

# THE DETAILS

**RESERVATIONS** - We recommend scheduling treatments in advance to ensure that your preferred time and service is available. Appointments can be scheduled online at [woodstockinn.com/spa](http://woodstockinn.com/spa) or with our Spa Front Desk staff seven days per week. Online booking is available up to 72 hours in advance. For appointment requests within 72 hours, please call The Spa at the Woodstock Inn & Resort directly. You may reach our Spa Front Desk by phone at 802.457.6697 or by email [spa@woodstockinn.com](mailto:spa@woodstockinn.com). Our schedule system is a live and active diary. Treatment appointments are not guaranteed until you have received a confirmation itinerary via email stating treatment days and times. Please note that we require a Woodstock Inn & Resort reservation or credit card details to secure all spa reservations.

**CANCELLATIONS** - Please note that we do adhere to a strict cancellation policy and ask that you make any changes or cancellations to your appointments at least 24 hours prior to your scheduled start time to avoid any cancellation fees or penalties. Cancellations made within 24 hours of your appointment time will be charged at 100% of the treatment rate. No-show or day-of cancellation will be charged 100% of treatment rate. Cancellation policy may vary based on group reservations and is subject to change.

**CHECK IN** - Please arrive a minimum of 30 minutes prior to your appointment start time to register and enjoy the full range of amenities at The Spa.

**LATE ARRIVALS** - Please note that your late arrival will determine the length of your treatment. If you arrive later than the time of your scheduled appointment your treatment may be shortened in consideration of the next guests. Thank you for understanding.

**GRATUITIES** - As a convenience, an automatic 22% service charge is added to all services and includes a 17% gratuity for service provider and gratuity for the support team. This can be adjusted to your discretion upon check out. Additional gratuities are optional.

**MINIMUM AGE REQUIREMENTS** - Guests must be 12 years of age or older to receive massage and facial treatments. A parent or guardian must be present during services until 16 years of age. Guests less than 16 years of age are not permitted to use the steam room, sauna or whirlpool. Guests less than 18 years of age must be accompanied by a parent or guardian to use The Spa's amenities. Children under the age of 12 are eligible for hair or nail services only.

**AMENITIES** - Guests with services totaling \$150 or greater will receive complimentary access to our amenities on the day of services (2 hour limit outside of treatment time). The Spa's amenities include shower, eucalyptus steam room, a private courtyard with year-round outdoor whirlpool and dry-cedar sauna.

**ATTIRE** - Our whirlpool and sauna are co-ed, please be sure to bring your swimsuit with you to enjoy these amenities. Our changing rooms are equipped with lockers, robes and slippers for your use.

**CELL PHONES/LAPTOPS** - To preserve the relaxing environment of The Spa and ensure privacy for all guests, we request that you refrain from using your laptop, cell phone, or taking photos at any time while in The Spa.

**GIFT CARDS** - Spa gift cards are available at The Spa Front Desk.

**PRICES SUBJECT TO CHANGE.**



## Spa Treatments & Price List

Open Sunday-Thursday: 9:30am - 5:00pm  
Friday & Saturday 9:30am - 7:00pm  
802.457.6697

### BODY THERAPIES

**CLASSIC MASSAGE** - 60 minutes (\$210) or 75 minutes (\$263) or 90 minutes (\$315)

Relaxation Massage: Eases tension and promotes relaxation using traditional Swedish Techniques of long gliding strokes, light to moderate pressure.

**CBD MASSAGE THERAPIES** - 60 minutes (\$265) or 75 minutes (\$320) or 90 minutes (\$375)

These services use ZENTS Antara Organic CBD products.

- **CBD Harmony & Relief:** Bring harmony to the mind and body with this organic CBD enhanced service that cares for tired muscles and encourages deep relaxation. This blend of Swedish and deep tissue includes a CBD balm with cayenne, clove, ginger, and arnica to target those areas that need extra care.

- **CBD Double Bliss:** Spend time together while enjoying a side-by-side massage in one of our dedicated couples massage rooms, with organic CBD products to care for tired muscles and encourage deep relaxation. (Couples Massages are priced per person, using the CBD Massage pricing.)

