

THE SPA AT WOODSIDE



MASSAGE THERAPY

WOODSIDE SIGNATURE MASSAGE

90 MIN \$160

Our Signature full body massage experience combines sound therapy with a detoxifying sea clay back treatment accompanied with essential oil and heated towels on your hands and feet. End with a soothing scalp massage with rich botanicals.

CLASSIC SWEDISH MASSAGE

60 MIN \$90 | 90 MIN \$110 | 2 HR \$160

The classic relaxation massage. Light-medium pressure and long, gliding strokes are used to relieve stress and is adapted to fit your specific needs.

DEEP TISSUE MASSAGE

30 MIN \$70 | 60 MIN \$105 | 90 MIN \$130 | 2 HR \$175

Slow, breath-coordinated massage is used to reach deep muscles and connective tissues to improve posture and relieve tension. Recommended for those who regularly receive massage and enjoy intense bodywork.

REIKI ENERGY HEALING

60 MIN \$110

Reiki is a Japanese stress-reduction therapy using healing touch and universal energy. Hands are lightly placed on and above the recipient to allow high-vibrational energy to flow through the certified reiki practitioner to support the recipient's body, mind and spirit. Along with aura cleansing and chakra balancing, this meditative and attuning service helps you feel lighter, with more well-being.

HOT STONE MASSAGE

60 MIN \$110 | 90 MIN \$140 | 2 HRS \$190

Hot stones use thermotherapy to melt tension out of constricted muscle. The stones are applied in key placements along your spine and the direct heat decrease inflammation and enhance the massage experience.

CUPPING THERAPY MASSAGE

60 MIN \$130 | 90 MIN \$160 | 2 HR \$190

Full-body massage where silicone cups are gently glided over the body to decompress and detoxify while also decreasing inflammation and increasing your body's speed of recovery. When the cups are removed a "cupping mark" will usually remain. This slight discoloration will fade and disappear within a few days.

ACTIVATION + RECOVERY MASSAGE

20 MIN \$35

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 or tennis.

PRENATAL MASSAGE

60 MIN \$110 | 90 MIN \$130

Mother's prenatal massage eases physical discomfort and is part of a happy and healthy pregnancy. Using relaxing and safe techniques, massage therapists specially trained in therapeutic prenatal massage bring peace to expectant mothers beyond the first trimester and postpartum bodies.

HEAD, NECK + SHOULDER RELIEF

30 MIN \$60

This massage relieves headaches and reduces anxiety through stimulation of the nerves on your scalp. This style also helps elongate the neck and decompress tension in the shoulders.

CRANIO-SACRAL THERAPY

60 MIN \$120 | 90 MIN \$160

Specialized, gentle approach with a soft touch to release restriction in the tissues surrounding the central nervous system, brain, spine and the bones of the skull. It is effective for a wide range of medical concerns associated with pain and dysfunction.

FACIAL + SKIN CARE

WOODSIDE SIGNATURE FACIAL

90 MIN \$160

This customized advanced facial includes a skin analysis, deep cleansing, extractions (if needed), facial and décolleté massage, revitalizing mask and skin reconditioning. In addition, a light peel to refresh and balance the skin is chosen followed by a collagen boosting fiber mask to hydrate and replenish the skin. Designed to help improve the health and appearance of the skin by reducing pigmentation, smoothing skin texture and diminishing acne.

ESSENTIALS FACIAL

60 MIN \$95 | 90 MIN \$115

Includes a skin analysis, deep cleansing, extractions (if needed), facial and décolletage massage, revitalizing mask, and skin reconditioning. We use advanced formulas selected for your skin type and specific needs. Upgrade to 90 minutes for further extractions, scalp massage and customization.

BRIGHTENING VITAMIN C FACIAL

90 MIN \$175

Designed to instantly brighten and hydrate your skin. Enjoy a double cleanse under steam followed by extractions, a gentle enzyme peel and potent vitamin C mask. End with a firming and lifting facial massage accompanied by a hydrating vitamin C infused collagen mask.

RECOVERY FACIAL

45 MIN \$85

Revive your skin with a deep and minty cleanse followed by soothing gel masks, facial massage with cold globes and a SkinCeuticals® Biocellulose Face Mask and finish with antioxidant serums. This facial is designed to combat imperfections and damage caused by the sun and elements.

PURIFYING FACIAL

90 MIN \$120

A targeted treatment for acne prone, congested and problematic skin. This customized service includes a double cleanse under steam, extractions and a gentle peel finished with a customized mask to target your skins specific needs. High frequency can also be used to treat problematic areas.

**This service can also be received as a back facial to treat problematic skin on the back, neck and shoulders.*

THE ULTIMATE ESCAPE FACIAL

90 MIN \$180

A fusion of elevated esthetics and massage therapy. This customized facial is performed under steam featuring a deep cleanse, enzymatic exfoliation and soothing collagen mask. Beautifying facial massage is accompanied by Gua Sha tools for lymphatic drainage while jade rollers de-puff, tone and lift the skin. An upper body massage of the scalp, head, neck, shoulders and arms is performed with hydrating aromatic oils tailored to the needs of each client followed by hot eucalyptus towel compressions on your arms, legs and feet. Healing crystals are placed along your body to purify and balance the chakras.

All facials are performed using SkinCeuticals® - advanced skincare backed by science.

WAXING + TINTING

Additional body waxing is available upon request.

EYEBROW	\$20
LIP	\$15
CHIN	\$15

LASH & BROW TINTING

LASH TINT \$25 | BROW TINT \$25

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

ELEVATE YOUR EXPERIENCE

Treating yourself has never been so easy. Discover a deeper state of relaxation, rejuvenation and recovery with the addition of the following treatments that can be added to any massage or facial and skin service.

MASSAGE ENHANCEMENTS | \$30

REFLEXOLOGY

Pressure points on the feet are targeted to re-balance and clear energy lines known as meridians, which go through the whole body and end in the feet.

DRY BRUSHING*

A soft bristle brush is used to gently exfoliate dead skin cells, bring blood and oxygen to the surface of the skin and help detoxify the body.

FOOT + LEG TREATMENT*

An invigorating peppermint sugar scrub is applied to the lower legs and feet, then aromatic warm towels are wrapped to relieve sore tired feet. Finishing with a rich and tingly body cream restoring softness to dry, callused feet.

CBD OIL

Add therapeutic grade CBD and Yoga Balm® to any treatment to deeply relax muscles while enhancing the anti-inflammatory and antioxidant benefits for the body.

HOT OIL SCALP TREATMENT*

Melt away stress and tension while enriching your scalp with a stimulating massage of peppermint oil and a luxurious blend of coconut, marula, and macadamia nut oils to nourish and protect your hair and scalp.

FACIAL ENHANCEMENTS | \$30

COLLAGEN MASK

This freeze-dried collagen mask acts as an anti-aging, moisturizing mask for the immediate reduction of fine lines while also hydrating and calming the skin.

SKINCEUTICALS® BIOCELLULOSE MASK

Optimal for sensitive or stressed skin, this highly efficient, supple, sterilized mask creates a protective barrier that helps alleviate discomfort. The unique fibers distribute heat-reducing water to the skin barrier to provide immediate relief.

EYE RESCUE TREATMENT

This rejuvenating treatment is designed to diminish fine lines and wrinkles, reduce dark circles and relieve tired puffy eyes. A warm herbal compress is applied to the delicate eye area followed by a stimulating eye massage and cooling gel eye masks.

HANDS OR DÉCOLLETÉ CHEMICAL PEEL

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

**Add 15 minutes to your service for this treatment.*