

THE WOODHOUSE  
*experience*



*Welcome Home*

The Woodhouse Day Spa®

*is your destination to relax, unwind,  
and to let go, right here in your backyard.*

*Only in a state of relaxation will  
the mind become free allowing you  
to dream your best dreams.*

*Realize yourself and find your intention  
at your Woodhouse Day Spa.*

— The Woodhouse Day Spa Family



*This symbol marks our Woodhouse Signature Treatments  
representing our guests' all-time favorites.*

## skin care



### *The Woodhouse signature minkyti*

*Our age-defying, award-winning facial.*

COMBINING ORGANIC SEAWEED, ALONG WITH UNIQUE AND ORIGINAL MASSAGE THROUGHOUT THE FACIAL CREATES AN EXPERIENCE IN DEEP HYDRATION AND NOURISHMENT WITH IMMEDIATE RESULTS. INCLUDES CUTTING EDGE EXFOLIATION USING AN INTEGRATED BLEND OF AHAs AND ENZYMES. DEEP RELAXATION IS AN INTEGRAL PART OF THIS FACIAL. GREAT FOR ALL SKIN TYPES TO ESTABLISH AND MAINTAIN PH BALANCE. MOST DEFINITIVE RESULTS WITH A SERIES OF 3 OR 6.

80 MINUTES, \$210    SERIES OF SIX, \$1,050

### *The Woodhouse hydrafacial*

THE ULTIMATE IN RESURFACING AND FUSION TECHNOLOGY INTEGRATED WITH CUTTING EDGE PRODUCT INGREDIENTS. THIS NON-INVASIVE TREATMENT INFUSES YOUR SKIN WITH GLYCOLIC AND SALICYLIC ACID FOR DEEP EXFOLIATION AND NOURISHES YOUR SKIN WITH ANTIOXIDANTS, PEPTIDES AND HYALURONIC ACID TO REPLENISH YOUR SKIN.

80 MINUTES, \$315    SERIES OF SIX, \$1,575

### *the pure hydrafacial*

THIS BASIC HYDRAFACIAL EXFOLIATES AND REDUCES FINE LINES AND WRINKLES WITH THE USE OF A GLYCOLIC/SALICYLIC BLEND, ANTIOXIDANTS, PEPTIDES, AND HYALURONIC ACID.

50 MINUTES, \$225    SERIES OF SIX, \$1,125



### *hydrfacial enhancements* ADD TO ANY HYDRAFACIAL SERVICE, NO TIME ADDED

DERMABUILDER TREATMENT: <i>Enhances skin elasticity &amp; tone.</i>	\$55
LYMPHATIC TREATMENT: <i>Helps to eliminate puffiness.</i>	\$45
LED LIGHT TREATMENT: <i>Red and blue light for skin therapy.</i>	\$45
BRITENOL TREATMENT: <i>Intensive spot corrector.</i>	\$55
CTGF TREATMENT: <i>Connective Tissue Growth Factor skin solution.</i>	\$85

## *skin care*

### *skin repair and firming facial*

PERFECT FOR DRY, DEHYDRATED OR MATURE SKIN. THIS FACIAL COMBINES STATE OF THE ART MICROCURRENT TECHNOLOGY AND PRODUCTS WITH CUTTING EDGE INGREDIENTS.

50 MINUTES, \$165    SERIES OF SIX, \$825

80 MINUTES, \$195    SERIES OF SIX, \$975

### *restore and firm microderm*

USING MICRODERMABRASION FOR DEEP EXFOLIATION, ENJOY IMMEDIATE RESULTS WITH NO DOWN TIME. ASSISTS LIGHTENING OF HYPERPIGMENTATION, MINIMIZING FINE LINES AND WRINKLES AND SMOOTHING ACNE SCARRING.

50 MINUTES, \$150    SERIES OF SIX, \$750

80 MINUTES, \$190    SERIES OF SIX, \$950

### *illuminating facial*

A CORRECTIVE AND ACTIVE FACIAL CREATED TO REVERSE THE SIGNS OF PREMATURE AGING AND SUN DAMAGE. THIS RESULTS ORIENTED FACIAL FOR LIGHTENING AND HYPERPIGMENTATION INCLUDES A TWO LAYER PEEL AND TWO MASKS TO REVEAL A BRIGHTER, VIBRANT AND MORE REFINED COMPLEXION.

50 MINUTES, \$175    SERIES OF SIX, \$875

### *soothe and strengthen facial*

A GENTLY CORRECTIVE FACIAL THAT MINIMIZES INFLAMMATION AND REDNESS, WHILE STRENGTHENING THE CAPILLARIES, REDUCING PUFFINESS AND IMPROVING TEXTURE.