**PREMIUM MASSAGE THERAPIES** - 60 minutes (\$230) or 75 minutes (\$287) or 90 minutes (\$345)

These premium services utilize unique therapeutic body products skillfully combined with massage techniques.

- **Aromatherapy Chakra Balancing Massage:** A massage using Swedish and Deep Tissue techniques combined with aromatherapy to balance the chakras and awaken the body's energy systems.

- **Body Melt Back Therapy:** Therapeutic full-body massage with added emphasis on the back, neck and shoulders. Heated compresses, Arnica Muscle Gel and Sweet Birch Deep Muscle Rub relieve tension and stress.

- **Scalp, Hand & Foot Rescue:** Calming relief for those tension areas that are longing for attention. Begin with an energizing scalp massage using Wild Lime Scalp Oil before moving on to a soothing hand and foot massage with arnica and Mighty Mint Rescue Cream. (Offered in 60 minutes only.)

- **Recharge & Restore:** Energizing Deep Tissue Massage to combat fatigue and reboot the mind and spirit. Ease tension and uplift spirit with Citrus and Ginger Root Massage Oils.

- **Double Bliss:** Spend time together while enjoying a side-by-side massage in one of our dedicated couples massage rooms. (Couples Massages are priced per person, using the Premium Massage pricing.)



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- **Prenatal Massage – Rest & Renew:** Soothing Prenatal Massage using a nourishing and calming Lavendar Blossom Massage Oil and specially designed pillows to provide full relaxation and comfort. Unscented massage oil is available if preferred. (Offered after the first trimester only. Please consult with our Spa Team for treatment options within your first trimester.)

### SIGNATURE MASSAGE THERAPIES

60 minutes (\$220) or 75 minutes (\$275) or 90 minutes (\$330)

Customized massage crafted to your individual preferences and needs.

- **Deep Tissue:** Relieve severe tension in muscles and connective tissues using deep pressure techniques and the addition of arnica as needed to reduce inflammation and soreness.

- **Balanced Blend:** A mix of Swedish, Deep Tissue, and other modalities, expertly balanced for you.

- **Himalayan Salt Stone Massage:** Heated Himalayan Salt Stones help ease muscle tension while imparting deep body relaxation.

### TEEN MASSAGE - 60 minutes (\$210)

A calming massage that eases tension and promotes relaxation using the traditional Swedish Technique, long gliding strokes and light to moderate pressure.

## MULTI-LAYERED BODY TREATMENTS

### YOUR SIGNATURE EXPERIENCE - 100 minutes (\$383)

100 minutes of pure pampering designed especially for you, with you. You design your signature aroma journey for this luxurious treatment using our aroma design bar to craft your treatment products. Your Signature Experience includes a gentle full body exfoliation with your custom body polish and a hydrating body wrap warmed by our heated cocoon blanket. While wrapped, you will enjoy a massage of your scalp and feet. This exclusive journey finishes with a full body massage using your custom blended shea butter lotion. This is our ultimate body experience! (Please plan to arrive 30 minutes before start time for this service to allow time for custom crafting of your signature treatment products.)

### BODY TREATMENTS - 60 minutes (\$230) or 75 minutes (\$287) or 90 minutes (\$345)

Multi-sensory experiences that combine pure pampering with restorative skin treatments. These unique treatments include a full body exfoliation, nourishing body wrap, and scalp and foot massage. The 60 minute service concludes with a lotion application, while the 75 minute and 90 minute services include a massage.

- **Citrus Espresso Detox:** Espresso Mud Body Scrub detoxifies with a rich mixture of volcanic pumice, coffee Arabica, and sarsaparilla. Sicilian bergamot lotion uplifts and beautifully hydrates.

- **Lemon Verbena Hydration:** Bright citrus notes of lemon verbena begin this sensory journey while the wrap of luxurious oils, fine cane sugar, shea butter scrub and clay mask leave skin radiant and deeply nourished. Lemon verbena body butter uplifts and beautifully hydrates.

