SKIN GLOWING FOR WEEKS WITH ITS BREAKTHROUGH RESURFACING AND FUSION TECHNOLOGY. THIS NON-INVASIVE TREATMENT INFUSES YOUR SKIN WITH ANTIOXIDANTS, PEPTIDES, AND HYALURONIC ACID AND THE RESULTS ARE IMMEDIATE WITH NO DOWN TIME. AN ANTI-AGING SOLUTION WITH REAL RESULTS PLUS A HEALTHY DOSE OF OUR HANDCRAFTED MASSAGE TECHNIQUES—PRICELESS!

80 MINUTES, \$250 SERIES OF SIX, \$1,250

the pure hydrafacial

THE PURE HYDRAFACIAL PROVIDES GLOWING AND FLAWLESS RESULTS! IMMEDIATELY REDUCE THE LOOK OF FINE LINES AND WRINKLES WITH THIS HYDRADERMABRASION TREATMENT THAT BEGINS WITH A REJUVENATING, DEEP CLEANSING. FOLLOWED UP WITH AN INFUSION OF ANTIOXIDANTS AND HYDRATING HYALURONIC ACID, YOUR SKIN WILL BE RED CARPET READY.

50 MINUTES, \$185 SERIES OF SIX, \$925

the express hydrafacial

OUR NO NONSENSE APPROACH FOR THOSE ON THE GO, THIS HYDRAFACIAL TREATMENT PROVIDES INSTANT RESULTS WITH NO DOWN TIME. AN INFUSION OF INNOVATIVE INGREDIENTS WILL CREATE A HEALTHY GLOW WHILE ADDRESSING ANY TROUBLED AREAS ON YOUR FACE.

25 MINUTES, \$95 SERIES OF SIX, \$475

hydrafacial add-ons

DERMABUILDER TREATMENT: *Enhances skin elasticity & tone.*

\$50

LYMPHATIC TREATMENT: *Helps to eliminate puffiness.*

\$35

LED LIGHT TREATMENT: *Red and blue light for skin therapy.*

\$35

skin care

the skin fitness assessment facial

THIS IS THE DEFINITIVE SKIN CARE ASSESSMENT AND TREATMENT PLAN OFFERED. OUR 80 MIN ASSESSMENT FACIAL INCLUDES A 24-POINT SKIN CARE ANALYSIS, DEEP CLEANSING, EXFOLIATION, EXTRACTIONS, A RELAXING SHOULDER AND NECK MASSAGE, ALONG WITH A FOCUSED FACIAL MASSAGE TECHNIQUE AND MASK. THE FINISHING TOUCH IS A PERSONALIZED SKIN CARE PROGRAM CREATED SPECIFICALLY FOR YOU.

80 MINUTES, \$150 SERIES OF SIX, \$750 *65 min. facial, 15 min. consultation*

restorative stem cell facial

OUT WITH THE OLD SKIN CELLS AND IN WITH NEW, YOUNG, HEALTHY CELLS! AVAILABLE EXCLUSIVELY AT THE WOODHOUSE, THIS TREATMENT COMBINES GROWTH FACTORS WITH MICROCURRENT TECHNOLOGY TO STIMULATE YOUR SKIN'S ABILITY TO PROTECT AND RENEW ITSELF BY REPLACING DAMAGED COLLAGEN AND ELASTIN FIBERS.

80 MINUTES, \$160 SERIES OF SIX, \$800

timeless anti-aging facial

DARE TO DEFY TIME! IDEAL FOR DEHYDRATED, DRY OR MATURE SKIN, THIS FACIAL DELIVERS VISIBLE RESULTS WITH CUTTING EDGE INGREDIENTS AND MICROCURRENT TECHNOLOGY. FIGHT THE SIGNS OF VISIBLE AGING AND REDUCE THOSE WELL-EARNED, FINE LINES AND WRINKLES. YOU WILL LEAVE REFRESHED, AND GLOWING...TIMELESS.

50 MINUTES, \$125 SERIES OF SIX, \$625

restore and firm microderm

THIS UNIQUE TREATMENT ENCOMPASSES THE REFINING BENEFITS OF MICRODERM WITH ALL THE GOODNESS OF OUR FACIAL EXPERIENCE. ENJOY INSTANT RESULTS AS WELL-EARNED FINE LINES & WRINKLES ARE SWEEP AWAY, ALONG WITH HYPER-PIGMENTATION, AND MINOR ACNE SCARRING — ALL WITH NO DOWN TIME.

