



## 2011 Winter Spa Services

*Celebrate Nature... Celebrate You  
at The Spa at Stowe Mountain Lodge*

By nature, we all aspire to be healthy. Through nature, we have the opportunity to maintain our best health and begin our journey to a better well-being. Allow yourself to discover new experiences by taking time to relax your mind, heal your body, and refresh your soul.

Begin your journey in our nature-inspired Healing Lodge. Based on the ancient spa principles of "taking the waters" and the historical practices of the Native American sweat lodges, the Healing Lodge is designed to detoxify your body, relax your mind and soothe your soul.

The Healing journey includes detoxifying herbal tea, mineral enriched Himalayan salts, dry sauna, Jacuzzi, an herbal steam room and a cool rain shower. When completed in the recommended sequence, this healing process stimulates the lymphatic system, boosts your immune system and allows you to begin your journey to celebrating your Sacred Self.

We have carefully selected product lines for our massages, rituals and facials that not only provide results driven treatments, but also instill a commitment to our precious and sacred Earth through their business practices, ingredient selection, and packaging. This is in alignment with our Destination Earth program, which recognizes the need to preserve the world in which we operate and serve our guests - lessening our footprint on our changing environment.

### Winter Hours of Operation:

Fitness Center: 6:30am – 8:00pm  
Spa and Salon: 9:00am – 8:00pm

Please be sure to arrive 30 minutes prior to your scheduled service to relax and unwind prior to your service. Gratuities are not included in the treatment price but are at the discretion of you, our guest.

**The Spa at Stowe Mountain Lodge 802.760.4782 / 866.632.6879**



## Signature Sacred Rituals

Inspired by the passion of **[comfort zone]** to deliver a total approach to beauty using the highest quality ingredients and the most advanced technology and our desire to create rituals that have a positive influence on your wellbeing. Our Rituals integrate a hand, scalp and foot ritual along with a specific experience to transform you to begin the process of celebrating yourself with a greater connection to your mind, body and soul.

### **Sacred Journey (80 minutes) \$225**

Get lost in this sensory experience as you are cocooned in a revitalizing self-heating mud enhanced with essential oils of lemon, bergamot, basil, nutmeg and cardamom. Massage is integrated throughout the journey along with our hand, scalp and foot rituals to relieve tension throughout the body, bestowing a sensation of relief and wellbeing.

### **Sacred Nature (80 minutes) \$225**

Imagine being caught in a rain shower while being gently scrubbed with Sacred Nature massage oil (100% natural anti-oxidant oil) blended with a hydrating cream infused with an exfoliant selected specifically for your skin type. Massage is integrated throughout the ritual along with our hand, scalp and foot ritual. Sacred Nature leaves you rejuvenated with profoundly nourished and radiant skin.

### **Sacred Healing (80 minutes) \$225**

Sacred Healing combines the healing properties of sound therapy during your Reiki session on a carbon-fiber chair which allows you to hear and feel the music as the tones resonate through the water in your body aiding the healing process. Combining the powerful benefits of Reiki, sound therapy and our hand, scalp and foot rituals, Sacred Healing leaves you extremely relaxed, balanced and centered.

### **Sacred Union for Two (80 minutes) \$450**

Share the experience with your partner with a ritual that provides the perfect opportunity for renewal and tranquility. Sacred Union incorporates a rhythmic hot oil technique as each of you are cocooned in a wrap to further enhance the feeling of peace and well-being. Essential oils of rose, vanilla, rosewood, cedar, orange and palmarosa intoxicate you during the Sacred Union Ritual, which incorporates the hand, scalp, and foot rituals as well as an indulging soak in our granite soaking tub. Sacred Union is an unforgettable sensory memory of peace, balance and love.

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## Massages

All of our massages are customized to address the specific concerns of your body. Please advise the spa concierge of the benefits you'd like to achieve from your massage session and allow us to recommend the therapist and technique for you.

**25 minute/\$95 50 minute/\$150 80 minute/\$200**

### Traditional Massage Therapies

**Target Massage** (25 minutes): Focused massage on a specific area to provide relief for a specific area of your body.

**Swedish Massage – Relaxing or Deep Pressure** (50 minutes/80 minutes): Therapeutic massage using a variety of techniques to help promote relaxation, increase circulation and reduce stress.

