

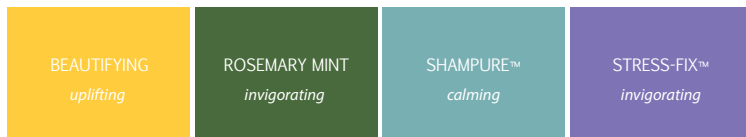
MOUNTAIN TOP RESORT  
**s p a & s a l o n**

# Welcome

Welcome to the Mountain Top Resort Spa & Salon. Our Massage Therapists, Technicians, Estheticians & Professional Stylists are here to transport you to a place, both mind & body, of complete relaxation and rejuvenation.

Specializing in Aveda™ products and methods, our philosophy is to not only indulge your senses and pamper you, but to offer you a therapeutic center for wellness.

As you consider our spa & salon menu options, we invite you to explore the 4 custom aroma blends of the Aveda body care system.



## Menu Contents

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Alternative Therapies  
Wellness Packages

Body Wraps & Treatments  
Nail Services  
Hair Services  
Add-on Services

# SPA MENU

## MASSAGE THERAPY

### **Aveda Aroma Massage**

A Swedish massage through the lens of Aveda concepts and aromatherapy. This timeless classic has been partnered with Aveda's own aroma sensory journey. Your therapist will guide you to one of Aveda's four custom aroma blends designed to address your relaxation needs. Elevating the experience, your massage is complemented with Aveda's Cooling Blue Oil hot towel treatment for your back and Foot Therapy Cream hot towel treatment for your feet.

*\$135/60 min (Customized full-body massages or customized massage with focus work on 1-2 areas)*

*\$175/90 min (Customized full-body massages or customized massage with focus work on 2-3 areas)*

### **Deep Tissue**

This massage is designed to square away that pesky trouble spot. After a consultation with your therapist to identify your specific needs, you are treated to a focused massage using Swedish techniques with heavy hand. Our 60 minute sessions concentrate on one area of the body to bring you the relief you need. Our 90 minute session affords you the flexibility to incorporate a second focal point or just smooth things out with a full body massage.

*\$135/60 min (work on 1 focus area) - \$175/90min (work on 1 focus area plus partial or full body)*

### **Stress Fix**

This focused treatment uses a proven Stress Relieving Aroma to release tension and instill a sense of peace within. Your therapist will utilize techniques such as Swedish massage, deep tissue massage, reflexology and acupressure therapy as they guide you to a place of renewal. The positive healing benefits of this service are re-inforced through the use of Aveda's Eco-Certified organic ingredients. Immerser yourself, unwind and relax your spirit. In addition, for all 90 minute services, a warm Aveda Foot Soak will be included at the beginning of your appointment.

*\$175/90 min*

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# SPA MENU

## MASSAGE THERAPY

### Hot Stone

Hot Stone Massages are heat therapy applied through the beauty of nature. We deliver heat therapy through the use of river polished basalt stones heated to your preferred level of comfort. These stones will warm and relax your weary muscles while your therapist implements a soothing massage to melt away your aches and pains. Much like the forces of nature which created these wonderful stones, we will need time to prepare for your session. Please allow us at least 1-hour advance notice for this massage.

*\$175/90 min*

### Maternity Massage

Recommended during your 2nd & 3rd trimester only. There are many changes going on in the life of a mother-to-be. One of these is the constant shifting of body posture as a pregnancy comes to term. This often results in new and uncomfortable pains and strains on the muscles keeping you standing upright. Maternity massage is a gentle and soothing style of massage aimed at treating all of the muscles which are working overtime as your little one gets ready to join the world. Book your session today for some much deserved 'me time' and relief.

*\$135/60 min*

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# SPA MENU

## COUPLES MASSAGE

**Aveda Aroma Massage For Two** Welcome to the Aveda Aroma Massage for two! Take some time for you and your significant other to share in the experience of a Swedish massage custom tailored with Aveda concepts and aromatherapy.

This timeless classic is partnered with Aveda's own aroma sensory journey. Your therapist will guide you to one of Aveda's four custom aroma blends designed to address your relaxation needs. Elevating the experience, your massage is complemented with Aveda's Peppermint Blue Oil hot towel treatment for your back and Foot Therapy Cream hot towel treatment for your feet. The 90 minute treatment will also include a warm Aveda foot soak at the beginning of your appointment.

*\$270/60 min (Customized full-body massages or customized massage with focus work on 1-2 areas)*

*\$350/90 min (Customized full-body massages or customized massage with focus work on 2-3 areas)*

## ALTERNATIVE THERAPIES

### Craniosacral Therapy

Craniosacral Therapy aims to treat the central nervous system. With a pressure of 5g (the weight of a nickel), your therapist will use a series of holds for the bones of the skull, spine and their connective tissues to promote a relaxation response of the central nervous system. This is a very gentle modality which is ideal for clients suffering from migraines, insomnia and anxiety.

