

# Escape to Willow Stream Spa - Treatment Menu

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## Customized Massage Experiences

### **Muscle Recovery Deep Tissue - 60 minutes**

*Results - Muscle Recovery*

This strong-pressure massage enhances muscle recovery by targeting the areas that are sore from exercise or just tension of daily life. Deep muscle work is combined with stretching, rocking and circulation- enhancing strokes to move lactic acid out of the system. Mild soreness can be a result.

### **Stress Relief - Medium Pressure - 60 minutes**

*Restore - De-stress*

This customized, medium-pressure massage focuses on the areas of your body that are most tense - including your head, neck, shoulders, hands and feet - and involves the use of muscle-melting massage oil. This is a great selection after a stressful day.

### **Alpine Aromatherapy Massage - 60 minutes**

*Relieve - Calm*

This personalized experience with light to medium pressure massage will help you find energy and balance throughout the day. Customize your massage with one of the following aromatherapy blends: Lavender for calming, Revitalizing for renewal or Ginger for soothing.

### **Destination Rejuvenation - 60 minutes**

*Restore - Recover*

A selection of essential oils (to combat jet lag or facilitate altitude adjustment) distinguishes this medium-pressure massage. Focusing on the areas affected by frequent travel - legs, neck, back, shoulders and feet - this treatment helps to regulate sleep, hydrate skin, relieve tension headaches and restore energy.

### **Mother-to-be Massage - 60 minutes**

*Restore - Pampering*

This pampering experience - designed with the safety of the mother and child in mind - involves gentle or unscented oils and support cushions for optimum comfort.

### **Shiatsu - 60 minutes**

*Relieve - Invigorating*

Translated as "finger pressure," shiatsu is an ancient Japanese technique that uses the thumbs, palms and elbows to manipulate acupuncture points along the body's meridians - or energy pathways - and enhance the flow of energy.

## Facial Experiences

### **Sensitive Skin - 60 minutes**

*Restore - Soothing*

Sensitive skin is caused by many things including environmental stress, rosacea, aggressive medical peels and laser treatments. Whatever the cause, this customized gentle approach improves your skin's tolerance to irritations, reduces inflammation and renews skin's natural defenses.

### **Brightening Luminescence Facial - 60 minutes**

*Restore - Glowing*

This results oriented treatment is specifically designed to address hyper pigmentation and premature aging. Includes an exfoliating multi-acid peel on the face, neck and décolleté and hands to revitalize your appearance, a deep cleansing massage to promote circulation, and a unique brightening mask to immediately illuminate the skin.

### **Vitamin Boost Facial - 60 minutes**

*Restore - Skin Nutrition*

Improve skin tone and texture for a look of natural radiance with essential vitamins C and E, and restorative minerals. This treatment delivers superstar antioxidants, fights free radicals, helps to boost collagen, heals and improves overall skin health, and reduces inflammation. Includes a gentle pearl polish and a vitamin rich spirulina and CoQ10 ampoule for powerhouse nourishing.

### **Purifying Detox Facial - 60 minutes**

*Result - Detoxifying*

Created to address all skin types and reverse environmental signs of aging. This treatment is a comprehensive detoxification for your skin featuring unique purifying products, powered by fruit enzymes, purple clay and essential oils.

### **Custom Cleanse - 60 minutes**

*Relieve - Clean*

Tailored to your specific needs to provide the maximum benefit, this anti-aging facial transforms the skin as it firms, hydrates, refines and tones. It features skin-renewing antioxidant formulas, marine proteins, a contouring and lifting massage technique and a hydrating mask. Your treatment concludes with a personalized home-care consultation.

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## Men's Experiences

### **Gentleman's Facial - 60 minutes**

*Relieve - Hydrating*

This deep-cleansing and revitalizing facial experience is designed specifically for the special needs of men's skin, including exfoliation and razor-burn relief. To complete the treatment, a face, neck and shoulder massage is performed, making this a traditional barber experience (without the shave).

### **Executive Foot Grooming - 60 minutes**

*Relieve - Soft & Smooth*

This foot grooming stimulates circulation and revitalizes weary feet. Our deluxe pedicure includes a foot soak in a herbal bath to give you healthy supple feet and a Turkish-salt scrub exfoliation. The massage includes a therapeutic foot balm and a paraffin treatment hydrates, warms and relieves dry, cracked skin.

### **Executive Hand Grooming - 60 minutes**

*Restore - Moisturizing*

This deluxe treatment begins with a hand soak, nail oil application to promote healthy nails, an invigorating Turkish-salt scrub exfoliation, and a hand and forearm massage using a rich moisturizing lotion with aloe vera, urea and jojoba oil. A paraffin treatment completes the treatment to relieve dry skin.

## Body Experiences

### **SERENITY RITUAL - 60 minutes**

*Relieve - Hydrating*

This aromatherapy treatment promotes overall tranquility and serenity helping transform mood and energy. It begins with a body polish, which perfects and deeply hydrates every inch of the body while calming and comforting dry skin. Followed by a relaxing massage with frankincense essential oils which deepens your breathing and relaxes mind and body. While Rose Otto alleviates anxiety and strengthens the inner spirit.

### **ROCKIES REHYDRATION - 60 minutes**

*Restore - Nourishing*

Following a dry-brush exfoliation, a rich mineral cream - blended with organic essences of revitalizing (fennel, pink grapefruit, mandarin), lavender or ginger oil - is massaged into your skin, absorbed while you are cocooned in warm blankets. Drift peacefully while your face, scalp, neck and feet are treated to a soothing massage.

### **SEASONINGS FEET FIRST - 60 minutes**

*Relieve - Total Relief*

Massaging reflex points on the feet and hands relieves tension throughout the body. In this head-to-toe experience, a foot soak and scrub is followed by a foot and hand massage, focusing on vital energy points. While skin absorbs the essential oils, you are pampered with a head, neck and shoulder massage. Great for any season.

### **WILD ABOUT ROSE BODY SCRUB - 60 minutes**

*Restore - Correcting*

Begin with a gentle exfoliation with granulated pumice and chamomile bath gel follows for deep cleansing. A chamomile spray and lotion application completes the experience. An excellent option for sensitive skin.