

Spa

grand traverse

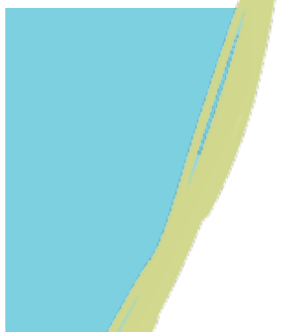


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Complete your spa experience with a visit to our Health Club and a refreshing dip in our pools, complimentary for our spa guests. Continue your commitment to health and wellness and ask us about a membership for you and your family, complete with Resort-wide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

Spa Grand Traverse is proud to carry our own signature line of facial and body care products.

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 \$110 • 80 minutes \$150 | Midweek: 50 minutes \$99 • 80 minutes \$140

Classic Swedish massage techniques come together to create the ultimate experience of relaxation. 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.

“Cherry” Infused Massage | Regular: 50 minutes \$110 • 80 minutes \$150 | Midweek: 50 minutes \$99 • 80 minutes \$140

This is our classic relaxation massage incorporating our signature blends of cherry oil. Light to medium pressure.

Spa Grand Traverse Signature Massage | Regular: 50 minutes \$115 • 80 minutes \$155 | Midweek: 50 minutes \$105 • 80 minutes \$145

This luxurious Swedish style massage uses our signature Mint and Eucalyptus oil to open circulation and uplift your spirits. As you relax, you will receive a delicate face massage with our regenerating facial serum, followed by a hydrating mist for your face and décolleté. You emerge feel pampered and renewed. Light to medium pressure.

Deep Tissue Massage | Regular: 25 minutes \$80 • 50 minutes \$130 • 80 minutes \$170 | Midweek: 25 minutes \$70 • 50 minutes \$120 • 80 minutes \$160

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.

Heat/Cool Therapeutic Massage* | Regular: 50 minutes \$135 • 80 minutes \$175 | Midweek: 50 minutes \$125 • 80 minutes \$165

First, stress relieving hot stones are used to bring heat into the muscles and prepare skin to deeply absorb a fragrant blend of essential oils. After a loosening massage with warm oil, your therapist will target areas of chronic tension, stiffness or pain, using therapeutic muscle release techniques and rubbing in Arnica salve to heal and refresh tired tissues with its muscle warming/cooling effect. Medium to deep pressure.

Customized Aromatherapy Massage | Regular: 50 minutes \$115 • 80 minutes \$155 | Midweek: 50 minutes \$105 • 80 minutes \$145

Relax with this full-body luxurious massage, that incorporates your own customized oil. 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. (please arrive 20-30 minutes prior to your treatment to create your customized oil using our Aromatherapy Bar)

“Grand” Stone Massage | Regular: 50 minutes \$125 • 80 minutes \$170 | Midweek: 50 minutes \$115 • 80 minutes \$160

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.

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 \$130 •

80 minutes \$170 | Midweek: 50 minutes \$120 • 80 minutes \$160

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 \$210 •

80 minutes \$300 | Midweek: 50 minutes \$200 • 80 minutes \$290

Relax and unwind with a friend or a loved one and enjoy your choice of a Relaxation or Cherry Infused Massage in our couple's room. Bamboo, Aromatherapy, Deep Tissue or Stone Massages available for an additional charge.

Mother to Be Massage | Regular: 50 minutes \$110 |

Midweek: 50 minutes \$99

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.

Sugar Butter Body Scrub * | Regular: 45 minutes \$105 |

Midweek: 45 minutes \$95

This treatment begins with a gentle application of signature body butter scrub followed by a rhythmic Vichy shower rinse and ends with a sugar smoothie body butter moisturizer. Leaving your skin feeling soft and luminous.

Cherry Honey Glow * | Regular: 45 minutes \$105 |

Midweek: 45 minutes \$95

A fresh mix of local cherry concentrate and sugar is applied to the body, exfoliating and polishing the skin. A relaxing and rhythmic rinse under the Vichy shower follows. Complete the experience with cherry hydrating lotion, leaves your skin feeling softer and younger.

