

# *Reflections*

AT GRAND CASCADES LODGE





## *luxurious skin care*

### **VOLCANIC CLAY PURIFYING FACIAL 50 MINS – 155**

Maximize healing and rejuvenation of skin, addressing concerns during all phases of cancer therapy, recovery & survival. This safe and soothing treatment aids in the support of regaining a healthy feel and appearance. As well as, managing and improving changes your skin may experience during treatment phases, all while you drift away into blissful relaxation. This facial embodies our core belief that radiant skin is a reflection of who we are.

\*Oncology approved products used

### **CHAI-SOY DETOXIFYING FACIAL 50 MINS – 155**

The aromatic spices of Chai are the inspiration for this deep cleansing facial. Let the familiar aroma of 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 minerals and antioxidants followed by a light application of moisturizer, uncovering your fresh and clear complexion.

### **REJUVENATING WELLNESS FACIAL 50 MINS – 160**

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# luxurious skin care

{CONTINUED}

## **GLYCOLIC RADIANCE FACIAL** 50 MINS – 185

Brighten and protect the skin you're in. This targeted and results driven facial peel actively diminishes fine lines, hyperpigmentation and dry skin with result that can be seen with just one treatment. Your dramatic results are enhanced with a specialty serum providing extended hydration and protection for your skin. This facial will not only brighten your skin but also provide extended hydration and protection against aging elements.

## **RED CARPET FACIAL** 100 MINS – 275 {AVAILABLE STARTING 11.01.2020}

Put your best face forward with, 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 lightly layered over the peel for effective detoxifying and tightening results. 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.

## **ISOLATED BODY FACIAL** 50 MINS – 155

Our soothing 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 prone to back acne.

## **GLOWING SPICED WINE FACIAL** 50 MINS – 160

Intoxicate your skin and your senses with our spiced wine glow facial. Let the blend of cherry pepper extract warm your skin as it increases circulation followed by a high dose of vitamin C to minimize the appearance of fine lines and wrinkles. While gentle honey adds a boost, let your freshly exfoliated skin relax as it nestles into a cooling mask infusing your face with intense hydration. Seal the deal with a finishing touch of spiced wine toner locking in moisture revealing a sparkling glow.

## **ROSE QUARTZ LUXE SIGNATURE FACIAL** 50 MINS – 165

Melt into relaxation with our luxe signature facial. Let the aroma blend of lush berry puree and rosehip oil work in harmony to brighten, tighten and hydrate the skin while a warming mask increases circulation and gently draws out impurities. Allow your mind to drift away as you are massaged into bliss utilizing our rose quartz cold stone therapy which releases facial tension, and promotes lymphatic drainage, increased circulation and reduces inflammation leaving you feeling healthy and energized revealing healthy radiant skin.

## **GREEN TEA & GINGER FACIAL** 50 MINS – 175

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 delivering a velvety smooth appearance you've been waiting for.