50 MINUTES, \$145    SERIES OF SIX, \$725

### *refining acne facial*

DESIGNED AS A DEEP CLEANSING AND EXTRACTION BASED FACIAL THAT BALANCES THE PH OF YOUR SKIN TO ACHIEVE A HEALTHY, BALANCED GLOW.

50 MINUTES, \$145    SERIES OF SIX, \$725

### *organic discovery facial*

RESTORE CLARITY AND RADIANCE WITH THIS INTRODUCTORY FACIAL. IDEAL FOR THE FIRST TIME SPA-GOER OR A NEW WOODHOUSE GUEST WHO SIMPLY WANTS A TASTE OF THE GOODNESS WE HAVE TO OFFER.

50 MINUTES, \$130

## skin care

### seaweed marine eye compress treatment

A HIGHLY EFFECTIVE TREATMENT USING SEAWEED AND HYDROTHERAPY COMPRESSES KNOWN TO WORK WITH THE WHOLE BODY TO ESTABLISH BALANCE FOR LASTING RESULTS. ASSISTS WITH ELIMINATION OF DARK CIRCLES, PUFFINESS AND MINIMIZES FINE LINES AND WRINKLES AROUND THE DELICATE EYE AREA. RELAX DURING THE MASKING PHASE WITH A LUXURIOUS SCALP MASSAGE.

25 MINUTES, \$55



### facial enhancements ADD TO ANY FACIAL SERVICE, NO TIME ADDED

VITAMIN C BOOSTER: <i>Boost collagen production and plump skin.</i>	\$35
GLYCOLIC POWER PEEL: <i>Concentrated glycolic peel to reduce fine lines.</i>	\$50
SEAWEED LEAF FACIAL MASK: <i>Seaweed leaves and gel nourish, balance, tone &amp; firm.</i>	\$45
HYDRATING SEAWEED EYE MASK: <i>Helps to remove dark circles, puffiness &amp; fine lines.</i>	\$40
FIRMING AND TONING: <i>High-tech lift and tone using microcurrent technology.</i>	\$35
NECK & DÉCOLLETÉ TREATMENT: <i>Helps to smooth, lift and firm.</i>	\$40

### facial add-ons ADD TO ANY FACIAL SERVICE, TIME ADDED

THE EXPRESS HYDRAFACIAL, 25 MIN: <i>Add this express HydraFacial to any facial for instant results. Not applicable for the Illuminating Facial or Microderm.</i>	\$175
PURIFYING BACK TREATMENT, 25 MIN: <i>Invigorating steam and exfoliation.</i>	\$70



## waxing

EYEBROWS	\$25	LIP	\$20	CHIN	\$20
FACE	\$60	SIDE BURNS	\$45	CHEST	\$75
BACK	\$75	ARMS - UPPER	\$45	ARMS - LOWER	\$45
ARMS - FULL	\$85	UNDERARMS	\$40	BIKINI	\$50
EXTENDED BIKINI	\$75	BRAZILIAN	\$95	LEGS - UPPER	\$45
LEGS - LOWER	\$65	FULL LEGS	\$105		

## *sleep treatments*

THE WOODHOUSE DAY SPA OFFERS A COLLECTION OF SLEEP TREATMENTS DESIGNED TO PROVIDE YOU WITH MUCH NEEDED "ME TIME" IN THE FORM OF REST INDUCING, WELL INTENTIONED SPA THERAPIES. ESSENTIAL TO OVERALL WELLNESS, A GOOD NIGHT'S SLEEP WILL DO WONDERS FOR A POSITIVE PHYSICAL AND MENTAL BALANCE.

### *lavender dreams*

THIS EXCLUSIVE MASSAGE EXPERIENCE USES WILD CRAFTED LAVENDER AND RESTORATIVE HERBS TO HELP YOU UNWIND, DECOMPRESS AND RELAX INTO MUCH NEEDED REST. USING PURPOSEFUL MASSAGE TECHNIQUES, YOU WILL FEEL REFRESHED AND RENEWED.

50 MINUTES, \$130    SERIES OF SIX, \$650

### *deep sleep massage*

THIS DEEPLY RELAXING HEAD, NECK, SHOULDER AND BACK MASSAGE USES WARMED AROMATHERAPY OILS AND IS DESIGNED FOR A LIMITLESS CALMING EXPERIENCE. A TEA RITUAL IS OFFERED WHILE YOU RECLINE ON A HEATED HERBAL COMPRESS TO MELT THE TENSION FROM TENDER BACK MUSCLES.

