

# MASSAGE

## MOUNTAIN SUN SIGNATURE MASSAGE

30 min \$50 / 60 min \$85 / 90 min \$125

One of our exceptional therapists will craft the perfect massage for you, using a customized blend of modalities anchored in Swedish and Deep Tissue.

Techniques may include myofascial release, lomi lomi, cupping, trigger point, and stretching. This is a perfect choice for both treatment/injury and those who just want to relax. Includes hot towels.

## MOUNTAIN SUN AROMATHERAPY MASSAGE

60 min \$95 / 90 min \$135

Our Signature Massage enhanced with doTERRA essential oils. Choose from one of our custom blends.

## PREGNANCY MASSAGE

60 min \$85 / 90 min \$125

Take care of yourself and your little one. Benefits of receiving massage while pregnant include better circulation, relief from cramps and fatigue in the hips, low back and legs, and reduction of stress. You will be safely and gently positioned on your side with pillows and cushions to allow for maximum comfort.

## RADIANT RIVER ROCKS MASSAGE

60 min \$95 / 90 min \$135

Smooth heated basalt stones are massaged over your entire body melting away tension and fatigue for a wonderful sensory treatment. The penetrating heat of the stones achieves the same muscle relaxation as a deep tissue massage.

## THAI YOGA MASSAGE

60 min \$95 / 90 min \$135

This ancient healing modality is sometimes referred to as "passive yoga." The massage is performed fully-clothed on a floor mat and incorporates elements of stretching, breathing, and acupressure. It is deeply relaxing and energizing and is a wonderful way to release tight muscles and restore range of motion. Please wear or bring loose clothing.

## MEDICAL MASSAGE

We can bill your health insurance if massage is a covered benefit or if you have been in a car accident and are covered by PIP. Most medical massages require a prescription from a chiropractor or Primary Health Care Provider. We are in-network with many major insurances, but please call us before scheduling so we can verify your benefits.

# SKIN CARE

## MOUNTAIN SUN EUROPEAN FACIAL

60 min \$95

This classic favorite is our signature relaxing spa facial and great for both first-time and established clients. Treatment steps are tailored to your skin's individual needs. It includes a full skin analysis, deep cleansing, exfoliation, a mask, and extractions if needed. Includes a soothing massage for the face and decollete. Microdermabrasion, peels, and other add-ons available at your request.

## MOUNTAIN SUN ULTIMATE EUROPEAN FACIAL

75 min \$115

Includes everything in our 60 minute European facial plus more time for customized techniques or a hand and foot treatment.

## MUD AND CHARCOAL DETOX FACIAL

60 min \$95

This balancing and remineralizing skin treatment employs a Black Mud-based facial polish fortified with Activated Charcoal and natural micro grains to detoxify and smooth the skin while polishing away impurities and environmental pollutants. Noticeably refines the appearance of lines, wrinkles, and congested pores and dramatically restores skin comfort and softness.

## INTENSIVE MOISTURIZING FACIAL

90 min \$130

This complete facial includes everything in a European facial plus galvanic energizing techniques to help infuse potent hydrating serums deep into the skin. It also includes one of our signature contour Norway masques. Choose from Antioxidant Superfruit, Purifying Wheatgrass and Sage, Soothing Chamomile and Red Tea, or Hydrating Blueberry and Honey.

## YOUTH ACTIVATING FACIAL

90 min \$140

This anti-aging facial is designed to kick start amazing skin repair at the cellular level, deeply infusing hydration to reveal fresh, dewy skin. It is fully customized to your skin, and includes our Youth Activating Plus intensive serum and mask. We may also include other technologies like galvanic product infusion.

## MICROCURRENT LIFTING FACIAL

75 min \$115 / 90 min \$135

Microcurrent is like a deep tissue massage of the face and neck with the added benefits of tightening facial muscles and skin, improving tone, clarity and facial contours! It is by far the best therapy for non-invasive face rejuvenation that our estheticians have worked with and results are noticeable immediately. Muscle toning and firming benefits come after receiving a series of facials.

