

The
White Mountain
HOTEL AND RESORT

*Massage and
Spa Services*

Massage Offerings

*Caring for Couples
Aromatherapy
Soothing Swedish
Warm Stone Infusion
Wellness Work
Sport Support
Motherhood Magic
Craniosacral
Gemstone Energy Balancing
Reiki*

Body Spa Offerings

*Facial Pampering
Salt Rub
Warm Seaweed Wrap
Deep Hydrating Wrap
Soothing Paraffin*



Massage Offerings

Caring for Couples -- *Great for you and your special someone!* Tandem massage for you and your significant other, family member 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. 50 minutes for \$200 , 70 minutes for \$240, and 90 minutes for \$280.

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 minutes for \$85 , 70 minutes for \$100 , and 90 minutes for \$125.

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 minutes for \$85 , 70 minutes for \$100 , and 90 minutes for \$125.

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. 80 minutes for \$125, 100 minutes for \$155.

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

**Requests for deeper tissue massage may be added to any massage for an additional \$10 per hour, except for Wellness Work and Sport Support.*

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... 50 minutes for \$95, 70 minutes for \$115, and 90 minutes for \$140.

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. 50 minutes for \$95, 70 minutes for \$115, and 90 minutes for \$140.

Motherhood Magic -- *Nurturing and relief for mothers-to-be (in 2nd or 3rd trimester)!* Enjoy pampering with special supportive pillows and positions 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. 75 minutes for \$120.

**Add on a 15-minute session of Tending to Mummy's Tummy for \$20*

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. 50 minutes for \$85 , 70 minutes for \$100 , and 90 minutes for \$125.

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. 50 minutes for \$85 , 70 minutes for \$100 , and 90 minutes for \$125.

Craniosacral -- *For a deep state of harmony!* Designed to restore balance, harmony, and vitality, release deep tension restrictions, relieve pain and improve whole body health, this gentle touch and holding technique focuses on relaxing the bones of the head, face, spine and sacrum, allowing free flowing fluids to protect and nourish the brain. Craniosacral therapy is great for headaches, and neck and back pain, and creates a powerful relaxation response! (Can be done fully clothed) 50 minutes for \$85 , 70 minutes for \$100 , and 90 minutes for \$125.

Gemstone Energy Balancing Massage -- *Harmonize your body's core energy centers!* With the vibrant colors and vibrations of gemstones, poignant deep tissue massage focused along the spine, foot reflexology points, and a guided meditation through the chakra energy network, you will leave feeling full of pure energy and your body with a renewed ability to heal and stay well. 50 minutes for \$85 , 70 minutes for \$100 , and 90 minutes for \$125.

Reiki -- *Revitalize!* This specialized, gentle, 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 balancing mind, body and spirit! Relax while Reiki (universal life force energy) aids in stress reduction and promotes healing and wellness. 50 minutes for \$85 , 70 minutes for \$100 , and 90 minutes for \$125.

30 Minute Magic Moments

30 minutes for \$55 (or add to any other service for \$40)

~Back, Neck and Shoulders massage - Targeted to relieve these areas of common tension and stress.

~Indian Head Massage -Relax and let the tension ease away from head, neck, scalp and shoulders (can be done fully clothed and in a sitting position).

~Treat The Back -Enjoy a relaxing back massage, exfoliation, cleansing and a masque for this area that often gets missed.

~All About Me - Choose your areas of tension and focus for this personalized massage.

~Mini Facial Pampering -Uplifting facial massage, exfoliation, cleansing, masque, and cool stones.

Body Spa Offerings

Facial Pampering -- *Uplift and restore facial radiance!* Enjoy relaxation and improved skin tone and texture with this facial massage based experience. Release facial tension from layers of underlying muscles, repairing damage brought on by stress and the elements. Small wrinkles relax and smooth, and great circulation and nutrition are delivered. Experience gentle exfoliation, delicious food based cleansing and masque, and the relief of cool marble stones. To complete the pampering, relaxation with massage of head, neck, decollete, hands and feet! 50 minutes for \$85.

**Add Smooth Warm Stones to facial pampering for complete relaxation for \$10*

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. Finish feeling "good all over!" 50 minutes for \$85.

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

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, detoxification and boosting the metabolism. While wrapped in a warm cocoon enjoy a head, face, neck and foot massage. Luxuriously Nurturing! 50 minutes for \$85.

Deep Hydrating Wrap -- *For perfectly hydrated skin!* First, a stimulating exfoliation of the skin to prepare for complete absorption of the nutrition in the rich, moisture-binding balm that is lathered and massaged into the skin. Relax with a head, face, neck and foot massage while wrapped comfortably in a warm cocoon. Enjoy amazing, lasting, supple and protected skin! 50 minutes for \$85.

**Add Silky Hydrating Balm to any massage treatment for \$10*

Soothing Paraffin for Hands and Feet - *Appreciate your hands and feet!* Begin with exfoliating scrub to stimulate circulation and smooth the skin, soak in warm vitamin-fortified paraffin cocoon for amazing hydration and nutrition, then relax deeply with soothing expert massage. Perfect for arthritis and achy

hands and feet! 50 minutes for \$85, 70 minutes for \$100.

**Add any 30 Minute Magic Moments to any body spa offering for a total relaxation package for \$40. See also Add On options.*

Perfectly Packaged for You!

Dreamy Deluxe Spa Package -*Love this combination Coma!* This super spoiling experience is designed to induce the deepest state of relaxation!

- 50 minute Relaxing Massage
 - Stimulating and Smoothing Salt Rub
 - Detoxifying Nutritional Seaweed Wrap
 - Facial Pampering
 - Deep Hydrating Paraffin for Hands and Feet
- 3 hours for \$325.

Soothing Supreme Spa Package - *Relaxation Escape!* Experience this specially chosen combination of calming elements -*Heaven!*

- 50 minute Relaxing Massage
 - Stimulating and Smoothing Salt Rub
 - Treat and Pamper the Back
 - Indian Head Massage
- 2 hours and 30 min for \$250.

Add Ons

**Add Smooth Warm Stones to any treatment for problem or preference areas for \$15*

**Add Silky Hydrating Balm to any massage treatment for \$10*

**Add extra moments of relaxation: 10 minutes for \$12 or 20 minutes for \$25*

Relax and Enjoy!

Massage benefits 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!

**To Reserve Your Treatment, please call
603-733-6429
All Services are performed on property at
The White Mountain Hotel and Resort**

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