50 MINUTES, \$130 SERIES OF SIX, \$650

80 MINUTES, \$165 SERIES OF SIX, \$825

illuminating facial

A CORRECTIVE AND ACTIVE FACIAL CREATED TO REVERSE THE SIGNS OF PREMATURE AGING AND SUN DAMAGE. THIS RESULTS ORIENTED FACIAL FOR LIGHTENING AND HYPER-PIGMENTATION INCLUDES A TWO LAYER PEEL AND TWO MASKS TO REVEAL A BRIGHTER, VIBRANT AND MORE REFINED COMPLEXION.

50 MINUTES, \$125 SERIES OF SIX, \$625

skin care

calming rosacea facial

SOOTHE THE SKIN WITH THIS GENTLE FACIAL THAT MINIMIZES INFLAMMATION AND REDNESS AND HELPS TO STRENGTHEN THE CAPILLARIES FOR SMOOTHER, YOUNGER LOOKING SKIN. WITH REDUCED PUFFINESS AND IMPROVED TEXTURE, YOUR SKIN WILL HAVE A HEALTHY GLOW.

50 MINUTES, \$110 SERIES OF SIX, \$550

refining acne facial

YOUR SKIN WILL FEEL FRESH, CLEANSED AND RE-BALANCED WITH A VISIBLY CLEARER COMPLEXION! DESIGNED TO NOT ONLY TREAT ACNE, THIS FACIAL ALSO CORRECTS THE SIGNS OF DAMAGE FROM BLEMISHES - A TRULY REFINING EXPERIENCE!

50 MINUTES, \$110 SERIES OF SIX, \$550

organic discovery facial

RESTORE CLARITY AND RADIANCE WITH THIS INTRODUCTORY FACIAL. IDEAL FOR THE FIRST TIME SPA-GOER OR A NEW WOODHOUSE GUEST WHO SIMPLY WANTS A TASTE OF THE GOODNESS WE HAVE TO OFFER.

50 MINUTES, \$95 SERIES OF SIX, \$475

seaweed marine eye compress treatment

A HIGHLY EFFECTIVE AND RELAXING TREATMENT FOR PUFFINESS, SIGNS OF AGING AND DARK CIRCLES IN THE EYE AREA THAT WORKS WITH THE WHOLE BODY TO ESTABLISH BALANCE FOR LASTING RESULTS.

25 MINUTES, \$45

facial enhancements FULL ENHANCEMENT MENU AVAILABLE UPON ARRIVAL

VITAMIN C BOOSTER: *Boost collagen production and plump skin.* \$20

GLYCOLIC POWER PEEL: *Concentrated glycolic peel to reduce fine lines.* \$25

PURIFYING BACK TREATMENT, 25 MIN: *Invigorating steam and exfoliation.* \$50

waxing

EYEBROW	\$25	LIP	\$20	CHIN	\$20
FACE	\$50	SIDE BURNS	\$25	CHEST	\$65
BACK	\$65	ARMS -UPPER	\$35	ARMS -LOWER	\$35
ARMS -FULL	\$55	UNDERARM	\$30	BIKINI	\$50
EXTENDED BIKINI	\$60	BRAZILIAN	\$75	LEGS-UPPER	\$45
LEGS-LOWER	\$45	FULL LEGS	\$75		

sleep treatments

THE WOODHOUSE DAY SPA® OFFERS A COLLECTION OF SLEEP TREATMENTS DESIGNED TO PROVIDE YOU WITH MUCH NEEDED “ME TIME” IN THE FORM OF REST INDUCING, WELL INTENTIONED SPA THERAPIES. ESSENTIAL TO OVERALL HEALTH AND WELLBEING, A GOOD NIGHT’S SLEEP WILL DO WONDERS FOR YOUR PHYSICAL AND MENTAL WELLBEING.

lavender dreams

THIS EXCLUSIVE MASSAGE EXPERIENCE USES WILD CRAFTED LAVENDER AND PURPOSEFUL MASSAGE TECHNIQUES TO HELP YOU UNWIND, DECOMPRESS AND RELAX INTO MUCH NEEDED REST. YOU WILL WAKE FEELING REFRESHED AND RENEWED.

50 MINUTES, \$100 SERIES OF SIX, \$500

deep sleep massage

THE ONLY ONE OF ITS KIND, THIS DEEPLY RELAXING HEAD, NECK, SHOULDER AND BACK MASSAGE, USES WARMED ORGANIC AROMATHERAPY OILS SPECIFICALLY DESIGNED FOR LIMITLESS RELAXATION. A CALMING TEA RITUAL FOLLOWS WITH A HEATED HERBAL COMPRESS PLACED ON TENSE BACK MUSCLES TO MELT AWAY STRESS, AS YOU FALL INTO A DEEP SLUMBER. *60 min. massage & tea ritual, 20 min. deep sleep slumber*

80 MINUTES, \$135 SERIES OF SIX, \$675

blissful night

THE SOUND OF GENTLE RAINFALL PROVIDES THE PERFECT BACKDROP FOR STRESS RELIEF AND BALANCE. A SLEEP INDUCING EXPERIENCE THAT BEGINS WITH A DRYBRUSH EXFOLIATION AND A RITUAL AROMATHERAPY APPLICATION IS FOLLOWED BY A BACK, NECK AND SCALP MASSAGE. COMPLETE YOUR ESCAPE WITH A WARM VICHY SHOWER.

