

## THE DETAILS

**RESERVATIONS** - We recommend scheduling treatments in advance to ensure that your preferred time and service is available. Appointments can be scheduled with our Spa Concierge staff seven days per week. You may reach our spa concierge by phone on 802-457-6697 or by email [spa@woodstockinn.com](mailto:spa@woodstockinn.com). Our scheduling system is a live and active diary. Treatment appointments are not guaranteed until you have received a confirmation itinerary via email stating treatment days and times. Please note that we require resort reservation or credit card details to secure all spa reservations.

**PRICING** - Treatments are offered Monday through Friday day at weekday pricing. Weekend & Holiday prices apply Saturday and Sunday as well as public holidays, holiday weeks and other times at the discretion of the Spa.

**CANCELLATIONS** - Please note that we do adhere to a strict cancellation policy and ask that you make any changes or cancellations to your appointments at least 24 hours prior to your scheduled start time to avoid any cancellation fees or penalties. Cancellations made within 24 hours of your appointment time will be charged at 100% of the treatment rate. No-show or day-of cancellation will be charged 100% of treatment rate. Cancellation policy may vary based on group reservations and is subject to change. Bridal appointments are subject to a 30-day change or cancellation policy as per bridal contract.

**CHECK IN** - Please arrive a minimum of 30 minutes prior to your appointment start time to register and enjoy the full range of amenities at the Spa.

**LATE ARRIVALS** - Please note that your late arrival will determine the length of your treatment. If you arrive later than the time of your scheduled appointment your treatment may be shortened in consideration of the next guests. Thank you for your understanding.

**GRATUITIES** - As a convenience, an automatic 20% service charge is added to all services and includes a 17% gratuity for service provider and gratuity for the support team. This can be adjusted to your discretion upon check out. Additional gratuities are optional.

**MINIMUM AGE REQUIREMENTS** - Guests must be 12 years of age or older to receive massage and facial treatments. A parent or guardian must be present during services until 16 years or older. Guests less than 16 years of age are not permitted to use the steam, sauna and whirlpool. Children under the age of 12 are eligible for hair or nail services only.

**AMENITIES** - Guests with services totaling \$65 or greater will receive complimentary access to our amenities during our hours of operation on day of services. Spa amenities include eucalyptus steam room, a private courtyard with year-round outdoor whirlpool and dry-cedar sauna.

**ATTIRE** - Our whirlpool and sauna are co-ed, please be sure to bring your swimsuit with you to enjoy these amenities. Our changing rooms are equipped with lockers, robes and slippers for your use.

**CELL PHONES** - To preserve the relaxing environment of the Spa and insure privacy for all guests, we request that you refrain from using your cell phone or taking photos at any time while in the Spa.

**GIFT CARDS** - Spa gift cards are available at the Spa Concierge.



## Spa Treatments & Price List

Please call 802.457.6697 to schedule your appointment.

Open: Monday - Friday 9:30am-7pm - Saturday & Sunday 8:30am-7pm

## BODY THERAPIES

**CLASSIC MASSAGE** - 50 minutes (\$125/\$130) or 80 minutes (\$184/\$189)

Relaxation Massage: Eases tension and promotes relaxation using traditional Swedish Techniques of long gliding strokes, light to moderate pressure, and gentle kneading.

**SIGNATURE MASSAGE THERAPIES** - 50 minutes (\$135/\$139) or 80 minutes (\$194/\$199)

Customized massage crafted according to your individual preferences and needs.

- **Deep Tissue:** Relieve severe tension in muscles and connective tissues using deep pressure techniques and the addition of Arnica as needed to reduce inflammation and soreness.

- **Balanced Blend:** A mix of Swedish, Deep Tissue and other modalities, expertly balanced for you.

- **Himalayan Salt Stone Massage:** Heated Himalayan Salt Stones help ease muscle tension while imparting deep body relaxation. (Offered in 80 minutes only.)

- **Rest and Renew Prenatal Massage:** Soothing prenatal massage using specially designed pillows to provide full relaxation and comfort. (Available after the first trimester only.)

**PREMIUM MASSAGE THERAPIES** - 50 minutes (\$137/\$142) or 80 minutes (\$196/\$201)

These premium services utilize unique therapeutic body products skillfully combined with massage techniques.

