

The word "Spa" is written in a white, elegant, cursive script. To the right of the letters, there are several curved, light green brushstrokes that sweep upwards and to the right, adding a sense of movement and relaxation to the logo.

Spa

grand traverse

A healthy balance of mind, body and spirit

Large, flowing, light green brushstrokes sweep across the right side of the page, creating a sense of movement and relaxation. These strokes are thicker and more expressive than the ones in the logo, framing the central text.

Table of Contents

Massage & Body Care	4-7
Facials	8-9
Nail Care	10
Day Spa Packages & Men's Services	11
Hair Artistry/Waxing/Make-up	12
Novalash Eyelash Extentions	13
Bridal Bliss	14
Spa Etiquette	15

Complete your spa experience with a visit to our Health Club and a refreshing dip in our pools, complimentary for our spa guests. Continue your commitment to health and wellness and ask us about a membership for you and your family, complete with Resort-wide benefits.

For reservations or more information, call Spa Grand Traverse at 888-437-2SPA. Or, online at grandtraverseresort.com. All services and rates are subject to change without notice.

Our Mission

Transformation begins with the beauty of a nurtured body and soul. At Spa Grand Traverse, professionally trained staff care for you, committed to making each and every visit a relaxing, renewing, and rejuvenating journey that goes beyond expectations. Our experience and care help you move toward a healthy balance of body, mind and spirit; restoring your vitality, renewing your senses, and reviving your inner being. Take a breath, and enjoy your Spa Grand Traverse experience.

Massage & Body Care

Relaxation Massage | Regular: 50 minutes \$120 • 80 minutes \$160 | Midweek: 50 minutes \$110 • 80 minutes \$150

Classic Swedish massage techniques come together to create the ultimate relaxation experience. This combination of gentle flowing strokes and tissue release help you achieve a mind/body balance, leaving you refreshed and relaxed. Light to medium pressure.

Deep Tissue Massage | Regular: 25 minutes \$80 • 50 minutes \$140 • 80 minutes \$180 | Midweek: 25 minutes \$70 • 50 minutes \$130 • 80 minutes \$170

This dynamic massage includes medium to deep pressure which targets specific areas of concern and penetrates deeper muscle and tissue structures. Medium to deep pressure.

“Grand” Stone Massage | Regular: 50 minutes \$135 • 80 minutes \$180 | Midweek: 50 minutes \$125 • 80 minutes \$170
Basalt stones are heated to a comfortable level and used to glide over tight muscles to melt stress and reduce inflammation. This provides a unique and soothing massage. Light to medium pressure. Upgrade to deep tissue for an additional \$10.

Express Massage | Regular: 25 minutes \$70 | Midweek: \$60
This is a great relaxation massage for anyone on the go needing to unwind.

Table Thai Body Therapy | Regular: 50 minutes \$140 • 80 minutes \$180 | Midweek: 50 minutes \$130 • 80 minutes \$170
Let your body de-stress with the sought after Eastern tradition of Thai. The body is moved and stretched, easing tension, releasing stiff muscles and increasing circulation and energy. Comfortable clothing required.

Just the Two of Us Massage | Regular: 50 minutes \$240 • 80 minutes \$320 | Midweek: 50 minutes \$220 • 80 minutes \$300
Relax and unwind with a friend or a loved one and enjoy a relaxation massage in our couple's room. Deep tissue or hot stone massages available for an additional charge.

Mother to Be Massage | Regular: 50 minutes \$120 | Midweek: 50 minutes \$110
Soon to be mommies need pampering too. A light, gentle massage concentrating on back, neck and shoulders, and also targets swollen, tired feet. Not recommended during 1st trimester or with high-risk pregnancies. Light to medium pressure.

Oncology Massage | Regular: 50 minutes \$120 • 80 minutes \$160 | Midweek: 50 minutes \$110 • 80 minutes \$150
Designed specifically for guests that are actively undergoing cancer treatment. Experience gentle care with the lightest of touch with our Oncology trained massage therapists. Allow us to accommodate any special Oncology related needs to ensure your comfort.

- ORGANIC BENEFITS AND TREATMENTS -

- Healthy skin is a reflection of what you feed your body, inside and out.
- Choosing organic ingredients ensures that there are no harsh chemicals added.
- Our products do not contain harmful chemicals like added parabens, petrolatum, mineral oils, propylene glycol or sodium lauryl sulfate.