50 MINUTES, \$110 SERIES OF SIX, \$550

the shirodhara

SHIRODHARA, AN INTENSELY HEALING AND RELAXING TECHNIQUE, BEGINS WITH WARM, NUTRITIVE OIL FLOWING ONTO THE CENTER OF YOUR FOREHEAD FROM A BEAUTIFUL COPPER VESSEL. AS THE SOOTHING OIL FLOWS FROM THE FOREHEAD AND OVER THE SCALP, YOUR MENTAL TENSION AND MIND CHATTER FLOWS AWAY. A SOOTHING SCALP AND NECK MASSAGE FOLLOWS, ENCOURAGING A STATE OF UPLIFTING EMOTIONAL WELLBEING.

50 MINUTES, \$110 SERIES OF SIX, \$550

the soma

COMBINING THE ANCIENT ARTS OF REFLEXOLOGY FOOT MASSAGE AND SHIRODHARA SCALP MASSAGE, THIS AYURVEDIC EXPERIENCE INTEGRATES THE MIND AND BODY BY CALMING THE NERVOUS SYSTEM TO ACHIEVE AWARENESS AND CONTENTMENT.

50 MINUTES, \$110 SERIES OF SIX, \$550

massage



The Woodhouse signature four-handed massage *An award winning indulgence!*

TWO THERAPISTS PERFORM SEAMLESSLY CHOREOGRAPHED, RHYTHMIC MOVEMENTS THAT INDUCE DEEP RELAXATION. THERAPISTS PERFORM A FULL-BODY MASSAGE, REFLEXOLOGY, AND HYPNOTIC SCALP MASSAGE TO CREATE A SENSE OF CALM AND WELLBEING. ORGANIC AROMATIC OIL SOOTHES THE SENSES AND NOURISHES THE SKIN. EMERGE RENEWED AND SERENE.

80 MINUTES, \$250 SERIES OF SIX, \$1,250

therapeutic stone massage

A FULL BODY MASSAGE, ENCOMPASSING WARM STONES WITH LIGHT TO MODERATE PRESSURE. EXPERIENCE THIS TIME HONORED PRACTICE WHICH BRINGS DEEP, RESTORATIVE REST. OUR MASSAGE THERAPIST GENTLY GLIDES SMOOTH STONES OVER THE BODY, PROVIDING WARMTH THAT SOOTHES MIND AND MUSCLES, INCREASES CIRCULATION, IMPROVES TONE AND INDUCES TRANQUILITY AND SERENITY.

Himalayan Salt Stone or Volcanic Stone available by location.

50 MINUTES, \$100 SERIES OF SIX, \$500

80 MINUTES, \$140 SERIES OF SIX, \$700

110 MINUTES, \$190 SERIES OF SIX, \$950

balancing yoga massage

EVOLVED FROM ANCIENT HEALING TECHNIQUES, THIS HARMONIOUS MASSAGE INVOLVES A UNIQUE AND MAGICAL COMBINATION OF DEEP STRETCHING, RHYTHMIC COMPRESSION AND ACUPRESSURE. ALLEVIATE MANY KINDS OF ACHES AND PAIN INCLUDING PROBLEMS WITH BACK, SHOULDERS, NECK, HIPS, LEGS HEADACHES AND MORE WHILE MUSCLES ARE RELAXED AND LENGTHENED. BE PREPARED FOR INCREASED ENERGY! PLEASE WEAR LOOSE FITTING CLOTHING.

50 MINUTES, \$110 SERIES OF SIX, \$550

deep tissue massage

THIS THERAPEUTIC MASSAGE USES STRATEGIC STROKES TO INCREASE CIRCULATION AND RELEASE MUSCLE TENSION. A COMBINATION OF TRIGGER POINT THERAPY, STRETCHING, SPORTS MASSAGE AND OTHER UNIQUE MODALITIES RELIEVE STRAIN, STRESS AND INFLAMMATION.

50 MINUTES, \$100 SERIES OF SIX, \$500

80 MINUTES, \$140 SERIES OF SIX, \$700

massage

duet massage

ROOM FOR TWO! YOUR VERY OWN BEAUTIFULLY APPOINTED PRIVATE SPA ROOM FOR YOU AND ANOTHER. THE DUET ENCOURAGES UNITY, CONNECTION AND COLLECTIVE CALM. EASE STRESS AND UNWIND AS TWO THERAPISTS PERFORM SIDE-BY-SIDE SWEDISH MASSAGES THAT HELP THE TWO OF YOU RELAX.