*60 minute massage, 20 minute rest, meditation, heated compress and tea ritual.*

80 MINUTES, \$185    SERIES OF SIX, \$925

### *blissful night*

THIS TREATMENT PROVIDES THE PERFECT BACKDROP FOR STRESS RELIEF, BALANCE AND A RESTFUL EXPERIENCE THAT BEGINS WITH A DRY BRUSH EXFOLIATION AND ESSENTIAL OIL ANOINTING FOR LYMPH FLOW. A BACK, NECK AND SCALP MASSAGE FOLLOWS FOR AN ESCAPE INTO SERENITY.

50 MINUTES, \$135    SERIES OF SIX, \$675

### *the shirodhara*

THIS INTENSELY HEALING AND RELAXING TECHNIQUE BEGINS WITH LAVENDER ESSENTIAL OIL COMBINED WITH WARM, NUTRITIVE OILS THAT FLOW ONTO THE CENTER OF YOUR FOREHEAD FROM A BEAUTIFUL COPPER VESSEL TO RELEASE MENTAL TENSION AND MIND CHATTER. A SOOTHING HEAD AND SCALP MASSAGE FOLLOWS TO CONTINUE THIS UPLIFTING EXPERIENCE AND ENCOURAGE A STATE OF WELL-BEING.

50 MINUTES, \$125    SERIES OF SIX, \$625

### *the soma*

COMBINING THE ANCIENT ARTS OF REFLEXOLOGY FOOT MASSAGE AND SHIRODHARA SCALP MASSAGE, THIS AYURVEDIC EXPERIENCE INTEGRATES THE MIND AND BODY BY CALMING THE NERVOUS SYSTEM TO ACHIEVE AWARENESS AND CONTENTMENT.

50 MINUTES, \$130    SERIES OF SIX, \$650

## massage



### *The Woodhouse signature four-handed massage* *An award winning indulgence!*

TWO THERAPISTS PERFORM SEAMLESSLY CHOREOGRAPHED, RHYTHMIC MOVEMENTS THAT INDUCE DEEP RELAXATION. THERAPISTS PERFORM A FULL-BODY MASSAGE, REFLEXOLOGY, AND HYPNOTIC SCALP MASSAGE TO CREATE A SENSE OF CALM AND WELL-BEING. ORGANIC AROMATIC OIL SOOTHES THE SENSES AND NOURISHES THE SKIN. EMERGE RENEWED AND SERENE.

80 MINUTES, \$370    SERIES OF SIX, \$1,850

### *therapeutic stone massage*

A FULL BODY MASSAGE, ENCOMPASSING WARM STONES WITH LIGHT TO MODERATE PRESSURE. EXPERIENCE THIS TIME HONORED PRACTICE WHICH BRINGS DEEP, RESTORATIVE REST. OUR MASSAGE THERAPIST GENTLY GLIDES SMOOTH STONES OVER THE BODY, PROVIDING WARMTH THAT SOOTHES MIND AND MUSCLES, INCREASES CIRCULATION, IMPROVES TONE AND INDUCES TRANQUILITY AND SERENITY.

*Himalayan Salt Stone or Volcanic Stone available by location.*

50 MINUTES, \$145    SERIES OF SIX, \$725

80 MINUTES, \$195    SERIES OF SIX, \$975

110 MINUTES, \$295    SERIES OF SIX, \$1,475

### *core body balancing massage*

OUR THERAPISTS WILL HELP INCREASE YOUR FLEXIBILITY AND MOBILITY USING THERAPEUTIC STRETCHING TECHNIQUES KNOWN TO TAKE YOUR PERFORMANCE TO A HIGHER LEVEL. THESE TECHNIQUES ARE ALSO IDEAL TO ASSIST CHRONIC SITUATIONS WITHOUT THE PAIN.

50 MINUTES, \$145    SERIES OF SIX, \$725

### *deep tissue massage*

THIS THERAPEUTIC MASSAGE USES STRATEGIC STROKES TO INCREASE CIRCULATION AND RELEASE MUSCLE TENSION. A COMBINATION OF TRIGGER POINT THERAPY, STRETCHING, SPORTS MASSAGE AND OTHER UNIQUE MODALITIES RELIEVE STRAIN, STRESS AND INFLAMMATION.

50 MINUTES, \$135    SERIES OF SIX, \$675

80 MINUTES, \$195    SERIES OF SIX, \$975

### *reflexology foot massage*

THIS REMARKABLE ANCIENT TECHNIQUE MASSAGES THE REFLEX ZONES OF THE FEET INDUCING DEEP RELAXATION TO THE ENTIRE BODY BY RELEASING THE FLOW OF ENERGY. YOUR FEET FEEL TERRIFIC AND YOU WILL EXPERIENCE INCREASED ENERGY.

