

Reflections

Reflections Spa at Grand Cascades Lodge



*There is a place without stress.
A place that will inspire you with
clarity and a renewed perspective.
It is an intoxicating journey
of the senses ...
one that will provide an escape
from your world
and encourage you to unwind ...
receive ...
understand ...
breathe.
Welcome to a whole world
dedicated to you.
Your Journey Begins ...*



LUXURIOUS SKIN CARE

Red Carpet Facial – This results-oriented treatment utilizes a unique protein enzyme, known as the “liquid gold”, to stimulate cell metabolism to dramatically improve the skin’s appearance. After the initial cleansing and skin analysis, you will receive a stimulating cinnamon enzyme peel that will increase lymphatic drainage while deep cleansing each pore. Next, two soy protein masks are layered over the peel for a detoxifying and tightening effect. While the masks dry to enhance dermal toning, a luxurious anti-aging massage cream is smoothed over your hands and arms. This facial will reveal beautiful transformed skin.

Volcanic Clay Purifying Facial – This facial incorporates a powerful purifying mask made from a blend of botanical essences in a base of Bentonite Clay and Kaolin, two of nature’s most powerful detoxifiers. Helichrysum, Lavender, Sandalwood, and Rosewood are just a few of the beneficial and sedating oils that calm the mind while rejuvenating the skin and promoting cell regeneration.

Chai-Soy Detoxifying Facial – The aromatic spices of Chai are the inspiration for this facial. Cinnamon, Nutmeg, and Clove promote circulation and detoxification of oily and congested skin while Horse Chestnut and Marigold strengthen weak capillaries and soothe the skin. Indian Springs Mineral Clay, Organic Soy and Alfalfa form the base of this mask and provide the skin with essential colloidal minerals and antioxidants.

Propolis Facial – Bees gather the raw materials necessary to make a powerful substance called propolis with its anti-inflammatory and anti-bacterial properties. Propolis has been used as a natural remedy and is wonderful for any type of skin, especially problematic skin types. Your skin will be nourished and deeply hydrated and soothed for exceptional restorative results.

Green Tea & Ginger Facial – This facial is an extremely calming treatment and is beneficial for even the most sensitive skin. The Green Tea and Ginger Sea Enzyme Mask will detoxify, then replenish the skin using a variety of ingredients delicately blended with Green Tea and Ginger. This clean, refreshing mask delivers minerals, vitamins, and enzymes to your skin.

Om Signature Facial – A restorative and de-stressing treatment with pure organic aromatherapy to replenish and nurture from the inside out. The skin is purified, toned, and exfoliated with powdered pearls – crushed Champagne grapeseeds restore the skin’s luminosity. A face and neck massage with an organic chamomile and lavender anti-aging crème, along with a restorative Manuka Honey masque, leave the skin glowing and the soul rejuvenated.

White Diamond Facial – Pure luxury ... An organic brightening facial designed for those who desire inner and outer glow. A Vitamin C exfoliating treatment and a mineral-rich purifying white clay masque brighten the face, neck, and décolleté. This White Truffle treatment—known as the “White Diamond”—restores the skin’s luminosity—revealing youthful radiance and glow.

Luxurious Skin Care Continued ...

Champagne, Caviar & Truffles Facial – *A celebration for your skin ... This organic anti-aging facial restores skin's youthful radiance with decadent Champagne, Caviar and Truffles. This luxurious facial delivers a potent complex of vitamins, minerals, and peptides to boost cellular renewal and collagen production. A Manuka Honey and Vitamin C treatment masque complements a lavish facial massage with Truffle and Caviar crèmes to reverse the signs of aging. This luxurious facial delivers pure and immediate results. Truly an unforgettable experience.*

Red & White Wine Signature Facial – *Lavish your skin in this luxurious customized treatment! Reveal the new you as your skin is treated to toning, tightening, smoothing and the ultimate hydration. Designed as an anti-aging treatment, this Signature facial will consist of a deep purification using cream and foaming cleansers, an exfoliation process which will excite the senses due to its unique and delicious scent, a relaxing massage and an exclusive mask. This Signature mask has so many incredible applications. It will help firm your skin, brighten and strengthen your cells.*

Purifying Back Facial – *Our back facial targets an often neglected part of our body with facial quality products that will leave the pores free of impurities while hydrating the skin and relieving tension. This treatment can be customized to accommodate any type of skin; however, it is a must for those with problematic skin types, specifically acne prone. This treatment will address all the concerns of those experiencing blocked pores and blemishes as well as those who want to keep their back looking great.*

Skin Care Treatment Additions:

Custom Aromatherapy Scalp Treatment – *This decadent scalp treatment takes relaxation to a whole new level; experience customized techniques tailored to your needs and your choice of aromatherapy oils.*

Collagen Booster – *This facial treatment upgrade features Pro-Collagen Serum Amplifier that plays a critical role in selectively stimulating Collagen production in your skin diminishing the appearance of fine lines and deep wrinkles.*



Skin Care Treatment Additions Continued ...

