

MASSAGE THERAPY

Book any two massages and for an additional \$10, upgrade to our couple's treatment room.

RELAXATION MASSAGE - 20 / 50 / 80 / 100 minutes

Our most requested massage, tailored to your needs. Excellent for improving circulation, relieving stress and promoting an overall sense of well-being.

HOT STONE MASSAGE - 20 / 50 / 80 minutes

Heated basalt stones are gently used to massage and melt away muscle tension allowing for a deeply relaxing experience.

DEEP TISSUE MASSAGE - 20 / 50 / 80 / 100 minutes

A firm, intense massage focused on a specific area of muscular tension. Excellent for the athlete or those accustomed to advanced bodywork.

COMBO MASSAGE - 50 / 80 minutes

A combination Relaxation and Hot Stone Massage gives the best of both worlds.

SIGNATURE MASSAGE - 50 / 80 minutes

A more therapeutic massage tailored to your specific needs. Throughout the duration of your massage, a variety of techniques can be used including: deep tissue, sports, stretching techniques, attention to focus areas, and hot stones.

BABY ON BOARD - 50 minutes

A prenatal massage for the mother-to-be after the 1st trimester of pregnancy. Tension relieving using a Prego-Pillow for mother to lay on tummy fully relaxed.

BATH & BODY TREATMENTS

LUXURIOUS HERBAL SOAK - 20 minutes

Great for invigorating, energizing, and soothing tired muscles or just unwinding after a long day.

FARMHOUSE FRESH SEASONAL BODY EXFOLIATION - 20 / 50 minutes

Our signature body exfoliation with a variety of fresh seasonable blends using salt or sugar for delicate skin. Be sure to check what blend is available as it changes seasonally.

STRESS RELIEVING BACK TREATMENT - 50 minutes

Treatment includes a back exfoliation, masque, massage, scalp massage and foot massage.

BODY LUSH HYDRATING WRAP - 20 / 50 minutes

A moisture-binding emollient for skin in need of deep, lasting hydration and protection. The 50-minute session begins with dry brushing exfoliation. Excellent for circulation.

CREAMY BODY POLISH - 20 / 50 minutes

A more gentle way to exfoliate. A creamy, moisturizing scrub for dry or sun-damaged skin. This will leave skin smooth to the touch.

CACTUS TONING WRAP - 50 minutes

Helps increase circulation and improve skin's elasticity as it warms mildly on wrapped skin. Firms, tones and tightens the surface. Great for nourishing the skin. This wrap is packed with minerals, vitamins and calming aloe.

HANDS & FEET

French upgrade to be requested when making reservations. French is not available with Express Manicure. No acrylics. No shellac. Time for the removal of shellac or acrylics will be deducted from service time.

EXPRESS MANICURE - 20 minutes

Soak, shape, cuticle work, and polish.

TRADITIONAL MANICURE - 45 minutes

When your hands need a little extra pampering. Soothing soak, sugar glow with aromatherapy, and attention to detail for cuticles, shaping, and polish.

LUXURY MANICURE - 75 minutes

The ultimate in pampering for hands. Thorough exfoliation with aromatherapy, plus a deep moisturizing mask, a hand and arm massage, combined with shaping and polish. Leaves hands looking and feeling rejuvenated.

GENTLEMAN'S MANICURE - 20 minutes

Express Manicure just for the guys.

TRADITIONAL PEDICURE - 45 minutes

Our most requested pedicure pampers tired feet. It begins with a refreshing soak, followed by a smoothing aromatherapy scrub, with attention to detail of the nail area and bottoms of feet, a moisturizing massage, shaping, and polish.

GENTLEMAN'S PEDICURE - 45 minutes

The Traditional Pedicure just for the guys.

LUXURY PEDICURE - 75 minutes

The ultimate in pampering for your feet. Enjoy a long, softening soak, a thorough aromatherapy exfoliation, a leg and foot massage using hot stones, attention to detail of the nail area, a warm, Eco-Fin moisturizing treatment, shaping, and polish.

FACIALS

EXPRESS FACIAL - 20 minutes

A double cleanse, light exfoliation, masque, toner, and moisturizer.

CUSTOM FACIAL - 50 minutes

Excellent for anti-aging, prematurely-aged skin, dry skin, acne-prone skin, oily, sensitized, or combination skin types. Tailored toward your specific skin type to give you the best results. Our knowledgeable staff will examine your skin care needs and thoroughly address during service.

LUXURY FACIAL - 80 minutes

Appreciated by those looking for that little extra indulgence. A Custom Facial plus a revitalizing eye treatment, facial massage, and a hand and foot massage.

BACK FACIAL - 50 minutes

Enjoy a deep cleansing just for the back. Includes a double cleanse, exfoliation, masque, toner, and moisturizer. Extractions are also included, if required.

*If you are using Accutane®, Retin-A®, Adapalene®, or Renova®: Exfoliation, extractions, and heat are not recommended.

Spa Botanica is proud to feature **Dermalogica** in our facials and on our retail shelves. Using only the finest ingredients available, all products are non-comedogenic and do not contain any occlusive mineral oil or lanolin, irritating artificial colors or fragrance, or drying S.D. alcohol.

FOR CHILDREN

MY FIRST MASSAGE - 20 minutes

A 20-minute Relaxation Massage for children under the age of 12 years old. Parent or adult supervisor must be present in the spa during services.

MY FIRST MANICURE OR PEDICURE - 20 minutes each

Express Manicure or Pedicure for children under the age of 12.

SPA PACKAGES

SERENE ESCAPE - 80 minutes

Creamy Body Polish, Body Lush Hydrating Body Wrap, 20-minute Relaxation Massage, and an Express Facial.

SOOTHING WATERS - 60 minutes

Start with a luxurious Herbal Soak, enjoy an exfoliating body scrub, and finish with your choice of a 20-minute Relaxation Massage OR an Express Facial.

BOTANICA CLASSIC - 90 minutes

Creamy Body Polish, Body Lush Hydrating Body Wrap, and a 50-minute Relaxation Massage.

UNWIND & DESTRESS - 85 minutes

20-minute Relaxation Massage OR Express Facial, followed by an Express Manicure and Traditional Pedicure.

SOOTHING RETREAT - 120 minutes

50-minute Relaxation Massage, Custom Facial, and 20-minute Creamy Body Polish.

RELAXING GETAWAY - 115 minutes

20-minute Relaxation Massage, Custom Facial, and a Traditional Pedicure.

GENTLEMAN'S SELECTION - 85 minutes

The good life is for men too! Start with a Luxurious Herbal Soak, followed by a 20-minute Relaxation Massage and a Traditional Pedicure.

MOTHER-TO-BE - 70-95 minutes depending on the service rendered

50-minute Baby on Board massage followed by a Traditional Pedicure OR an Express Facial.

MAGIC MOMENTS - 90 minutes

You will start with a Luxurious Herbal Soak, followed by a 50-minute Relaxation Massage and an Express Facial. Our most popular couples package!

Spa Botanica also offers seasonal packages.

Ask about our special features!

Want to upgrade a service in your package? Ask about upgrades when booking!

Follow us on Facebook to see seasonal features.

spabotanicahotsprings.com