

| Specialty Services |

Mother to be (2nd & 3rd trimester) A gentle massage to ease your pregnancy aches.

\$140/60 minute

Reflexology This massage uses pressure points as a pathway to stimulate the entire body focusing solely on the feet. **\$80/30 minute**

\$135/60 minute

Craniosacral This treatment facilitates removal of neurological interference, instill deep relaxation, and clear blockages within the Cerebrospinal system. **\$140/60 minute**

Sticks and Stones The use of birch wood sticks and warmed basalt stones promotes purification of tissue, relieves tension and stimulates the metabolism. **\$150/60 minute**

\$200/90 minute

Arrowhead Lomi Lomi Our take on the ancient art of Lomi Lomi. This treatment incorporates long fluid strokes and hot stones promoting improved circulation and heightened metabolism. **\$150/60 minute**

Dream Healing Session Dream work techniques will be blended with CranioSacral Therapy and Energy modalities. Bring 1 or 2 nighttime dreams to share. **\$140/60 minute**

Powder Massage A sensory journey. A powder when applied with delicate pressure feels like silk. This treatment is complete ending with rain drop therapy. **\$140/60 minute**

| Specialty Packages |

The Spa Ritual for Two This three hour couples ritual begins in our VIP Journey Suite with a healing stone massage, warm scalp treatment, and Pino candle foot and hand therapy. Continue the ritual at home with our takeaway massage candle. Complete your ritual with either tea service or a bottle of chilled champagne while enjoying our private lounge.

\$600

Little Princess Treat your princess like a queen with a day at the spa. Package includes Mini manicure and pedicure, princess hair styling of choice and little princess makeup. We will send your princess home with a bag of princess goodies. (12 and under) **\$75**

| Add On Services/Upgrades |

Gua Sha Stones	\$5
Warm Scalp Treatment 15 minutes.....	\$25
Extractions	\$10
Peel or Mask.....	\$15

| Express Services |

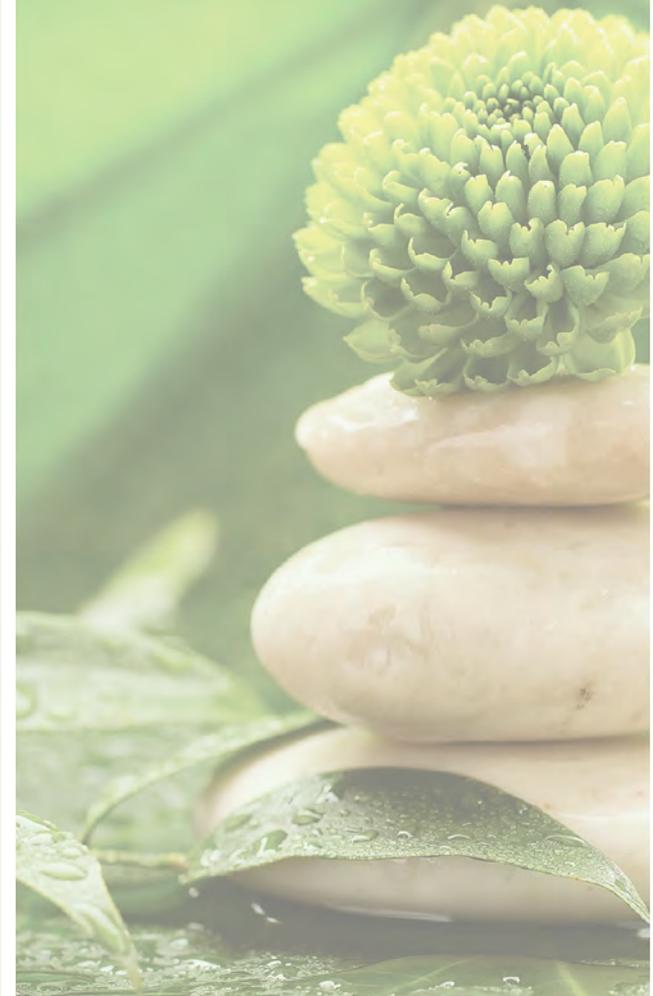
30 minute massage	\$80
Express Facial	\$80



LAKE ARROWHEAD RESORT AND SPA
27984 HWY 189, LAKE ARROWHEAD, CA 92352
(909) 744-3000

Spa of the Pines

BODY AND FACE



Treatment Menu

| Massage |

Swedish A light full body relaxation massage designed to improve circulation and lower blood pressure and relieve muscle tension.

\$130/60 minutes \$185/90 minutes

Deep Tissue This therapeutic massage is ideal for those who suffer from old injuries or chronic pain. Deep tissue massage improves circulation to flush toxins from the muscles, to promote healing and full body wellness. **\$145/60 minutes \$200/90 minutes**

Spa of the Pines Signature Candle Massage What puts the "signature" in this massage is the use of your choice aromatherapy and different massage techniques paired with the use of an all organic massage candle to relax and revitalize you. **\$145/60 minute \$200/90 minutes**



| Body |

Anti-Aging Body Wrap This Treatment is an anti-aging whey and coconut milk scrub with a paracress and cranberry wrap to help soften and tone the skin. **\$140/60 minutes**

Sugar Scrub Organic cane sugar works as a natural exfoliant to remove dead skin, detoxify, and stimulate your skin to heal and renew. Finished with an emollient body butter application. **\$110/50 minutes**

Salt Scrub This salt scrub is infused with essential oils and sea salt to exfoliate and hydrate your skin. A rich body body cream will be applied to make your skin silky smooth. **\$110/50 minutes**

Honey Dream The use of organic honey and beeswax helps to balance the vital energy of the body while providing a deep relaxation with rhythmic massage and warmth. The body's natural healing mechanisms are strengthened while the honey purifies and moisturizes the skin. **\$145/60 minutes**

Back Facial The back is cleansed, exfoliated, masked, moisturizer and extractions included. Finished with a relaxing massage. **\$115/50 minutes**

A 20% gratuity will be added to all services. We require 12 hour notice for cancellations. 50% charge for all treatments canceled outside of 12 hour policy.



| Facial |

Cleopatra Facial Let the ritual begin with scents of wild rose and our personalized facial accompanied by a warm candle massage for both the hands and feet with a relaxing face and scalp massage. The treatment is complete by taking your candle home to enjoy. 80 minutes **\$170**

Personalized Facial This facial is great for women and men After a detailed consultation your esthetician will create the perfect treatment to address your skin care needs. 60 minutes **\$130**

Microdermabrasion A skin resurfacing treatment that delivers healthier skin and immediate results are seen. 60 minutes **\$150**

30 minute Express Facial Face is cleansed, exfoliated and masked per your skin consultation. **\$80**