50 MINUTES, \$175 SERIES OF SIX, \$875
80 MINUTES, \$250 SERIES OF SIX, \$1,250

swedish massage

THIS CLASSIC STRESS-RELIEVING MASSAGE UTILIZES LONG, FLOWING STROKES TO REDUCE TENSION, INCREASE CIRCULATION AND INDUCE RELAXATION. AN INTRODUCTORY MASSAGE THAT'S GREAT FOR UNWINDING!

50 MINUTES, \$90 SERIES OF SIX, \$450
80 MINUTES, \$130 SERIES OF SIX, \$650
110 MINUTES, \$175 SERIES OF SIX, \$875

relaxing back, neck, and shoulder massage

EASE STRESS WITH THIS FOCUSED TENSION-RELEASING MASSAGE. A THERAPEUTIC BLEND OF ESSENTIAL OILS IS APPLIED TO REMOVE LACTIC ACID AND ELIMINATE CHRONIC DEEP "KNOTS." KNEAD AND RELEASE TECHNIQUES ARE USED TO RELAX THE MUSCLES AND INCREASE CIRCULATION. ARISE RELAXED, YET INVIGORATED.

50 MINUTES, \$90 SERIES OF SIX, \$450

reflexology foot massage

THIS REMARKABLE ANCIENT TECHNIQUE MASSAGES THE REFLEX ZONES OF THE FEET INDUCING DEEP RELAXATION TO THE ENTIRE BODY BY RELEASING THE FLOW OF ENERGY. NOT ONLY WILL YOUR FEET FEEL TERRIFIC, YOU WILL EXPERIENCE INCREASED ENERGY.

25 MINUTES, \$50 SERIES OF SIX, \$250
50 MINUTES, \$90 SERIES OF SIX, \$450

mellow mama

NURTURING FULL BODY MASSAGE FOR MOMS TO BE! USING SAFE AND EFFECTIVE PRE-NATAL TECHNIQUES AND AWARD WINNING PRODUCTS, THIS MASSAGE WILL HELP WITH DEHYDRATED SKIN, EXHAUSTION, AND PUFFY HANDS AND FEET. SPECIAL ATTENTION TO EASING LOWER BACK MUSCLES AND PROVIDING HOME CARE TIPS FOR SKIN FITNESS THROUGHOUT PREGNANCY.

50 MINUTES, \$100 SERIES OF SIX, \$500
80 MINUTES, \$140 SERIES OF SIX, \$700

body treatments

OUR BODY RITUALS ARE INSPIRED AND INTENDED FOR VERY SPECIFIC PURPOSES. WHETHER TO CALM THE NERVOUS SYSTEM, REDUCE WATER RETENTION AND INCREASE CIRCULATION, ENLIVEN THE SENSES OR REDUCE CELLULITE, YOU WILL RETURN TO YOUR DAY FEELING PROFOUNDLY AND MAGNIFICENTLY DIFFERENT.

The Woodhouse escape

Take a peaceful journey through The Woodhouse experience.

EXPERIENCE PEACE AND HARMONY OF BODY, MIND AND SPIRIT WITH A TASTE OF SEVEN SPECIALIZED TREATMENTS. THIS BLISSFUL, HEAD-TO-TOE RITUAL BEGINS WITH AN EXFOLIATING BODY SCRUB FOLLOWED BY THERAPEUTIC STONE MASSAGE. NEXT, A FOCUS ON NECK AND SHOULDERS TO RELEASE UPPER BODY TENSION, FOLLOWED BY RELAXING AND RENEWING ACUPRESSURE, SCALP AND HAND & ARM MASSAGE. YOUR ESCAPE ENDS WITH THE RESTORATIVE ANCIENT ART OF REFLEXOLOGY.

110 MINUTES, \$225 SERIES OF SIX, \$1,125

lazy days renewal ritual

THIS SPIRIT RENEWING RITUAL BEGINS WITH A BODY SCRUB USING THE FINEST ORGANIC, HAND-HARVESTED SEAWEED FOR SILKY, SOFT SKIN AND DETOXIFICATION. FOLLOWING YOUR EXFOLIATION, YOU WILL IMMERSE YOURSELF IN SOOTHING WATERS WITH SEAWEED, SEA SALT AND AROMATHERAPY ESSENCES OF SPICE AND CITRUS FOR A RELAXING AND RENEWING TUB SOAK. YOUR JOURNEY WILL BE COMPLETE WITH A 45 MINUTE MASSAGE USING NOURISHING SEAWEED AND TONING OIL FOR A RESTORED AND VIBRANT YOU.

