



Fall Menu of Spa Services....

"Everyone must take time to sit and watch the leaves turn."

~Elizabeth Lawrence



Denotes our Fall Treatments designed to purify and detoxify your body preparing you for the winter months that lie ahead.

MASSAGES

Swedish Massage (50 minutes/80 minutes)	\$140/\$190
Custom Massage (50 minutes/80 minutes)	\$150/\$200
Hot Stone (50 minutes/80 minutes)	\$150/\$200
Therapeutic Sports (50 minutes/80 minutes)	\$150/\$200
Deep Tissue (50 minutes/80 minutes)	\$150/\$200
Pre-Natal (50 minutes)	\$150
Craniosacral (50 minutes/80 minutes)	\$150/\$200
Couples (50 minutes/80 minutes)	Starting at \$140/person

SIGNATURE RITUALS

Designed as a personal spa retreat, these Signature Rituals offer the ultimate escape. Each ritual begins with the skilled hands of two massage therapists (for the first 25 minutes) wrapping or scrubbing pure ingredients into your skin. The ritual continues with a wild lime blossom scalp treatment and peppermint foot treatment - and concludes with a full body massage.



Pure Nature (80 minutes) **\$225**

Intention: To stimulate circulation & purify your body – giving you a sense of balance and well-being. Includes a fully body scrub with Sage, Juniper and Grapefruit salts under the healing powers of the Vichy shower.



Pure Rejuvenation (80 minutes) **\$225**

Intention: To release toxins and energize your mind and body. Includes a gentle scrub and body wrap with fragrant and finely ground coffee beans, blended with Indian Sarsaparilla, Honey and Lobelia in a rich Black Silt Clay.

Pure Renewal (80 minutes) **\$225**

Intention: To delight your senses, leaving you relaxed & refreshed, with a clear and focused state of mind. Includes a fully body scrub and wrap with Tahitian Vanilla or Lavender Sorbet as well as a soothing seaweed mask applied to the face, rich in aloe and minerals.

BODY TREATMENTS



Sage Purifying & Detoxifying Body Scrub (50 minutes) **\$150**

Dead Seas salts, rich in mineral content, are blended with Sage, Fir, Juniper and Grapefruit essential oils. Sage has been used in sacred rituals by the Native Americans to purify the mind, body and spirit. The hydrating formulation of shea, cocoa, and virgin coconut butter along with the exfoliating properties of the dead sea salts, leaves your skin hydrated, smooth and purified.



Detoxifying Seaweed Body Wrap (50 minutes) **\$150**

Gently detoxify and firm your body with Sea Algae Extracts, Icelandic Moss, Angelica Essential Oils and Ume Plum specifically formulated to reduce inflammation, detoxify the body and firm the skin.

Hydrating Lemon and Jojoba Body Wrap (50 minutes) **\$150**

Let the sweet scent of Lemon Verbena and the gentleness of pure Jojoba beads lightly slough away your dull winter skin. This polish is wonderful for all skin types.



Espresso Mud Energizing Body Wrap (50 minutes) **\$150**

This exfoliating treatment is a scrub and a wrap in one. Finely ground coffee beans are blended with fragrant Sarsaparilla and Honey along with the detoxifying properties of Black Silt Clay and Indian Lobelia to draw out impurities. Leaves your body energized and ready to go...

Bamboo Lemongrass Body Scrub (50 minutes) **\$150**

Zesty Lemongrass and powdered Bamboo, blends with exfoliating Meadowsweet to slough away and dissolve dead skin cells. A finishing application of Thai Herbal lotion with Sweet Orange, Bergamot, Lemongrass, and Ylang Ylang is massaged into the body to promote deep relaxation.

PURE ZEN SOUND THERAPY

Relax on a carbon-fiber chair which allows you to hear the music and feel the music as the tones resonate through the water in your body providing the ultimate in relaxation.

