

# WILLOWBROOK SPA

## 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

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

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

### Sauna Ritual | 60m

Jumpstart your day, clear out the cobwebs or supercharge your treatment with a private barrel 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.

### Amethyst Biomat | Included

To uplift your mood and relieve fatigue

### Dry Brushing | Included

To stimulate circulation

### Hand, Foot, or Back Buff | Included

To smooth and soften

### Body Drench | 30m

To nourish and heal dry skin

### RAD Roller | Included

Flushing tools for athletes and tension

### Eco – Fin | Included

Soften hands or feet with warm mitts and soy wax

### Salt Stones | Included

Himalayan Salt Stones for achy muscles

### Gua Sha | Included

To smooth and soften

### Hair & Scalp Treatment | Included

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

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 an Amethyst Biomat to balance the body's energy centers.

### Pain Drain | 60m / 90m\*

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\*

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\*

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\*

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.

### Detox Deluxe | 90m

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 scalp treatment*

### Advanced Body Smoother | 75m

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.

### The Lake Effect | 60m

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

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*

### Jet Peel | 30m / 60m / 90m

A revolutionary, aesthetic treatment device that combines the benefits of all-natural hydro-dermabrasion, a chemical peel, automated painless extractions, and the gentle infusion of bio-active skin nutrients containing anti-aging plant stem cells, antioxidants, hyaluronic acid, and peptides.

#### Pathways

*Brightening Solution: for dull, dry skin or hyperpigmentation*

*Scalp Restoration Solution: for dry scalp and promote hair growth*

*Skin Rejuvenation Solution: for dramatic results on damaged skin*

*Anti- Wrinkle Solution: for fine lines and wrinkles*

## SKINCARE ENHANCEMENTS

Upgrade, extend or multi-task your session.

### Microcurrent | 15m

Stimulate muscle tone and increase cellular energy

### LED | 15m

Multi-spectrum light therapy for rejuvenation and healing

### Knesko Eye or Lip Masque | Included

Reiki charged gemstone infused masques

### Knesko Face or Neck Masque | Included

Reiki charged gemstone infused masques

### UFO 2 | Included

Facial device using T-Sonic pulsations and heat therapy with a mask of your choice

### Oxygen Boost | 15m

Delivers vital nutrients and restores a natural glow

### Eye & Lip Infusion | 15m

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

## 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

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

### The Lake House Pedicure | 60m

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

### Feet Relief | 30m

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

### Hand Repair | 30m

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

### Gemstone Facial Ritual | 30m

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

### Reflexology | 30m

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

