

# Spa Policy

Cancellations require a 24-hour notice. Cancellations that occur within 24 hours of scheduled services will be assessed a charge of 50% of scheduled service. If no cancellation is made, a no-show charge of 100% of scheduled service will apply.

Indulge your senses and awaken your awareness of mind, body, and spirit.

Smell the pure plant extracts.

Feel the serenity of quiet relaxation.

Taste the soothing herbs of calming tea.

Hear the peacefulness that nature has to offer.

See a rejuvenated self.

## *Spa Etiquette*

### **May I reschedule a Salon/Spa reservation?**

We hope you do not have to cancel. To avoid charges, please honor our 24 hour notice cancellation policy.

### **When should I arrive?**

Please arrive 20 minutes prior to your service. Unfortunately, late arrivals may not receive an extension of scheduled treatments, to avoid inconveniencing other spa guests.

### **What should I wear?**

You will be asked to disrobe to your comfort level. Our professional staff maintains discrete draping techniques to promote your privacy. Spa robe and slippers will be provided for multiple services.

### **May I use my cell phone while in The Spa?**

We ask that cell phones and pagers are turned off so you may enjoy the total spa experience. For your convenience, courtesy phones will be available.

### **What should I do with my valuables?**

Leave valuables at home for safety. Eagle Rock cannot assume responsibility or liability for lost or damaged items.

### **What should I do if I have questions or concerns?**

We invite you to discuss any questions or concerns with your therapist / technician before your service begins.

Your comfort is our primary goal. Please let us know if you are uncomfortable with the room temperature and/or massage pressure.

Close your eyes, allowing your mind and body to indulge in the true spa experience.

## *Spa Information*

Gift cards are available for purchase at the front desk. We invite you to customize your own spa day.

We accept Visa, Master Card, Discover, American Express and personal checks. For your convenience, you may also charge spa services and products to your hotel account. An 18% Gratuity will be added to all services.

Prices and services are subject to change without notice.

All times are approximate.

## Manicures

**Classic** 35 min. \$25

A traditional manicure including nail shaping, cuticle care, hand massage and polish.

**Customized** 60 min. \$35

An extension of the Classic Manicure including personalized aromas, warming Hydrating Masque, hand and arm massage.

**French Manicure** add \$10

**Sports** 25 min. \$20

A great look for any professional. A classic manicure without polish.

**Paraffin Dip** \$15

## Pedicures

**Classic** 35 min. \$35

A traditional pedicure including nail shaping, cuticle care, foot massage and polish.

**Customized** 60 min. \$55

An extension of the Classic Pedicure including personalized aromas, warming Hydrating Masque, foot and leg massage.

**Hot Stone Pedicure** 50 min. \$70

A wonderful experience for the ultimate in foot relaxation. Soak in an aromatic bath of essential oils and have your feet caressed with hot stones. Shaping, cuticle care and polish

**French Pedicure** add \$10

**Sports** 35 min. \$25

A clean fresh look. A classic pedicure without polish.

**Paraffin Dip** \$15

## Waxing

Lip \$14

Brow \$14

Chin \$14

Bikini \$30

Underarm \$20

Forearm \$20

1/2 Leg \$35

Full Leg \$50

Full Leg & Bikini \$70

Back \$50

Chest \$50

# Massages

**Swedish** 25 min. \$45 | 55 min. \$70

Enjoy a gentle, relaxing massage which reduces muscular tension, increases circulation and promotes overall well being.

**Maternity** 55 min. \$75

Every mother-to-be deserves to be nurtured. This massage incorporates relaxing strokes and specially designed cushions for optimum comfort. Please consult your physician before scheduling your appointment.

**Deep Tissue** 55 min. \$85

A therapeutic technique that targets specific muscle groups to release tightness and stress. Using moderate to deep pressure, your therapist will customize the massage to address your muscular needs.

**Aromatherapy** 55 min. \$75

This soothing treatment infuses pure plant extracts of your choice, with a full body massage.

**Sports** 25 min. \$50

A deep tissue massage focusing on specific areas of tension. This massage increases circulation and range of motion. The perfect gift for any sportsman.

**Eagle Hot Stone** 80 min. \$105

Feel all your troubles melt away as you lay on a warm bed of basalt stones infused with lavender. With every stroke, you will drift deeper into relaxation. Not recommended for women who are expecting.