**Therapeutic Sports Massage** (50 minutes/80 minutes): A vigorous and energizing massage to help improve range of motion, circulation and flexibility. Great before or after skiing.

**Hot Stone Massage** (50 minutes/80 minutes): Hot river stones are placed on your body with the trained hands of a therapist to further penetrate your muscles and help to reduce tension.

**Deep Tissue Massage** (50 minutes/80 minutes): This deep, therapeutic massage uses a variety of techniques including trigger point, deep fascia work, and cross-fiber friction to work deeper layers of muscle fibers, helping to release chronic patterns of muscular tension.

**Pre-Natal Massage** (50 minutes): Let us help relieve some of the aches and pains you're carrying around. Massage techniques and body cushions will help you relax and care for both you and your baby. Recommended for women in their 2<sup>nd</sup> or 3<sup>rd</sup> trimester.

**Couples Massage:** (50 minutes/80 minutes): Enjoy any of our massage selections with your partner in our couple's suite.

## Massages

### Holistic Massage Therapies

**Reflexology** (25 minutes/50 minutes): A firm pressure point technique designed to bring your body into balance.

**Reiki** (50 minutes/80 minutes): Reiki clears, balances and heals the energy paths, allowing the life force to flow freely nourishing the organs and cells of the body and supporting the vital functions.

**Reiki with Musical Meditation** (25 minutes/50 minutes): Combine the healing properties of sound therapy during your Reiki session on a carbon-fiber chair which allows you to hear and feel the music as the tones resonate through the water in your body aiding the healing process.

**Craniosacral Therapy** (50 minutes/80 minutes): A holistic healing practice using very light touching to balance the craniosacral system in the body. Gentle manipulation removes restrictions in the flow of cerebrospinal fluid, to relieve stress, decrease pain, and enhance the body's overall health.

**Shiatsu** (50 minutes/80 minutes): A method of healing, where finger and hand pressure is used to create pressure on the meridian system points, in order to rehabilitate the natural powers of the body, which results in both preventative healing and improvement to your health. Please wear loose fitting clothing.

**Thai Massage** (50 minutes/80 minutes): A blend of massage, acupressure, energy work, and gentle yoga stretches; it is one of the world's oldest healing modalities. Benefits include: releasing tight joints, stretching muscles, increasing range of motion, and reducing stress. Thai massage is performed on a mat. Please wear loose fitting clothing.

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## Body Rituals

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### Total Results Rituals

**Detox Wrap** (50 minutes) **\$175**  
Self heating algae mud with spirulina and mineral salts provides a purifying and reducing effect that greatly detoxifies the tissues. Enhanced with essential oils of lemon and bitter orange, caffeine, and carnitine, this wrap helps to reduce muscle and joint pain while smoothing the skin.

**Thermal Cellulite Treatment** (50 minutes) **\$175**  
With the layered application of active products containing black pepper extract, caffeine, carnitine, focus algae, escin, and several proprietary formulas, visible results can be seen with this intense four step treatment. This treatment improves local microcirculation, reduces adipose deposits and reduces fluid retention for a smoother appearance.

### Hydrating Body Rituals

**Deep Hydrating Body Wrap** (50 minutes) **\$150**  
Relax in a warm cocoon of incredibly rich and nourishing anti-aging body cream with walnut extract, kamani and bitter orange oils. Great for sensitive and dry, depleted skin, especially after outdoor exposure.

**Winter Hydrating Salt Scrub** (50 minutes) **\$150**  
Himalayan Sea salts containing 84 trace minerals naturally found in your body are blended with bergamot and spruce essential oils providing an uplifting and "grounding" experience while leaving your skin hydrated, smooth and purified.

**Aromasoul Hydrating Body Scrub** (50 minutes) **\$150**  
Perfectly exfoliate your body with a rich and creamy body scrub that revitalizes skin with Vitamin E and essential oils of lemon, bergamot, basil, nutmeg and cardamom. Perfect for sensitive skin as the scrub is customized to your skin type.

