



## LIST OF SPA TREATMENTS

### Massages:

**Swedish Massage:** Gentle massage using long Swedish effleurage strokes. (50 min./\$130.00 - 80 min./\$180.00)

**Equinox Therapeutic Massage:** Custom full-body massage using strong and firm strokes. (50 min./\$130.00 - 80 min./\$180.00)

**Mother Earth:** Prenatal massage, specially designed for the mother to be. (50 min./\$135.00)

\* **River Stones:** Hot and cold basalt river rocks are incorporated in your massage. (80 min./\$190.00)

**Aromatherapy Massage:** A specialized gentle massage technique using blended essential oils to rebalance the body and mind. (50 min./\$140.00 - 80 min./\$190.00)

**Tension Tamer:** This neck, shoulder, and back massage is designed to relieve tension and stress. (50 min./\$130.00) **With Hot Stones** (50 min./\$140.00)

### Facials:

**Equinox Custom Facial:** A refreshing facial to purify, nourish, and hydrate your skin, customized to suit your specific skincare needs. (75 min./\$185.00)

**Mountain Man:** This facial is specially designed for men, using products uniquely suited for a man's skin. (75 min./\$185.00)

**Rosacea Facial:** This facial calms redness, irritation and rosacea. Skin will appear more vibrant and hydrated. (75 min./\$185.00)

**Therapeutic Anti-Aging Facial:** This anti-aging facial restores elasticity improving skin tone, moisturizing properly to quench the skin's thirst to rejuvenate dull and tired skin. (75 min./\$205.00)

**Vitamin C Facial:** This rejuvenating facial incorporates the power of antioxidants with a pure vitamin C compound to address the effects of oxidation and promote collagen synthesis, for a smoother, firmer looking skin. (75 min./\$205.00)

**Vermont Glow:** A Dr. Dennis Gross Mask and Peel with no down-time- Experience the perfect lunchtime treatment, featuring products by famed dermatologist Dr. Dennis Gross. (50 min./\$125) -Extractions are not included in this treatment-

### Signature Treatments:

\***The Spirit of Vermont:** This treatment reflects the calming energy of Vermont. Indulge in the ultimate combination of Massage, Reflexology, and Reiki to enhance your Vermont experience. (100 min./\$210.00)

**Skin Rejuvenation:** A gentle exfoliation followed by a soothing massage with warm, blended essential oils. (100 min./\$230.00)

**White Clay Mask:** The application of mineral clay to the skin rebalances and purifies the skin. You are left with a feeling of total regeneration. (100 min./\$230.00)



### **Body Treatments:**

**Body Exfoliation:** A pure sea salt, maple, or citrus scrub. Brings your skin to a radiant glow; the warm rain of the shower relaxes the mind and body; and a rich body cream is massaged into the skin for a smooth touch. (50 min./\$135.00)

**Mother Earth Wrap:** This cooling, soothing gel wrap is recommended for pregnant women to help relax, hydrate, and nourish the skin. (50 min./\$170.00)

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### **Wellness:**

**Abhyanga Massage:** A massage with warm Ayurveda oil that helps increase circulation, oxygenation to skin cells and promotes general wellness for the entire body. (80min./\$200.00)

**Reflexology:** Precise pressure is applied to areas on the feet that correspond to specific organs and structures of the body, resulting in a feeling of overall well being. (50 min./\$130.00)

**Reiki:** An ancient Japanese technique using non-invasive, gentle touch, and specific hand patterns allow energy to flow, promoting balance, energy, and mental clarity; this is not a massage. (50 min./\$130.00)

**Shiatsu:** This traditional oriental technique uses moderate to firm pressure to stimulate and restore balance to the body. The treatment promotes over all well-being and vitality to your body; wear comfortable clothing. (50 min./\$130.00 - 80 min./\$175.00)

### **Spa Packages (Not available on Saturdays or during Holiday Seasons)**

**Mother-To-Be Package:** (Allow 3 hours/\$310.00)

Mother Earth Massage \* 75 Minute Custom Facial \* Gift to go

**\*Equinox Signature Package:** (Allow 4 hours/\$465.00)

Exfoliation \* The Spirit Of Vermont \* 50 Minute Custom Facial \* Gift to go

**Mountain Serenity Package:** (Allow 4 hours/\$490.00)

Exfoliation \* 80 Minute Swedish/ Therapeutic Massage \* Equinox Custom Facial \* Gift to go

Please contact the Concierge desk **(802) 362 4700** or Spa front desk **(802) 362 7881** to reserve your treatments. Cancellations must be made 24 hours prior to the appointment time. Missing an appointment, canceling or rescheduling an appointment within 24 hours will result in a fee assessed at the full value of the missed appointment.

\*Indigenous treatments.