**Peppermint Foot Relief** 20 min. \$35

Treat your feet after a long day of golfing, skiing or exploring Eagle Rock. Your tired feet will be soothed in a warm foot soak of peppermint and sea salts before a rejuvenating foot massage.

**Citrus Hand Treatment** 20 min. \$35

Hands down, this is one of the best treatments for golfers, skiers or gardeners. Beginning with a warm Paraffin dip to exfoliate and ease the day's tension, a relaxing hand massage will follow to re-hydrate and reduce tension.

**Seated Massage** 20 min. \$30

A great way to begin or end your day in the Blue Mountains. This mini massage is a quick fix to any muscular tension.

## Body Treatments

### **Salt Glow** 30 min. \$50

An exfoliating treatment using mineral-rich Dead Sea salts. Warm towels are used to soothe and remove the salts. This treatment is completed with a relaxing massage to re-hydrate the new skin.

### **Body Polish** 30 min. \$50

Exfoliate and renew the skin with foaming body polish. This full body treatment will leave your skin feeling smooth and refreshed.

### **Moisturizing Milk and Honey Body Wrap** 55 min. \$100

Skin is gently exfoliated with a full body salt scrub, immediately followed by an infused milk and honey mud wrap. Completed with nourishing body butter applied to moisturize and balance the skin.

### **Detoxifying Mud Wrap** 55 min. \$100

Draw out the impurities and try our detoxifying mud wrap. First, receive a full body salt scrub to exfoliate the skin. Then we will wrap you in our scented mud wrap with a detox.

### **Eagle Rock Renewal** 55 min. \$130

This journey begins with a trip to the aroma bar, where you select an essential oil to be infused throughout the service. An invigorating exfoliation, reviving mud wrap and scalp treatment will relax you to the core.

### **Back Therapy Treatment** 50 min. \$85

Salt scrub, massage, and paraffin. This back service is a combination of exfoliation - steamed towels are placed on the back to allow the salts to purify the skin. Relaxation - a stress relief massage on the back neck and shoulders will relieve all the tension and stress. Moisturize - with warm deep heat of the paraffin.

For maximum comfort, do not shave on the day of your spa body treatment.

## Facials

### **Refreshing Facial** 25 min. \$45

This traditional facial will gently cleanse, exfoliate, tone and moisturize. A wonderful treat for anyone on the run.

### **Rejuvenating Facial** 55 min. \$70

An extension of the Refreshing Facial designed to relax and rejuvenate. Also includes a customized masque, steam, hand and arm massage.

### **Radiant Skin Facial** 50 min. \$70

Using tourmaline charged products and potent anti - oxidants, your skin will be renewed to its natural form. Tourmaline, a naturally energizing mineral, helps promote a healthy glow.

### **Deep Cleansing Herbal Clay Facial** 70 min. \$85

Integrating a rich Herbal Clay Masque for purification, this treatment is customized to deeply cleanse, exfoliate, tone and moisturize. This facial includes massage and steam for the face, as well as pore extractions if needed.

### **Bacial (for problem skin)** 50 min. \$55

Beautify and smooth your back with this cleansing treatment, which includes deep cleansing, exfoliating and moisturizing for the back and shoulders.

### **Hot Stone Facial** 50 min. \$75

With this facial your skin will be gently cleansed, exfoliated, and invigorated. Hot stones are gently placed and massaged into your skin. Followed with steam and moisturizer.

### **Purification Facial** 55 min. \$85

Relax and enjoy one of the most fantastic facials our Spa offers. Shiatsu Massage is used on key points of the face and décolleté to drain the lymphatic system. This will result in a radiant glow. You will feel an inner peace, and immediately see a change in the color of your complexion.

## *Make-Up*

**Make up Application** from \$30

**Practice Make up Application** from \$22

## *Hair*

**Cuts** from \$32 (includes style)

Women's, Men's, Children (10 & under)

**Updo** from \$45

**Practice Updo** from \$30

**Blow Dry** from \$20

**Single Process Color** from \$50

**Double Process Color** from \$60

**Partial Foil Highlights** from \$45

**Full Foil Highlights** from \$55

**Texture Perms** from \$60

**Specialty Perms** from \$65

**Add Ons** \$18

Cut, Purescription™ Treatment