*\$125/60 min - \$165/90 min*

### Aveda Chakra Balancing Session

An innovative spa ritual steeped in the tradition of Ayurveda, the ancient healing art of India. This treatment merges massage therapy, guided meditation and our Chakra Balancing blend aromas to open and balance the Chakra energy centers of the body. Your session includes deep tissue massage for the spinal muscles, shoulders & neck, acupressure scalp massage and chakra reflexology for the hands and feet. Integrated into bodywork, you will receive guided meditation focusing on the seven central chakras of the body helping you feel fully balanced and grounded. This is a fantastic service for getting re-centered both physically and energetically.

*\$165/90 min*

# SPA MENU

## ALTERNATIVE THERAPIES

*Continued*

### **Reiki**

Reiki is an ancient and sacred healing art that enables a deeply meditative and healing experience for the body, mind and spirit. Through focus and intention, the energy work of Reiki brings balance to the Chakras and energy systems of the body. This in turn promotes a balanced and peaceful state of being, enhancing the body's inherent power to heal. It is a wonderful service for anyone feeling energetically or emotionally off balance and in search of a moment to just 'be'.

*\$125/60 min - \$165/90 min*

### **Foot Reflexology**

Using a series of predefined pressure points in the feet, Foot Reflexology uses acupressure to stimulate and relieve areas of the body related to their corresponding pressure points. This is a particularly useful modality for addressing matters related to internal organs and glands of the body that classic massage cannot. Best of all, you can book your reflexology as a full session or ask your therapist to incorporate some foot reflexology into any of our other services.

*\$125/60 min - \$165/90 min*

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# SPA MENU

## WELLNESS PACKAGES

### **Luxurious Escape**

**Stimulating Gharshana Massage** This simple technique exfoliation has been used for thousands of years to achieve healthy, clear, and toned skin. Gharshana is an energizing dry massage, performed with raw silk gloves, that refreshes and stimulates the skin, enhancing blood circulation and improving lymphatic drainage. This enlivening treatment is the first step to prepare the body for the Balancing Abhyanga treatment.

**Detoxifying Upton Massage** An all-natural blend of locally sourced clay, herbs and minerals is used to remove toxins. This earthy blend is gently massaged into the skin to drawl out impurities and open channels. Upton takes away sluggish feelings, bringing a sense of clarity and uplifting. This cleansing, purifying treatment is the second step to prepare the body for the Balancing Abhyanga treatment.

**Balancing Abhyanga Massage** Experience the nourishing, calming, grounding effects of this ancient Indian healing therapy, one of the most traditional Ayurvedic treatments. Gently applied, warm, healing, herbal oils deeply penetrate skin tissue and release physical, mental and spiritual toxins. Detoxifying as well as healing, Abhyanga brings about a deep feeling of stability, warmth and comfort. \$250/2 hours

### **Aveda Stress Fix Package**

A soothing combination of our Stress Fix Body Treatment with our Stress Fix Pedicure utilizing Aveda Stress Fix Products.

\$250/2.5 hours (10% off any Stress Fix product with this Package)

### **Aveda Beautifying Package**

A luxurious Beautifying Body Treatment combined with a Beautifying Pedicure utilizing Aveda Beautifying Products.

\$250/2.5 hours (10% off any Stress Fix product with this Package)

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# SPA MENU

## BODY WRAPS & TREATMENTS

### **Aveda Aroma Body Wrap**

This seaweed/herbal treatment is customized with Aveda body care products and aromas. We begin with a dry exfoliation, followed by our Aveda seaweed masque applied to your back. We then wrap you in warm blankets and linens allowing the masque to soak in while you receive your scalp massage, acupressure therapy & foot reflexology treatments. Upon removal of the masque, you are treated to a full body massage using the Aveda hydrating formula customized with your chosen Aveda aroma blend. *\$175/90 min*

### **Aveda Aroma Body Polish & Treatment**

This unique Aveda experience is an exfoliating body treatment featuring customized Aveda body care products and full body massage. After choosing your Aveda aroma blend you are treated with our Aveda body polish for a full and thorough exfoliation experience. We then remove the polish with warm steamed towels and complete your session with a full body massage, scalp massage and foot reflexology with our Aveda hydrating formula. *\$175/90 min*

### **Beautifying Body Treatment**

This Beautifying Body Treatment is a warming, detoxing, seaweed masque treatment featuring the uplifting aroma of Aveda's Beautifying body care products. The session includes a dry exfoliation, seaweed/herbal masque for the back, scalp & face massage and foot reflexology therapy - followed by a full body massage. This service is a delightfully cozy way for anyone dealing with stress to carve out some precious 'me time'. *\$175/90 min*

### **Mountain Top Seasonal Scrub**

The products and raw materials for this scrub are inspired by the seasons. When possible, local ingredients are incorporated into the treatment. Be sure to ask 'what's in season'. *\$175/90 min*

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# SALON MENU

## SIGNATURE FACIALS

**Aveda Tulasāra Facial Treatment™** Our Skin Therapist will perform a thorough consultation to assess your skin type and needs and then combine the best combination of Tulasara products, personalized Aveda aromas and techniques to design a customized treatment that will move your skin toward balance and reveal its natural beauty.