Sound Vacation (20 minutes) **\$45**

Accept an invitation for a sound vacation... Quickly and easily transition your body's natural stress response and from the noise of the outside world toward the natural relaxation response that enables you to receive the most from your spa treatment, fitness class, day of play, an important meeting, or an evening of romance!

Laughing Bone Therapy (20 minutes) **\$45**

Did you know that one good belly laugh provides your body with the same cardiovascular benefits as a 10 minute walk on the treadmill? N.A.S.A. research also shares that 10 minutes on a vibrating platform can mitigate bone loss. This treatment is designed to musically massage your body on a cellular level to support healthy & happy bones.

Sound Mind (20 minutes) **\$45**

Take some time to cultivate a sound and healthy mind. Many of us think if we take time out to relax we will lose our "mental edge", when actually the exact opposite is true. Often we just need a little time out from our mental and emotional chatter to stimulate new ideas and solutions to our daily problems. Bathing your body/mind in the dynamic harmonies of music provides a wonderful venue to help meet us where we are and lead us to where we need to go.



FACIALS

Ling Oxygen Express (25 minutes) **\$110**

In less than a half an hour your skin will be renewed and refreshed. A gentle exfoliation combined with an ultrasonic Oxygen infusion, diminishes uneven skin tone, reduces the appearance of fine lines, and quenches the skin for ultimate hydration. Perfect for those who want a lot of results, in a little bit of time.

Ultrasonic Microderm (25 minutes) **\$110**

This advanced treatment erases skin imperfections with minimal trauma to the skin. This cutting-edge technology exfoliates the surface of the skin and stimulates cell renewal, leaving your skin polished and refined. The microdermabrasion of the future. Series of 3, 6, or 12;



Naturopathica Pure Results Facial (50 minutes) **\$150**

Pure ingredients, pure results. Experience deep cleansing, toning and gentle exfoliation in our ultimate aromatherapy facial. Soothing blue chamomile, nourishing wild honey, and clarifying French lavender are just a part of this intoxicating bouquet. Light lymphatic stimulation assists in the removal of impurities from the skin's cellular tissue. This all natural facial is free of synthetic preservatives and fragrances. Perfect for all skin types.

Naturopathica Gentleman's (25 minutes/50 minutes) **\$95/\$150**

Designed to deep clean and to soothe aggressively exposed skin related to sports or shaving. Pure plant based products fortified with anti-oxidants ensure visible results. (Shaving prior to your treatment is not recommended)

Ling Vitamin C Facial (50 minutes) **\$165**

Bathe your face with vitamins to both nourish and tighten your skin. Ling's highly potent Vitamin C serum is deeply penetrated into the skin with ultrasound to protect it from free-radical damage, combat aging, and improves skin tone. An ideal treatment when you desire a glowing, visibly youthful appearance. *Includes Product Infusion.*

Ling Non-Surgical Facelift (50 minutes) **\$225**

Turn back the clock with this non-invasive treatment designed to lift and reeducate the facial muscles. Low level micro-current is utilized to achieve a firmer, more contoured, and youthful appearance. Ling's potent Freeze Serum is then infused to target and diminish both superficial and deep wrinkles. Notice visible results after only one treatment. A series of 3, 6 or 12 treatments is recommended.



Ling Triple Peel Detox Facial (80 minutes) **\$225**

Natural fruit acids, papaya enzymes, and Ling's unique Rescue Skin Peel are applied to slough away dead cells and balance the skin. A serum is then selected that meets your unique needs and is infused to achieve the best possible results. Finish off with a custom blended ginseng masque leaving the skin dewy and radiant. A must have. *Includes Product Infusion.*

Ling Ultimate Anti-Aging Facial (100 minutes) **\$295**

Look ten years younger in 100 minutes. Receive all of the benefits of our Non-Surgical Facelift, plus ultrasonic exfoliation, lymph drainage, targeted blemish reduction, light therapy, customized ginseng masque, and penetration of Freeze Serum. This single facial will address all of your concerns while making you feel pampered and relaxed. *Includes Product Infusion.*



Add On to Any Facial:

Product Infusion \$25

Treat any skin ailment utilizing ultrasonic infusion. Combining ultra-sound with a personalized serum will deliver essential nutrients to the deepest layers of the skin. Uncover and restore you natural glow in minutes.