- **Seasonal Treatment:** Our featured treatments change seasonally and include an exfoliating scrub, moisturizing wrap and lotion application or massage to finish. Our Spa Concierge can provide current Seasonal Treatment details upon request.

### MINI MANI - 20 minutes (\$43)

For our younger guests 11 and under we offer the Mini Mani. Begin with a cleansing soak followed by a trim and shape of nails. Topped off with your favorite polish color.

### HAPPY FEET PEDI - 25 minutes (\$51)

The perfect Pedicure for the 11 and under crowd. Those adorable little tootsies will be treated to a gentle aromatic foot soak, nail shaping and foot massage with lotion. Topped off with your favorite polish color.

### NATURAL MANICURE - 35 minutes (\$64)

Classic service includes tidy up of nails and cuticles and moisturizing hand and arm massage. Finishes with a buffering of nails. No polish.

### NATURAL PEDICURE - 50 minutes (\$81)

This custom treatment moisturizes and invigorates leaving feet impeccably groomed. Enjoy a soothing soak, exfoliation, cuticle and nail trimming. Concludes with a buffing of nails and a soothing foot massage. No polish.

## NAIL SERVICES ENHANCEMENTS

Enhancements are inclusive of treatment time.

Nail Stamping - add \$5 for 2 nails | French Style Manicure or Pedicure - add \$7

Shea Butter Foot Treatment - add to Pedicure \$20

An intensive foot treatment from Voesh infused with phyto collagen to deeply nourish dry skin. Adding these argan and shea butter rich socks to your Pedicure is the perfect remedy for dehydrated, cracked feet.

## WAXING SERVICES

Eyebrow \$20 | Bikini \$45 | French Bikini \$70 | Brazilian \$85  
Half Arm \$35 | Full Arm \$50 | Underarm \$35 | Full Leg \$85 | Chest \$85 | Back \$85

# SALON SERVICES ~ HANDS & FEET

Featuring Dazzle Dry Vegan Polish.

## CLASSIC MANICURE - 40 minutes (\$74)

Nails are shaped, cuticles conditioned and a hydrating hand massage eases tension and locks in moisture in this modern manicure. Finished with a high-shine buff or topped off with your favorite polish color.

## ARTISTIC MANICURE - 50 minutes (\$90)

Dress up our Classic Manicure with the addition of nail art from our extensive nail stamping collection for all of your fingernails using our vegan Dazzle Dry polish.

## SIGNATURE MANICURE - 50 minutes (\$90)

Nails are shaped and cuticles are trimmed and nourished in this Manicure. Hands are gently exfoliated and moisturized. This manicure includes time for thorough cuticle work and a hand and arm massage including Voesh moisturizing treatment for hands. Topped off with your favorite polish color.

## CLASSIC PEDICURE - 50 minutes (\$90)

Our Classic Pedicure service includes a soothing foot soak, nail shaping, gentle cuticle care and light callous care. Includes a hydrating foot massage and is topped off with your favorite polish color.

## ARTISTIC PEDICURE - 80 minutes (\$123)

Enjoy our Classic Pedicure and enhance your nails with designs from our extensive nail stamping collection for all of your toenails using our vegan Dazzle Dry polish.

## SIGNATURE PEDICURE - 80 minutes (\$123)

This extended Pedicure begins with a cleansing foot soak before feet are gently exfoliated and callouses addressed. Nails are trimmed and tidied, cuticles conditioned and feet and legs expertly massaged. Includes Voesh moisturizing treatment for your feet and finished with a high-shine buff or topped off with your favorite polish color.

## TEEN MANICURE - 40 minutes (\$74)

Nails are shaped, cuticles conditioned and hands hydrated to lock in moisture in this modern Manicure. Finished with a high-shine buff or topped off with your favorite polish color.

## TEEN PEDICURE - 50 minutes (\$90)

Our Teen Pedicure service includes a soothing foot soak, nail shaping, gentle cuticle care and light callous care. Includes a hydrating foot massage and is topped off with your favorite polish color.