25 MINUTES, \$70    SERIES OF SIX, \$350

50 MINUTES, \$135    SERIES OF SIX, \$675

## massage

### duet massage

ROOM FOR TWO! YOUR VERY OWN BEAUTIFULLY APPOINTED PRIVATE SPA ROOM FOR YOU AND ANOTHER. THE DUET ENCOURAGES UNITY, CONNECTION AND COLLECTIVE CALM. EASE STRESS AND UNWIND AS TWO THERAPISTS PERFORM SIDE-BY-SIDE SWEDISH MESSAGES THAT HELP THE TWO OF YOU RELAX.

50 MINUTES, \$240    SERIES OF SIX, \$1,200

80 MINUTES, \$360    SERIES OF SIX, \$1,800

### swedish massage

THIS CLASSIC STRESS-RELIEVING MASSAGE UTILIZES LONG, FLOWING STROKES TO REDUCE TENSION, INCREASE CIRCULATION AND INDUCE RELAXATION. AN INTRODUCTORY MASSAGE THAT'S GREAT FOR UNWINDING!

50 MINUTES, \$120    SERIES OF SIX, \$600

80 MINUTES, \$180    SERIES OF SIX, \$900

110 MINUTES, \$245    SERIES OF SIX, \$1,225

### relaxing back, neck, and shoulder massage

EASE STRESS WITH THIS FOCUSED TENSION-RELEASING MASSAGE. A THERAPEUTIC BLEND OF ESSENTIAL OILS IS APPLIED TO REMOVE LACTIC ACID AND ELIMINATE CHRONIC DEEP "KNOTS." KNEAD AND RELEASE TECHNIQUES ARE USED TO RELAX THE MUSCLES AND INCREASE CIRCULATION. ARISE RELAXED, YET INVIGORATED.

50 MINUTES, \$125    SERIES OF SIX, \$625

### mellow mama

NURTURING FULL BODY MASSAGE FOR MOMS TO BE! USING SAFE AND EFFECTIVE PRE-NATAL TECHNIQUES, THIS MASSAGE WILL HELP WITH DEHYDRATED SKIN, EXHAUSTION, AND PUFFY HANDS AND FEET. SPECIAL ATTENTION TO EASING LOWER BACK MUSCLES AND PROVIDING HOME CARE TIPS FOR SKIN FITNESS THROUGHOUT PREGNANCY.

50 MINUTES, \$125    SERIES OF SIX, \$625

80 MINUTES, \$190    SERIES OF SIX, \$950



### massage enhancements

 ADD TO ANY MASSAGE SERVICE, NO TIME ADDED

AROMATHERAPY MASSAGE: *Choice of therapeutic aroma to add to any massage.* \$20

DEEP TISSUE PRESSURE: *Deeper pressure for knot reducing.* \$15

DEEP CONDITIONING SCALP MASSAGE: *Nourish your scalp for complete relaxation.* \$25

### massage add-ons

 ADD TO ANY MASSAGE SERVICE, TIME ADDED

THERAPEUTIC STONES, 25 MIN: *Warm therapeutic stones to melt your tension away.* \$70

AROMATHERAPY BATH CURE, 25 MIN: *Choice of therapeutic aroma for your soak.* \$60

## *body treatments*

OUR BODY RITUALS ARE INSPIRED AND INTENDED FOR VERY SPECIFIC PURPOSES. WHETHER TO CALM THE NERVOUS SYSTEM, REDUCE WATER RETENTION AND INCREASE CIRCULATION, ENLIVEN THE SENSES OR REDUCE CELLULITE, YOU WILL RETURN TO YOUR DAY FEELING PROFOUNDLY AND MAGNIFICENTLY DIFFERENT.



### *The Woodhouse escape*

*Take a peaceful journey through The Woodhouse experience.*

EXPERIENCE PEACE AND HARMONY OF BODY, MIND AND SPIRIT WITH A TASTE OF SEVEN SPECIALIZED TREATMENTS. THIS BLISSFUL, HEAD-TO-TOE RITUAL BEGINS WITH A DRY BRUSH EXFOLIATION FOLLOWED BY THERAPEUTIC STONE MASSAGE. NEXT, A FOCUS ON NECK AND SHOULDERS TO RELEASE UPPER BODY TENSION, FOLLOWED BY RELAXING AND RENEWING ACUPRESSURE, SCALP AND HAND & ARM MASSAGE. YOUR ESCAPE ENDS WITH THE RESTORATIVE ANCIENT ART OF REFLEXOLOGY.

110 MINUTES, \$275 SERIES OF SIX, \$1,375

### *lazy days renewal ritual*

THIS SPIRIT RENEWING RITUAL BEGINS WITH A BODY SCRUB USING THE FINEST ORGANIC, HAND-HARVESTED SEAWEED FOR SILKY, SOFT SKIN AND DETOXIFICATION. FOLLOWING YOUR EXFOLIATION, YOU WILL IMMERSE YOURSELF IN SOOTHING WATERS WITH SEAWEED, SEA SALT AND AROMATHERAPY ESSENCES OF SPICE AND CITRUS FOR A RELAXING AND RENEWING TUB SOAK. YOUR JOURNEY WILL BE COMPLETE WITH A 45 MINUTE MASSAGE USING NOURISHING SEAWEED AND TONING OIL FOR A RESTORED AND VIBRANT YOU.

