

# THE SPA AT THE EQUINOX

## ***Massages:***

Swedish Massage: Gentle massage using long Swedish effleurage strokes. (50 min or 80 min.)

Equinox Therapeutic Massage: Custom full-body massage using strong and firm strokes. (50 min. or 80 min.)

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

River Stones: Hot and cold basalt river rocks are incorporated in your massage. (80 min)

Aromatherapy Massage: A specialized gentle massage technique using blended essential oils to rebalance the body and mind. (50 min. or 80 min.)

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

## ***Facials:***

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

Mountain Man: This facial is specially designed for men, using products uniquely suited for a man's skin. (75 min.\$185.00)

Rosacea Facial: The facial calms redness, irritation and rosacea. Skin will appear more vibrant and hydrated. (75 min.)

Vermont Glow: A Dr. Dennis Gross Mask and Peel with no down-time- Experience the perfect lunchtime treatment, featuring products by famed dermatologist Dr. Dennis Gross. (50 min.) -Extractions are not included in this treatment.

## ***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.)

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

***Wellness:***

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 wellbeing. (50 min.)

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.)

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. or 80 min.)

Spa treatments for the excursion day are on a first come first serve basis. All fees are covered by SDSA. Choose your preferred treatment and we will secure your time and confirm with you.