



The mission of the Spa Retreat is to bring beauty, health and wellness to your life.

Enjoy pure relaxation and rejuvenation through healing massage and body treatments by certified therapists, each a true artist, using varying techniques and speciality palettes.



*Welcome....*





The newly renovated Spa Retreat facility has been expanded to include three levels. Our private entrance leads you to the main floor reception area where your spa journey begins. The upper and lower levels boast state of the art equipment and soothing earth tones to ensure that your experience with us will be enjoyable, peaceful and unforgettable.



# Upper Level

of spa

The entire upper level has been designed to provide relaxation and peace for your mind and body.

## **PRIVATE BISTRO:**

Private bistro area enhances the atmosphere achieved in the upper level. Enjoy specialty menu items that balance your healthy lifestyle choices.

## **MEDITATION PODS:**

A relaxing space providing you with a sense of inner peace and serenity.

## **CREATIVE VISUALIZATION AND RELAXATION (CVR):**

CVR is a guided visualization program designed to help you achieve your goals with the use of light and sound. Experience this relaxation in one of our meditation pods.

## **CUSTOMIZED FACIALS**

Each facial treatment is designed in response to you, the client, and your needs to reveal your true beauty at every stage of life. Our Aestheticians are qualified to advise you on the products which will prolong the benefits of Spa Retreat at home.

## **HAIR REMOVAL**

Waxing is a gentle and effective procedure which removes unwanted hair while leaving the skin smooth and silky.

## **EYELASH AND EYEBROW TINTING**

All natural vegetable dyes provide beautiful , long lasting lashes without the need for mascara. Brows are enhanced to the most natural shade , as well as provide grey coverage.

## **MASSAGE THERAPIES**

Registered massage therapists are qualified to provide you with a wide range of therapies. Each treatment is tailored to meet your specific needs.

## CREATIVE VISUALIZATON AND RELAXATION

*CVR programs include: Smoking Cessation, Weight Management, Stress Reduction, Pain Free Lifestyle, Sales Mastery and more.*

First Session	free
Single	\$10.00
Trial Package (12 sessions)	\$110.00
Full 13 Week Series(26 sessions)	\$200.00

## CUSTOMIZED FACIALS

### **BEAUTY BREAK**

*A gentle cleanse, soft gel peel, relaxing massage & replenishing mask - 30MIN* \$35.00

### **THE GRAND CLASSIC**

*5 step cleansing with micro peel, extractions, massage, purifying face & eye mask - 60min* \$75.00

### **MEN'S FACIAL**

*Specifically designed facial products to address the needs of men's skin - 60min* \$75.00

### **THE HYDRATING FACIAL**

*A high performance, deep hydrating facial. Revives and rebalances the most dehydrated complexions, eliminating signs of stress - 60min* \$75.00

### **ACNE SOLUTION**

*Regulates sebum production and controls inflammations, revealing healthier skin - 60min* \$75.00

### **AHA-BHA RESURFACING**

*Organic sources slough away dead cells. Skin is hydrated and noticeably smoother after one treatment Wrinkles and fine lines fade away after four treatments - 75min* \$85.00

### **THE 'LIFTING' OPTIMIZER**

*Anti-aging treatment to leave skin firmer and radiant, reducing the effects of time - 90min* \$100.00

### **EYE CONTOUR TREATMENT**

*Massage and ointments combat puffiness, dark circles and fine lines - 30min* \$30.00

*Treatment duration is approximate time depending on individual needs*

## HAIR REMOVAL

<i>Brow</i>	\$12.00
<i>Upper lip</i>	\$12.00
<i>Under Arm</i>	\$18.00
<i>Full Arm</i>	\$35.00
<i>Lower Or Upper Leg</i>	\$28.00
<i>Full Leg</i>	\$55.00
<i>Bikini</i>	\$25.00
<i>Back</i>	\$35/50
<i>Chest</i>	\$40.00

*Upon assessment of client, pricing may change*

## EYELASH AND EYBROW TINTING

<i>Eyelash Tinting</i>	\$15.00
<i>Eyebrow Tinting</i>	\$15.00
<i>Eyelash and Eyebrow Tinting</i>	\$28.00

## MASSAGE THERAPIES

### **THERAPEUTIC MASSAGE**

30 min \$40.00   45 min \$55.00   60 min \$75.00   90 min \$100.00

### **DEEP TISSUE**

30 min \$45.00   45 min \$65.00   60 min \$80.00   90 min \$105.00

### **PREGNANCY**

30 min \$40.00   45 min \$55.00   60 min \$75.00   90 min \$100.00

### **HOT STONES THERAPY**

60 min \$85.00   90 min \$110.00

### **COUPLES MASSAGE**

30 min \$40.00   45 min \$55.00   60 min \$75.00   90 min \$100.00

### **REFLEXOLOGY**

30min \$40.00   45 min \$55.00   60min \$65.00



# Lower Level

of spa

## **HYDRO THERAPY TREATMENTS**

Colour therapy hydro tub, Vichy shower and steam unit provide an array of massage, healing and detoxification treatments. The Vichy shower and steam treatments are equally healing and detoxifying.

## **BODY TREATMENTS**

Body treatments encourage new cell growth and improve circulation, detoxification, as well slimming properties  
All body treatments can include the use of our Hydro Therapies

## **HAND AND FOOT TREATMENTS**

Treatments include a soothing soak, nail shaping, cuticle care , massage and polish application. Hands are exfoliated and feet are buffed to leave them softer and smoother. Paraffin wax applications enhance your hand or foot treatments. Our luxury pedicure lounge, complete with state of the art massage chairs and overlooks a tranquil courtyard.