80 MINUTES, \$185 SERIES OF SIX, \$925

### *organic seaweed leaf wrap*

A TRULY AMAZING BODY THERAPY INSPIRED BY THE SEA. FRESH LEAVES OF ATLANTIC SEAWEED COCOON THE BODY TO DETOXYFY, MOISTURIZE, SOFTEN AND REVIVE THE BODY. THE TREATMENT BEGINS WITH A DRY BRUSH EXFOLIATION USING A STYLIZED LYMPHATIC TECHNIQUE TO HELP REMOVE WATER RETENTION, FOLLOWED BY A WRAP OF SEAWEED FOR THE BODY. WHILE THE SEAWEED'S MINERALS, VITAMINS AND AMINO ACIDS WORK THEIR MAGIC, YOU WILL BE TREATED TO A RELAXING SCALP MASSAGE.

80 MINUTES, \$190 SERIES OF SIX, \$950

### *shrink to fit cellulite wrap*

COMBINES DEEP TISSUE AND LYMPHATIC MASSAGE TO LIFT, TIGHTEN AND TONE YOUR HIPS AND THIGHS. POWERFUL ACTIVES STIMULATE CIRCULATION AND ADD MEGA MOISTURE TO TIGHTEN AND FIRM. BEST IN A WEEKLY SERIES OF 3-6.

50 MINUTES, \$150 SERIES OF SIX, \$750



## *body treatments*

### *warm spiced mud wrap*

THIS DETOXIFYING TREATMENT BEGINS WITH A STIMULATING EXFOLIATION USING A FINELY GROUND SEAWEED. A MASK MIXTURE OF ORGANIC SEAWEED FROM THE ATLANTIC OCEAN THAT IS COMBINED WITH PURIFYING ELEMENTS OF PEAT TO PRODUCE A MUD WRAP RICH IN POTENT ANTI-OXIDANTS, MINERALS AND ENHANCED WITH ORGANIC GINGER AND CINNAMON. RESULTS DRIVEN GUESTS WILL LOVE THE IMMEDIATE EFFECTS ON THE SKIN, INCLUDING FIRING AND TONING.

50 MINUTES, \$155    SERIES OF SIX, \$775

### *wild lavender and seaweed sugar glow*

THIS TREATMENT USES A MEDLEY OF INGREDIENTS INCLUDING ORGANIC SEAWEED, WILD-CRAFTED LAVENDER BUDS AND ORGANIC SUGAR TO INVIGORATE, EXFOLIATE AND NOURISH THE SKIN. AFTERWARDS, YOU ENJOY A SHORT RELAXING MASSAGE WITH A FRESH HYDRATING LOTION. THIS AROMATIC BODY SUGAR SCRUB MELTS TIRED MUSCLES WHILE SOOTHING AND SOFTENING THE SKIN.

50 MINUTES, \$145    SERIES OF SIX, \$725

### *stretch mark smoother*

YES, PLEASE! MINIMIZE THE APPEARANCE OF OLD STRETCH MARKS CAUSED BY PREGNANCY AND WEIGHT FLUCTUATIONS. USING A POWERFUL BLEND OF PEPTIDES, FRUIT AND ALGAE EXTRACTS AND NOURISHING OILS, THIS TREATMENT WILL IMPROVE SKIN TEXTURE AND COLOR. HOME CARE IS A NECESSITY FOR DRAMATIC RESULTS.

50 MINUTES, \$140    SERIES OF SIX, \$700

## hand rituals

### *The Woodhouse signature hand retreat* *Our most raved-about, detailed manicure.*

THIS TREATMENT WILL NOURISH, RECONDITION AND REFINE YOUR HANDS AND ARMS. YOU WILL ENJOY AN EXFOLIATION FROM HAND TO ELBOW, FOLLOWED BY A DEEPLY RELAXING MASSAGE. THEN YOUR HANDS WILL BE LOVINGLY WRAPPED IN WARMED ATLANTIC SEAWEED LEAVES TO HYDRATE, INCREASE CIRCULATION AND NOURISH DRY SKIN. TO SEAL THE GOODNESS, A LUXURIOUS HAND CREAM WILL BE APPLIED.