# decadant massages

## **ART OF REFLECTION** 50 MINS – 145 | 100 MINS – 275

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

## **VINOTHERAPY** 50 MINS – 160 | 100 MINS – 290

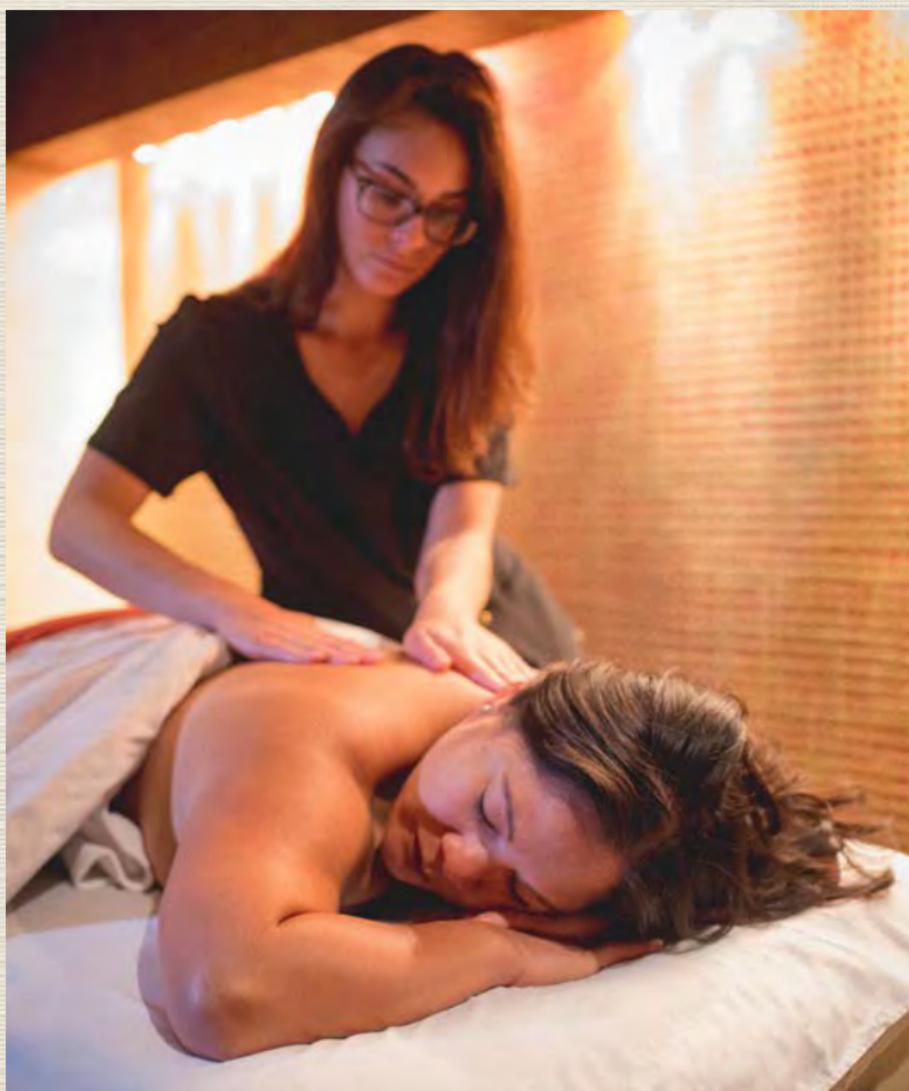
This luxurious antiaging body massage delivers powerful wine-based antioxidants for the entire surface of the body while the healing massage improves circulation, eases muscle tension and improves flexibility. Let the elegant and smooth aroma of Chardonnay oil melt into your skin providing a silky glow all over.

## **ACTIVE LIFE** 50 MINS – 160 | 100 MINS – 290

Designed with busy on the go lifestyles in mind, this massage is 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. This massage compliments any lifestyle no matter how active.

## **BALANCING AROMATHERAPY OIL** 50 MINS – 170 | 100 MINS – 300

Based on the ancient healing arts of Chakra Therapy, this aromatic journey targets the energy centers of the body with unique Chakra balancing luxury oils. Relax into your personalized experience while the rich organic aromatic blends harnesses harmony between the mind and the body as you are massaged with healing botanical oils that reflect your chosen intention.





## indulgent body treatments

### **DETOXIFYING SENSORY BODY RITUAL** 100 MINS – 245

This detoxifying treatment begins with an aromatic sea salt body scrub that awakens the skin making it more receptive to a purifying botanical mask of Black Baltic Mud and wild crafted essential oils. While a warm cocoon draws out toxins, drift into bliss during a soothing scalp massage, cold stone therapy facial and foot massage relieving facial tension, improving circulation and promoting lymphatic drainage. Recharge under a rainfall shower as you rinse away this revitalizing mud. Followed by a moisturizing massage application of Rosemary aromatherapy. This treatment is designed to detoxify, revitalize and tighten the skin while awakening your senses

### **ESPRESSO-LIMÓN SLIMMING TREATMENT** 50 MINS – 185

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 legendary Euro dry-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 imperfections and a body that looks and feels slimmer and smoother!

### **DECADENT CINNAMON BROWN SUGAR SCRUB** 50 MINS – 165

An exquisite pleasure for body and mind, this treatment is designed for those who want immediate results for satiny soft and radiant skin. Using brown sugar crystals, the dead skin is gently exfoliated to create a thin veil of moisturizing protection for a silky sheen. The skin is then hydrated with a protein-rich warm vanilla moisturizer revealing all over soft, silky, shimmering skin.

