

# 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 someone special! 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-\$220, 70 minutes-\$260, 90 minutes-\$300

### 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-\$95, 70 minutes-\$110, 90 minutes-\$135

### 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-\$95, 70 minutes-\$110, 90 minutes-\$135

### 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-\$140, 100 minutes-\$170

\*Add warm stones to any treatment for problem or preference areas for \$20.  
\*Requests for deeper tissue massage may be added 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! Aaahhh.... 50 minutes-\$105, 70 minutes-\$125, 90 minutes-\$150

### 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-\$105, 70 minutes-\$125, 90 minutes-\$150

### 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, reduce stress, and discomfort during this joyful and transitional time. This massage encourages feelings of well-being for mother and baby. 75 minutes-\$135  
\*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 and reduce swelling. 50 minutes-\$95, 70 minutes-\$110, 90 minutes-\$135

### 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-\$95, 70 minutes-\$110, 90 minutes-\$135

### 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. Great for headaches, and neck and back pain, and creates a powerful relaxation response! (Can be done fully clothed). 50 minutes-\$95, 70 minutes-\$110, 90 minutes-\$135

### 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-\$95, 70 minutes-\$110, 90 minutes-\$135

### 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-\$95, 70 minutes-\$110, 90 minutes-\$135

## 30 MINUTE MAGIC MOMENTS

30 minutes for \$60 (or add to any other service for \$45)

### BACK, NECK, AND SHOULDER 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 experience. Release facial tension from layers of underlying muscles and repair 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, décolleté, hands and feet!

50 minutes-\$95

\*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-\$95

\*Add a 30 minute Salt Rub to any of your favorite massage choices to enhance your therapy experience for \$45

### WARM SEAWEED WRAP

Nutritious Detoxification! Begin with a stimulating exfoliation to prepare the skin 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-\$95

### 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-\$95

\*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-\$95, 70 minutes-\$110

\*Add any 30 Minutes Magic Moments to any Body Spa Offering for a total relaxation package for \$45. See also Add-On options below.

## 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 \$350

### SOOTHING SUPREME SPA PACKAGE

Relaxation Escape! Experience this specially chosen combination of calming elements...Heaven!  
-50 minutes Relaxing Massage  
-Stimulating and Smoothing Salt Rub  
-Treat and Pamper the Back  
-Indian Head Massage  
2 hours and 30 minutes for \$275

### ADD-ONS

- Add Smooth Warm Stones to any treatment for problem or preference areas for \$20
- Add Silky Hydrating Balm to any massage treatment for \$10
- Add extra moments of relaxation: 10 minutes for \$12 or 20 minutes for \$25

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 TO THE 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 the reserved services should you give less than 24 hours notice. Failure to show for an appointment will result in 100% charge of reserved services.

Relax and Enjoy!