



spa<sup>w</sup>  
give in...

*Bend's Ultimate Day Spa*

## Table For One: The Incredible Spa<sup>w</sup> Massage

However long your session, Spa<sup>w</sup>'s therapists take a goal-oriented approach to ensure you receive the greatest benefit.

### Swedish Massage

Practiced for centuries, Swedish massage uses a variety of techniques that aid in recovery from stressful activity by increasing blood flow, flushing toxins and keeping ligaments and tendons supple leaving you relaxed and invigorated all at the same time.

Thirty minutes	60
Sixty minutes	80
Ninety minutes	100

### Prenatal Massage

We designed our prenatal massage program to alleviate the back pain and discomfort associated with pregnancy. Our therapists are sensitive to the needs of expectant mothers and use specialized prenatal massage tables to provide maximum comfort during therapy.

Sixty minutes	90
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### Deep Tissue Massage

Tell us where it hurts. Slow, penetrating strokes loosen knotted muscles and break up old scar tissue allowing oxygen rich blood to begin the healing process. Days later you'll realize the full benefits as lingering pain and nagging problems evaporate.

Thirty minutes	65
Sixty minutes	85
Ninety minutes	105

### Hot Stone Therapy

This ancient and powerful therapy uses alternating warm basalt and cool marble stones to unlock the healing power of your own body. The warmth of the basalt penetrates deeply into muscle tissue releasing tension and stress while the coolness of marble invigorates and energizes leaving you feeling balanced and refreshed.

Ninety minutes	105
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## Bounce Back

Stress accumulates in your back over time leaving you feeling tense and out-of-sorts. Our Bounce Back Treatment uses the powerful anti-inflammatory properties of Moor Mud to break down built-up tension followed by a light back massage to leave you stress-free and on the rebound.

Sixty minutes

82

## Spa<sup>w</sup> Body Treatments

*Spa<sup>w</sup> body treatments are pure indulgence and relaxation. Many body treatments finish with our exclusive six-head Vichy shower, an unforgettable way to end your experience.*

### Honey Salt Glow <sup>w</sup>

To begin, your body is exfoliated with mineral rich sea salts to remove dead skin cells and create a warming glow. Next a pure honey wrap nourishes and rejuvenates your freshly scrubbed skin followed by a trip to the steam room and a light moisturizing application. Your skin will be rose petal soft and glowing with health. Why not be good to yourself?

Sixty minutes

90

### Salt Glow

Great by itself or as an add-on to other treatments. Our salt glow treatment uses the gentle scrubbing power of natural sea salts to exfoliate dead skin while specially chosen aromatherapy oils calm and invigorate your mind.

Forty-five minutes

75

Thirty minute Add-on

60

### Moor Mud Body Mask

Our purifying moor mud cleanses pores and improves muscle tone. We start with a dry brush exfoliation to prepare your skin, and then we smooth on the mask and wrap you in a cocoon. Next a facial massage releases tension, followed by a serene Vichy shower and a light moisturizing application. You're sure to love this one!

Sixty minutes

85

## Herbal Linen Wrap

This is wonderfully indulgent by itself or as a pre-massage treatment. Your body is enclosed in warmed linen sheets that have been steeped in an aromatic blend of herbs and essential botanicals to gently release toxins and ease tension. While wrapped, enjoy a scalp massage.

Forty-Five Minutes 60

## Happy Hands and Fabulous Feet

Here's your chance to give your hard working hands and feet the break they deserve. Start with warm oil and grapefruit-infused sea salts to gently cleanse and exfoliate. Next a warm towel wrap soothes aching joints and tired muscles followed by a decadent hand and foot massage. Hey, why should your other body parts have all the fun?

Sixty minutes 75

## Spa<sup>w</sup> Facials

*Spa<sup>w</sup> facials are a great way to ensure you're putting your best face forward.*

## Microdermabrasion Facial

This skin renewal technique uses tiny crystals to gently loosen and remove dead skin cells revealing the younger skin below. Fine lines and wrinkles are diminished while areas of hyper-pigmentation and sun damage are dramatically reduced. We recommend a series of six treatments (a savings of 10%).

Face and Neck **Ninety minutes** 155

Micro Express **Forty-five minutes** 115

## Time to Shine

Designed for all skin types needing a boost from stress, travel – or “just too long since you've cared for your skin” blues – this facial cleanses, exfoliates, hydrates, and firms.

**Fifty minutes** 90

Men's Fitness Facial **Fifty minutes** 90

Super Sensitive **Fifty minutes** 90

## Youthful Bloom

Reveal youthful skin with this superior clinical peel with spa appeal. The proven lightening and exfoliating effects of lactic acid uncovers youthful skin while the antioxidants minimize the inflammation and redness normally expected with serious treatment.

Eighty minutes 115

## Desert Rescue <sup>W</sup>

This powerful treatment is the perfect antidote to our high desert air. The hydrating action works at a cellular level driving moisture deep into skin cells providing renewed elasticity and strength. Enjoy the desert and still have great skin!