80 MINUTES, \$150 SERIES OF SIX, \$750

organic seaweed leaf wrap

A TRULY AMAZING BODY THERAPY INSPIRED BY THE SEA. FRESH LEAVES OF ATLANTIC SEAWEED COCOON THE BODY TO DETOXIFY, MOISTURIZE, SOFTEN AND REVIVE THE BODY. THE TREATMENT BEGINS WITH AN EXFOLIATION USING FINELY GROUND SEAWEED, WHICH IS FOLLOWED BY A WRAP OF SEAWEED FOR THE BODY. WHILE THE SEAWEED'S MINERALS, VITAMINS AND AMINO ACIDS WORK THEIR MAGIC, YOU WILL BE TREATED TO A RELAXING SCALP MASSAGE.

80 MINUTES, \$170 SERIES OF SIX, \$850

warm spiced mud wrap

SEAWEED FROM THE ATLANTIC OCEAN IS COMBINED WITH PURIFYING ELEMENTS OF PEAT TO PRODUCE A MUD WRAP RICH IN POTENT ANTI-OXIDANTS, MINERALS AND ENHANCED WITH ORGANIC GINGER AND CINNAMON. RESULTS DRIVEN GUESTS WILL LOVE THE IMMEDIATE EFFECTS ON THE SKIN, INCLUDING FIRING AND TONING. ALONG WITH THE THERAPEUTIC BENEFIT OF THE VICHY SHOWER, THIS IS A SERIOUS DETOXIFIER.

50 MINUTES, \$110 SERIES OF SIX, \$550

body treatments

shrink to fit cellulite wrap

DIMPLE REDUCER AND RESULTS PRODUCER! COMBINES DEEP TISSUE AND LYMPHATIC MASSAGE TO LIFT, TIGHTEN AND TONE YOUR HIPS AND THIGHS. POWERFUL ACTIVES STIMULATE CIRCULATION AND ADD MEGA MOISTURE TO TIGHTEN AND FIRM. BEST IN A WEEKLY SERIES OF 3-6.

50 MINUTES, \$120 SERIES OF SIX, \$600

wild lavender and seaweed sugar glow

THIS TREATMENT USES A MEDLEY OF INGREDIENTS INCLUDING ORGANIC SEAWEED, WILD-CRAFTED LAVENDER OIL AND ORGANIC SUGAR TO INVIGORATE, EXFOLIATE AND NOURISH THE SKIN. AFTERWARDS, YOU ENJOY A THERAPEUTIC VICHY SHOWER AND SHORT RELAXING MASSAGE WITH A FRESH HYDRATING LOTION. THIS AROMATIC BODY SUGAR SCRUB MELTS TIRED MUSCLES WHILE SOOTHING AND SOFTENING THE SKIN.

50 MINUTES, \$110 SERIES OF SIX, \$550

stretch mark smoother

YES, PLEASE! MINIMIZE THE APPEARANCE OF OLD STRETCH MARKS CAUSED BY PREGNANCY AND WEIGHT FLUCTUATIONS. USING A POWERFUL BLEND OF PEPTIDES, FRUIT AND ALGAE EXTRACTS AND NOURISHING OILS, THIS TREATMENT WILL IMPROVE SKIN TEXTURE AND COLOR. HOME CARE IS A NECESSITY FOR DRAMATIC RESULTS.

50 MINUTES, \$120 SERIES OF SIX, \$600

vichy shower



origin: The Vichy Shower originated in Vichy, France. This region is resplendent with six geothermal mineral springs that have been used for eons for hot spring “cures” for arthritis, rheumatism, gout and digestive complaints. Vichy continues to be world-renowned for its spa therapies.

As the guest reclines face-down on a spa table, the rainbar with shower heads, is adjusted so that the warm water cascades over the guest’s back, legs, and feet. When an alternate hot/cold rain shower is performed, it is one of the most results oriented therapies available.

benefits: balancing, firming, toning, detoxifying, oxygenating, restorative, relaxing, reinforces the immune system

hand rituals

W *The Woodhouse signature hand retreat* *Our most raved-about, detailed manicure.*

THIS TREATMENT IS ABOUT NOURISHING, RECONDITIONING, AND REFINING YOUR HANDS AND ARMS. YOU WILL ENJOY AN EXFOLIATION FROM HAND TO ELBOW, FOLLOWED BY A DEEPLY RELAXING MASSAGE. THEN YOUR HANDS WILL BE LOVINGLY WRAPPED IN WARMED ATLANTIC SEAWEED LEAVES TO HYDRATE, INCREASE CIRCULATION AND NOURISH DRY SKIN.

TO SEAL THE GOODNESS, A LUXURIATING HAND CRÈME WILL BE APPLIED.