Tired Eyes Instant-Lift – *Dramatically improve the surface of your skin with Instant-lift Facial Cream with unique botanical extracts that immediately firm and plump up the skin for a 24 hour power lift!*

Soothing Silver Ion Treatment – *Soothe and rejuvenate your eyes with this truly innovative treatment utilizing a specialty Bio Peptide Complex and a Silver Ion Mask designed to reduce puffiness, significantly improve skin imperfections, and increase skin firmness by enhancing protein synthesis.*

Vitamin C Eye Brightener – *Featuring Cxc Vitamin C Complex that brightens the delicate skin under the eyes with a synergistic blend of Vitamin C, A, and E that work together to neutralize free radicals and prevent premature aging from sun damage and pollutants.*

Brown Sugar & Honey Lip Plumping Treatment – *Treat dry chapped lips with a gentle exfoliation containing a Cinnamon Vanilla brown sugar whipped up with moisturizing honey; a warm compress removes the scrub to unveil soft and pleasantly plumped lips that are then hydrated with an enzyme lip balm with a tingle of Tea Tree Oil and an SPF to protect against the elements.*

Glycolic Hand Treatment – *This treatment addresses the often neglected skin on the hands leaving them supple, smooth and noticeably younger looking! Non-buffered pure sugar cane glycolic is applied to refine the skin and turn back the hands of time – you will love the silky results achieved in one treatment.*

Deep-Heat Foot Treatment – *Relax achy muscles and joints with our all-natural deep-heat foot envelopment composed of shea butter, beeswax and soy extracts with an exclusive anti-oxidant blend.*



DECADENT MESSAGES

Art of Reflection – *Our signature massage is a centering, balancing, choreographed massage of movement. Enjoy a feeling of complete clarity and well-being through this complete sensory experience.*

Chardonnay Vinotherapy Massage – *Rejuvenate your body with a therapeutic massage and revitalize your skin with the essence of anti-aging properties of Chardonnay Grapeseed. This treatment provides powerful antioxidants for the entire surface of the body while the healing massage improves circulation, eases muscle tension, and improves flexibility.*

Four-Hand Massage – *Once you've experienced a two-therapist, four-hand massage-you'll remember it, possibly forever. Beyond the sheer nirvana of one therapist caressing your head, the other your feet- and then, in perfect unison, your entire body- there's the bonus of total and absolute relaxation, of time and place forgotten.*

Thai Yoga Retreat – *Thai Yoga is a deeply healing and powerful combination of rhythmic massage, acupressure, yoga stretching, gentle twisting and energy work all rolled into one incredible experience. It is performed on a mat on the floor where both client and practitioner are dressed in comfortable clothing allowing ease of movement and flexibility. No oils or creams are used.*

Warm Gemstone Therapy – *This treatment begins by placing Chakra gemstones on the body to bring balance to your energy pathways. The service continues with a full-body massage using special mineral-infused lotions and colorful gemstones in combination with warm stones as massaging tools to release tension from your body.*

Active Life Massage – *Especially helpful for specific areas of discomfort, this deeper working massage releases tight muscles, stimulates circulation and improves range of motion through a variety of techniques, focused friction and muscle manipulation.*

Nurturing Mother-To-Be Massage – *The nine month journey of nurturing is a special time. This massage is specifically designed to comfort the expectant mother and is adapted to each stage of pregnancy. Soothing strokes and comfy cushions ease and relax moms-to-be.*

Massage Treatment Addition:

Deep-Heat Hand Treatment – *Relax achy muscles and joints with our all-natural deep-heat hand envelopment composed of shea butter, beeswax and soy extracts with an exclusive anti-oxidant blend.*



INDULGENT BODY TREATMENTS

Spicy Chai Wrap – *Begin with a stimulating dry brush to prepare the skin for an application of our Chai Soy Mud Mask containing the warming spices of Chai and Organic Soy rich in anti-oxidants. You will then be enveloped in a warm wrap so the nutrients can be infused into your skin, followed by a refreshing shower. The final step is an invigorating Herbal Spice enzyme lotion to revitalize leaving you in a state of beauty and wellness.*