- **Herbal Stress Relief:** Restorative massage revitalizes using Swedish and Deep Tissue techniques combined with custom chosen aromatherapy for mind and body.

- **Body Melt Back Therapy:** Therapeutic full-body massage with added emphasis on the back neck and shoulders. Heated compresses, Arnica Muscle Gel and Sweet Birch Deep Muscle Rub relieve tension and stress. Naturopathica.

- **Scalp, Hand and Foot Rescue:** Calming relief for those tension areas that are longing for attention. Begin with a quieting scalp and neck massage using Wild Lime Scalp Oil before moving on to a soothing hand and foot massage with Arnica and Mighty Mint Rescue Cream. Naturopathica. (Offered in 50 min only.)

- **Recharge & Restore:** Energizing deep tissue massage to combat fatigue and reboot the mind and spirit. Ease tension and uplift spirit with citrus and ginger root massage oils. Naturopathica.

- **Double Bliss:** Spend time together while enjoying a side-by-side massage or facial in one of our dedicated couple's massage rooms.

## MULTI-LAYERED BODY TREATMENTS

**YOUR SIGNATURE EXPERIENCE** - 100 minutes (\$249/\$254)

One hundred minutes of pure pampering designed especially for you, with you. You design your signature aroma journey for this luxurious treatment using our Aroma Design Bar to craft your treatment products. Your Signature Experience includes a gentle full body exfoliation with your custom body polish and a hydrating body wrap warmed by our heated cocoon blanket. While wrapped you will enjoy a massage of your scalp and feet. This exclusive journey finishes with a full body massage using your custom blended shea butter lotion. This is our ultimate Spa body experience! Body Bliss *\*\*Please plan to arrive 1 hour before start time for this service to allow time for custom crafting of your signature treatment products.*

**BODY TREATMENTS** - 50 minutes (\$135/\$139) or 80 minutes (\$194/\$199)

Multi-sensory experiences that combine pure pampering with restorative skin treatments. These unique treatments include a full body exfoliation, nourishing body wrap and scalp and foot massage. The 50 minute service concludes with a lotion application, while the 80 minute service includes a full body massage.

- **Citrus Espresso Detox:** Espresso Mud Body Scrub detoxifies with a rich mixture of volcanic pumice, coffee Arabica, and sassafras. Sicilian Bergamot lotion uplifts and beautifully hydrates. Naturopathica.

- **Lemon Verbena Hydration:** Bright citrus notes of lemon verbena begin this sensory journey while the wrap of aloe vera, oats and shea butter leaves skin radiant and deeply nourished. Sicilian Bergamot lotion uplifts and beautifully hydrates. Naturopathica.

- **Seasonal Treatment:** Our featured treatments change seasonally and include an exfoliating scrub, moisturizing wrap and lotion application or massage to finish. Our Spa Concierge can provide current Seasonal Treatment details upon request. Farmhouse Fresh.

## ALTERNATIVE THERAPIES

20 minutes (\$65/\$70) - 50 minutes (\$125/\$130)

**REFLEXOLOGY** - Therapists stimulate reflex areas along the feet that relate to various parts of the body. This uniquely relaxing therapy stimulates the circulatory and lymphatic systems. Reflexology promotes benefits such as the relaxation of tension and improvement of circulation and is not a full body massage. Massage therapists offer feet only reflexology in 20 minutes.

**REIKI** - Reiki is a form of energy healing that balances the energy patterns in the body. Reiki encourages deep relaxation to relieve stress and accelerate the body's healing. Light or no touch energy work, offered in 20 or 50 minutes.

**SIGNATURE PEDICURE** - 80 minutes (\$90/\$95)

This extended pedicure begins with a cleansing foot soak before feet are gently exfoliated and callouses addressed. Nails are trimmed and tidied, cuticles conditioned and feet and legs expertly massaged. Includes Eco-Fin moisturizing treatment for your feet and finishes with a high-shine buff or your nail color of choice.

**TEEN MANICURE** - 25 minutes (\$40/\$45)

Nails are shaped, cuticles conditioned and hands hydrated to lock in moisture in this modern dry manicure. Finished with a high-shine buff or an application of your nail color of choice.

**TEEN PEDICURE** - 50 minutes (\$60/\$70)

Our teen pedicure service includes a soothing foot soak, nail shaping, gentle cuticle care and light callous care. Includes a hydrating foot massage and finishes with your nail color of choice.

