

HEALING WATERS SPA

Appointments Available from 9am to 6pm

PLEASE CALL AHEAD TO SCHEDULE

307-326-5261 EXT. 208

MASSAGES

CUSTOM MASSAGE

Customize from a light relaxing massage to a firm deep tissue massage, each of our therapists specialize in a variety of modalities to cater to your specific needs.

60MIN \$125 90MIN \$180

COUPLES MASSAGE

Enjoy a Custom Massage side by side with your partner, a friend, or a family member.

60MIN \$250 90MIN \$360

ARNICA RESCUE MASSAGE

Arnica is an ancient herb known for its ability to penetrate deep into tissue to soothe sore muscles and joints. This is a focused Custom Massage with arnica oil and healing arnica joint gel for your area of concern.

30MIN \$75 60MIN \$130

PLATTE RIVER WARM STONE MASSAGE

Enjoy a heated massage from stones found in the Platte River that will radiate warmth into your body, increasing blood circulation, as well as decreasing stress, tension and tissue stiffness.

60MIN \$145 90MIN \$190

REFLEXOLOGY

A pressure point hand and foot massage designed to help assist with the healing of ailments throughout the body.

30MIN \$70

TAI MASSAGE

An energetic, fully clothed massage designed to create an overall feeling of physical and mental balance. Tai is a combination of rocking, compression, stretching, and assisted poses- waking up tired muscles and increasing joint flexibility.

60MIN \$125



ENHANCEMENTS

Additions to any service (included in the time of your treatment)

CUSTOM ESSENTIAL OIL BLEND:	\$15
MILD HAND EXFOLIATION	\$25
MILD FOOT EXFOLIATION	\$25
INVIGORATING SCALP TREATMENT	\$25
BUBBLING MUD DETOX	\$25
SAGE SMUDGE	COMPLIMENTARY



SARATOGAHOTSPRINGSRESORT.COM/HEALING-WATER-SPA

TREATMENTS

Body



SUNRISE GLOW

This treatment is an invigorating, full body, non-abrasive scrub followed by a shower and an application of our hydrating Shea Butter, sure to leave you with a healthy glow.

Choose the 90 min option and receive a 50 minute Custom Massage.

60MIN \$145 90MIN \$190

MOISTURE BALM BODY WRAP

A luxurious skin soothing body wrap great for all skin types. A dry brush exfoliation will allow for greater absorption of the moisture balm. No shower necessary this clean smelling moisture balm will get massaged in.

Choose the 90 min option and receive a 50 min Custom Massage.

60MIN \$145 90MIN \$190

Feet

BACKWOODS SOAK (11 + older)

Enjoy a foot soak in our warm therapeutic mineral water, which includes all natural scrubs, masks and lotions of your choice. We end the treatment with a relaxing, thorough foot massage. Enjoy as a Lone Ranger or with a friend.

30MIN \$70/PERSON

Ask about adding a Pub drink to your session

HAPPY CAMPER (Ages 4-10)

Little toes can enjoy a foot soak and lotion massage next to mom or dad.

15MIN \$35/PERSON

With the purchase of any backwoods soak.



HEALING WATERS SPA PACKAGES

HEAD TO TOE RELAXATION

A luxurious Foot Treatment (soak, scrub, mask, and moisturizing massage) followed by a 25 minute Custom Massage including an invigorating Scalp Massage Treatment.

60MIN \$140

BOURBON COWBOY

Take off your boots, kick back and relax those tired feet in a warm mineral foot soak. This treatment includes a bourbon scrub and foot massage. Next, you will retire to the massage table for a 60 minute Custom Massage to relax away any aches and pains.

80MIN \$180

THE PUB TREATMENT

Sip on an ice cold 16 oz microbrew from The Snowy Mountain Brewery while you enjoy a foot soak and scrub followed by a 30 minute Custom Massage. Our invigorating fingertip Scalp Massage will end this treatment, leaving you feeling ready for whatever comes your way, including a nap!

60MIN \$135

MOUNTAIN RETREAT

This treatment includes a 50 min Custom Massage plus aromatherapy upgrade, a 30 min Sunrise Glow Exfoliation, and 30 min Foot Treatment (soak, scrub, mask and foot massage). The ultimate in mountain relaxation!

110MIN \$250

CREATE YOUR OWN PACKAGE

Combine any 3 services to receive 10% off.

ENERGY SESSIONS

What to expect with an energy session:

The experience of an energy session can be varied. One can experience deep relaxation, release of pain, greater range of movement, changes in breathing, shifts in the nervous system, sensations of hot or cold, spontaneous movement and the surfacing of memories which can lead to a powerful emotional release of tears or laughter. This occurs because energy can become locked in the body due to physical damage, fear or emotional pain. This release can allow for profound healing.

RAINDROP THERAPY

Raindrop therapy is a "Medicine Man" inspired healing technique, using pure essential oils that are dripped along the spine, like drops of rain. Raindrop therapy combines aromatherapy, reflexology, massage, and moist heat to create healing and cleansing throughout all structural and electrical alignments of the body. The purpose of this treatment is to bring total balance, harmony, and body wellness – mental, physical, and emotional.

30MIN \$80  **60MIN \$145**

CHAKRA BALANCE

Chakra balancing is based on the ancient Indian belief in a series of seven chakras, or energy centers. Each of the seven main chakras contains bundles of nerves and major organs as well as our psychological, emotional, and spiritual states of being. Since a chakra is moving energy, if there is a blockage energy cannot flow which can manifest as illness, aches and pains, unknown sadness and more. During a Chakra Balancing Session, the practitioner assesses the flow of energy and removes blockages, as well as evens out the flow from all the Chakras. If your chakras are balanced, in most cases you feel balanced and lighter.

30MIN \$70

POLARITY THERAPY

The human body is an energy system like a battery or magnet. Polarity Therapy utilizes contact at various places on the body, stretching and rocking. It engages the body's own natural healing mechanism by balancing the electromagnetic flow within. Polarity Therapy is a holistic practice that works for anyone, in any state of health.

30MIN \$70  **60MIN \$125**

REIKI

Reiki is a Japanese energy technique for stress reduction and relaxation that also promotes healing and positive well-being. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through our body. If one's "life force energy" is low, then we are more likely to get sick or feel stressed, and if it is higher, we are more capable of being happy and healthy.

30MIN \$70  **60MIN \$125**



We have the right to refuse service to anyone in a state of intoxication, skin/body contraindications, more than 30 minutes late, or for inappropriate behavior. Please allow 24 hours to cancel any appointment. A credit card is required to hold your appointment. In the event of a cancellation with less than 24 hours notice, a full spa treatment will be charged to your credit card.

Our menu prices do not include gratuities for your therapist.