Eye Lift \$25

Our micro-current therapy replenishes and lifts the eyes. See visible results in minutes. Look and feel refreshed. Perfect for that special occasion.

Hand Treatment \$25

Replenish dry, cracked hands with our signature hand treatment. A perfect addition to any facial or massage.

Wild Lime Scalp Treatment \$65

Treat your scalp with an herbal infusion of warm Sunflower, Avocado oils with a hint of Lime.

Waxing

Face

Lip Wax	\$25
Eyebrow Wax	\$25
Chin Wax	\$25
Brow, Lip, Chin Wax	\$50
Full Face	\$75

Body

Bikini Wax	\$60
Lower Leg	\$55
Full Leg	\$90
Full Leg & Bikini	\$140
Underarm	\$40
Half Arm	\$50
Full Arm	\$65
Back	\$75



Salon Mario Russo Services

Salon Mario Russo offers a complete line of hair cutting, styling, and color services for men and women. Additional hair treatments range from clarifying and glossing to special occasion up-do's. Makeup and nail services put on the finishing touch with colors that enrich and compliment the best version of you.

Hair Styling

Hair Cut	Starting at \$85
Men's Haircut	Starting at \$55
Styling/Wash and Blow Dry	Starting at \$65

Color (add blow-dry and style from \$50)

Highlights/Partial Foil	\$165 and up
Highlights/Full Foil	\$265 and up
Color/One Process first visit	\$105
Color/One Process	\$90
Color/Corrective Process	Quoted on consultation
Color/Partial Balyage Highlighting	\$250
Color/Full Balyage Highlighting	\$350

Extras & Conditioning

Hair/Scalp Clarifying Conditioning	\$40 and up
Keratin Protein Treatment	\$580
Glossing	\$40
Special Occasion Up-Do	90 and up

Make-Up

Consultation/Lesson	\$155
Make-Up Application	\$85

Nails

Manicure

Express Manicure	\$30
Traditional Manicure	\$50
Spa Mountain Manicure	\$65
French Manicure	+\$10
Perfect Sense Paraffin/Hands	\$20
Princess Manicure	\$20

Pedicure

Alpine Sports Pedicure	\$95
Traditional Pedicure	\$75
Spa Mountain Pedicure	\$95
French Pedicure	+\$10
Perfect Sense Paraffin/Feet	\$20
Ice Cream Pedicure	\$30



Pure Health

Lifestyle Assessment** (90 minutes) **\$75**

How well are you? Be guided through an online lifestyle inventory and receive your own Personal Wellness Profile (PWP). Prior to completing the inventory our specialists will assess your current height and weight, resting pulse, blood pressure, and total cholesterol profile to ensure that your PWP includes your most current health status. You will leave this session with an understanding of your top three opportunities to change, which opportunities you're most ready to change, and our recommendations to improve your wellness score. **NOTE: This service involves a finger prick and fasting tests. For this reason it will be scheduled for participants during morning hours.

Functional Fitness Assessment** (90 minutes) **\$75**

How efficiently do you move? Wellness specialists will answer this question by assessing your mobility, stability, balance, strength, and body composition to establish a baseline from which you can improve. This assessment gathers the information necessary to help you and a personal fitness coach set parameters for your individualized exercise prescriptions. **Please wear a t-shirt and shorts.

Comprehensive Assessment** (120 minutes) **\$125**

Knowledge is power...this assessment includes all services from both the Lifestyle Assessment and the Fitness Assessment. You will not only "know your numbers", but also your fitness level. Armed with this information our specialists will partner with you to create a prioritized plan to help you take your first step towards improving your wellness score and reaching your fitness goals. **NOTE: This service involves fasting tests and will be scheduled for participants during morning hours. Please wear a t-shirt and shorts.