Organic Body Indulgence | Regular: 80 minutes \$190 | Midweek: 80 minutes \$180

This luxurious organic treatment is head to toe bliss! This treatment employs stone crop, an exotic succulent that dramatically increases skin's moisture content, soothes skin irritations and delivers antioxidant benefits. Sensitive skin is calmed, oily skin is normalized. A gel wash is massaged into the back, followed by a warm body masque which is applied to the body with gentle strokes. As the masque works to detoxify and renew, a face wash and masque is applied and a cooling face massage is performed. Relax with a scalp and neck massage as the body wrap melts away muscle tension with a rhythmic torrent of the Vichy shower. Both sides of the of the body are then thoroughly exfoliated using a pear and poppy seed polish, and hydrating moisturizer is applied during a light Swedish massage. *(not recommended for those with nut allergies)*

Organic Coconut Apricot Sugar Scrub | Regular: 45 minutes \$115 | Midweek: 45 minutes \$105

An ultra-refining scrub that will buff your skin to perfection. Great for all skin types, this scrub employs raw sugar granules and coconut oil infusion to impart deep hydration and nutrition. Known for its ancient healing properties, coconut contains high levels of antioxidants and hydrators to restore your skin, leaving it soft and supple. A luxurious apricot oil is applied after the scrub, sealing in long-lasting hydration and delivering a regenerating cocktail of vitamins to the skin.

- AROMATHERAPY INFUSED BENEFITS AND TREATMENTS -

Aromatherapy is the use of selected fragrant substances in lotions and inhalants in an effort to affect mood and promote health.

- Arnica and Immortelle body oil for muscle relief and recovery.
- Wintergreen and Arnica salve for muscle relief and respiratory ease.
- Magnesium to soothe and relax.

Aromatherapy Massage | Regular: 50 minutes \$125 • 80 minutes \$165 | Midweek: 50 minutes \$115 • 80 minutes \$155
Relax with this full-body luxurious massage, which incorporates a customized blend of essential oils. It also includes a delightful foot massage and a unique neck unwinding treatment that will carry you away to ultimate relaxation. Light to medium pressure.

Aromatherapy Body Renewal | Regular: 100 minutes \$215 | Midweek 100 minutes \$205

Allow yourself to be enveloped by essential oil blends that will assist in reaching the deepest state of relaxation. Unwind with hot stones and a magnesium infused compress that will relieve muscle tension and fatigue. Wintergreen and arnica salve will be used throughout the service, which allows for muscle relief and respiratory ease, as well as easing inflammation and soreness. Drift away in a warm linen wrap infused with magnesium, while your therapist provides a soothing neck and scalp massage. Enjoy a refreshing face massage using our unique cold facial globes.

Aromatherapy Infused Stress Relief Wrap | Regular: 50 minutes \$120 | Midweek: 50 minutes \$110

A customized blend of essential oils is massaged into the body, softening and relaxing the muscles and tissues. A layer of warm magnesium soaked towels is wrapped around the body to allow for the ultimate in relaxation. The cocoon-like state allows the body to produce heat, opening the pores and allows the essential oils to enter the system and relax the body. A soothing scalp and face massage is performed while in the wrap, allowing you to completely unwind.

- NORTHERN NATURE BENEFITS AND TREATMENTS -

- Drift away into the beauty of our turquoise waters and indulge your senses in the gorgeous abundance that Northern Michigan's natural elements offer. We are combining the finest botanicals with locally harvested ingredients that will invoke your senses and deeply relax your body, while offering you unparalleled healing benefits.
- Organic wild sage and lavender make this blend purifying and calming. Its light herbal bouquet recalls the purity of Northern Michigan air and promotes healing and relaxation.
- Supercritical CO2 extract of arnica flower makes this the first choice for muscle and joint discomfort targeting aches and pains from soft tissue damage.

Northern Nature Body Glow | Regular: 45 minutes \$115 | Midweek: 45 minutes \$105

Indulge your senses and experience this Northern Michigan inspired body scrub. Immerse in the purifying herbal scents of turquoise sage. Sage leaf oil is known to improve blood circulation and stimulate cell renewal. This herb is rich in vitamin A and calcium, which play a major role in daily cell regeneration. End with a luxurious application of turquoise sage body butter.

Northern Nature Body Glow and Massage | Regular: 80 minutes \$180 | Midweek: \$170

Start this experience with a body scrub infused with herbal scents of turquoise sage, leaving your skin soft and glowing. As you indulge in this sensory journey, you will find yourself drifting into a deep state of relaxation. End this luxurious treatment with a relaxation massage.