Tri-Crystal Body Scrub – *Experience the state-of-the-art Tri-Crystal Microderm body polish. This scrub combines sea salt, sugar, and magnesium oxide crystals to give you a superior body exfoliation. After a rinsing in a refreshing shower, you will be misted with a Rosemary Moisturizing Spray to awaken the senses. The grand finale is a luxurious application of Rosemary After-Bath enzyme lotion to unveil incredible silky glowing skin.*

Luxury Body Facial – *First we exfoliate and polish your skin from head to toe with one of our luxurious body scrubs. You will then enjoy a warm relaxing shower rinsing your cares away to prepare you for a an ultra hydrating body lotion application infused with essential oils of your choice leaving your skin unbelievably soft. The final step to this aromatherapy experience is a delightful Peppermint Glycolic cream to further refine and stimulate your skin. (Choices of essential oils are lavender and rosemary)*

Volcanic Clay Body Ritual – *This detoxifying treatment begins with an aromatic sea salt body scrub in the old world tradition. This will make your skin more receptive to a purifying botanical mask with Volcanic Clay and wild crafted essential oils. While you are wrapped, enjoy a soothing scalp massage followed by a warm relaxing shower to remove this revitalizing mud. You will then receive a moisturizing application of Rosemary lotion. This treatment is designed to detoxify, revitalize and tighten the skin.*

Espresso-Limón Slimming Treatment – *For the sleek, smooth body you have been looking for... this firming treatment utilizes an all-natural Espresso-Limón slimming oil, combined with an exclusive dual-action Euro body-brushing technique that works to assist the body in ridding itself of stagnate toxins, which appear as cellulite and cause water retention. The result... a diminished appearance of cellulite and a body that looks and feels slimmer and smoother!*

Decadent Sugar & Honey Treatment – *An exquisite pleasure for body and mind, this treatment is designed for those who want immediate results for satiny soft and radiant skin. Using organic sugar crystals in healing Manuka Honey, the dead skin is gently exfoliated to create a thin veil of moisturizing protection for a silky sheen. The skin is hydrated with antioxidant-rich crème with phyto-active Chardonnay grapeseed and grapefruit essential oil.*

Green Tea & Ginger Body Wrap – *Stimulate your body's metabolism and provide it with powerful detoxifying effects. Start with a Geranium grapeseed body scrub, then a potion of Green Tea, Ginger Root and Seaweed body wrap. This powerful detoxifying cocktail will stimulate yet balance and ground your body and mind feeding your skin nature's most complete source of nutrition. Finally, a special blend of exotic essential oils and luxurious emollients are caressed into your skin leaving you moisturized, smooth and youthful.*

Indulgent Body Treatments Continued:

Pinot Noir Signature Body Glow – *The ultimate in Vinotherapy body exfoliation and hydration! Embark on your experience with an exceptional Wine Salt Glow freshly prepared. The combination of Dead Sea salt and delectable wine, sunflower oil, clove and cinnamon will stimulate and hydrate your skin. Concluding your treatment a pureed Pinot Noir moisturizer is applied, that dedicates itself to quenching those thirsty skin cells.*

Body Treatment Additions:

Custom Aromatherapy Scalp Treatment – *This decadent scalp treatment takes relaxation to a whole new level. Experience customized techniques tailored to your needs with your choice of aromatherapy oils.*

Warm Paraffin Infusion – *Using 11 vitamins and minerals, this nourishment blend provides balanced protection and skin conditioning for hands or feet.*



COUPLES BLISS

Chardonnay, Nectar & Honey Couple's Treatment – *Rejuvenate body and soul with this luxurious organic anti-aging Chardonnay, Nectar and Honey treatment. A warm sugar and Manuka Honey scrub polishes the dull, dry skin off arms, hands and feet, while the Chardonnay Grapeseed Oil full body massage nourishes the skin, delivering powerful antioxidants and easing tension and sore muscles. A skin satisfying body hydrator is applied after the Nectar Douceur shower to leave the entire body in an unprecedented relaxed state, and skin an unimaginable softness.*

Couples Rendezvous – *The soft glow of candlelight enhanced, by the feel of long, flowing massage strokes on the skin, melts tension away as you and your partner relax while the gentle music takes your senses to places that are yours and yours alone.*



