

# WILLOWBROOK SPA

AT THE LAKE HOUSE

## SIGNATURE SERVICES

Enjoy the ultimate Lake House spa experience with these unique offerings designed to counter the stresses of life, restoring mind and body to peak performance and instilling a strong sense of wellbeing.

### **The Lake House Massage Method , 75m** **\$235**

This highly curated and customized bodywork session utilizes an assortment of therapeutic techniques and medicinal remedies, creating a transformative massage that takes you exactly where you want to go.

*Intuitive bodywork / infused herbal oil blends / prescriptive remedies*

### **Detox Deluxe, 90m** **\$275**

Relief from work, travel and general excess with this intensive overhaul designed to activate the immune system, stimulate the metabolism and reboot the body from head-to-toe.

*Breathwork & acupressure / purifying massage / body scrub / infrared body wrap with hair & scalp treatment*

### **Sauna Session, 60m** **\$75(single) + 45pp.**

Jumpstart your day, clear out the cobwebs or supercharge your treatment with a private sauna ritual that incorporates a variety of topicals and tonics to heighten the experience.

*Available for individuals, couples and small groups up to 4*

## BODYWORK ENHANCEMENTS

Upgrade, extend or multi-task your treatment.

### **Biomat, Included** **\$25**

To uplift your mood and mojo

### **Dry Brushing, 15m** **\$35**

To stimulate circulation

### **Body Buff, 30m** **\$65**

To smooth and soften

### **Body Drench, 30m** **\$65**

To nourish and heal dry skin

### **Hair & Scalp Treatment, 15m** **\$35**

For shiny hair and healthy scalp

## BODYWORK

Transcending traditional massage, these treatments target specific lifestyle concerns with a combination of wellness modalities and product applications equally attuned to underlying intention and individual needs.

### **Deep Sleep, 90m\*** **\$255**

Designed to calm the mind and body alike, with slow rhythmic touch, coupled with a grounding scalp massage and paired with sleep-inducing tea and tincture.

*\*incorporates a Biomat to balance the body's energy centers*

### **Pain Drain, 60m / 90m\*** **\$195 / \$290**

CBD functions like fuel for the body's internal 'mainframe' (endocannabinoid system), responsible for maintaining optimal balance while easing pain, regulating mood and alleviating stress.

*\*includes a take-home CBD-infused liniment for ongoing relief*

### **Recovery, 60m / 90m\*** **\$185 / \$265**

The go-to for athletes, weekend warriors and those who appreciate deep pressure with special attention to problematic spots and stretching to improve mobility.

*\*includes LED light therapy to reduce pain and inflammation*

### **Realignment, 60m / 90m\*** **\$185 / \$265**

Address the underlying postural issues and other structural imbalances attributed to the overuse of smartphones, screen time and our 24-7 digital lifestyle.

*\*includes a take-home Arnica-infused liniment for ongoing relief*

### **Resilience, 60m / 90m\*** **\$185 / \$265**

Fortify the body's natural immune response through manual techniques and natural remedies that enhance circulation and respiratory health while easing stress.

*\*includes detoxifying infrared body wrap*

## BODY TREATMENTS

Combining facial-quality ingredients with nurturing touch and therapeutic bodywork, these integrated spa treatments supply high-impact results.

### **Advanced Body Smoother, 75m** **\$235**

Revitalize dull and dry skin with multiple stages of exfoliation, including a full-body peel designed to increase cell turnover, stimulate collagen and strengthen the skin's protective barrier.

### **Summer Skin, 60m** **\$175**

After a day on the lake or in the great outdoors, repair stressed and parched skin with lush layers of healing botanical extracts and hydrators to cool and calm the skin and replenish vital nutrients.

## SKINCARE

Advanced products, manual techniques and innovative technology tools are paired with exceptional talent to create prescriptive solutions that deliver healthy and high-functioning skin.

### **Facial by Design, 60m / 90m** **\$195 / \$290**

Serious skincare is highly personal, factoring underlying conditions, lifestyle and product preferences. Our session-based approach takes the guesswork out of the equation: simply book the desired time, choose your pathway below (or not) and our estheticians will craft a custom facial that targets your specific wants and needs.

*Pathways*

**Pure Performance:** *a marriage of modern skincare and classic technique*

**Clean Clinical:** *pharmaceutical-grade actives with a medical pedigree*

**Holistic:** *grounded in naturopathic medicine and healing arts traditions*

## SKINCARE ENHANCEMENTS

Upgrade, extend or multi-task your session.

### **Microcurrent, 15m** **\$35**

Stimulate muscle tone and increase cellular energy

### **LED, 15m** **\$35**

Multi-spectrum light therapy for rejuvenation and healing

### **Oxygen Boost, 15m** **\$35**

Delivers vital nutrients and restores a natural glow

### **Lash/Brow Tinting & Shaping** **timing and prices varies**

To add polish and definition to the eye area

### **Waxing** **timing and prices varies**

Efficient and effective hair removal

## EXPRESS SERVICES

Get prepped and primed for big events and vacation days, or sample a variety of treatment offerings with this inspired assortment of grooming services, skincare boosts and wellness fixes.

### **The Lake House Manicure, 45m** **\$65**

Deep cleaning and exfoliation / mask / shaping and grooming / massage / polish or buff

### **The Lake House Pedicure, 60m** **\$85**

Deep cleaning and exfoliation / mask / shaping and grooming / massage / polish or buff

### **Feet Relief, 30m** **\$75**

TLC for the lowest extremities: includes a restorative soak, salt scrub and soothing massage

### **Hand Repair, 30m** **\$85**

Counter the effects of dry and fragile skin with a resurfacing peel and hydrating mask with LED

### **Flash Facial, 30m** **\$85**

Energize your skin with micro exfoliation, moisture mask and LED light therapy

### **Glow and Go, 30m** **\$85**

Maximum results in minimum time, to refresh and revive your complexion

### **Gemstone Facial Ritual, 30m** **\$85**

A fusion of clean skincare technology with the healing power of gemstones and reiki energy

### **Eye & Lip Infusion, 15m** **\$50**

The perfect pairing of Gua Sha and pure oxygen to smooth, firm and strengthen

### **The Upper Level, 15m / 30m** **\$45 / \$80**

Focused relief for head, neck and shoulders

### **Reflexology, 30m** **\$80**

Specialty foot massage that stimulates the body's natural relaxation response