Northern Nature Body Masque | Regular: 100 minutes \$215 | Midweek: 100 minutes \$205

Enjoy a masque of purely moisturizing and soothing locally harvested raw organic honey that will be applied to the body. As you are wrapped, enjoy a refreshing facial, scalp and foot massage, as the honey does the work and opens the pores. After opening the wrap, a scrub with turquoise sage fossilized salt is applied. Once the scrub is washed away we massage the turquoise sage body butter into skin for the ultimate rehydration, leaving your skin feeling soft and luminous. This luxurious treatment ends with a full body massage. *(not recommended for those with bee or honey allergies)*

- WOODLAND WELLNESS BENEFITS AND TREATMENTS -

- A mélange of forest woods and resins wrapped around uplifting citrus notes, the Tree of Life scent recreates the tradition of "taking in the forest air for health."
- Increased immune function and reduced stress levels are just some of the recorded health benefits that taking in the forest air can bring.
- Tree of Life oil is anti-rheumatic, antiviral and stimulating to the immune system. *(Avoid during pregnancy)*

Woodland Wellness Body Escape | Regular: 100 minutes \$215 | Midweek: 100 minutes \$205

A clay masque is applied to the body. Warm towels are wrapped around the body as you relax under the rhythmic rinse of the Vichy shower. While wrapped, a scalp and face massage using our unique and refreshing facial globes is performed. After opening the wrap, a full body scrub with the Tree of Life fossilized salt scrub is applied and washed away with the Vichy shower. A full body massage (choose between light/medium or deep pressure) with the Tree of Life oil ends this blissful treatment. You will drift away as a fragrant mist is sprayed to open circulation.

Woodland Wellness Body Buff | Regular: 45 minutes \$115 | Midweek: 45 minutes \$105

The essential oils used in this body exfoliation treatment give homage to the age-old tradition of taking in the fresh forest air for its healing benefits. The Tree of Life blend is accented by uplifting notes of citrus, as this unique scrub is applied to the body, followed by a rhythmic Vichy shower rinse. It ends with a fragrant application of body butter, leaving you with supple, radiant, hydrated skin.

Ask about our seasonal offerings and massage/body care treatment enhancements.

Regular Pricing: Friday - Sunday

Midweek Pricing: Monday - Thursday

* *Some treatments may not be recommended with sunburns.*

Facials

- ORGANIC BENEFITS AND TREATMENTS -

- Healthy skin is a reflection of what you feed your body, inside and out.
- Choosing organic ingredients ensures that there are no harsh chemicals added.
- Our products do not contain harmful chemicals like added parabens, petrolatum, mineral oils, propylene glycol or sodium lauryl sulfate.

Custom Organic Renewal Facial | Regular: 80 minutes \$170 | Midweek: 80 minutes \$160

Indulge your senses and experience the beauty and power of Eminence Organic skin care. Our customized treatment will stimulate natural regeneration of collagen, detoxify pores, balance oil production, and reduce appearance of fine lines. Vital nutrients will restore luster leaving you with a brighter and more youthful glow. Detailed skin analysis will ensure that you receive a treatment best suited for you with optimized results and recommendations for your personal routine.

Refreshing Organic Facial | Regular: 50 minutes \$120 | Midweek: 50 minutes \$110

Refresh, maintain and enhance skin quality while promoting ecological harmony with Eminence Organic Skin Care. Result driven products with the strength and purity of a raw food diet and a treatment designed to meet basic skin care needs for everyone.

Radiance Organic Mini Facial | Regular: 25 minutes \$70 | Midweek: 25 minutes \$60

Just a little time investment for a lot of glow. This deep cleansing mini facial is the perfect way to give your skin a dose of healing hydration. Now you can achieve that fresh-faced aura on your lunch break!

Clarifying Probiotic Facial | Regular: 50 minutes \$125 | Midweek: 50 minutes \$115

A unique and refreshingly cool treatment that will deep cleanse and exfoliate without stripping skin of vital nutrients and hydration. Unclog pores, treat and prevent blemishes, control excess oil and promote balance to improve texture, tone and clarity.

** recommended for normal/oily/acne/hormonal imbalanced skin*

Illuminating Peptide Facial | Regular: 50 minutes \$130 | Midweek: 50 minutes \$120

Reduce visible signs of aging and restore luminosity with this decadent treatment. Powerful plant enzymes combined with Alpha Hydroxy Acids boost collagen and encourage cell regeneration leaving skin brighter and more elastic.

** recommended for normal/dry/mature/hyper pigmented skin*

Repair and Restore Men's Facial | Regular: 50 minutes \$120 | Midweek: 50 minutes \$110

Created specifically for the male complexion, this facial treatment will refresh, nourish and relax, while restoring the skin to the state of comfort and strength. A cooling gel mask relieves sensitivities caused by razor burn, sun exposure and environmental stress. A relaxing neck, shoulder and scalp massage follows.