50 MINUTES, \$65 SERIES OF SIX, \$325

warm agave nectar manicure

NECTAR AND NATURAL OILS RELIEVE DRY SKIN AND HELP PREVENT THE SIGNS OF AGING. ENJOY THE LIGHT HEAVENLY FRAGRANCE AS HANDS ARE REFRESHED AND HYDRATED.

50 MINUTES, \$50 SERIES OF SIX, \$250

spritzer

OUR CLASSIC MANICURE DELIVERS A SILKY ORGANIC MASSAGE WITH SOOTHING BOTANICALS AND ESSENTIAL OILS. SOFTEN, REVITALIZE AND CONDITION HANDS.

50 MINUTES, \$45 SERIES OF SIX, \$225

immaculate wear

THE WOODHOUSE OFFERS YOU 7 OR 14 DAY WEAR—YOU CHOOSE WHAT WORKS FOR YOU! DURABLE POLISH DESIGNED TO LAST BASED ON NORMAL WEAR CONDITIONS.

7 DAY LACQUER: *Lacquers can withstand average wear.*

INCLUDED

Add On:

14 DAY SHELLAC: *The industry leader for long lasting wear can last up to 14 days.** \$15

**Actual length of wear may vary. Lacquer times listed above based on average wear and environmental conditions.*

Enjoy two treatments at the same time. Book your manicure & pedicure together!

foot rituals



The Woodhouse signature seaweed leaf pedicure

Slip into a state of total relaxation.

REFINING YOUR SKIN, THE TREATMENT BEGINS WITH A SEA SALT EXFOLIATION FROM THE KNEES TO THE FEET. ENJOY A STATE OF TOTAL BLISS AS WARM VOLCANIC STONES ARE MASSAGED FROM HEEL TO KNEE FOLLOWED BY REFLEXOLOGY TO INCREASE RELAXATION AND RELEASE ENERGY. A DOUBLE ACTION SEAWEED FOOT MASK AND FRESH SEAWEED LEAF WRAP AROUND THE LEGS REDUCE SWELLING AND SOFTEN TIRED FEET. A TRULY "SOLE"FUL EXPERIENCE!

80 MINUTES, \$90 SERIES OF SIX, \$450

lavender and seaweed sugar scrub pedicure

DELIGHTFUL AND INVIGORATING PEDICURE THAT REMOVES LIFELESS LAYERS WITH A HEALTHY REFINING SCRUB THAT QUICKLY RE-POLISHES UNWANTED CALLUSES AWAY. A WARM VOLCANIC STONE MASSAGE EASES FOOT TENSION AND IMMEDIATELY CALMS THE MIND.

50 MINUTES, \$70 SERIES OF SIX, \$350

warm agave nectar pedicure

WARM AGAVE NECTAR WITH A HEAVENLY LIGHT SCENT IS PURPOSELY DRIZZLED OVER THE FEET AND LEGS FOLLOWED WITH A SOOTHING HEEL TO KNEE MASSAGE. RELISH THE EXPERIENCE.

50 MINUTES, \$55 SERIES OF SIX, \$275

the tula

AN EXPRESS MANICURE AND PEDICURE COMBINATION FOR THOSE ON THE GO.

50 MINUTES, \$75 SERIES OF SIX, \$375

lucky legs add on

THE PERFECT ENDING TO ANY FOOT TREATMENT! AN INSTANT BURST OF COOLING ACTION AND INVIGORATING MASSAGE WILL DE-PUFF AND REFRESH SWOLLEN, TIGHT LEGS AND FEET.

25 MINUTES, \$40

nail service enhancements

SEE A FULL MENU OF ENHANCEMENTS WHEN YOU VISIT, TO CUSTOMIZE YOUR EXPERIENCE.

FRENCH POLISH \$10

ECOFIN TREATMENT \$15

for *The Woodhouse gents*

gentlemen's hot towel facial

FOR THE SOPHISTICATED MAN LOOKING FOR A NO FUSS, RESULTS-ORIENTED FACIAL EXPERIENCE. RELAX WITH A TRADITIONAL BARBER HOT TOWEL TECHNIQUE ENHANCED WITH NUTRIENT-RICH PRODUCTS. SKIN IS CLEANSED, TONED AND CONDITIONED AS IRRITATIONS FROM SHAVING OR SUN-EXPOSURE ARE SOOTHED. WE COMBINE THE MASK WITH A LIGHT SCALP MASSAGE.

50 MINUTES, \$100 SERIES OF SIX, \$500

gentlemen's manicure

AN ULTRA-RICH, DEEP TREATMENT MOISTURIZES HANDS AND RELIEVES STRESS AS REFINED OILS SOFTEN, RESTORE AND CONDITION.