### **GREEN TEA & GINGER BODY WRAP** 50 MINS – 175

Stimulate your body's metabolism with a dry brush exfoliation followed by a nourishing Green Tea, Ginger Root and Seaweed body wrap. This powerful cocktail will stimulate, balance and feed your skin nature's most complete source of nutrition. A finishing touch of Coconut-infused moisturizer will leave you feeling smooth and youthful.

### **GRAND CRU & CHARDONNAY SCRUB** 50 MINS – 165

Intoxicate your senses with the perfect aromatic blend while we exfoliate your body with our Grand Cru Sugar scrub, followed by the sweet aroma of Chardonnay oil. This grapeseed infused treatment not only leaves behind fragrant, silky glowing skin but is also packed with antiaging benefits and is full of antioxidants.

## *indulge your body*

{ADD WITHIN ANY MASSAGE SERVICE}

### **VINOTHERAPY 10**

Revitalize your skin with the essence of Chardonnay Grapeseed

### **DEEP HEAT HAND OR FOOT TREATMENT 15**

Soften & Soothe tired achy feet or hands with warm paraffin

### **AROMATHERAPY SCALP TREATMENT 25**

Nourish & Strengthen Hair

## *indulge your face*

{ADD WITHIN ANY SKIN CARE SERVICE}

### **COLLAGEN MASK 30**

Boost Collagen production, diminish appearance of fine lines & wrinkles

### **COLLAGEN BOOSTER 15**

Boost Collagen production, diminish appearance of fine lines & wrinkles

### **TIRED EYES INSTANT LIFT 10**

Combat puffiness, temporarily helps to tighten & lift eye area

### **BROWN SUGAR & HONEY LIP PLUMPING TREATMENT 10**

Exfoliate, Soften & Plump lips

### **VITAMIN C EYE BRIGHTENER 10**

Brightens & protects eye area

## *indulge your hands*

{ADD WITHIN A PEDICURE SERVICE}

### **DEEP HEAT HAND TREATMENT 15**

Soften & Soothe tired achy hands with warm paraffin

\*Additions do not extend length of our services, they are a concentration during the service period.





*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...*



# hands and feet

## SPA MANICURE & SPA PEDICURE

These luxurious hand and foot treatments reveal satiny soft skin. Using our Cinnamon Brown Sugar and Honey crystals, the dead skin is gently exfoliated to create a thin veil of moisturizing protection. The skin is then hydrated with a delicious Vanilla crème with antioxidants and phytonutrients for a dewy glow.

- Spa Manicure 50
- Spa French Manicure 55
- Gel Manicure 60
- Sculpting Gel Manicure Fill 50
- Spa Pedicure 60
- Spa French Pedicure 65
- Sculpting Gel Manicure 80
- Tips +5

## FINGERS OR TOES POLISH REFRESHER 15 {FRENCH +5}

Not your normal polish change. Leave with a refresher for your nails, while changing the original color.

## BORDEAUX LUXURY HAND TREATMENT 65 {FRENCH +5}

Your hands will be immersed in a wine essence, vanilla plum soak and exfoliated with gentle jojoba beads. Enjoy the Chardonnay 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.

## BALANCING AROMA PEDICURE 70 {FRENCH +5}

Ease the mind and body through the soles, this aromatherapy pedicure targets the energy centers of the body. Let our gentle and tranquil dry scrub exfoliate your legs and feet while the luxury oils breathe moisture back into your skin. Relax & take a deep breath to let aromatic layers reveal themselves during the soothing leg and foot massage.

## PRIMITIVO DELUXE PEDICURE 75 {FRENCH +5}

Treat your tired feet to a luxurious “Foot Facial”! Start off with a deep cleansing exfoliation with our Grand Cru Sugar scrub followed by a nourishing honey healing mask finished off with a Chardonnay 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} 55

Let one of our stylists treat you to a cut that will have you receiving compliments from all.

## STYLING {SHAMPOO & STYLE} 50 & UP

Let us do the work for you. We will gently shampoo, condition and finish with a volumizing blowout, just the way you like it.

## DEEP CONDITIONING TREATMENT 70

A luxurious treatment to assist you in keeping a softer, more supple, healthier head of hair. Relax as our deep conditioning mask penetrates your scalp to promote new growth as it nourishes and repairs damaged strands. Followed by a voluminous, silky blow out.