Spa Grand Traverse Body Renewal | Regular: 100 minutes \$205 |

Midweek: 100 minutes \$195

This indulgent and deeply relaxing treatment begins with an aromatherapy infused Vichy shower, incorporating a scalp massage, along with the relieving and calming benefits of wild birch and wintergreen grown in Northern Michigan. And followed by a relaxing massage, which combines hot stones and our signature massage oil. Finally, while you drift away in a warm linen wrap, your therapist will provide you with a soothing neck, scalp and face massage.

Spa Grand Traverse Signature Body Therapy | Regular 80 minutes

• \$170 | Midweek: 80 minutes \$160

Begin with a wonderfully awakening and warming bamboo gel scrub which gently exfoliates. After a Vichy shower, receive a relaxation massage, with our signature Mint and Eucalyptus body oil and hydrosol mists to open circulation. This is followed by a cozy wrap that allows you to rest and receive a warm oil hair and scalp treatment. Feel yourself dropping into a very deep relaxation.

Stress Relief Wrap | Regular: 45 minutes \$105 | Midweek:

45 minutes \$95

A customized blend of oil is massaged into the body, softening and relaxing the muscles and tissues. A layer of warm towels soaked in stress relieving herbs is then wrapped around the body. This cocoon-like state allows the body to produce heat, open the pores and allow the essential oils to enter the system while removing toxins. A soothing scalp and face massage is performed while in the wrap allowing you to completely unwind.

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

*** Not recommended with sun burns.**



Spa Grand Traverse is proud to offer our signature line of results oriented facial care products. This line utilizes state of the art, proven effective ingredients from around the world. By blending the benefits of science and nature, our skincare line brings our guests some of the most advanced formulas on the market.

Facials

The Ultimate Rejuvenation Facial | Regular: 80 minutes \$160 | Midweek: 80 minutes \$150

Transform your skin with this powerful, but luxurious treatment. Maximize cell turnover and micro-circulation with blends of Alpha Hydroxy Acids and concentrated formulas of biological derivatives. Intensive fusion of collagen, amino-acids, and soy extract will hydrate and improve fine lines while brightening environmentally damaged skin. Targeted treatments of eyes, lips, and décolleté will address areas most prone to concern with aging. Relax with gentle massage of the scalp, neck, shoulders, arms and hands. (avoid sun exposure post treatment)

Grape Wine Peel and Peptide Power Facial

Regular: 50 minutes \$115 • 80 minute \$160 | Midweek: 50 minutes \$105 • 80 minute \$150

Revitalize dull, lack luster skin with the natural resurfacing properties of our Grape Wine Peel. Phyto-peptide technology combined with powerful botanical antioxidants will enhance skins tone and texture. Soothing eye and lip treatment as well as gentle massage of scalp, neck, shoulders, arms, and hands will relax and renew. (avoid sun exposure post treatment)

Spa Grand Traverse Customized Facial | Regular: 50 minutes \$110 | Midweek: 50 minutes \$99

A brief skin analysis allows us to address your skin concerns from dryness, sensitivity and oiliness. This facial will include customized product to quench your skin's thirst, clear up break-outs and give you a radiant glow. Enjoy a light neck, shoulder and scalp massage.

Repair and Restore Men's Facial | Regular: 50 minutes \$110 | Midweek: 50 minutes \$99

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.

Teen Clean Facial | Regular: 50 minutes \$110 | Midweek: 50 minutes \$99

This deep-cleansing facial washes away impurities, while exfoliating dead skin. Extracts of cucumber and sage help soothe and moisturize oily skin. Vitamin E and C aid in the fight against harsh environmental elements and their effects on the skin. This facial provides a positive effect in fighting acne.

Express Facial | Regular: 25 minutes \$70 | Midweek: 25 minutes \$60

A deep cleansing mini facial that leaves your skin glowing and hydrated.