"Calories 101" (60 minutes) **\$85**

Ever wonder how many calories you eat each day versus how many you burn off? Do you wish you knew how many calories you've eaten by lunch time so that you could better plan your choices for dinner? "Calories 101" will not only analyze how many calories you burn at rest, but will also determine your activity level and your overall energy requirements to lose, maintain or gain weight. After gathering this information we will introduce you to an online tool with your own username and password that you will have access to for a full year. We'll teach you how to use this simple, but effective tool to balance your caloric budget and make the needed adjustments in your diet to reach your nutritional goals.

Nutrition Consultation with RMR analysis & 3 Day Food Log (75 minutes) **\$125**

Do you eat the right foods to get the energy and nutrients you need for optimal health? Do you need an eating plan to help get you started? Meet with our Registered Dietician who will determine your resting metabolic rate (RMR), analyze your eating habits and get you on the right track towards healthful eating.

Customized Session with a Registered Dietician (60 minutes) **\$100**

Design a private Q&A with our Registered Dietician to answer your burning nutritional question(s). Answer questions like "I take these 6 different supplements, herbs and prescription medications...are they interacting to cause more harm than good?" or "I'm a serious athlete competing on regular basis...what can I eat to optimize my performance?" My doctor diagnosed me with (fill in the ailment) what should I be eating to reduce my health risk?" This is your time to get the answers you need and get you on the right path to meet your wellness goals.



One on One Services

Trio Sampler \$255

Did you always want to try Pilates? Or Yoga? Or work out with a Personal Trainer? Or all of these? Choose three of our Wellness One on One services and get a "taste" of them all.

Personal Fitness Coach (60 minutes) Single Session \$90, 3 pack \$255, 6 pack \$480, 12 pack \$900

Exercise with a purpose... We use a functional movement training approach to take your workout to the next level. Join us in our state of the art fitness center and let our certified trainers tailor a workout program suited to your lifestyle that meets your personal goals. Whether your goal is to gain weight, lose weight, tone up or just tune up your program we have the right trainer for you.

One-on-One Yoga (60 minutes) \$90

Let one of our Registered Yoga Teachers design an individualized yoga experience appropriate for your ability level. Through one-on-one instruction and guidance you will find your inner peace in a way that was meant just for you.

One-on-One Zumba (60 minutes) \$90

Love Zumba but can't seem to grasp the choreography? Let our certified Zumba instructor break down the moves and take you through a Latin inspired dance workout designed to burn calories, work up a sweat, and tone your body while having a blast!

Golf Fitness Evaluation (75 minutes) \$160

Are you spending hours practicing your golf game without seeing results? Spend less than two hours with Peter Johnson, our Titleist Performance Institute (TPI) certified instructor, and unleash your hidden potential by improving your golf swing! This twelve step assessment consists of balance, mobility, flexibility, and posture tests followed by a take home set of exercises to help correct swing faults.

Golf Specific Personal Training Session (60 minutes) \$90

Work with Titleist Performance Institute (TPI) Certified Golf Fitness instructor Peter Johnson on golf specific exercises that can help prevent and cure swing faults. Let your time in the gym pay off on the course.

Guided Hike on Scenic Mount Mansfield (Time and cost varies)

Reconnect with your surroundings as one of our expert hiking guides takes you on a Green Mountain experience that will leave you refreshed, relaxed and ready for more. Choose from a leisurely stroll or a hard core hike. You set the pace and we'll keep you going.

Design Your Own Wellness Experience (Time and cost varies)

Want your own exclusive, group exercise class, outdoor recreation experience or studio instruction for you and up to 5 of your friends? Whether you want to reconnect, challenge each other, or simply enjoy your favorite season in the majestic landscape of Vermont our specialists will work with you to design an event that creates lasting memories.