50 MINUTES, \$75      SERIES OF SIX, \$375

### *warm agave nectar manicure*

WARM AGAVE NECTAR AND NATURAL OILS ARE DRIZZLED ON THE ARMS AND HANDS TO RELIEVE DRY SKIN AND HELP PREVENT THE SIGNS OF AGING. ENJOY THE LIGHT HEAVENLY FRAGRANCE AS HANDS ARE REFRESHED AND HYDRATED.

50 MINUTES, \$65      SERIES OF SIX, \$325

### *spritzer*

OUR CLASSIC MANICURE DELIVERS A SILKY ORGANIC MASSAGE WITH SOOTHING BOTANICALS AND ESSENTIAL OILS. SOFTEN, REVITALIZE AND CONDITION HANDS.

50 MINUTES, \$55      SERIES OF SIX, \$275

### *gel manicure*

A 50 MINUTE GEL MANICURE USING SHELLAC.

50 MINUTES, \$65      SERIES OF SIX, \$325

*Actual length of wear may vary.*



### *nail enhancements* ADD TO ANY NAIL SERVICE, NO TIME ADDED

FRENCH POLISH: *Classic, elegant look of a french manicure.*      \$20

WARM HYDRATING HAND TREATMENT: *Hydrates and moisturizes.*      \$20

*Enjoy two treatments at the same time. Book your manicure & pedicure together!*

## foot rituals



### *The Woodhouse signature seaweed leaf pedicure*

*Slip into a state of total relaxation.*

REFINING YOUR SKIN, THE TREATMENT BEGINS WITH A SEA SALT EXFOLIATION FROM THE KNEES TO THE FEET. ENJOY A STATE OF TOTAL BLISS AS WARM VOLCANIC STONES ARE MASSAGED FROM HEEL TO KNEE FOLLOWED BY AN OLD FASHIONED FOOT RUB TO INCREASE RELAXATION. A DOUBLE ACTION SEAWEED FOOT MASK AND FRESH SEAWEED LEAF WRAP AROUND THE LEGS REDUCE SWELLING AND SOFTEN TIRED FEET. A TRULY "SOLE"FUL EXPERIENCE.

80 MINUTES, \$95      SERIES OF SIX, \$475

### *lavender and seaweed sugar scrub pedicure*

DELIGHTFUL AND INVIGORATING PEDICURE THAT REMOVES LIFELESS LAYERS WITH A HEALTHY REFINING SCRUB THAT QUICKLY RE-POLISHES UNWANTED CALLUSES AWAY. A WARM VOLCANIC STONE MASSAGE EASES FOOT TENSION AND IMMEDIATELY CALMS THE MIND.

50 MINUTES, \$75      SERIES OF SIX, \$375

### *warm agave nectar pedicure*

WARM AGAVE NECTAR WITH A HEAVENLY LIGHT SCENT IS PURPOSELY DRIZZLED OVER THE FEET AND LEGS FOLLOWED WITH A SOOTHING HEEL TO KNEE MASSAGE. RELISH THE EXPERIENCE.

50 MINUTES, \$70      SERIES OF SIX, \$350

### *the tula*

FOR THOSE ON THE GO! THIS QUICK MANI PEDI COMBINATION INCLUDES MINIMAL FOOT AND NAIL FILING FINISHED OFF WITH A REFRESHING POLISH CHANGE.

50 MINUTES, \$90      SERIES OF SIX, \$450

### *lucky legs add on*

THE PERFECT ENDING TO ANY FOOT TREATMENT! AN INVIGORATING MASSAGE WILL DE-PUFF AND REFRESH SWOLLEN, TIGHT LEGS AND FEET.

25 MINUTES, \$45



### *nail enhancements* ADD TO ANY NAIL SERVICE, NO TIME ADDED

FRENCH POLISH: *Classic, elegant look of a french manicure.* \$20

WARM HYDRATING FOOT TREATMENT: *Hydrates and moisturizes.* \$20

## for *The Woodhouse gents*

### *gentlemen's hot towel facial*

FOR THE SOPHISTICATED MAN LOOKING FOR A NO FUSS, RESULTS-ORIENTED FACIAL EXPERIENCE. RELAX WITH A TRADITIONAL BARBER HOT TOWEL TECHNIQUE ENHANCED WITH NUTRIENT-RICH PRODUCTS. SKIN IS CLEANSED, TONED AND CONDITIONED AS IRRITATIONS FROM SHAVING OR SUN-EXPOSURE ARE SOOTHED. WE COMBINE THE MASK WITH A LIGHT SCALP MASSAGE.

50 MINUTES, \$125    SERIES OF SIX, \$625

### *gentlemen's manicure*

AN ULTRA-RICH, DEEP TREATMENT MOISTURIZES HANDS AND RELIEVES STRESS AS REFINED OILS SOFTEN, RESTORE AND CONDITION.