25 MINUTES, \$35 SERIES OF SIX, \$175

gentlemen's pedicure

RELAXING AND INVIGORATING PEDICURE WITH A GROOM AND BUFF PAIRED WITH A SOOTHING FOOT AND LEG MASSAGE.

50 MINUTES, \$50 SERIES OF SIX, \$250

gentlemen's therapeutic stone massage

A FULL BODY MASSAGE, ENCOMPASSING WARM STONES WITH LIGHT TO MODERATE PRESSURE. EXPERIENCE THIS TIME HONORED PRACTICE WHICH BRINGS DEEP, RESTORATIVE REST. OUR MASSAGE THERAPIST GENTLY GLIDES SMOOTH STONES OVER THE BODY, PROVIDING WARMTH THAT SOOTHES MIND AND MUSCLES, INCREASES CIRCULATION, IMPROVES TONE AND INDUCES TRANQUILITY AND SERENITY.

Himalayan Salt Stone or Volcanic Stone available by location.

50 MINUTES, \$100 SERIES OF SIX, \$500

80 MINUTES, \$140 SERIES OF SIX, \$700

110 MINUTES, \$190 SERIES OF SIX, \$950

gentlemen's deep tissue massage

THIS THERAPEUTIC MASSAGE USES STRATEGIC STROKES TO INCREASE CIRCULATION AND RELEASE MUSCLE TENSION. A COMBINATION OF TRIGGER POINT THERAPY, STRETCHING, SPORTS MASSAGE AND OTHER UNIQUE MODALITIES RELIEVE STRAIN, STRESS AND INFLAMMATION.

50 MINUTES, \$100 SERIES OF SIX, \$500

80 MINUTES, \$140 SERIES OF SIX, \$700

spend a day with us packages



The Woodhouse experience

The best of everything The Woodhouse has to offer.

YOUR DAY BEGINS WITH YOUR CHOICE OF AROMATHERAPY BATH CURE TO ENLIVEN THE SENSES. NEXT, DRIFT AWAY INTO THE ULTIMATE RELAXATION WITH OUR SIGNATURE FOUR-HANDED MASSAGE, FOLLOWED BY OUR REJUVENATING AND NOURISHING WOODHOUSE SIGNATURE MINKYTI FACIAL. ENJOY A RELAXING SPA CUISINE AND FINISH YOUR EXPERIENCE WITH THE WOODHOUSE SIGNATURE HAND RETREAT AND SEAWEED LEAF PEDICURE.

5 HOURS, 15 MINUTES, \$550

- AROMATHERAPY BATH CURE
- SIGNATURE FOUR-HANDED MASSAGE
- THE WOODHOUSE SIGNATURE MINKYTI FACIAL
- THE WOODHOUSE SIGNATURE HAND RETREAT
- THE SIGNATURE SEAWEED LEAF PEDICURE

two's company

Double the pleasure as you and a guest enjoy a relaxing spa experience.

ENJOY OUR RELAXING SWEDISH DUET MESSAGES, 50 MIN., FOLLOWED BY OUR ORGANIC DISCOVERY FACIALS COMBINED WITH WARM AGAVE NECTAR PEDICURES. EMERGE RENEWED, RE-ENERGIZED AND REFRESHED. A WONDERFUL WAY TO SPEND QUALITY TIME WITH SOMEONE SPECIAL.

2 HOURS, 30 MINUTES, \$450

- TWO SWEDISH MESSAGES
- TWO ORGANIC DISCOVERY FACIALS
- TWO WARM AGAVE NECTAR PEDICURES

organic renewal

Total well-being and renewal are the end result of this holistic package.

BEGIN WITH A THERAPEUTIC ORGANIC SEAWEED LEAF WRAP FOR REMINERALIZING THE SKIN AND ENHANCING CIRCULATION. AN ILLUMINATING FACIAL RESTORES THE SKIN AND OUR SEAWEED MARINE EYE COMPRESS TREATMENT REDUCES DARK CIRCLES, MINIMIZES PUFFINESS AND BRIGHTENS TIRED, STRESSED EYES. FINISH WITH ONE OF OUR MOST POPULAR FOOT TREATMENTS - LAVENDER AND SEAWEED SUGAR SCRUB PEDICURE.

3 HOURS, 25 MINUTES, \$390

- ORGANIC SEAWEED LEAF WRAP
- ILLUMINATING FACIAL
- SEAWEED MARINE EYE COMPRESS TREATMENT
- LAVENDER AND SEAWEED SUGAR SCRUB PEDICURE

spend a day with us packages

spa classics

Reconnect and recharge with this classic head-to-toe experience.