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## Body Rituals

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### Mind, Body and Sole Rituals

**Energizing Hand, Scalp and Foot Ritual** (50 minute) **\$150**  
Reconnect with your mind, body and soul with this ritual combining the healing properties of the hand, scalp and foot rituals. Perfect for the first time spa-goer.

**Revitalizing Foot Ritual** (25 minute) **\$95**  
Treat and heal your feet and lower legs to restore lightness, improve circulation and reduce swelling and fatigue.

**Revitalizing Hair and Scalp Ritual** (25 minute) **\$95**  
A precious concentrate of essential oils of sage and mint are rhythmically massaged into your hair and scalp to revitalize, oxygenate and invigorate.

**Soothe Your Sole** (25 minute) **\$95**  
Relax and enjoy the serenity on our Sound Chair as music resonates through the water in your body, your scalp is massaged and your feet pampered with warm paraffin wax.

**Sound Vacation** (25 minutes) **\$75**  
Relax on a carbon-fiber chair which allows you to feel and hear the music as the tones resonate through the water in your body providing the ultimate in relaxation. Enjoy your vacation.

### Soul to Soul Rituals

Share your sacred time as a girlfriend's getaway or share some private time with daughter, best friend or partner and enjoy any of the services below in the same treatment suite. See descriptions and pricing above.

\*Detox Wrap

\*Thermal Cellulite Treatment

\*Deep Hydrating Body Wrap

\*Aromasoul Hydrating Body Scrub

\*Energizing Hand, Scalp and Foot Ritual

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## Facials

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### CACI Ultra Facial Treatments

CACI treatment systems delivers visible and corrective results eliminating the need for surgery or invasive procedures. The dramatic results achieved using these exclusive technologies has attracted an impressive celebrity following and created demand for CACI treatments around the globe.

#### **Ultra Anti-Gravity Facelift** (50 minutes) **\$225**

Turn back the clock with this non-invasive treatment designed to lift and re-educate 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 diminish both superficial and deep wrinkles. Visible results after only one treatment. A series of 3, 6 or 12 treatments is recommended.

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

This advanced ultrasound exfoliation is an alternative to traditional microdermabrasion, erasing skin imperfections with minimal trauma to the skin. This pain free and non-invasive treatment improves cellular turnover, detoxifies skin and causes natural moisture to permeate the surface tissues. Effective on acne, fine lines, post-inflammatory hyperpigmentation and scar tissue.

### ZO® Skin Health Treatments from Zein Obagi, M.D.

ZO® Skin Health was created by Zein Obagi, MD. His results-focused medical skincare program has become the leading physician-prescribed brand, and now he has applied the same philosophy to a line of non-prescription skincare. ZO® Skin Health uses more potent ingredients, concentrated formulas, and aggressive delivery systems than other non-prescription skincare programs.

#### **Growth Factor Collagen Therapy** (50 minutes) **\$195**

Two powerful proprietary peptides, retinol and amino acids boost collagen and stimulate cellular function. Reduce collagen degradation and restore skin elasticity in your skin minimizing wrinkles and fine lines.

#### **Ossential Stimulator Peel** (25 minutes) **\$130**

Stimulate cellular turnover, knock out fine lines and wrinkles and improve skin tone, texture and clarity with this retinol, hydroxyl acid and antioxidant-rich peel.

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## Facials

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### LING Skincare Facials

The LING Complete Approach to Skin Care is simple and effective. Each step is customized to your skin condition, helping to prevent and treat your specific skin ailments. LING has successfully merged traditional Asian health principles with modern Western technology and innovative ingredients to provide a high quality product line that can be used daily.

#### **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 Collagen Firming Facial** (80 minutes) **\$225**

An enzymatic peel and ultrasonic penetration of special cosmeceutical serums are utilized to reestablish elasticity. Stimulates the production of collagen and restores a younger, healthier appearance.

#### **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 Oxygen Express** (25 minutes) **\$95**

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.