Eighty minutes 110

Add a Lightening Mask 15

## Seasonal Facial

Did you know that your skin has different needs every season? It is true! Our Aestheticians will give you a facial that custom fits your skin's needs for the season.

Eighty minutes 115

### *Facial Enhancers*

Bright Eyes	25
Collagen Mask	30
Gel Peel Treatment	55

### *Waxing*

Eyebrows	from 19
Lip or Chin	12
Full Face (does not incl. brows)	32
Underarm	20
Forearm	28
Bikini	from 32
Extended Bikini	45
Brazilian	70
Brazilian Maintenance	65
Full Leg	60
Full Leg and Bikini	80
Half Leg	40
Full Back/Chest	45

### *Tinting*

Eyelash Tint	25
Eyebrow Tint	25

## **Make Up Application**

TRUE mineral make-up is a high performance, easy to use artistry product that is actually good for your skin! No need to avoid make-up after your facial! Add on a TRUE make-up application to any service and walk out looking like the superstar you are!

Forty-five minutes 28

## **Hands and Feet**

*All manicures and pedicures include a hand and foot massage, softening soak, cuticle removal, file shaping, nail buff and application of lotion and polish.*

### **Spa<sup>w</sup> Signature Manicure<sup>w</sup>**

This deluxe citrus manicure is the ultimate renewal treatment. An intense two-step citrus exfoliation will rejuvenate, deeply hydrate and help restore skin to a more youthful appearance. Finished with an essential oil infused ceramide and vitamin massage. Love your nails dahling!

Forty-five minutes 38

French Polish 5

### **Men's MAN-i-cure**

This one is just for you guys. We put the MAN in manicure. No fancy polish, just special attention to the unique and sometimes hard core needs of a man's hands.

Forty-five minutes 33

### **Spa<sup>w</sup> Signature Pedicure<sup>w</sup>**

The ultimate pedicure. A luxurious, "facial for the feet" which features a four-step exfoliation of beach sand, quartz crystals, mineral salts and alpha-hydroxy acid followed by a rejuvenating marine-algae foot masque. Finished with a foot and calf massage. So good, it'll seem a shame to walk on them!

Fifty-five minutes 58

### **High Desert Pedicure**

Inspired by the volcanic landscape of the high desert, this amazing pedicure starts with an effervescent mineral soak followed by a warm sugar scrub that gently exfoliates. Next, a moisturizing volcanic clay foot masque deeply hydrates and prepares you for a relaxing foot and calf massage.

Fifty-five minutes 62

## **Ultimate Indulgence: Spa<sup>w</sup> Packages**

*Work, family, life...sometimes you just need to regroup. Spa<sup>w</sup> packages are the pinnacle of personal pampering. C'mon! What are you waiting for? You deserve this!*

### **Wake Up Call**

Come early and grab an energizing cup of herbal tea. Then retire to the steam room followed by a Time to Shine Facial, beautifying eye treatment and Sixty Minute Massage. Look out world!

**Two hours** 195

### **Cat Nap<sup>w</sup>**

Stretch out and unwind with a relaxing steam, Herbal Linen Wrap and Sixty Minute massage. Purrfect with tea service.

**Two hours** 140

### **A Guy Thing**

So you think you're tough, huh? We think you're right. Loosen up tight muscles and soften chapped skin with a visit to the steam room, a Fitness Facial and Sixty Minute Massage. Your better half will thank you.

**Two hours** 165

### **The Great Escape**


Call it a "doctor's appointment" or just some personal time. Whatever you call it, you'll be rejuvenated with a visit to the steam room, Salt Glow, Sixty Minute Massage, and Spa<sup>w</sup> pedicure. Then enjoy lunch as you plan your next great escape...

**Three hours** 208

### **Wrapsody<sup>w</sup>**

All Spa<sup>w</sup> signature treatments rolled into one for a day of decadence you'll never forget. Steam, Honey Salt Glow, Ninety Minute Massage, Desert Rescue Facial, Spa<sup>w</sup> pedicure, and a delicious spa lunch. You definitely deserve this one, oh yes you do!

**Five glorious hours** 368



Spa<sup>W</sup> is dedicated to your complete and total relaxation and indulgence. As a courtesy to all our guests we ask that you observe the following:

- ⌘ No children, cell phones, pagers or other distractions. This is your time, enjoy it!
- ⌘ We ask that you arrive 25 minutes prior to your appointment. This will give you time to relax and enjoy the steam room. Plus it ensures that the next guest isn't delayed.
- ⌘ If you must cancel an appointment, please give 24 hour notice or we must charge one half of the services scheduled. No shows are charged full price for services scheduled.
- ⌘ All spa services and packages require a credit card or gift certificate to hold a reservation.
- ⌘ Spa<sup>W</sup> is not responsible for lost or stolen items. Lockers are provided with robes and slippers.

Of course we always have a selection of fine herbal teas, and fresh, organic fruit available to you for your enjoyment.

Be good to yourself or someone else! Spa<sup>W</sup> gift certificates make the perfect gift for any occasion.

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