Ask about our seasonal offerings and facial treatment enhancements.

Regular Pricing: Friday - Sunday
Midweek Pricing: Monday - Thursday

Nail Care

Northern Serenity Nail Care

Our customized manicure and pedicure will relax and refresh you. Melt your stress away with a soak for your fingers or toes. A mélange of forest woods and resins wrapped around uplifting citrus notes, the Tree of Life scent recreates the tradition of taking in the forest air for health. Reduced stress levels are just some of the health benefits that taking in the forest air can bring. A stress relieving scrub is applied, followed by a hand and arm massage or foot and leg massage and choice of nail color.

Manicure | 50 minutes \$50

Pedicure | 50 minutes \$60

Manicure & Pedicure Combo | 100 minutes \$95

Seasonal Organic Nail Care

Using our organic made oils and lotions with delightful hints of our seasonal scent, enjoy an aromatic soak followed by a relaxing hand and arm massage or foot and leg massage. Plus, an ultra-refining scrub that will buff your skin to perfection. Great for all skin types, the scrub employs raw sugar granules and oil infusion to impart deep hydration and nutrition. Luxurious oil/lotion is applied after the scrub, sealing in long-lasting hydration and delivering a regenerating cocktail of vitamins to the skin. Your hands and feet are nourished and moisturized, and your nails perfectly polished. Ask about our available seasonal scents.

Manicure | 50 minutes \$55

Pedicure | 50 minutes \$65

Men's Hand Maintenance | 50 minutes \$40

Rejuvenate your hands with a soothing soak, exfoliation, nail care, sports buff and revitalizing moisturizer.

Men's Foot Maintenance | 50 minutes \$50

Rejuvenate your feet with a soothing soak, exfoliation, nail care, sports buff and revitalizing moisturizer.

Express Manicure | 25 minutes \$35

A quick clean up of the nail and polish.

Express Pedicure | 25 minutes \$45

A quick clean up of the nail and polish.

No-Chip Manicure | 50 minutes \$60

Get more wear out of your nail polish. Zero dry time, mirror finish, no nicks, chips or smudges, leaving your nails strong and protected.

Ask about our seasonal offerings and nail care treatment enhancements.

Day Packages

Escape, Relax, Renew | 6 hours \$430 | Relaxation Massage - 50 minutes | Woodland Wellness Body Buff - 45 minutes | Refreshing Organic Facial - 50 minutes | Northern Serenity Manicure and Pedicure - 100 minutes | Shampoo and Blow-dry - 50 minutes | Spa Cuisine Lunch

Pure Serenity | 4 hours \$290 | Relaxation Massage - 50 minutes | Refreshing Organic Facial - 50 minutes | Northern Serenity Manicure and Pedicure - 100 minutes

Organic Getaway | 3 hours \$250 | Organic Scrub - 45 minutes | Refreshing Organic Facial - 50 minutes | Choice of Organic Manicure or Pedicure - 50 minutes

Tini's & Toes Party | 50 minutes \$280 for 4 people
Northern Serenity Pedicure - 50 minutes | Martini per person (\$70 per person)

Men's Maintenance | 2.5 hours \$215 | Deep Tissue Massage - 50 minutes | Mini Radiance Facial - 25 minutes | Choice of a Men's Hand or Foot Maintenance - 50 minutes

A Little Bit of Everything | 2 hours \$180 | Express Massage, Mini Radiance Facial, Express Pedicure and Manicure

** Add a shampoo and blow-dry to any day package for \$30. Customized packages are available upon request. **20% gratuity will be applied to the full amount of the services included in the package.***

Men's Services

Repair & Restore Men's Facial | Regular: 50 minutes \$120 | Midweek: 50 minutes \$110 | Created specifically for the male complexion, this facial treatment will refresh, nourish and relax, while restoring the skin to the state of comfort and strength. A cooling gel mask relieves sensitivities caused by razor burn, sun exposure and environmental stress. A relaxing neck, shoulder and scalp massage follows.

Men's Hand and Foot Maintenance | 50 minutes
Manicure \$40 • Pedicure \$50 | Rejuvenate your hand and feet with a soothing soak, exfoliation, nail care, sports buff and revitalizing moisturizer.

Men's Deep Tissue Massage | Regular: 50 minutes \$140 • 80 minutes \$170 | Midweek: 50 minutes \$130 • 80 minutes \$160
A deeper muscle and tissue massage targeting specific areas of concern as needed.