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## Facials

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### Classic Facials for Deep Cleaning, Gentlemen and Teens

Naturopathica's holistic approach to well-being taps into the best of nature by combining certified natural and organic ingredients with Naturoceuticals and state-of-the-art skin care technology, without harmful synthetics. The innovative products, certified by ECOCERT, acknowledge a commitment to sustainability and a respect for the wisdom of nature.

#### **Naturopathica Deep Cleansing 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 Facial. 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** (25min/50min) **\$95/\$150**

Designed to deep clean and to soothe the 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)

#### **Naturopathica Teen Facial** (25min/50min) **\$95/\$150**

A beautiful complexion begins with good skin care. Includes cleansing, toning, exfoliation and a facial massage leaving your skin with a clean, healthy glow. (50-minute facial includes a Home Care Regimen to continue the benefits of the facial.)

#### **Somme Vitamin Infusion Facial** (25 minute) **\$95**

Somme Institute prides itself on clinical research and proven results. This Vitamin Infusion booster treatment does it all. Scientifically designed and tested to eliminate the conventional skin approach. The MDT5 compound allows full vitamin absorption of the skin to reduce the appearance of fine lines and wrinkles, repair sun damage, even out discoloration and brown spots, treat moderate to severe acne and rosecea, and improve skin's tone, clarity and elasticity.

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## Facials

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### 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 your 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.

#### **Hydrating Hand Treatment** **\$25**

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

#### **Add on Hair and Scalp Ritual** **\$25**

A precious concentrate of sage and mint essential oils are rhythmically massaged into your hair and scalp to revitalize, oxygenate and invigorate hair and scalp.

### Waxing

While you are taking care of skin, be sure to take the time to focus on the details of your brows, lips and chin. Body waxing also available.

<u>Face</u>		<u>Body</u>	
Lip	\$15	Bikini	\$50
Eyebrow	\$20	Lower Leg	\$40
Chin	\$15	Full Leg	\$65
Brow, Lip, Chin	\$40	Full Leg and Bikini	\$80
Full Face	\$50	Underarm	\$30
		Half Arm	\$35
		Full Arm	\$45
		Back	\$65

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## The Salon - Hair/ Nail Services

The Salon at Stowe Mountain Lodge offers a complete line of hair cutting, Styling, conditioning and color services for women, men and children. Our full service salon provides services for special occasions and weddings including makeup and nail services to provide you with the finishing touches that enrich and compliment the best version of you.

We have carefully selected products lines in the salon that are true to our overall commitment to sustainability and results oriented products that are kind to both you and our scared Earth.

**UHair** is a unique hair product line from Australia. Their philosophy is to ensure that products use an optimal combination of herbal and scientific technology to result in the highest level of sophistication and functionality. UHair strives to use only pure elements and natural extracts from plants. Whenever possible, the ingredients are organically grown and produced. Effectively engaging nature leads to total beauty and a sense of well being.

**MOROCCANOIL®**, is the originator and leading manufacturer of professional Argan Oil hair products. A powerful antioxidant and UV protector, MOROCCANOIL's proprietary Argan oil blend is rich in vitamins and natural elements that fortify the hair, including Vitamin F (Omega 6), Vitamin A to improve elasticity, Vitamin E to protect against free-radicals, and Phenols to shield against environmental stressors.

**SpaRitual** is our primary nail care line. Dedicated to the spa tradition, SpaRitual is committed to creating eco-friendly products and packaging perfectly crafted for the enlightened consumer. SpaRitual uses vegan ingredients from around the world, including many specially sourced and selected plant essences that are wild crafted or organic. The formulations are naturally colored and free of synthetic dyes. SpaRitual is constantly monitoring sustainability issues and strives to be on the cutting edge of environmental awareness.

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## The Salon - Hair/Nail Services

### Hair Styling

Woman's Haircut	Starting at \$85
Men's Haircut	Starting at \$55
Child's Haircut	Starting at \$40
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 Highlights	\$250
Color/Full Balyage Highlights	\$350

### Hair Treatments

#### **MOROCCANOIL® Restorative Hair Mask \$40**

Rich in protein and argan-oil, this treatment will restore your hair's elasticity and rebuild strength while repairing damage caused by chemicals and other environmental stresses.