## HYDRO THERAPY TREATMENTS

### **HYDROTUB AROMATHERAPY BATH**

*Enjoy an aromatherapy bath with whirlpool jets and light therapy - 25min*

\$20.00

### **VICHY STEAM SHOWER**

*Cleanse, relax and detoxify in our sit-down Vichy Shower with multiple shower heads to soothe from head to toe - 25min*

\$15.00

### **STEAM ROOM**

*Relax and detoxify in our soothing steam room - 25min*

\$15.00

### **DRY SAUNA**

*Relax and detoxify in our private saunas. Available in the men's or womaens locker facility - 60min*

\$10.00



## BODY TREATMENTS

### **TONING BODY POLISH**

*A thorough exfoliation treatment to improve circulation, leaving skin looking healthy and feeling satin smooth. Conclude with a complimentary Vichy shower - 30 min*

\$40.00

### **MOISTURIZING BODY POLISH**

*An exfoliating treatment, Vichy showers, concluded with a gentle massage and moisturizers - 60min*

\$70.00

### **SLIMMING BODY TREATMENT**

*A full body exfoliation, a mask rich in detoxifying ant-fatigue properties, Vichy Shower, concluded with slimming and tightening moisturizers - 60min*

\$85.00

### **SUN KISS**

*An exfoliating treatment, followed by a Self-Tanning moisturizer. Complimentary home treatment is provided - 60min*

\$85.00

## HAND AND FOOT TREATMENTS

### MANICURES

#### **BASIC MANICURE**

*Hand soak, cuticle care, nail shaping, massage and polish application - 45min* \$25.00

#### **THE GENTELMAN'S HAND TREATMENT**

*Hand soak, nails trimmed and shaped, cuticle care, moisturizing hand and arm massage, nail buffing - 30min* \$25.00

#### **MINERAL MANICURE**

*Hand soak, cuticle care, nail shaping, gentle exfoliation of the arm and hand with the use of hot steam towels and moisturizing massage - 60min* \$35.00

### PEDICURES

#### **BASIC PEDICURE**

*Enjoy a foot soak, nail shaping, foot buffing, calf and foot massage with a polish application. Perfect for well conditioned skin - 45min* \$50.00

#### **PREMIER PEDICURE**

*Our signature pedicure is a complete foot experience. Foot soak, nail shaping, foot buffing, moisturizing calf and foot massage, gentle exfoliation, hydrating paraffin mask and polish application - 60min* \$60.00

#### **GENTELMAN'S FOOT CARE**

*Foot soak, nail trim and shape, heel buffing, calf and foot massage, concluded with nail buffing and hydrating paraffin - 45min* \$50.00

***French Tip Application - 15min*** \$10.00

***Polish Change -15min*** \$15.00



## SPA RETREAT PACKAGES

**PLEASE VISIT OUR WEBSITE TO PRE ORDER FROM OUR SPA MENU: [WWW.SAWMILL-CREEK.COM](http://WWW.SAWMILL-CREEK.COM)**

### **SPA FOR TWO**

*Our very popular package includes a half hour massage, premier pedicure, mineral manicure, with a spa lunch and cocktail - 3.5 hrs* \$155.00 ea

### **A NIGHT OUT**

*Perfect before a night on the town or before going away .Includes a mini facial, half hour massage, manicure and toe polish change - 2 hrs* \$110.00 ea

### **THE PAMPER PACKAGE**

*This mini spa day begins with a half hour massage, manicure and pedicure - 2 hrs* \$120.00 ea

### **THE RADIANCE DAY SPA**

*This full day of luxuries begins with a Invigorating Body Polish, half hour massage, hydrotherapy treatment, Mineral manicure and Premiere Pedicure 4 1/2 hrs* \$260.00 ea

***...Or create your own package with the help from our friendly staff!!  
Bridal Packages- special pricing for each group booking.***

## SPA MEMBERSHIP CLUB

*Make the lifestyle change you always wanted.  
Join our Spa Lifestyle Club and enjoy the following:*

- *Luxury Spa Retreat Robe*
- *Body Wrap, Facial Pedicure, Manicure*
- *10% off treatments Tuesday, Wednesday, and Thursday*
- *10% off our luxury overnight accommodations*
- *10% off Spa Retail Items*
- *2 Sawmill Green Fee Passes*
- *Unlimited usage of our outdoor pool and complete fitness facility*
- *Reduced rate for Health Seminars and Workshops*
- *One year membership* \$500.00

## **Spa Etiquette**

Booking-We recommend booking spa appointments one to two weeks in advance. Group appointments are appreciated to be booked three to four weeks in advance.

Arrival Time and Punctuality- Please arrive 15 minutes prior to your scheduled appointment to ensure prompt start time. In consideration for our other guests, late arrivals will result in a shortened appointment. Full charge will apply.

Requests- Feel free to express any special requests, health conditions or concerns at time of booking. You may also request to have a specific spa staff perform your service at time of booking.

Spa Cancellation Policy- We require a minimum of 24 hours notice to cancel your appointment. Same day cancellations will be charged 50% of the fee at spa staff discretion. Missed appointments will be charged the full service fee.

Payment- We accept cash, Visa, Mastercard, American Express and Debit. Golf and spa members may charge their accounts. Credit card guarantee may be required at time of booking.

Gratuities- Gratuities are accepted for services performed and are given at the guests' discretion.

*\*Please note that Spa Retreat and Sawmill Creek are not responsible for lost or stolen items.*



## SPA RETREAT

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**[WWW.SAWMILL-CREEK.COM](http://WWW.SAWMILL-CREEK.COM)**