GENTLEMEN'S CORNER

Gentlemen's Executive Facial – *This facial addresses the most common skin issues for men such as ingrown facial hairs, razor burn, and overactive oil glands. We first cleanse and exfoliate the skin using a fine pumice followed by a clay mask with extracts of Licorice and Rosemary that will deep cleanse and refresh the skin. A unique oil control product with alpha hydroxy acids is then applied to refine the texture of men's skin. Next, a lightweight moisturizer is gently massaged into the skin followed by an Active Sport Treat Sunscreen for maximum protection from the elements.*

Gentlemen's Active Life Massage – *A deeper working massage to release tight muscles and stimulate circulation through a variety of techniques, focused friction and muscle manipulation.*

Salon Services for Men

Gentlemen's Cut – *A warm towel, a gentle shampoo and a quick haircut just for the gentlemen.*

Beard Trim

Single Process Color Camouflage – *Using a professional hair color for men, enhance your natural style with gray reduction or highlights, including mustache and beard. Permanent or temporary color is offered.*

Scalp Massage & Hair Treatment – *A relaxing and rejuvenating service designed to pamper the tension areas of your head. A stylist will use pressure points in the head, ears, and face to bring harmony to your entire body. A restoring hair conditioner will be applied to your scalp to leave your hair moisturized and lustrous.*

Executive Nail Grooming

Our hand and foot care is designed to groom the nails, condition the cuticles, soothe tired hands and feet with revitalizing massage, and moisturize the skin.

- Gentlemen's Manicure
- Gentlemen's Pedicure

Gentlemen's Waxing

- Back
- Chest
- Full Arm
- Full Leg
- Shoulder
- Eyebrow
- Half Arm
- Half Leg



HANDS AND FEET

Spa Manicure & Spa Pedicure – *These luxurious hand and foot treatments reveal satiny soft skin. Using organic sugar crystals in healing Manuka Honey, the dead skin is gently exfoliated to create a thin veil of moisturizing protection. The skin is then hydrated with a delicious Chardonnay crème with antioxidants and phytonutrients for a dewy glow.*

Fingers or Toes Polish Refresher – *Not your normal polish change. Leave with a refresher for your entire nails, while changing the original color.*

Bordeaux Luxury Hand Treatment – *Your hands will be immersed in a wine essence, passion fruit soak, and exfoliated with gentle jojoba beads. Enjoy the d'vine Massage oil that deeply relaxes and nourishes enhancing the hands. A Bordeaux hydrating mask will enhance the appearance of tired hands with Clove, Orange, and Cinnamon essential oils.*

Primitivo Deluxe Pedicure – *Treat your tired feet to luxury with this "Foot Facial"! A deep cleansing, exfoliation, and a Primitivo healing mask followed by a Mourvedre Oil massage, à la Vinotherapy! This treatment will stimulate circulation and improve the appearance of your legs and feet. Be sure to wear your best sandals.*



HAIR SERVICES

Haircut (shampoo, cut & style) – *Let one of our stylists treat you to a cut that will have you receiving compliments from all.*

Styling (shampoo & style) – *Let us do the work for you. We will gently shampoo, condition and style your hair just the way you like it.*

Deep Conditioning Treatment – *A luxurious treatment to assist you in keeping a softer, more supple, healthier head of hair.*

Single Process Color – *Whether you need a refresher or an entirely new look, our expert colorists can help you achieve the look you want.*

Highlights & Lowlights (partial/full) – *Add some multi-dimensional color effects to your hair to give it a refreshing new look.*

Special Occasion Hair – *Need a special look for a special occasion? Let us help you look and feel your best.*

BRIDAL SERVICES

Wedding Day Hair – *Let one of our stylists give you an up-style for your wedding day that will leave the groom breathless.*

Wedding Day Makeup Application – *Let one of our professionals take the stress out of your wedding day by applying your makeup for you.*

Wedding Party Upstyling

Wedding Party Makeup Application

HAIR REMOVAL

- Eyebrow
- Bikini
- Brazilian
- Full Arm
- Half Arm
- Full Leg
- Half Leg
- Underarm
- Back
- Lip



OUR RETREATS

From The Wine Cellar

Chardonnay Vinotherapy Massage – *Rejuvenate your body with a therapeutic massage and revitalize your skin with the essence of anti-aging properties of Chardonnay Grapeseed, providing powerful antioxidants for the entire surface of the body while the healing massage improves blood circulation, eases muscle tension, improving flexibility.*