#### **MOROCCANOIL® Intense Hydrating Mask \$40**

Infused with argan oil to help prevent hair from environmental stresses while restoring dry and damaged hair to restore shine and manageability.

#### **MOROCCANOIL® Balancing Scalp Treatment \$20**

This 10-minute invigorating scalp massage is intended to increase circulation as well as balance scalp issues. Infused with essential oils such as organic ginger, lavender and geranium extracts, this calming and essential service will improve the condition of your scalp and the quality of your hair.

#### **MOROCCANOIL® Optimal Color Treatment \$20**

This service is specifically designed to maximize the results of your color process by enhancing your hair's absorption of the color process and locking and sealing in moisture. Helps revive, hydrate and detangle hair.

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## The Salon - Hair/ Nail Services

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### Manicures

- Spa Mountain Manicure** (50 minutes) **\$65**  
We take the Traditional manicure and add the "spa touch" of paraffin and that extra pampering for the ultimate manicure experience.
- Traditional Manicure** (40 minutes) **\$50**  
This basic manicure will allow you to show off your hands after a buff, cut and polish.
- Gentleman's Manicure** (40 minutes) **\$40**  
Allow us to clean up your cuticles and nails and soften up your hands.
- "Minicure"** (25 minutes) **\$30**  
An express file and perfect polish for the woman on the go.
- Princess Manicure** (25 minutes) **\$20**  
A quick buff and polish so your little Princess can feel like a big girl too.

### Pedicures

- Spa Mountain Pedicure** (60 minutes) **\$95**  
We can never give enough attention to our feet. Allow us to pamper your toes to perfection.
- Après Ski Sports Pedicure** (50 minutes) **\$75**  
Allow us to pamper your tired and skied out feet with our invigorating pedicure.
- Traditional Pedicure** (50 minutes) **\$75**  
It's time to get your toes ready – we'll clean up your feet and polish your toes to perfection.
- Gentleman's Pedicure** (50 minutes) **\$75**  
Relaxation starts here. Pamper the hardest working part of your body!

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## The Salon - Hair/ Nail Services

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- French "Demi-pedi"** (25 minutes) **\$40**  
Pamper your pedis with this quick and effective pedicure leaving your polished feet soft and cared for.
- Ice Cream Pedicure** (25 minutes) **\$30**  
Treat your little one with a Me! Bath ice cream treat foot bath for their feet.

### Extras

- Perfect Sense Paraffin/Hands or Feet** **\$20**  
Replenish your hands or feet with moisture by treating them with soothing paraffin drench with essential oils.

### Wedding Packages

The Spa and Salon provides the perfect atmosphere for a spectacular spa day, an intimate cocktail party, private bachelorette party, and wedding day pampering and preparations. All Wedding Day Packages include 20% gratuity.

**The Bride** **\$440**  
Wedding Day Hair and Make Up, Bridal Manicure and Pedicure

**The Bridesmaids** **\$325**  
Wedding Day Hair and Make Up, Traditional Manicure and Pedicure

**The 'Other Girls'** **\$325**  
Wedding Day Hair and Make Up, Traditional Manicure and Pedicure

**The Flower Girl** **\$75**  
Flower Girl Styling and Princess Manicure

### A la Carte Bridal Services

<u>Hair</u>		<u>Make-Up</u>	
Pre-Wedding Hair	\$110 and up	Pre-Wedding Make-Up	\$85 and up
Bridal Styling	\$150	Bridal Make-Up	\$125
Bridal Party Styling	\$85	Bridal Party Make-Up	\$85
Flower Girl Styling	\$50		

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## **Fitness, Wellness and Recreation.... Make it a lifestyle**

Surrounded by unlimited hiking and snowshoe trails, rivers and lakes, steep slopes, natural waterfalls, and serene meadows, outdoor recreation becomes a part of your daily routine. On the days where weather does not permit, start your day with a restorative yoga class, personal training coach, or sweat it out in a spinning class.

We believe that making one small change and commitment to your well-being will help you live a more healthy and happy life. We all know that maintaining good health is much easier than regaining it once it is lost. Allow us to assist you in committing to making one small change and celebrate the positive changes that follow. These educational body and nutritional assessments are available to help you get a jumpstart on your commitment to wellness.