## SINGLE PROCESS COLOR 70 & UP

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

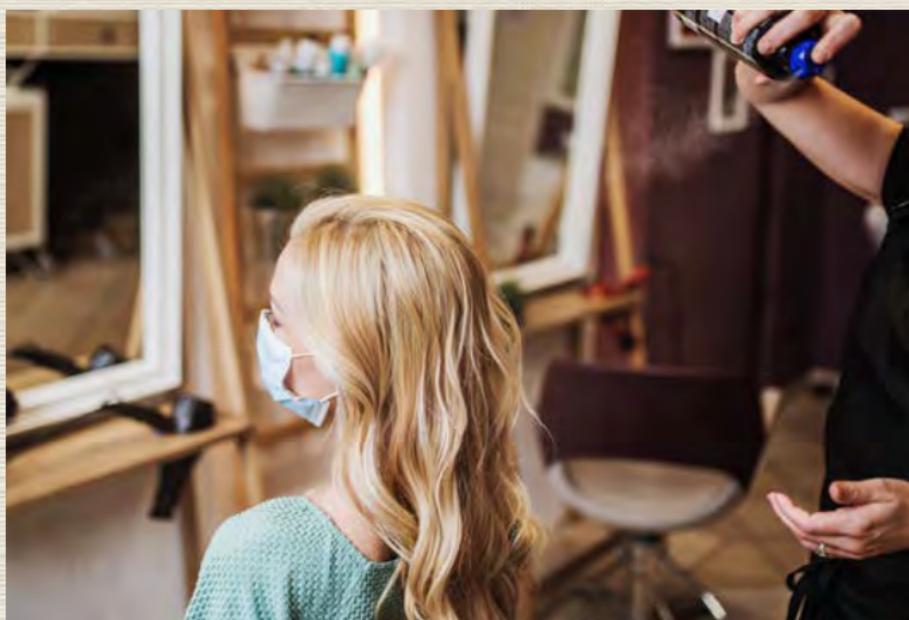
## HIGHLIGHTS & LOWLIGHTS 110 & UP PARTIAL | 150 & UP FULL

Add some multi-dimensional color effects to your hair to give it a refreshing new look.

\*Deep conditioning can be added to any above services for an additional 25

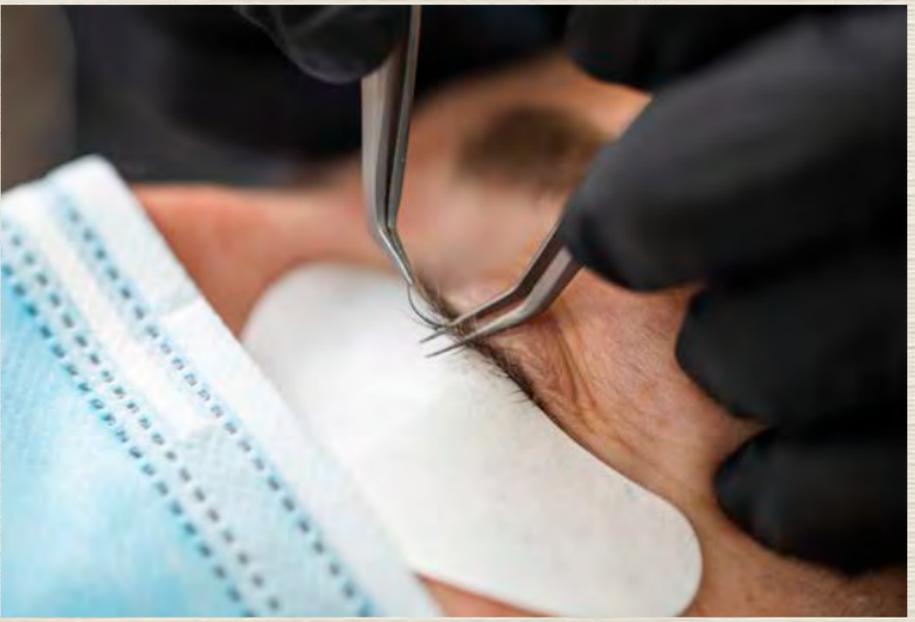
## SPECIAL OCCASION HAIR 70

Need a special look for a special occasion? Let us help you look and feel your best.