**MINI MANI** - 15 minutes (\$17/\$22)

For our younger guests 11 and under we offer the Mini Mani. Begin with a cleansing soak followed by a trim and shape of nails. Topped off with your favorite color polish.

**HAPPY FEET PEDI** - 20 minutes (\$25/\$30)

The perfect pedicure for the 11 and under crowd. Those adorable little tootsies will be treated to a gentle aromatic foot soak, nail shaping and foot massage with lotion. Topped off with your favorite color polish.

**GENTLEMAN'S MANICURE** - 25 minutes (\$40/\$45)

Classic service includes tidy up of nails and cuticles and moisturizing hand and arm massage. Finishes with a buffering of nails or a clear coat.

**MODERN GENTLEMAN'S PEDICURE** - 50 minutes (\$60/\$70)

Designed specifically for men, this custom treatment moisturizes and invigorates leaving feet impeccably groomed. Enjoy a soothing soak, exfoliation, cuticle and nail trimming. Concludes with a buffing of nails and a soothing foot massage.

## NAIL SERVICES ENHANCEMENTS

Enhancements are inclusive of treatment time.

- Nail Art - add \$7 and up

- French Style Manicure or Pedicure - add \$7

- Eco-Fin Moisturizing Therapy - add \$15

Luxurious plant based Paraffin alternative is a rich blend of palm, soy, jojoba and organic coconut oils, shea butter, vitamin E and essential oils. Add to hands.

**DR DENNIS GROSS FACEWARE** - LED device smoothes wrinkles and zaps acne-causing bacteria. Medical grade mask harnesses a full spectrum of therapeutic red and blue light. Add to face during any manicure or pedicure.

## FOR THE GENTLEMEN

### GENTLEMAN'S STEAMED FACIAL - 50 minutes (\$130/\$135) or 80 minutes (\$189/\$194)

This facial utilizes plenty of steamed towels to address men's specific skin structure. After a double-cleanse and thorough analysis, skin is renewed with specially chosen exfoliation and treatment masques, and extractions if needed. Mind and body are rejuvenated with face/neck/shoulder massage and a scalp massage. Service concludes with appropriate treatment serum, eye cream and skin and lip protection.

### DEEP TISSUE MASSAGE - 50 minutes (\$135/\$139) or 80 minutes (\$194/\$199)

Relieve severe tension in muscles and connective tissues using deep pressure technique and the addition of Arnica as needed to reduce inflammation and soreness.

### HIMALAYAN SALT STONE MASSAGE - 80 minutes (\$194/\$199)

Warmed Himalayan Salts Stones help to release tension throughout the body while imparting deep relaxation.

### GENTLEMAN'S MANICURE - 25 minutes (\$40/\$45)

Classic service includes tidy up of nails and cuticles, exfoliation and moisturizing hand and arm massage. Finishes with a thorough buffering of nails or a clear coat.

### MODERN GENTLEMAN'S PEDICURE - 50 minutes (\$60/\$65)

Designed specifically for men, this custom treatment moisturizes and invigorates leaving feet impeccably groomed. Includes a soothing soak, exfoliation, cuticle and nail trimming. Concludes with a buffing of nails and a soothing foot massage.

## SALON SERVICES ~ HANDS & FEET

### CLASSIC MANICURE - 35 minutes (\$45/\$55)

Nails are shaped, cuticles conditioned and a hydrating hand massage eases tension and locks in moisture in this modern dry manicure. Finished with a high-shine buff or an application of your choice of nail color.

### SIGNATURE MANICURE - 50 minutes (\$60/\$70)

Nails are shaped and cuticles are trimmed and nourished in this manicure. Hands are gently exfoliated and moisturized. This manicure includes time for thorough cuticle work and a hand and arm massage including Eco-Fin moisturizing treatment for hands. Your choice of polish completes your service.

### GEL MANICURE - 50 minutes (\$65/\$70)

Nails are shaped, cuticles conditioned and a hydrating hand massage eases tension and locks in moisture in this modern dry manicure. Finished with application of long lasting Gel polish. (Includes time for gel removal if necessary. Additional charge of \$10 will be applied.)