START OFF WITH A RELAXING, THERAPEUTIC SWEDISH MASSAGE, 50 MIN. NEXT, ENJOY AN ORGANIC DISCOVERY FACIAL THAT CLEANSES AND CONDITIONS YOUR SKIN. CONCLUDE YOUR BLISSFUL SPA RETREAT WITH A WARM AGAVE NECTAR PEDICURE.

- 2 HOURS, 30 MINUTES, \$225
- SWEDISH MASSAGE
 - ORGANIC DISCOVERY FACIAL
 - WARM AGAVE NECTAR PEDICURE

great expectations

Expectant mothers relieve stress and anxiety and experience restful bliss.

OUR 50 MIN. MELLOW MAMA MASSAGE EASES PREGNANCY ACHES AND PAINS AND AN ORGANIC DISCOVERY FACIAL AND LAVENDER AND SEAWEED SUGAR SCRUB PEDICURE REJUVENATE THE SKIN AND SOOTHE TIRED FEET.

- 2 HOURS, 30 MINUTES, \$250
- MELLOW MAMA MASSAGE
 - ORGANIC DISCOVERY FACIAL
 - LAVENDER AND SEAWEED SUGAR SCRUB PEDICURE

spa etiquette

SPA RESERVATIONS

To ensure your preferred appointment time, it is recommended you schedule your spa experience with as much advance notice as possible or at the conclusion of your last experience. Our professional staff allocates time especially for each guest, therefore, a credit card is requested to guarantee these reservations. All spa experiences are subject to availability. Menu service and prices are subject to change without notice. We reserve the right to refuse service to anyone.

SPA ARRIVALS

To begin your spa journey in a relaxed state, we ask that you arrive 15 minutes prior to your scheduled appointment time. For a new guest, please allow 30 minutes to accommodate completion of your guest profile. Spa robes, slippers, private lockers and beverages are provided for your comfort. Delayed arrival will limit the time for your experience, reducing the effectiveness of your treatment and the expectations of your visit. In consideration of other spa guests, service time will not be extended for delayed arrivals, and the full price of your service will be charged. Please notify our staff if there are any special physical or medical needs or conditions they need to consider prior to your services (*i.e. pregnancy, food or product sensitivities or aggressive medications*). We recommend that valuable items be left at home. The Woodhouse is not responsible for lost or stolen items.

SPA CANCELLATIONS OR RESCHEDULING

As a courtesy, you will receive a confirmation of your reservation prior to your arrival. Should the need arise to cancel or reschedule reservations, a 24-hour advance notice is required. A 48-hour advance notice is required for any spa packages and multiple treatments lasting more than 2 hours. Insufficient notice to cancel or reschedule reservations are subject to charges up to full service value. All no show reservations will be assessed a charge at full value of services. Spa Parties are subject to terms of agreement for cancellations.

SPA REQUIREMENTS

We accept guests of all ages, however, some services may require parental release before the services can be rendered. So that all guests may experience a pleasant and peaceful environment, we ask that only those receiving services accompany you to the spa.

SPA PAYMENTS, GRATUITY, AND GIFT CARDS

Payments are accepted in the form of Cash, most Major Credit Cards and The Woodhouse Day Spa Gift Cards. The Woodhouse Day Spa® gift card contains value which may be used to purchase products and services at face value. This card cannot be used to purchase other gift cards. The card must be presented at time of purchase and the available balance will be applied to the transaction. Prices vary by spa and are subject to change without notice. Spa locations are individually owned franchises solely responsible for

any and all gift card liabilities at their respective locations. Redemption of this card is subject to certain restrictions and expirations set by each spa location or state regulation. Should this card be redeemed at another location, the card will be redeemed at face value. This card is non-refundable and may not be redeemed for cash. Any unused balance will remain on the card. This card is not transferable and The Woodhouse Day Spa® is not responsible for any lost, stolen, damaged or unauthorized use of the card. No express or implied warranties apply. Series of services are not refundable, but can be converted to spa credit.

Gratuities are not included in the value of the services and are at the discretion of the guest.

SPA PRODUCTS AND RETURNS

In keeping with The Woodhouse Vision, purity and quality are essential elements in our skin and body care products. In the event you are not satisfied with a skin or body care product, you will be given spa credit if the product is returned within 30 days of purchase. For other retail items, a refund will be issued as spa credit or back in the form of which payment was received within 30 days of purchase.

FOR FRANCHISE OPPORTUNITIES VISIT www.OwnaWoodhouse.com

EXPERIENCE

THE WOODHOUSE

day spa®



The Shoppes of Arbor Lakes
12425 Elm Creek Blvd. North
Maple Grove, MN 55369
ArborLakes.WoodhouseSpas.com 763.237.3SPA (772)

Monday through Saturday 10:00 am - 9:00 pm
Sunday 12:00 pm - 6:00 pm

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