*60 minutes / \$125 (includes 20 mins of intense work on one focus area)*

*90 minutes / \$165 (includes 30 mins of intense work on one focus area, or additional work on a second focus)*

**Aveda Dual Exfoliation Peel** Aveda's latest advancement in non-invasive, skin-renewing treatments. Combining Aveda's naturally derived mechanical and biochemical exfoliation methods, this treatment transforms and rejuvenates - delivering immediate, visible results. Improve skin texture & radiance, smooth skin appearance, refine pores and reveal fresher, younger looking skin. *60 minutes / \$125 90 minutes / \$165*

**Botanical Skin Resurfacing Treatment** Go beyond microdermabrasion and energize the look of your skin. This treatment helps to smooth skin texture and reduce the appearance of lines and wrinkles and pore size while significantly increasing radiance - all with less visible redness and irritation than a microdermabrasion procedure.

*60 minutes / \$125 90 minutes / \$165*

## THE PERFECT COMPLEMENT

Add on a **Perfecting Plant Peel™** to any facial. This facial treatment helps to re-texturize the skin; smooth fine, dry lines; refine the look of pores; and restore radiance. Delivering the exfoliation & radiance benefits of a 30% glycolic peel procedure with less of the associated redness and irritation. *30 minutes / \$60*

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# SALON MENU

## NAIL SERVICES

### **Aveda Manicure**    *\$45/50 min*

After a consultation and choosing your aromas, your manicure starts with a soak & cleansing of the hands. We then remove any polish and address the needs of your cuticles, followed by nail reshaping and exfoliation treatment. You will also be given a neck massage, while your hands are treated to a moisturizing masque & massage, finished with your choice of Spa Ritual polish.

### **Aveda Pedicure**    *\$75/60 min*

Indulge in total relaxation as your feet are treated to a hydrating, aroma therapeutic foot bath, smoothing scrub and invigorating massage. Nail shaping, cuticle conditioning and skin smoothing techniques are added to encourage healthy nail growth. Followed by the coat of polish of your choice.

## ADD-ONS/EXTRAS

**Add Shellac Polish**                      \$20

**Add Aveda Classic French**        \$20

**Polish Change\***                              \$15

\*This is performed as a stand-alone treatment.

## HAIR SERVICES

**Ayurvedic Hair Treatment**    Stress & tension melt away during this nourishing treatment. Warm herbal oil is massaged into scalp and hair, improving circulation while strengthening hair. This treatment is complemented with a relaxing neck massage & finished with a blowdry. *\$85/60 min*

**Blowout**    Starting at \$55

**Style**        Starting at \$70

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## POLICIES

Welcome to the Mountain Top Resort Spa & Salon. We hope that your visit is both relaxing and rewarding. In order to ensure that your appointment is an unconditional success, kindly review our policies below. Please let us know if you have any questions or concerns. Thank you!

**Reservations:** Reservations are strongly recommended. Walk-ins are welcome and we will do our best to accommodate. A credit card is required to secure an appointment (Visa & Mastercard are accepted).

**Cancellations:** We require at least 24 hours notice for cancellations in order to avoid incurring a charge. Cancellations within 24 hours, and no-shows, will be subject to a fee equal to 100% of the cost of your entire appointment. This fee will be placed on the credit card provided upon securing your reservation.

**Gratuities:** For your convenience, a 20% gratuity will be added to your bill and given to your service provider. If you wish to change this amount, please let our spa receptionist know at check out and we would be happy to adjust it accordingly.

**Treatment Time & Arrival:** Please arrive at least 15 minutes prior to your scheduled appointment. Regretfully, if you are late for your appointment, we will have to shorten your treatment time in order to accommodate and remain on schedule for our next guest.

**Cell Phones & PED's (Personal Electronic Devices):** We strive to provide each of our guests a private escape from the outside world and a peaceful and tranquil environment. Please assist us by turning off all PED's.

**Valuables:** We are not responsible for lost or stolen personal belongings. If you have valuables with you, please stow them in a locker in the women's restroom. For our male Clients, we can hold your items at the front desk.

**What To Wear:** Wear what is comfortable to you. Proper professional draping is performed throughout your services. Bathing suits are required for the sauna.

**Age Requirements:** Spa guests are required to be a minimum of 16 years of age in order to receive spa services.

**Medical Conditions & Allergies:** Please inform your therapist/stylist/trainer of any contraindications with your medical history. Always consult your personal physician prior to receiving spa services or participating in fitness classes.