— Series of 6 \$640 / Series of 12 \$1250

## MOUNTAIN MAN FACIAL

60 min \$95

Men need to take care of their skin too! This treatment is designed to smooth and nourish rough and weather-worn skin. It includes a deep cleanse, exfoliation, relaxing facial massage, and a mask to reveal a fresher complexion.

# SPA PACKAGES

## **MOUNT SI EXPRESS PACKAGE**

**1 ½ hours \$109**

The perfect fit for those wanting to get a full spa experience but are short on time. This package includes a 15 minute herbal foot soak, a 30 minute massage, and a 45 minute facial. 90 minutes never looked this good.

## **MOUNT RAINIER PACKAGE**

**2 ½ hours \$179**

Our most popular package. Begin with an herbal foot soak followed by our Signature Massage. You will then move to the facial room to finish off with our Ultimate European facial.

## **MOMMY-TO-BE PACKAGE**

**2 ½ hours \$179**

Take the weight off with a soothing herbal foot soak. Next you will receive a Pregnancy Massage, where you will be safely and gently positioned on your side with pillows and cushions to allow for maximum comfort. We will end with an Ultimate European facial, customized with products that are safe for expectant mothers.

## **MOUNT SAINT HELEN'S PACKAGE**

**2 ½ hours \$189**

Enjoy an herbal foot soak, a soothing, penetrating 60 minute Radiant River Rocks massage, and our Ultimate European facial.

## **THIRSTY SKIN RELIEF PACKAGE**

**2 ½ hours \$194**

The complete skin treatment for face and body. First you will receive our Signature Body Wrap, where you will be buffed, steam towed, and massaged with Pomegranate body butter. Once you are wrapped in a cocoon of warmth, we will complete the service with our Intensive Moisturizing Facial. Your skin will be baby soft!

## **MOUNTAIN ADVENTURER PACKAGE**

**2 ¾ hours \$199**

Designed for the weekend warrior needing some TLC for tight, aching muscles. Start with an herbal salt scrub to smooth out those weary feet. Then you will receive a 90 minute Thai Yoga massage - a blend of passive stretching, range of motion, and deep kneading and acupressure. Finish with our Mountain Man or European Facial to give rough, weathered skin a fresh glow.

## **CASCADES PACKAGE**

**3 ½ hours \$260**

The ultimate spa day! Start with a soothing foot soak then completely relax with our Signature Massage. Next you move to the facial room for a complete skin treatment of face and body with a Signature Body Wrap and an Ultimate European facial. Don't plan anything too strenuous after experiencing this treat!

## MOUNTAIN SUN SIGNATURE SKIN REPAIR BODY WRAP 50 min \$90

During this fabulous treatment, you will experience a full body dry exfoliation followed by aromatic steam towels and a nourishing layer of skin repair oils. Finally, a moisturizing layer of our rich pomegranate and green tea shea butter will be massaged into your skin. You will then be wrapped in a cocoon of warmth while enjoying a scalp or foot massage.

## WAXING

BROW DESIGN	\$20	CHEEKS	\$20
BROW CLEAN	\$15	LOWER FACE	\$40
LIP	\$12	UNDERARMS	\$25
CHIN	\$12	TOES	\$12

## ADD-ONS

AROMATHERAPY WITH DOTERRA ESSENTIAL OILS \$10

15 MINUTES OF EXTRA MASSAGE \$20

Choose from scalp, hands, or feet

### ..... FACIALS ONLY .....

MICRODERMABRASION \$15

Diamond tip mechanical exfoliation for instantly visible results.

AHA / BHA PEEL \$15

EYE OR LIP TREATMENT \$8 for one / \$15 for both

Minimize fine lines and wrinkles and achieve noticeably smoother, firmer skin.

CONTOUR NORWAY MASQUE 15 min \$20

Time permitting, your esthetician will help you choose between the following masques: Antioxidant Superfruit, Purifying Wheatgrass and Sage, Soothing Chamomile and Red Tea, or Hydrating Blueberry and Honey.