

THE SPA AT WOODSIDE



MASSAGE THERAPY

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.

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 adapted to fit your specific needs.

HOT STONE MASSAGE

60 MIN \$110 | 90 MIN \$140 | 2 HR \$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 decreases inflammation and enhances the massage experience.

WOODSIDE SIGNATURE TREATMENT

90 MIN \$160

Our Signature body treatment includes a grounding full body massage accompanied by sound therapy with a crystal sound bath, a detoxifying clay mask applied to the back, and eucalyptus warmed compressions on the hands and feet. Additionally, enjoy a soothing scalp massage to clear the mind and body.

CUPPING THERAPY MASSAGE

30 MIN \$65 | 60 MIN \$130

90 MIN \$160 | 2 HR \$190

Experience this invigorating and detoxifying massage, which utilizes advanced massage and cupping techniques to stimulate circulation and soften muscles while drawing out impurities and relieving tension. Perfect for the person looking for a therapeutic deep touch. When the cups are removed a "cupping mark" will usually remain. This slight discoloration will fade and disappear within a few days.

THERAGUN® ACTIVATION + RECOVERY

45 MIN | \$55

Optimize your Club experience with ACTIVATION and/or RECOVERY sports massage. Theragun® Percussive Therapy is a specialized deep-muscle treatment, allowing for a more personalized experience. 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.

MASSAGE ENHANCEMENTS

\$30 EACH

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. Clients are given their dry brush to take home for continued use after their session.

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. Finished 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.

ENERGY THERAPY

REIKI

60 MIN \$110 | 90 MIN \$140

Japanese stress-reduction therapy that guides universal energy, or qi, with ritual hand movements and light touch on and over the client's body in a meditative atmosphere. High-vibrational energy and intention flows through the practitioner to support healthy chi, restore the energetic body and relax body, mind and spirit. This loving service helps you feel lighter, with more well-being and a stronger aura.

CRANIOSACRAL THERAPY

60 MIN \$120 | 90 MIN \$160

CST involves subtle, light touch – a series of holds that release the body of deep held stress. This type of energy therapy also optimizes the circulation through the craniosacral system which improves the function of all body systems. On a cellular level, our bodies remember past injuries and traumas to the body which can result in tension, pain, etc. CST helps to release these traumas that our bodies are still holding onto, via this very gentle yet profound technique. Service is performed with client in comfortable clothes.

FACIAL + SKIN CARE

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

WOODSIDE SIGNATURE FACIAL

60 MIN \$130 | 90 MIN \$160

This customized advanced facial includes a skin analysis, deep cleansing, extractions, facial and décolleté massage, revitalizing mask and skin reconditioning. In addition, a light chemical exfoliation 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 instantly. Upgrade to 90 minutes for further extractions, massage and customization.

THERAFACE® LIFTING + FIRMING

MICROCURRENT FACIAL

75 MIN \$165

This customized anti-aging facial provides an instant lift that will tighten and brighten the skin, leaving you glowing and radiant. Enjoy a gentle chemical exfoliation, facial massage, TheraFace® microcurrent technology to sculpt, tighten and strengthen the skin's muscles, an EstheMax® Rose Hydrojelly Mask and LED light therapy.

BRIGHTENING VITAMIN C FACIAL

60 MIN \$155

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, followed by 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 skin's 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.

ESSENTIALS FACIAL

60 MIN \$95 | 90 MIN \$115

This facial is perfect for the individual new to skincare and professional facials. Includes a skin analysis, deep cleansing, extractions, facial and décolletage massage, revitalizing mask, and skin reconditioning. Advanced formulas are selected for your skin type and specific needs. Upgrade to 90 minutes for further extractions, scalp massage and customization.

FACIAL ENHANCEMENTS

\$30 EACH

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.

WAXING + TINTING

WAXING

EYEBROW \$25

LIP \$20

CHIN \$20

NuFree® Wax is used in all waxing services.

Additional body waxing is available upon request.

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.

RELAX.

REJUVENATE.

RECOVER.