# waxing services

- Eyebrow 20
- Bikini 45
- Brazilian 65
- Back 55
- Lip &/or Chin 10 {currently unavailable}
- Full Arm 45
- Half Arm 25
- Full Leg 70
- Half Leg 40
- Underarm 20

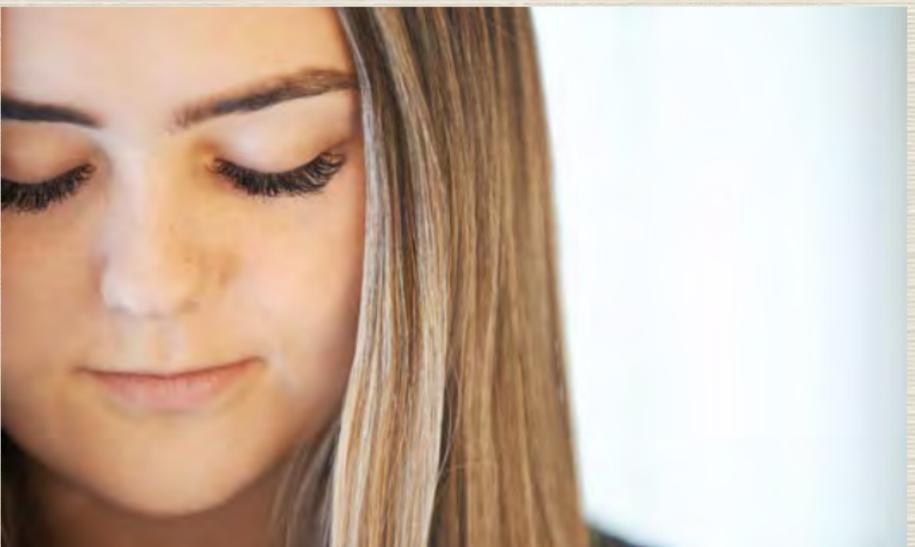


## lash extension menu

<i>classic lashes</i>	<i>since last fill</i>	<i>duration</i>	<i>pricing</i>
FULL SET	Initial Application	105 Minutes	\$170
MINI FILL	7-10 Days	30 Minutes	\$40
REGULAR FILL	2-3 Weeks	60 Minutes	\$60
PARTIAL FILL	4-5 Weeks	90 Minutes	\$80
LASH REMOVAL		30 Minutes	\$30

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<i>volume lashes</i>	<i>since last fill</i>	<i>duration</i>	<i>pricing</i>
FULL SET	Initial Application	105 Minutes	\$250
MINI FILL	7-10 Days	30 Minutes	\$50
REGULAR FILL	2-3 Weeks	60 Minutes	\$80
PARTIAL FILL	4-5 Weeks	90 Minutes	\$110
LASH REMOVAL		30 Minutes	\$30



## *additional services*

BROW WAX & TINT

30 Minutes — \$25

LASH TINT

15 Minutes — \$20

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### *classic lash package*

FULL CLASSIC SET

MINI FILL

THREE REGULAR FILLS

\$332

### *volume lash package*

FULL VOLUME SET

MINI FILL

THREE REGULAR FILLS

\$459

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### *bridal lash package*

BROW SHAPING

BRIDAL SET {MIXED} — INITIAL APPLICATION

ONE REGULAR FILL

ONE PARTIAL FILL

LASH CLEANSER & CLEANSING BRUSH

\$300

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## *lash extension prep*

### **REMOVE ALL MAKEUP AND FACIAL PRODUCTS**

Avoid wearing eye makeup to your eyelash appointment. Remove mascara, eyeliner, and other eye makeup before-hand. Although the lash stylist will have makeup remover on hand, removing eye makeup can be time-consuming and take away from your lash extension application time. Also, avoid curling your lashes come with your lashes in their natural state. Refrain from any facial products such as moisturizers and oils as they can break down the adhesives.

### **REMOVE CONTACT LENSES**

Bring a contact lens case and saline solution to your appointment, if you wear contact lenses. As a safety precaution you will be required to remove your lenses before the lashes are applied. Wearing contact lenses while getting lash extensions is a safety issue and may be uncomfortable. After the lashes are applied, you can put your contact lenses back in, or if more convenient, wear glasses to your appointment

### **WEAR COMFORTABLE CLOTHES**

We suggest wearing clothes that are comfortable and allow you to lie down in a relaxed, nonrestricted manner. Treatment room temperatures are usually constant, but it does not hurt to bring a light sweater just in case. Wearing comfortable clothes during your session can help optimize your special 'me-time' and enhance your experience. Also, to prevent unnecessary discomfort, avoid wearing large dangling earrings or wearing your hair in a ponytail or bun.