Red & White Wine Signature Facial – *Lavish your skin in this luxurious customized treatment! Reveal the new you as your skin is treated to toning, tightening, smoothing and the ultimate hydration. Designed as an anti-aging treatment, this Signature facial will consist of a deep purification using cream and foaming cleansers, an exfoliation process which will excite the senses due to its unique and delicious scent, a relaxing massage and an exclusive mask. This Signature mask has so many incredible applications. It will help firm your skin, brighten and strengthen your cells.*

Pinot Noir Signature Body Glow – *The ultimate in Vinotherapy body exfoliation and hydration! Embark on your experience with an exceptional Wine Salt Glow freshly prepared. The combination of Dead Sea salt and delectable wine, sunflower oil, clove and cinnamon will stimulate and hydrate your skin. Concluding your treatment; a puréed Pinot Noir moisturizer is applied, that dedicates itself to quenching those thirsty skin cells.*

Conditioning Hair & Scalp Treatment – *A luxurious treatment to assist in keeping a softer, more supple, healthier head of hair.*

Styling (shampoo & style) – *Let us do the work for you. We will gently shampoo, condition and style your hair just the way you like it.*

Pure Decadence

Art of Reflection Massage – *Our signature massage is a centering, balancing choreographed massage of movement. Enjoy total clarity and well-being through this complete sensory experience.*

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Spa Manicure & Spa Pedicure – *Luxurious hand and foot treatments revealing satiny soft skin. Using organic sugar crystals in healing Manuka Honey, the dead skin is gently exfoliated to create a thin veil of moisturizing protection. It is then hydrated with a delicious Chardonnay crème with antioxidants and phytonutrients for a dewy glow.*

POLICIES AND EXTRAS

Reservations – *For the widest selection of treatments and appointment times, we recommend reserving your Spa services at least two weeks prior to your visit. Please allow additional notice when booking for groups, holidays and weekends. Special packages and arrangements can be made for wedding parties and baby showers. All Spa treatments must be guaranteed with a credit card. For more details, please contact the Spa at 973.823.6550.*

For Your Convenience – *Reflections Spa provides you with a luxury robe and slippers for your comfort, lockers, showers, hair and body amenities and hair dryers.*

Younger Guests – *Guests must be 18 years of age or older to use the Spa facilities.*

Tranquil Environment – *The Spa is an environment for relaxation and tranquility. Please respect all of our guests' rights to privacy and quiet by turning off pagers and cellular phones before entering.*

Personal Possessions – *We regret that we cannot be responsible for the loss of or damage to personal articles, including clothing and accessories. We ask you to remove all jewelry before any service. We recommend leaving your jewelry at home or in the safe provided in your guestroom.*

Maximizing Your Spa Experience – *Please arrive at least 30 minutes prior to your first treatment. This will allow you time to check in and enjoy the Spa amenities. The use of the steam rooms prior to your treatment(s) will relax your muscles so that you may receive the full benefit of your service(s). Arriving late for your scheduled service will deprive you of valuable treatment time. To avoid delaying the next guest, your treatment will end on time regardless of how late your service began.*

Our Cancellation Policy – *If you must cancel or reschedule your Spa service, please let us know 24 hours ahead of time to avoid being charged for a scheduled treatment. Groups of 6 or more who are booking services in the Spa require a 48-hour guarantee. The Spa strictly adheres to its cancellation policy.*

Spa Gratuity – *Gratuity is not included for spa services and is greatly appreciated. For your convenience, gratuity envelopes are located at the spa reception desk.*

Spa Gift Cards – *A Spa Gift Card is an ideal gift year-round for any special occasion. Telephone and mail orders are available. For more information, please call the Spa at 973.823.6550.*

Reflections Boutique – *After your Spa experience, browse through our Boutique filled with wonderful Spa products to remind you of your special day. Our Boutique carries our featured Spa lines including Epicuren, Om Aroma, D'Vine, as well as spa apparel and fine jewelry.*

Convenient Hours of Operation – *Monday-Saturday 9:00am-9:00pm & Sunday 10:00am-8:00pm.*

Pricing – *Our pricing may be subject to change without notice. Please inquire about current pricing when scheduling your services. Please note that tax is not included in the cost of our services.*

Payment – *Reflections spa gladly accepts American Express, Discover, Mastercard, Visa & cash.*

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Reflections

*Three Wild Turkey Way • Hardyston, NJ 07419
Located just one hour from New York City and
Newark Liberty International Airport*



For more information about Reflections Spa
and Crystal Springs Resort,
call 973.823.6550 or visit
TheCrystalSpringsResort.com

So Much ... So Close!