



LIST OF SPA TREATMENTS

Swedish massage: Gentle massage using long Swedish effleurage strokes. (50 min./\$135.00 - 80 min./\$185.00)

Equinox Therapeutic Massage: Custom full-body massage using strong and firm strokes. (50 min./\$135.00 - 80 min./\$185.00)

Mother Earth: Prenatal massage, specially designed for the mother to be. (50 min./\$140.00)

*** River Stones:** Hot and cold basalt river rocks are incorporated in your massage. (80 min./\$190.00)

Aromatherapy Massage: A specialized gentle massage technique using blended essential oils to rebalance the body and mind. (50 min./\$145.00 - 80 min./\$195.00)

Tension Tamer: This neck, shoulder, and back massage is designed to relieve tension and stress. (50 min./\$135.00) With Hot Stones (50 min./\$145.00)

Facials:

Equinox Custom Facial: A refreshing facial to purify, nourish, and hydrate your skin, customized to suit your specific skincare needs. (75 min. \$188.00)

Mountain Man: This facial is specially designed for men, using products uniquely suited for a man's skin. (75 min. \$188.00)

Rosacea Facial: This facial calms redness, irritation and rosacea. Skin will appear more vibrant and hydrated. (75 min./\$188.00)

Therapeutic Anti-Aging Facial: This anti-aging facial restores elasticity improving skin tone, moisturizing properly to quench the skin's thirst to rejuvenate dull and tired skin. (75 min./\$208.00)

Dr. Dennis Gross 5th Avenue Facial This signature Alpha Beta® Professional Peel immediately delivers smoother, more flawless skin and restores its youthful glow with just one treatment. This facial includes an anti-aging, imperfection fighting light therapy treatment. (75 min./\$230.00)

Vitamin C Facial: This rejuvenating facial incorporates the power of antioxidants with a pure vitamin C compound to address the effects of oxidation and promote collagen synthesis, for a smoother, firmer looking skin. (75 min./\$208.00)

Vermont Glow: A Dr. Dennis Gross Mask and Peel with no down-time- Experience the perfect lunchtime treatment, featuring products by famed dermatologist Dr. Dennis Gross. (50 min. /\$128)

Body Treatments:

Body Exfoliation: A pure sea salt, maple, or citrus scrub. Brings your skin to a radiant glow; the warm rain of the shower relaxes the mind and body; and a rich body cream is massaged into the skin for a smooth touch. (50 min./\$140.00)

Mother Earth Wrap: This cooling, soothing gel wrap is recommended for pregnant women to help relax, hydrate, and nourish the skin. (50 min. \$175.00)

Signature Treatments:

***The Spirit of Vermont:** This treatment reflects the calming energy of Vermont. Indulge in the ultimate combination of Massage, Reflexology, and Reiki to enhance your Vermont experience. (100 min. \$210.00)

Skin Rejuvenation: This is a gentle exfoliation followed by a soothing massage with warm, blended essential oils. (100 min. \$235.00)

White Clay Mask: The application of mineral clay to the skin rebalances and purifies the skin. You are left with a feeling of total regeneration. (100 min./\$235.00)



Wellness:

Abhyanga Massage: A massage with warm Ayurveda oil that helps increase circulation, oxygenation to skin cells and promotes general wellness for the entire body. (80min./\$205.00)

Reflexology: Precise pressure is applied to areas on the feet that correspond to specific organs and structures of the body, resulting in a feeling of overall well-being. (50 min./\$135.00)

Reiki: An ancient Japanese technique using non-invasive, gentle touch, and specific hand patterns allow energy to flow, promoting balance, energy, and mental clarity; this is not a massage. (50 min. \$135.00)

Shiatsu: This traditional oriental technique uses moderate to firm pressure to stimulate and restore balance to the body. The treatment promotes over all well-being and vitality to your body; wear comfortable clothing. (50 min./\$135.00 - 80 min. \$180.00)

Hands & Feet: (Offered Fridays and Saturdays Only)

Top Coat: Shape your nails, condition your cuticles, and enjoy a relaxing hand and arm massage. Your hands are then dipped in a warm wax and topped off with an application of your favorite polish. (50 min./\$70.00)

Express Manicure: For those on the go, this express manicure provides effective results in a minimum time. Nails are shaped and cuticles are conditioned and then topped off with an application of your favorite polish. (25 min./\$40.00)

Ballet Toes: This pedicure begins with a cleansing foot soak followed by a gentle exfoliation. Your nails are shaped and cuticles conditioned; heels and feet are then wrapped into warm paraffin, your feet and legs are massaged after which your nails are ready for a coat of your favorite nail polish. (50 min./\$85.00)

***Sole Comfort:** This pedicure is designed for both male and female feet that have gone that extra mile. It focuses on softening your calluses with a vigorous scrub, moisturizing your feet with an ultra-hydrating lotion, and buffing your nails to perfection. Nail polish is optional. (50 min./\$90.00)

Shellac Manicure: Manicure incorporating your favorite color of shellac polish. (50 min./\$70.00)

***Basic manicure (\$40.00)* Basic Pedicure (\$55.00)**

Spa Packages (Not available on Saturdays or during Holiday Seasons)

Mother-To-Be Package: (Allow 3 hours/\$275.00)

Mother Earth Massage * Express Manicure * 50 Minute Pedicure + Gift to go

***Equinox Signature Package:** (Allow 4 hours/\$445.00)

Exfoliation * The Spirit of Vermont * Sole comfort Pedicure * Gift to go

Mountain Serenity Package: (Allow 4 hours/\$500.00)

Exfoliation * 80 Minute Swedish/Therapeutic Massage * Equinox Custom Facial * Gift to go

Please contact the Concierge desk (802) 362 4700 or Spa front desk (802) 362 7881 to reserve your treatments. Cancellations must be made 24 hours prior to the appointment time. Missing an appointment, canceling or rescheduling an appointment within 24 hours will result in a fee assessed at the full value of the missed appointment. <http://www.equinoxresort.com/>