

Spa Menu at the White Mountain Hotel

Everyone needs a bit of therapy now and then. Spa treatments now available! Massage can break the stress cycles, inhibit disease and create a state of recovery.

Additional benefits of massage are extensive and well documented ~ calming the nervous system, relieving stress and anxiety, improving the quality of sleep, decreasing pain, cramps and headaches, increasing nutrition to the whole body by moving fresh blood circulation, boosting the immune system, and allowing more freedom in movement with less muscle tension, creating a sense of well-being ~ mind, body and soul!

Aromatherapy-- Choose an aroma perfect for you and receive the healing properties while enjoying your choice of massage for added calming, soothing and relaxation. \$50 for 30 minutes, \$85 for 60 minutes, and \$120 for 90 minutes.

Soothing Swedish - *Great for stress relief!* Let the long smooth strokes of the most common form, and grandfather of massage, calm and create a tranquil state of total relaxation and boost your immune system. \$50 for 30 minutes, \$85 for 60 minutes, and \$120 for 90 minutes.

Wellness Work – *Great for chronic discomfort!*

Deep tissue massage integrated with neuromuscular therapy and trigger point therapy. Invite this deeper, slower pressure applied to your comfort level to rid your body of tension, tightness and pain. Working through areas of muscle soreness and stiffness, knotted muscles will break up and release toxins! Aaahhhh... \$60 for 30 minutes, \$95 for 60 minutes, and \$130 for 90 minutes.

Sport Support – Great to soothe an active body!

Enjoy a vigorous massage focused on muscle groups that reduces muscle and joint discomfort and risk of injury, while improving athletic performance, flexibility and your body's ability to heal faster. \$60 for 30 minutes, \$95 for 60 minutes, and \$130 for 90 minutes.

**requests for deeper tissue massage added to any 60 min. massage except for Wellness Work and Sport Support will be an additional \$10.*

Warm Stone Infusion – Relax mind, body and soul! Feel your tension melt away with the luscious, smooth lava rocks as they ready muscles for massage and infuse warmth into the inner layers of your body, creating a state of deep relaxation. \$125 for 80 minutes, \$155 for 100 minutes.

**Add warm stones to any treatment for problem or preference areas for \$15*

Caring for Couples – *Great for you and your special someone!* Tandem massage for you and your significant other, family or best friend, to relax together and enjoy the many benefits of massage and increased wellness. Each person, with their therapist, creates a massage specific to their individual requests. \$210 for 60 minutes, \$290 for 90 minutes

Motherhood Magic – *Nurturing and relief for mothers-to-be (in 2nd or 3rd trimester)!* Enjoy pampering with special supportive pillows and positionings that will relax and reduce stress and discomforts during this joyful and transitional time. This massage encourages feelings of well-being for mother and baby. \$120 for 75 minutes. **Add on a 15-minute session of Tending to Mummy's Tummy for \$20*

Reiki – Revitalize – This specialized, gentle, non-invasive healing technique is practiced around the world to accelerate the body’s natural ability to heal by clearing stagnant areas in your energy field and aligning mind, body and spirit! Relax while Reiki (universal life energy) aids in stress reduction and promotes healing and wellness. \$50 for 30 minutes, \$85 for 60 minutes, \$120 for 90 minutes.

Lymphatic Massage – *Promotes wellness!* A specialized therapy of movement and light brushing strokes to encourage the lymphatic flow which boosts the immune system to prevent disease. Lymphatic massage also reduces swelling. \$85 for 60 minutes, \$120 for 90 minutes.

Circulatory Massage – *Good to regulate blood pressure!* A therapy that specifically addresses circulatory issues and encourages blood flow to the tissues by compression strokes in a rhythmic pattern at the pace of a resting heart. \$85 for 60 minutes, \$120 for 90 minutes.

Salt Rub for a Healthy Glow – *For satiny smooth skin!* Enjoy the stimulation of the largest organ in the body as nutritive salts with generous mineral gifts and healing aromas are rubbed over your skin to exfoliate, draw out toxins, smooth and relax. Massage for areas of your choice complete the feelings of “good all over”! \$85 for 60 minutes.

**Add a 30 minutes massage for a total relaxation package for \$40*

White Mountain Sugar and Corn Meal Rub –*For a hearty glow!* Take a lesson from generations past and enjoy this sweet and wholesome experience of nutrition and exfoliation, the key to glowing healthy skin. \$85 for 60 minutes.

**Add a 30 minute massage for a total relaxation package for \$40*

Massage and Glow—*Add a 30 minute rub to any of your favorite massage choices to enhance your therapy experience.* \$40 for 30 minutes.

Warm Seaweed Wrap—*Nutritious Detoxification!* Begin with a stimulating exfoliation to prepare the skin (largest organ of the body) for the luscious warm seaweed providing amazing nutrition, body supporting qualities and detoxification. While wrapped in a warm cocoon enjoy a head, face, neck and foot massage. You'll finish feeling “good all over”. \$85 for 60 minutes.

**Add a 30 minute massage for a total relaxation package for \$40*

**To Reserve Your Treatment, please call
603-733-6429**

**All appointments will be based upon
availability of the therapist.**

**All Services are performed on property at the
White Mountain Hotel!**

Please provide 24-hour notice if you must cancel or reschedule your appointment. You will be billed 50% of reserved service should you give less than a 24-hour notice. Failure to show for appointment will result in 100% charge of reserved services.