### POLISH CHANGES - Hands: 15 minutes (\$17/\$22) Feet: 20 minutes (\$25/\$30)

Includes file and shaping and fresh application of polish. This does not include time for gel polish removal.

### CLASSIC PEDICURE - 50 minutes (\$60/\$70)

Our classic pedicure service includes a soothing foot soak, nail shaping, gentle cuticle care and light callous care. Includes a hydrating foot massage and finishes with your nail color of choice.

## FACIAL THERAPIES

50 minutes (\$135/\$140) or 80 minutes (\$194/\$199)

**FACIALS** - Each one of The Spa's facial services are designed to treat your skin at its deepest level; restoring a healthy, luminous balance. Whatever you'd like to focus on, from sensitivity to purification, anti-aging or hydration, our carefully selected skincare lines - Naturopathica, emerginC, and Dr. Dennis Gross - are luxurious, results-driven and widely recommended.

- **Classic 50 minutes:** Our Personalized Facial begins with a double-cleanse and steam. After a thorough analysis, skin is renewed with specially chosen exfoliation and treatment masques, and light extractions if needed. Mind and body are rejuvenated with face/neck/décolleté massage and a full hand and arm massage using Sicilian Bergamot lotion. Service concludes with appropriate treatment serum, eye cream and skin and lip hydration.

- **Signature 80 minutes:** Our Ultimate Luxury Facial has all the facets of our Personalized Facial, with additional time to further address your specific skin concerns and enhance both results and relaxation. Additionally, facial muscles get a 'wake-up' using Nuface microcurrent with 24K gold hydrating gel. Eyes get much needed special attention with the emerginC Revitalizing Eye treatment. A luxurious hand and foot massage including elements of warmth are the finishing touch to this indulgent service.

- **Dr. Dennis Gross LED+C Facial - 80 Minutes \$204 weekdays/\$209 weekends:** This results-driven facial utilizes cutting-edge dermatologic ingredients. Whether your complexion concern is premature signs of aging, dullness, enlarged pores or discoloration, you'll see immediately visible results without the irritation. No extractions are performed in this facial due to the deep level of exfoliation.

- **The Naturopathica Holistic Facial - 80 Minutes \$204 weekdays/\$209 weekends:** This experience starts by identifying your unique Skin Personality. Your facial will begin with a luxurious lymphatic brushing followed by a detailed sculpting massage with our probiotic Manuka Honey Cleansing Balm to release facial tension and improve blood flow. Your esthetician will customize your facial with a series of targeted treatments, including exfoliation and extractions. Skin will revel in the softness of our Kombucha Bio-Cellulose Mask, as mind and body achieves calm through light facial Acupressure. Conclude your experience with a Naturopathica exclusive skin-nurturing herbal tea

## A LA CARTE SPA TAPAS MENU

20 minutes \$65/\$70

Schedule two Spa Tapas back to back and receive an additional 10 minutes

Schedule three Spa Tapas back to back and receive an additional 15 minutes

Treatments that are short in length but long authenticity and impact. These 20 minute services can be enjoyed as stand-alone services, added on to existing 50 minute services or up to three may be combined for a unique experience based on availability. Combine two or more and enjoy an additional ten or fifteen minutes of service time.

**FOCUS MASSAGE** - Personalized for you. You choose the particular area of your body that needs attention.

**PEPPERMINT HAND AND ARM TENSION RELIEF** - Energizing treatment combines detailed hand and arm massage with therapeutic Mighty Mint Rescue Cream containing extracts of peppermint and horse chestnut to improve circulation, relieve hand and wrist tension and address carpal tunnel syndrome and computer fatigue. Naturopathica

**PEPPERMINT FOOT THERAPY** - Revitalizing foot and lower leg treatment designed to invigorate the entire body using Mighty Mint Rescue cream containing extracts of peppermint and horse chestnut to energize and improve circulation. Naturopathica

**REFRESH FACIAL** - A lovely introduction to skincare treatments, or as a refresher between routine facial services. After a consultation, cleansing and skin analysis, your treatment is tailored to focus on specific areas of concern. Naturopathica or emerginC.

**DR. DENNIS GROSS ALPHA BETA EXPRESS PEEL** - The “date night” peel provides micro exfoliation to immediately improve the complexion and brighten the complexion. Visible results in minutes without redness or peeling.