25 MINUTES, \$45    SERIES OF SIX, \$225

### *gentlemen's pedicure*

RELAXING AND INVIGORATING PEDICURE WITH A GROOM AND BUFF PAIRED WITH A SOOTHING FOOT AND LEG MASSAGE.

50 MINUTES, \$65    SERIES OF SIX, \$325

### *gentlemen's therapeutic stone massage*

A FULL BODY MASSAGE, ENCOMPASSING WARM STONES WITH LIGHT TO MODERATE PRESSURE. EXPERIENCE THIS TIME HONORED PRACTICE WHICH BRINGS DEEP, RESTORATIVE REST. OUR MASSAGE THERAPIST GENTLY GLIDES SMOOTH STONES OVER THE BODY, PROVIDING WARMTH THAT SOOTHES MIND AND MUSCLES, INCREASES CIRCULATION, IMPROVES TONE AND INDUCES TRANQUILITY AND SERENITY.

*Himalayan Salt Stone or Volcanic Stone available by location.*

50 MINUTES, \$145    SERIES OF SIX, \$725

80 MINUTES, \$195    SERIES OF SIX, \$975

110 MINUTES, \$295    SERIES OF SIX, \$1,475

### *gentlemen's deep tissue massage*

THIS THERAPEUTIC MASSAGE USES STRATEGIC STROKES TO INCREASE CIRCULATION AND RELEASE MUSCLE TENSION. A COMBINATION OF TRIGGER POINT THERAPY, STRETCHING, SPORTS MASSAGE AND OTHER UNIQUE MODALITIES RELIEVE STRAIN, STRESS AND INFLAMMATION.

50 MINUTES, \$135    SERIES OF SIX, \$675

80 MINUTES, \$195    SERIES OF SIX, \$975

## spend a day with us packages



### *The Woodhouse experience*

*The best of everything The Woodhouse has to offer.*

YOUR DAY BEGINS WITH YOUR CHOICE OF AROMATHERAPY BATH CURE TO ENLIVEN THE SENSES. NEXT, DRIFT AWAY INTO THE ULTIMATE RELAXATION WITH OUR SIGNATURE FOUR-HANDED MASSAGE, FOLLOWED BY OUR REJUVENATING AND NOURISHING WOODHOUSE SIGNATURE MINKYTI FACIAL. ENJOY A RELAXING SPA CUISINE AND FINISH YOUR EXPERIENCE WITH THE WOODHOUSE SIGNATURE HAND RETREAT AND SEAWEED LEAF PEDICURE.

5 HOURS, 15 MINUTES, \$795

- AROMATHERAPY BATH CURE
- SIGNATURE FOUR-HANDED MASSAGE
- THE WOODHOUSE SIGNATURE MINKYTI FACIAL
- THE WOODHOUSE SIGNATURE HAND RETREAT
- THE SIGNATURE SEAWEED LEAF PEDICURE

### *two's company*

*Double the pleasure as you and a guest enjoy a relaxing spa experience.*

ENJOY OUR RELAXING SWEDISH DUET MASSAGES, 50 MIN., FOLLOWED BY OUR ORGANIC DISCOVERY FACIALS COMBINED WITH WARM AGAVE NECTAR PEDICURES. EMERGE RENEWED, RE-ENERGIZED AND REFRESHED. A WONDERFUL WAY TO SPEND QUALITY TIME WITH SOMEONE SPECIAL.

2 HOURS, 30 MINUTES, \$640

- TWO SWEDISH MASSAGES
- TWO ORGANIC DISCOVERY FACIALS
- TWO WARM AGAVE NECTAR PEDICURES

### *organic renewal*

*Total well-being and renewal are the end result of this holistic package.*

BEGIN WITH A THERAPEUTIC ORGANIC SEAWEED LEAF WRAP FOR REMINERALIZING THE SKIN AND ENHANCING CIRCULATION. AN ILLUMINATING FACIAL RESTORES THE SKIN AND OUR SEAWEED MARINE EYE COMPRESS TREATMENT REDUCES DARK CIRCLES, MINIMIZES PUFFINESS AND BRIGHTENS TIRED, STRESSED EYES. FINISH WITH ONE OF OUR MOST POPULAR FOOT TREATMENTS - LAVENDER AND SEAWEED SUGAR SCRUB PEDICURE.

3 HOURS, 25 MINUTES, \$495

- ORGANIC SEAWEED LEAF WRAP
- ILLUMINATING FACIAL
- SEAWEED MARINE EYE COMPRESS TREATMENT
- LAVENDER AND SEAWEED SUGAR SCRUB PEDICURE

## *spend a day with us packages*

### *spa classics*

*Reconnect and recharge with this classic head-to-toe experience.*

START OFF WITH A RELAXING, THERAPEUTIC SWEDISH MASSAGE, 50 MIN. NEXT, ENJOY AN ORGANIC DISCOVERY FACIAL THAT CLEANSSES AND CONDITIONS YOUR SKIN. CONCLUDE YOUR BLISSFUL SPA RETREAT WITH A WARM AGAVE NECTAR PEDICURE.