# THERAPY ENHANCEMENTS

Inclusive of the treatment time and are not stand alone treatments.

Enhancements can be added to most body therapies.

**WILD LIME SCALP MASSAGE - \$20** An energizing scalp massage with aromatic Wild Lime Revitalizing Scalp & Hair Oil aides in promoting deeper relaxation, soothes stress and adds shine to hair.

**HIMALAYAN SALT STONES - \$20** Incorporate warm Himalayan Salt stones to a specific area of tension to reduce inflammation and soothe sore muscles.

**LEG & FOOT ENHANCEMENT - \$20** A stimulating lower leg and foot massage using Mighty Mint Rescue Cream to increase circulation. Arnica gel is incorporated to cool sore muscles and reduce inflammation.

**RESTORATIVE EYE TREATMENT - \$25** Featuring Knesko's Serum-infused collagen gel masks with precious gem-stones and minerals to activate and rejuvenate skin.

**CBD ENHANCEMENT - \$45** Bring harmony to your mind and body with this organic CBD enhanced service that cares for tired muscles and encourages deep relaxation using a CBD balm with cayenne, clove, ginger, and arnica.

# ALTERNATIVE THERAPIES

60 Minutes (\$210)

**REFLEXOLOGY** - Therapists stimulate reflex areas along the feet that relate to various parts of the body. This uniquely relaxing therapy stimulates the circulatory and lymphatic systems. Reflexology promotes benefits such as the relaxation of tension and improvement of circulation. This is not a full body massage.

**REIKI** - Reiki is a form of energy healing that balances the energy patterns in the body. Reiki encourages deep relaxation to relieve stress and accelerate the body's healing. Light or no touch energy work.

# FACIAL THERAPIES

Each one of The Spa's facial services are designed to treat your skin at its deepest level; restoring a healthy, luminous balance. You choose what you'd like to focus on, from sensitivity to purification, anti-aging or hydration, our carefully selected skincare lines - Tata Harper and Dr. Dennis Gross - are luxurious, results-driven and widely recommended. (Please note: We are unable to perform any facials services if the guest has had a botox, fillers or injections in the past 14 days.)

## - Signature Facial - 90 minutes (\$375)

Facial health is more than skin deep, our Signature Facial goes beyond beauty to bring Therabody's renowned technology to your face to reduce tension, relax facial muscles, and care for it at the deepest level. Resurface and reveal glowing skin with gentle dermaplaning followed by skin-toning microcurrent therapy, rejuvenating light therapy, and enlivening cryothermal technology. The revolutionary percussive therapy effectively cleanses to show healthier skin, inside and out. Paired with the luxurious Knesko's Gemclinical facial mask treatments of the face, eye and neck, plus hand and foot massages, you are ready to return to the world feeling more relaxed, rejuvenated, and rebalanced.

### - Tata Harper Custom Facial - 60 Minutes (\$230)

This fully customizable treatment uses a thorough complexion analysis to determine the needs of the skin. A custom regimen paired with individualized techniques leaves the skin balanced and glowing.

### - Tata Harper Glow Facial - 90 minutes (\$345)

Designed for all skin types including sensitive skin, this calming restorative facial delivers a nutrient rich elixir which fortifies the skin's barrier. The Gua Sha Massage technique is lifting and firming for the skin. It also has a soothing effect to stabilize particularly delicate and fragile skin. Treatment includes scalp, hand, and arm massage.

### - Dr. Dennis Gross Original Facial - 60 minutes (\$230)

This complexion-perfecting powerhouse is the most popular aesthetic treatment in Dr. Gross' 5th Avenue practice. This signature Alpha Beta® Professional Peel immediately delivers smoother, more flawless skin and restores its youthful glow with just one treatment. Fine lines, enlarged pores and discoloration are no match for this coveted treatment.