**WILD LIME SCALP TREATMENT** - An energizing scalp treatment design to promote relaxation, ease muscle aches and soothe away stress. Aromatic Wild Lime Revitalizing Scalp & Hair Oil is warmed and applied to scalp, neck and shoulders to stimulate circulation and relieve muscle tension. Naturopathica.

## THERAPY ENHANCEMENTS

Enhancements are inclusive of the treatment time and are not stand alone treatments.

Enhancements can be added to most body and facial therapies. \$20

**WILD LIME SCALP MASSAGE** - An energizing scalp massage with aromatic Wild Lime Revitalizing Scalp & Hair Oil aides in promoting deeper relaxation, soothes stress and adds shine to hair. Naturopathica.

**RESTORATIVE EYE TREATMENT** - Featuring Revital-Eyes by emerginC. A soothing eye mask infused with cucumber, ginkgo biloba, phytelene minerals, and chamomile to instantly revitalize the eye area. Immediately reduces appearance of dark circles, puffiness and fine lines. emerginC.

**HIMALAYAN SALT STONES** - Incorporate warm Himalayan salt stones to a specific area of tension to reduce inflammation and soothe sore muscles.

**LEG & FOOT ENHANCEMENT** - A stimulating lower leg and foot massage using Mighty Mint Rescue Cream to increase circulation. Arnica gel is incorporated to cool sore muscles and reduce inflammation. Naturopathica.

**DR. DENNIS GROSS HYALURONIC MARINE MASK** - Ultra-hydrating marine mask loaded with hyaluronic acid quenches parched skin, drawing in and binding moisture. Skin is instantly plumped with a smoother appearance that lasts for days.

**ECO-FIN MOISTURIZING THERAPY** - Eco-Fin, a luxurious plant based Paraffin alternative is a rich blend of palm, soy, jojoba and organic coconut oils, shea butter, vitamin E and essential oils can be added to hands during facial therapies.

**AESTHETIC ENHANCEMENT** - Brow grooming and facial waxing may be added to existing facial therapy appointments as time allows. Waxing prices apply.

## MAKEUP FOR TEENS

Our exclusive line of Jane Iredale products are hypoallergenic and dermatologist tested and are free of parabens, dyes or fillers. Minerals will make your life simpler, too, because they are a foundation, concealer, powder and sunscreen all in one. Whether you are preparing for a special occasion or just a change in seasons let our trained professionals show you the color palette that will bring out the best in you.

- **Make-up Lesson** 50 minutes (\$65/\$70)

- **Make-up Application** 25 minutes (\$40/\$45)

- **Additional Time** 25 minutes (\$25)

## TEEN SET

(For guests 12 to 16 years of age)

**TEEN FACIAL** - 20 minutes (\$65/\$70)

The perfect introduction to facial treatments with discussion regarding best home-care practices for teenage skin. This facial includes cleansing, skin-analysis, gentle exfoliation and light extractions. Service concludes with appropriate hydration and home-care suggestions. Naturopathica or emerginC.

**TEEN FACIAL** - 50 minutes (\$130/\$135)

This facial is recommended for the experienced facial-going teen. After a thorough skin analysis, skin is renewed with specially chosen exfoliation and treatment masques, and light extractions if needed. Mind and body are rejuvenated with face/neck/décolleté massage and a full hand and arm massage using Sicilian Bergamot lotion. Service concludes with appropriate hydration and home-care suggestions. Naturopathica or emerginC.

**TEEN MASSAGE** - 20 minutes (\$65/\$70)

An introduction to massage treatments allowing for focus on a particular area of the body.

**TEEN MASSAGE** - 50 minutes (\$125/\$130)

A Relaxation Massage that eases tension and promotes relaxation using traditional Swedish Technique, long gliding stokes and light to moderate pressure and gentle kneading.

**TEEN MANICURE** - 25 minutes (\$40/\$45)

Nails are shaped, cuticles conditioned and hands hydrated to lock in moisture in this modern dry manicure. Finished with a high-shine buff or an application of your nail polish of choice.

**TEEN PEDICURE** - 50 minutes (\$60/\$65)

Our teen pedicure service includes a soothing foot soak, nail shaping, gentle cuticle care and light callous care. Includes a hydrating foot massage and finishes with your nail color of choice.