



## THE SPA AT WOODSIDE

### HOURS OF OPERATION

MONDAY - THURSDAY  
9AM - 8PM

FRIDAY - SATURDAY  
9AM - 6PM

SUNDAY  
9AM - 4PM

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## MASSAGE THERAPY

### SIGNATURE MASSAGE

60 MIN \$85 | 90 MIN \$105 | 2 HRS \$150

Our relaxing full-body massage stimulates circulation and eases muscular tightness noted with essential oils. Our therapists adapt their eclectic techniques to your particular needs and preferences.

### DEEP TISSUE MASSAGE

30 MIN \$65 | 60 MIN \$100 | 90 MIN \$120 | 2 HR \$165

Recommended for those who regularly receive massage and enjoy intense bodywork. This slow, breathing-coordinated specialized technique reaches deep muscular tissue and surrounding joints.

### ACTIVATION + RECOVERY MASSAGE

20 MIN \$30

Optimize your Club experience with ACTIVATION and/or RECOVERY sports massage. Recommended to enhance flexibility, help prevent injuries and support your fitness and wellness. Book these services around your workouts, group fitness, yoga, tennis and sporting.

### ENERGY BALANCING CBD MASSAGE

60 MIN \$150 | 90 MIN \$180

Enjoy a full-body massage with skin enhancing and pain relieving CBD lotions and oils. Your massage is enhanced with lavender essential oil as well as targeted stretches and intuitive guided breathing therapies to fit your specific needs leaving you balanced and reenergized.

### HOT STONE MASSAGE THERAPY

60 MIN \$100 | 90 MIN \$130 | 2 HRS \$180

Hot stones are used on specific areas to help relax, detoxify and enhance the massage experience.

### CUPPING MASSAGE

90 MIN \$160

In this 90 minute full-body massage, silicone cups are gently glided over the body as a powerful extraction tool that works to dramatically decrease inflammation, detoxify the body and increase your speed of recovery. This technique breaks up and drains stagnation in the body while simultaneously increasing blood and lymph flow to the skin while also relaxing the muscle — leaving you with a feeling of deep relaxation and relief.

### PRENATAL MASSAGE

60 MIN \$100 | 90 MIN \$120

This timeless art helps your body heal itself, unblocks nerve impulses, promotes relaxation, improves circulation and restores balance to organs, glands and other regions of the body.

### HEAD NECK AND SHOULDER MASSAGE

30 MIN \$55

This timeless art helps your body heal itself, unblocks nerve impulses, promotes relaxation, improves circulation and restores balance to organs, glands and other regions of the body.

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## ENHANCEMENTS

### MASSAGE ENHANCEMENTS

#### CUPPING THERAPY | \$30

Boost the benefits of your massage with the application of silicone cups to pull out toxins, speed healing time and increase circulation.

### FACIAL ENHANCEMENTS

#### 100% PURE COLLAGEN FACE MASK | \$20

Add a calming, hydrating boost to any facial treatment.

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## FACIAL + SKIN CARE

### SIGNATURE FACIAL

60 MIN \$90 | 90 MIN \$110

Includes a skin analysis, deep cleansing, décolletage massage, revitalizing mask and skin reconditioning. We use aromatic formulas selected for your skin type and specific needs.

### FACIAL FOR MEN

45 MIN \$70

The smoother your skin, the less painful your shave. Recover from razor burn, acne, irregular skin surfaces or uneven pigmentation. Extractions included.

### BRIGHTENING VITAMIN C FACIAL

75 MIN \$160

Invigorate your skin with a brightening vitamin C facial designed to instantly brighten and hydrate your skin. Start off with a double cleanse under steam to open and decongest your pores followed by extractions, a gentle enzyme peel and potent vitamin C mask designed to instantly diminish uneven skin tone and combat sun damage. Settle into your relaxation with a firming and lifting facial massage accompanied by a hydrating vitamin C infused collagen mask that cools and plumps the skin.

### RECOVERY FACIAL

45 MIN \$85

Revive your skin with a deep and minty cleanse to unclog pores, followed by soothing gel masks, facial massage with cold globes and a SkinCeuticals Biocellulose Face Mask developed for compromised skin and instantly works to speed your skins recovery, soothe irritation and provide a healthy radiant glow. The service is finished with the antioxidant serums to repair, hydrate and protect the skin.

### BACK FACIAL

60 MIN \$90

The Back Facial is ideal for prevention of acne and dryness. It includes deep cleansing, exfoliation, and rejuvenation for maintenance of beautiful skin.

### ACNE FACIAL

75 MIN \$110

A targeted treatment for acne prone skin. The use of corrective serums will help fight breakouts and improve the appearance of blemishes.

### HANDS OR DÉCOLLETÉ CHEMICAL PEEL

20 MIN \$35

Used to improve the appearance of mild skin discoloration and rough skin as well as add vibrancy to the hands or décolleté.

### CUSTOM PEEL + COLLAGEN MASK

60 MIN \$110

This customizable range of epidermal procedures helps improve the health and appearance of the skin by reducing pigmentation, smoothing skin texture and diminishing acne.

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## WAXING + TINTING

We pair professional waxing service with impeccable care to provide a refreshing spa experience. *(Additional body waxing is available upon request).*

EYEBROW . . . . . \$20

LIP . . . . . \$15

CHIN . . . . . \$15

### LASH & BROW TINTING

LASH TINT \$20 | BROW TINT \$20

Say goodbye to mascara and enhance your natural beauty with color tinting for light eyelashes or eyebrows.

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