### - Dr. Dennis Gross LED+C Facial - 90 minutes (\$345)

A retinol (or skin-type appropriate) peel reduces hyperpigmentation, and stimulates collagen production for firmer, smoother skin. Exclusive to this service, a professional-only warming and lifting massage mask delivers moisture and vitamins into the skin. The C+Collagen Brightening Mask will brighten and intensely hydrate for more supple skin. Includes neck, décolleté, hand, and foot massage. The LED FaceWare brings both immediate and cumulative blemish clearing and anti-aging benefits to the skin. Finishes with treatment serum, moisturizer, eye cream, and lip protection. (Not advised for those who are pregnant or breastfeeding.)

### - Classic HydraFacial - 30 minutes (\$234)

Deeply purify, nourish and protect the skin through our super serums filled with antioxidants and hyaluronic acid. (Not advised for those who are pregnant or breastfeeding.)

### - Classic HydraFacial with Neck & Décolleté - 45 minutes (\$313)

Extend the benefits of our Classic HydraFacial with the addition on the neck and décolleté. (Not advised for those who are pregnant or breastfeeding.)

### - Signature HydraFacial - 75 minutes (\$395)

The ultimate HydraFacial experience! Begin with soothing Lymphatic Drainage to reduce puffiness and provide the appearance of lifting and contouring. Next, reveal smooth texture and vibrant skin clarity with a purifying cleanse, gentle chemical peel, and pain-free extractions using patented Vortex-Fusion technology. Targeted super serums and LED therapy enhance results and bathing the skin with nourishing hydration and antioxidant for the ultimate glow. The treatment is finished with an Amethyst Hydration mask to lock it all in. This treatment is extended to the neck and décolleté areas. (Not advised for those who are pregnant or breastfeeding.)

### - Teen Facial - 30 minutes (\$150)

This facial is recommended for the experienced facial-going teen. After a thorough analysis, skin is renewed with specially chosen exfoliation and treatment masques, and light extractions if needed. Service concludes with appropriate hydration and home care suggestions.

### - Dr. Dennis Gross Back Treatment - 30 minutes (\$210)

Treat and prevent the signs of aging, blemishes, and hyperpigmentation with this clinical peel treatment. The Alpha Beta® Professional Body Peel comprehensively supports collagen production, kills bacteria, and accelerates cell turnover in an ultra-hydrating formula that soothes and balances for more youthful looking skin. (Not advised for those who are pregnant or breastfeeding.)

## FACIAL ENHANCEMENTS

Inclusive of the treatment time and are not stand alone treatments.  
Enhancements can be added to most facial therapies.

### RESTORATIVE EYE TREATMENT - \$25 Choose one of the following enhancements:

- Amethyst: Hydrate – Nourish – Restore
- Nano Gold: Firm – Lift – Hydrate
- Jade: Calm – Replenish – Strengthen

**DÉCOLLETÉ ENHANCEMENT - \$50** Extend the benefits of your facial to your décolleté with a treatment designed to reduce the appearance of discoloration, while smoothing fine lines, firming, and increasing skin density. Using SpectraLite Bodyware PRO device and exfoliation, your skin will look refreshed and rejuvenated.

**SPECTRALIGHT FACEWARE PRO - \$35** 3-minute wrinkle-reducing, acne-fighting LED device for the face. Reduce the appearance of sun spots, age spots, and discoloration while smoothing fine lines, firming skin, calming any inflammation, and increasing skin density. The LED can help prevent acne flare-ups and clear mild to moderate breakouts for a more even texture and overall healthier appearance.

**DERMAPLANING - \$50** Dermaplaning is a physical/mechanical form of exfoliation using a specialized dermaplaning blade for the removal of built up dead skin cells and vellus hair. Following treatment skin will be smoother, softer, and able to absorb the active ingredients in treatment and home care products.

## EYELASH & EYEBROW TINTING

A vegetable-based tint that defines your own lashes' length and volume without mascara!  
This gentle tinting will last up to 6 weeks, is water resistant, sweat proof and makeup proof. Making tinting the ideal service for athletes, brides, contact wearers, or anyone who wants to break free of daily mascara use.

**Eye Brow Tinting - 15 minutes \$22**

**Eye Lash Tinting - 20 minutes \$28**