- 2 HOURS, 30 MINUTES, \$320
- SWEDISH MASSAGE
  - ORGANIC DISCOVERY FACIAL
  - WARM AGAVE NECTAR PEDICURE

### *great expectations*

*Expectant mothers relieve stress and anxiety and experience restful bliss.*

OUR 50 MIN. MELLOW MAMA MASSAGE EASES PREGNANCY ACHES AND PAINS AND AN ORGANIC DISCOVERY FACIAL AND LAVENDER AND SEAWEED SUGAR SCRUB PEDICURE REJUVENATE THE SKIN AND SOOTHE TIRED FEET.

- 2 HOURS, 30 MINUTES, \$330
- MELLOW MAMA MASSAGE
  - ORGANIC DISCOVERY FACIAL
  - LAVENDER AND SEAWEED SUGAR SCRUB PEDICURE

# spa etiquette

## SPA RESERVATIONS

To ensure your preferred appointment time, it is recommended you schedule your spa experience with as much advance notice as possible or at the conclusion of your last experience. Our professional staff allocates time especially for each guest, therefore, a credit card is requested to guarantee these reservations. All spa experiences are subject to availability. Menu service and prices are subject to change without notice. We reserve the right to refuse service to anyone.

## SPA ARRIVALS

To begin your spa journey in a relaxed state, we ask that you arrive 15 minutes prior to your scheduled appointment time. For a new guest, please allow 30 minutes to accommodate completion of your guest profile. Spa robes, slippers, private lockers and beverages are provided for your comfort. Delayed arrival will limit the time for your experience, reducing the effectiveness of your treatment and the expectations of your visit. In consideration of other spa guests, service time will not be extended for delayed arrivals, and the full price of your service will be charged. Please notify our staff if there are any special physical or medical needs or conditions they need to consider prior to your services (*i.e. pregnancy, food or product sensitivities or aggressive medications*). We recommend that valuable items be left at home. The Woodhouse is not responsible for lost or stolen items.

## SPA CANCELLATIONS OR RESCHEDULING

As a courtesy, you will receive a confirmation of your reservation prior to your arrival. Should the need arise to cancel or reschedule reservations, a 24-hour advance notice is required. A 48-hour advance notice is required for any spa packages and multiple treatments lasting more than 2 hours. Insufficient notice to cancel or reschedule reservations are subject to charges up to full service value. All no show reservations will be assessed a charge at full value of services. Spa Parties are subject to terms of agreement for cancellations.

## SPA REQUIREMENTS

We accept guests of all ages, however, some services may require parental release before the services can be rendered. So that all guests may experience a pleasant and peaceful environment, we ask that only those receiving services accompany you to the spa.

## SPA PAYMENTS, GRATUITY, AND GIFT CARDS

Payments are accepted in the form of Cash, most Major Credit Cards and The Woodhouse Day Spa Gift Cards. The Woodhouse Day Spa® gift card contains value which may be used to purchase products and services at face value. This card cannot be used to purchase other gift cards. The card must be presented at time of purchase and the available balance will be applied to the transaction. Prices vary by spa and are subject to change without notice. Spa locations are individually owned franchises solely responsible for

any and all gift card liabilities at their respective locations. Redemption of this card is subject to certain restrictions and expirations set by each spa location or state regulation. Should this card be redeemed at another location, the card will be redeemed at face value. This card is non-refundable and may not be redeemed for cash. Any unused balance will remain on the card. This card is not transferable and The Woodhouse Day Spa® is not responsible for any lost, stolen, damaged or unauthorized use of the card. No express or implied warranties apply. Series of services are not refundable, but can be converted to spa credit.

Gratuities are not included in the value of the services and are at the discretion of the guest.

#### SPA PRODUCTS AND RETURNS

In keeping with The Woodhouse Vision, purity and quality are essential elements in our skin and body care products. In the event you are not satisfied with a skin or body care product, you will be given spa credit if the product is returned within 30 days of purchase. For other retail items, a refund will be issued as spa credit or back in the form of which payment was received within 30 days of purchase.

FOR FRANCHISE OPPORTUNITIES VISIT [www.OwnaWoodhouse.com](http://www.OwnaWoodhouse.com)

EXPERIENCE

# THE WOODHOUSE

*day spa*®



2001 Division Street  
Nashville, Tennessee 37203  
Nashville.WoodhouseSpas.com 615.717.7511

Monday through Saturday 9:00 am - 7:00 pm  
Sunday 9:00 am - 6:00 pm