Glycolic Resurfacing Treatment | Regular: 25 minutes \$75 | Midweek: 25 minutes \$65

This advanced resurfacing peel treatment is excellent for age management, acne and hyper pigmentation. It improves hydration of the skin, refines the appearance of wrinkles, decreases existing acne and aids in preventing new lesions. Skin texture and tone is evened and refined. (avoid sun exposure post treatment)

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



Nail Care

Cherry Infused Manicure | 50 minutes \$55

Using our locally made cherry oils and lotions, enjoy an aromatic soak followed by a hydrating paraffin treatment and hand massage. Your hands are nourished and moisturized, and your nails are perfectly polished.

Cherry Infused Pedicure | 50 minutes \$65

Our signature pedicure includes a wonderful scent filled bath soak, followed by a moisturizing massage and paraffin mask for the ultimate hydration using our locally made cherry products.

The Ultimate Manicure | 50 minutes \$50

Our customized manicure will relax and refresh you. Melt your stress with a soak for your fingers. A sugar butter scrub is applied followed by a hand massage and choice of nail color.

The Ultimate Pedicure | 50 minutes \$60

Our customized pedicure will relax and refresh you. Melt your stress with a tension relief soak for your toes followed by sugar butter foot scrub and massage that will leave your feet feeling renewed and refreshed.

The Ultimate Manicure & Pedicure Combo | 100 minutes \$95

Our customized manicure and pedicure combo will relax and refresh you. Melt your stress with a tension relief soak for your fingers and toes, followed by a hand and foot massage and choice of nail color.

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.



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

Brazilian Blow Out | \$255++ (pricing varies depending on length and thickness of hair)

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

Brow or Lash Tinting | \$20

False Lashes | \$25

Eyelash Extensions | Full set \$175 | Half Set \$100 | Fill \$50



Day Spa Packages

Escape, Relax, Renew | 6 hours \$380

Relaxation Massage - 50 minutes | Spa Grand Traverse Customized Facial - 50 minutes | Rain Shower Ritual - 50 minutes | The Ultimate Manicure and Pedicure - 100 minutes | Shampoo and Blow-dry - 50 minutes
Spa Cuisine Lunch

Pure Serenity | 4 hours \$250

Relaxation Massage - 50 minutes | Spa Grand Traverse Customized Facial - 50 minutes | The Ultimate Manicure and Pedicure - 100 minutes

Blissful Cherry | 3 hours \$225

Cherry Honey Glow - 50 minutes | Cherry Infused Massage - 50 minutes
| Cherry Infused Manicure or Pedicure - 50 minutes

Tini's & Toes Party | 50 minutes \$280 for 4 people

Ultimate Pedicure - 50 minutes | Bottle of nail polish per person |
Martini per person

Men's Maintenance Package | 2.5 hours \$190

Deep Tissue Massage - 50 minutes | Express Facial - 25 minutes
Choice of a Men's Hand or Foot Maintenance - 50 minutes

A Little Bit of Everything | 2 hours \$175

Express Massage, Facial, 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 | 50 minutes \$99

This deep cleansing, gently exfoliating, hydrating facial is designed just for men while enjoying a light neck, shoulder and scalp massage.

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 | 50 minutes \$120 • 80 minutes \$160

A deeper muscle and tissue massage targeting specific areas of concern as needed.

Men's Maintenance Package | 2.5 hours \$190

Deep Tissue Massage - 50 minutes • Express Facial - 25 minutes •
Choice of a Men's Hand or Foot Maintenance - 50 minutes



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.

Bride On the Go | 2 hours \$100

Express manicure and pedicure and a professional make-up application featuring the brilliance of Jane Iredale cosmetics.

Bridal Pedi-Party | 50 minutes \$280 for 4 people

Perfect for the bride to be and three of her party. Enjoy the Ultimate Pedicure along with your choice of martinis and a bottle of polish to go.

A Bit of Glamour | 2 hours \$199

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 and lets you take your lipstick with you.

The Big Day | 5 hours \$375

The name says it all and it's all about you. Begin with our signature Cherry Honey Glow, a full body scrub to reveal that healthy glow. Continue with our Ultimate Manicure and Pedicure. Enjoy a spa lunch and then allow us to apply your make-up and style your hair.

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 pro-longed 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 is 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 & 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.



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888-437-2SPA | grandtraverseresort.com

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