### **PLAN ACCORDINGLY FOR 24 HOURS AFTER APPLICATION**

It is not recommended that you participate in any water activities. Swimming, steam room, sauna and shower etc. are not recommended for 24 hours following your application as the bond needs to cure properly in order to prevent premature fall out.

# 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 844.358.0253.

## **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 & tranquility. Please respect all of our guests' rights to privacy and quiet enjoyment by turning off electronic devices 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 844.358.0253.

## **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 line Epicuren, Sorella Apothecary skin care and Spa apparel and gifts.

## **CONVENIENT HOURS OF OPERATION**

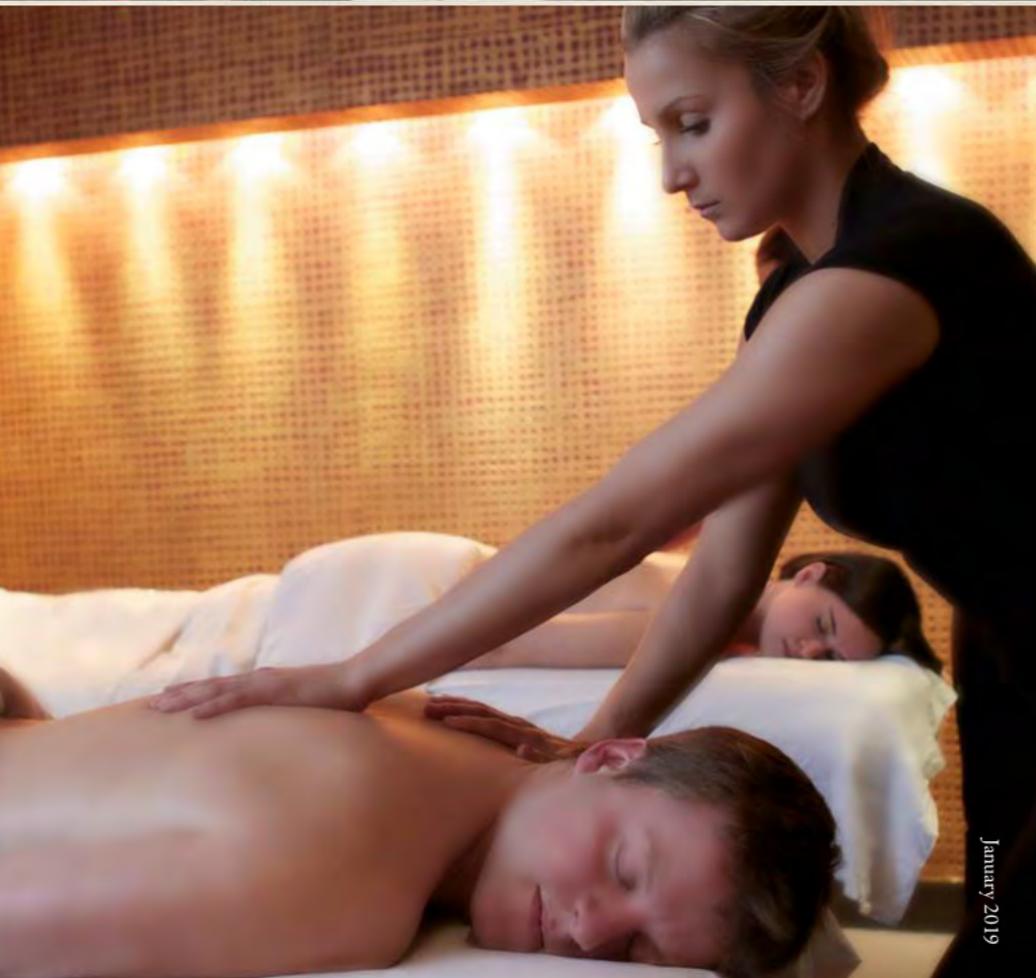
Hours are subject to change without notice. Please contact us for the most accurate hours of operation.

## **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.



January 2019

844.358.0253

[TheCrystalSpringsResort.com](http://TheCrystalSpringsResort.com)

3 Wild Turkey Way, Hamburg, New Jersey 07419