



Massages:

LIST OF SPA TREATMENTS

Swedish Massage: Gentle massage using long Swedish effleurage strokes. (50 min./\$125.00 - 80 min./\$175.00)

Equinox Therapeutic Massage: Custom full-body massage using strong and firm strokes. (50 min./\$125.00 - 80 min./\$175.00)

Mother Earth: Prenatal massage, specially designed for the mother to be. (50 min./\$130.00)

* **River Stones:** Hot and cold basalt river rocks are incorporated in your massage. (80 min./\$185.00)

Aromatherapy Massage: A specialized gentle massage technique using blended essential oils to rebalance the body and mind. (50 min./\$135.00 - 80 min./\$185.00)

Tension Tamer: This neck, shoulder, and back massage is designed to relieve tension and stress. (50 min./\$125.00) **With Hot Stones** (50 min./\$135.00)

Facials:

Equinox Custom Facial: A refreshing facial to purify, nourish, and hydrate your skin, customized to suit your specific skincare needs. (75 min./\$180.00)

Mountain Man: This facial is specially designed for men, using products uniquely suited for a man's skin. (75 min./\$180.00)

Rosacea Facial: This facial calms redness, irritation and rosacea. Skin will appear more vibrant and hydrated. (75 min./\$180.00)

Therapeutic Anti-Aging Facial: This anti-aging facial restores elasticity improving skin tone, moisturizing properly to quench the skin's thirst to rejuvenate dull and tired skin. (75 min./\$200.00)

Vitamin C Facial: This rejuvenating facial incorporates the power of antioxidants with a pure vitamin C compound to address the effects of oxidation and promote collagen synthesis, for a smoother, firmer looking skin. (75 min./\$200.00)

Body Treatments:

Body Exfoliation: A pure sea salt, maple, or citrus scrub. Brings your skin to a radiant glow; the warm rain of the shower relaxes the mind and body; and a rich body cream is massaged into the skin for a smooth touch. (50 min./\$130.00)

Mother Earth Wrap: This cooling, soothing gel wrap is recommended for pregnant women to help relax, hydrate, and nourish the skin. (50 min./\$165.00)

Signature Treatments:

***The Spirit of Vermont:** This treatment reflects the calming energy of Vermont. Indulge in the ultimate combination of Massage, Reflexology, and Reiki to enhance your Vermont experience. (100 min./\$205.00)

Skin Rejuvenation: A gentle exfoliation followed by a soothing massage with warm, blended essential oils. (100 min./\$225.00)

White Clay Mask: The application of mineral clay to the skin rebalances and purifies the skin. You are left with a feeling of total regeneration. (100 min./\$225.00)



Wellness:

Abhyanga Massage: A massage with warm Ayurveda oil that helps increase circulation, oxygenation to skin cells and promotes general wellness for the entire body. (80min./\$195.00)

Reflexology: Precise pressure is applied to areas on the feet that correspond to specific organs and structures of the body, resulting in a feeling of overall well being. (50 min./\$125.00)

Reiki: An ancient Japanese technique using non-invasive, gentle touch, and specific hand patterns allow energy to flow, promoting balance, energy, and mental clarity; this is not a massage. (50 min./\$125.00)

Shiatsu: This traditional oriental technique uses moderate to firm pressure to stimulate and restore balance to the body. The treatment promotes over all well-being and vitality to your body; wear comfortable clothing. (50 min./\$125.00 - 80 min./\$170.00)

Hands & Feet:

Top Coat: Shape your nails, condition your cuticles, and enjoy a relaxing hand and arm massage. Your hands are then dipped in a warm wax and then topped off with an application of your favorite polish. (50 min./\$65.00)

Express Manicure: For those on the go, this express manicure provides effective results in a minimum time. Nails are shaped and cuticles are conditioned and then topped off with an application of your favorite polish. (25 min./\$35.00)

Ballet Toes: This pedicure begins with a cleansing foot soak followed by a gentle exfoliation. Your nails are shaped and cuticles conditioned; heels and feet are then wrapped into warm paraffin, your feet and legs are massaged after which your nails are ready for a coat of your favorite nail polish. (50 min./\$85.00)

***Sole Comfort:** This pedicure is designed for both male and female feet that have gone that extra mile. It focuses on softening your calluses with a vigorous scrub, moisturizing your feet with an ultra-hydrating lotion, and buffing your nails to perfection. Nail polish is optional. (50 min./\$85.00)

Spa Packages (Not available on Saturdays or during Holiday Seasons)

Mother-To-Be Package: (Allow 3 hours/\$265.00)

Mother Earth Massage * Express Manicure * 50 Minute Pedicure + Gift to go

***Equinox Signature Package:** (Allow 4 hours/\$435.00)

Exfoliation * The Spirit Of Vermont * Solecomfort Pedicure * Gift to go

Mountain Serenity Package: (Allow 4 hours/\$490.00)

Exfoliation * 80 Minute Swedish/ Therapeutic Massage * Equinoc Custom Facial * Gift to go

Please contact the Concierge desk **(802) 362 4700** or Spa front desk **(802) 362 7881** to reserve your treatments. Cancellations must be made 24 hours prior to the appointment time. Missing an appointment, canceling or rescheduling an appointment within 24 hours will result in a fee assessed at the full value of the missed appointment.

*Indigenous treatments.