Hair Artistry

Design Cut | \$45

Shampoo/ Haircut/ Blow-dry

Shampoo and Blow-Dry | \$35

Men's Haircut/Style | \$35

Custom Style or Up Do | \$65++

Bridal Up Do with Veil | \$75++

Ask about other bridal services and packages.

Corrective Color | Priced upon consultation

Coloring | \$70++

Root Touch Up | \$60

Partial Highlight/Lowlight | \$75++

Partial Highlight with Single Process Color | \$95

Full Highlight/Lowlight | \$95++

Full Highlight with Single Process Color | \$115

"Design" Color | \$95

Waxing

Eyebrows | \$20

Lip or Chin | \$15

Lip and Brows | \$24

Lip, Chin and Brows | \$30

Full Face | \$34

Bikini | \$45+

Brazilian | \$60+

Partial Leg | \$45+

Full Leg | \$65+

Under Arm | \$30

Back | \$55+

Chest | \$40+

Makeup & More

Make-up Application | \$50

Airbrush Make-up Application | \$70

Brow or Lash Tinting | \$20

False Lashes | \$25

NovaLash

NovaLash Eyelash Extension Features:

- Soft and supple texture
- Extremely light weight
- High gloss
- Sanitary
- Maintains curl when wet
- Excellent choice for sensitive eyelid skin
- Long lasting

NovaLash Classic uses individual extensions that attach to individual lashes. NovaLash Classic Pricing:

\$175 full set | \$100 half set | \$60 refresh

NovaLash American Volume uses groups of lashes attached to each lash. Nova Lash American Volume Pricing:

\$200 full set | \$120 half set | \$70 refresh

AMERICAN VOLUME vs CLASSIC



Bridal Bliss

You're invited to enjoy the many relaxing spa services at Spa Grand Traverse that will add that special touch of pampering in preparation for or on your very special day.

Bridal Pedi-Party | 50 minutes \$280 for 4 people
Perfect for the bride to be and three of her party. Enjoy the Northern Serenity Pedicure along with your choice of martini.

A Bit of Glamour | 2 hours \$225
Let us assist with your hair and make-up for your perfect wedding day. This package includes your trial make-up and trial up-do.

Let our Group Spa Coordinator customize spa services for your wedding party. Call 231-534-6756 for more information.

Customize a Party

Party Planning | Let us customize an event just for you.

Girl's Night Out

Bridal Retreats

Bachelorette Parties

Office Parties

Pedi-parties

Mother/Daughter Days

and so much more!

Call our Group Spa Coordinator at 231-534-6756.

Spa Etiquette

Reservations | Please be sure to make your spa appointments at your earliest convenience so that we are able to assure you a time that best fits your schedule.

Gratuities | An adjustable 20% gratuity is added to all spa services for your convenience.

Arrival Time | Please arrive 20 minutes prior to your scheduled appointment time. This allows for change into spa attire and time to unwind in our relaxation area.

Attire | A robe and slippers will be provided for your visit. For any of our wet treatments, a swimsuit is recommended for your comfort or a disposable swimsuit will be provided upon request. For our Thai Bodywork service, please wear loose fitted, stretchable clothing.

Recommendation | After excess alcohol consumption and prolonged sun exposure, massage and body care services are not recommended.

Children | Babysitting and childcare services are available and recommended from the Cub House, located directly across from the spa entrance. Please make arrangements in advance.

Running Late? | Treatments are scheduled on the hour. If you arrive late, your treatment time may be affected to accommodate our next guest. Please call and let us know if you are running late.

Cancellation Policy | The spa requires a 24 hour notice prior to cancellation to avoid being charged the full price of your service.

Gender Request | We will do our best to accommodate your preference for a male or female therapist. Each of our therapists are highly skilled, certified and trained in each service to ensure satisfaction, privacy and comfort.

Minors | Children under 16 are welcome to receive spa services if accompanied by a guardian at all times.

Location | Spa Grand Traverse is located on the lower east level of Grand Traverse Resort and Spa. There is outside access from the Spa/Club parking lot at the east end of the building for your convenience.

Pregnancy | Not all spa treatments are recommended during the first trimester or for high risk pregnancies. After that, please seek the advice of your doctor if you are unsure.

Serene Environment | Please respect those around you seeking a relaxing atmosphere. Please turn off cell phones.



**GRAND TRAVERSE
RESORT AND SPA**

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Owned and Operated by the Grand Traverse Band of Ottawa and Chippewa Indians