### **Design Your Own Wellness Experience (Time and cost varies)**

Design an exclusive experience for you or up to 5 people integrating a private exercise class, outdoor recreation and body work. 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 experience that creates lasting memories.

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

How efficiently do you move? We 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 goals. Please wear a t-shirt and shorts.

### **Fitness Analysis (60 minutes) \$75**

After an initial health screening, you will be tested to determine cardiovascular fitness (sub max treadmill test), body composition (skinfold caliper) and strength (push up and sit up tests). After completion, time is taken to interpret results and find out where you stand in your age group and how each area can be improved upon.

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## **Fitness, Wellness and Recreation.... Make it a lifestyle**

### **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. Allow our certified trainers to tailor a workout program suited to your lifestyle. 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 Classes (60 minutes) \$90**

Let one of our Certified Instructors design an individualized workout experience appropriate for your ability level. Through one-on-one instruction and guidance you can gain specific knowledge to keep you motivated for future classes.

### **"Calories 101" (60 minutes) \$75**

Do you know how many calories you eat each day versus how many you burn off? Or how many calories you've eaten by lunch so you can better plan your choices for dinner? "Calories 101" will analyze calories you burn at rest, determine your activity level and your overall energy requirements to lose, maintain or gain weight. You will be introduced to an online tool with access to it for a full year to continue to track your progress. You'll learn how to use this simple and effective tool to balance your caloric budget and make the needed adjustments in to reach your nutritional goals.

### **Body Composition Analysis (30 minutes) \$35**

Skinfold calipers are used to determine your current body composition; along with height/weight and circumference measurements, we will compare your fat to lean weight ratios to determine where you rank based on you age. A great way to determine a very important component of your health.

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## Fitness, Wellness and Recreation.... Make it a lifestyle

### **Golf Fitness Evaluation** (75 minutes) **\$150**

Are you spending hours practicing your golf game without seeing results? Spend less than two hours with Peter Johnson, our Titlist Performance Institute (TPI) certified instructor, and unleash your hidden potential by improving your golf swing! This 12 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 Titlist 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.

### **Indoor Golf**

Located in the Fitness Center, our P3 Golf Simulator System allows you to stay on top of your game all winter long. Book a lesson with one of our Pro's, work on your swing on the driving range or challenge yourself to 18 holes. There is something nice about skiing and golfing on the same day.....

### **Private Golf Lesson** (60 minutes) **\$150**

One on one instruction with Stowe Mountain Club Head Professional Ron Philo, Jr., named "Best Teacher in State" by Golf Digest. Call for availability

### **Indoor Tee Time** (up to 90 minutes) **\$125**

Play a round of golf using the P3 Golf Simulator System

### **Driving Range** (up to 60 minutes) **\$75**

Practice your game and get ready for the golf season in the Stowe Mountain Club P3 Golf Simulator

## Fitness, Wellness and Recreation.... Make it a lifestyle

### **Outdoor Recreation**

Reconnect with your surroundings as one of our expert snowshoe 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.

### **Skyline Lake Trek** (2 hours)

Join us to ride the lift to the top of Spruce Peak to get access to Sterlin Pond, Vermont's highest living alpine lake. A frozen little pocket only accessed by few.

### **Winter Waterfall** (2 hours)

One of Stowe's top summer swimming destinations becomes a geological wonderment in the winter.

### **Family Exploration** (1 hour)

Come along on a tour that Mom and Dad can enjoy with the kids as we zigzag around a river over a cascading waterfall and stomp through the maple and birch trees. All kids 5 years old and up are welcome. Hot Apple Cider will be provided.

### **Moonlight Snowshoe** (2 hours)

Step out into the night and experience the bright stars of a Vermont sky or enjoy the amazement of a full moon trek as the night sky lights the path like the mid-day sun inviting wildlife (and us) to wonder about.

Cost: Adults 13 years old +/\$45 per person; Kids 12 and under/\$35 per person

Private 2 Hour Tours:

1-2 people \$55 per person

3 + people \$45 per person

Longer private and custom tours are available by request.

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