

# Welcome to Tranquility Springs Wellness Spa At Lake Opechee Inn

The perfect lakeside retreat; whether you are here for an hour massage or a weekend of spa indulgence, we welcome you to experience the peace and tranquility of our home away from home.

Tranquility Springs Wellness Spa was designed to complement our luxury Inn and provide a rejuvenating experience for our guests and clients. Enjoy some time in our private infrared healing saunas or sit by the fireplace in our comfortable robe lounge. We have everything you need to relax and escape the stresses of the world outside.

Our services are developed by our experienced team who truly love what they do and are committed to making a difference in the lives of others. The products they have chosen are specifically designed for wellness, relaxation and a “feel good” experience. Through personal service and consultation, our service providers will customize your treatment to give you and your body exactly what you need to re-energize and regain balance in your life.

We are honored to welcome you to our Inn and Spa and wish you and your loved ones a touch of tranquility in each and every day.

Melissa Graton  
Spa Director

## Spa Packages

*All package times are approximate.*

*Substitutions are subject to price change*

### **The Great Escape** 4 Hours, \$335

The ultimate spa package that will leave you completely rejuvenated.

- 60-Minute Relaxation Massage
- Choice of Sugar or Salt Scrub
- Custom Facial
- Opechee Signature Pedicure

### **Time for Two** 2 Hours, \$310 (for two)

Spend time together while you both enjoy relaxing side by side treatments.

- 60-Minute Relaxation Massage
- Opechee Signature Pedicure

### **Tranquil Escape** 2 Hours, \$155

Sneak away for a couple hours of tranquility just for you.

- 60-Minute Relaxation Massage
- Deep Moisturizing Hand & Foot Treatment

### **Mother to Be** 2 Hours, \$160

A soothing experience that will leave you and your baby feeling rested and renewed.

- 60-Minute Pregnancy Massage
- Opechee Signature Pedicure

### **Couple's Relaxation Massage** 1 Hour, \$190 (for two)

Add a touch of romance to your busy lives...

- Side-by-Side Candlelit Massage
- Upgrade to deep tissue for \$15 per person or hot stones for \$25 per person.*

### **Polish Up** 2 Hours, \$100

Freshen up your hands and feet while adding a touch of color to "glam up" your life.

- Opechee Signature Manicure
- Opechee Signature Pedicure

# Facials

## **Wrinkle Reducing Facial** 75 Minutes, \$125

A facial that is strictly geared towards diminishing fine lines and deep wrinkles. Most suitable for those with mature skin and early signs of aging; the products utilized in this facial helps boost natural collagen production and leaves skin looking soft, smooth and years younger. *To prevent irritation to the skin, this facial does not include steam and extractions.*

## **Tranquility Signature Facial** 60 Minutes, \$115

Beginning with a compression massage on your back, this facial becomes a collaboration of healing massage and relaxation while your skin experiences deep cleansing, purification and a facial massage targeting your vital energy points. Your skin is replenished with deep moisturization, and your mind is relaxed and revitalized. *Beneficial for all skin types. To optimize your relaxation, this facial does not include steam and extractions.*

## **Anti-Aging Facial** 60 Minutes, \$105

Formulated for mature, dehydrated or sun damaged skin, this facial utilizes Vitamin C for its brightening, tightening and hydrating properties. It helps to reduce the appearance of fine lines, renew elasticity, and rejuvenate a more youthful appearance. *Includes steam and extractions.*

## **Conscious Skin Facial** 60 Minutes, \$105

Designed specifically to soothe and calm the most sensitive skin. This calming facial utilizes antioxidant rich ingredients to help protect the skin from environmental toxins, defy the natural signs of aging and regenerates damaged skin. *Includes steam and extractions.*

## **Purifying Facial** 60 Minutes, \$105

Designed specifically to cleanse, soothe and heal problem skin. This healing facial utilizes a combination of deep cleansing products along with a peel to help treat breakouts as well as cystic acne. For highly problematic skin, a series of the purifying facial is recommended. *Includes steam and extractions.*

## **Hydrating Facial** 60 Minutes, \$105

Our hydrating facial will bring back a healthy glow to your dehydrated skin. A powerful blend of antioxidant rich products helps to neutralize free radicals, protect skin from environmental toxins and combat the visible signs of premature aging. This facial leaves the skin clean, supple, and nourished. *Includes steam and extractions.*

## **Custom Facial** 60 Minutes, \$105

Designed to target your specific skin care needs while using our 98% all natural products! Let our skin care specialists select products to help you relax while they cleanse, tone, and refresh your skin back to its natural glow. This facial is beneficial for all skin types. *Includes steam and extractions.*

### ***Upgrade this facial to Anti-Aging Add \$10***

These specialty products contain antioxidants that help fight free radicals, reduce fine lines, and bring a natural glow to your skin. This upgrade includes a delectable lip treatment complete with scrub, mask, and balm.

### ***Enhance your Facial, during your session with:***

**Eye Brightening Treatment \$15**

**Nourishing Lip Treatment \$10**

**Hydrating Warm Mitts or Booties \$15**

**Hydrating Scalp Treatment & Massage \$15**

# Massage Therapy

## **Ashiatsu Massage** 60 Minutes, \$120 / 90 Minutes, \$150

Great for those looking for deep tissue work, or those who enjoy relaxing with a firm pressure. Ashiatsu Oriental Bar Therapy® is a unique *barefoot massage* modality designed to allow your massage therapist to deliver continuous deep pressure throughout your massage. By using specially mounted balance and support bars, your massage therapist can apply a pressure that is best accepted by your body to ensure your comfort and relief.

*Only available with specially trained massage therapists*

## **Opechee River Rock Massage** 60 Minutes, \$120 / 90 Minutes, \$150

A relaxing full body massage combined with heat therapy. Smooth, polished river stones are warmed and incorporated into the massage to loosen tight muscles, relieve stress, and ease tension

## **Massage Cupping** 60 Minutes, \$120 / 90 Minutes, \$150

Cupping is a great addition or alternative to a deep tissue massage. Acrylic cups are applied to the skin with suction to areas the body needs additional circulation or tension relief. Techniques can include stationary cups and/ or use of moving cups.

**\*\*Please be aware that depending on sensitivity, “Cupping Kisses” may appear and last 4-7 days after treatment.**

## **Deep Tissue Massage** 60 Minutes, \$110 / 90 Minutes \$140

This therapeutic massage is a great treatment for someone with tight muscles, problem areas or for those who enjoy deep pressure to relax. Firm to deep strokes and/or trigger points are applied to tight muscles and adhesions for tension relief.

*Add on: Ice Therapy \$10: Helps reduce inflammation in problem areas or soothe sore muscles after deep tissue work.*

## **Relaxation Massage** 60 Minutes, \$95 / 90 Minutes, \$125

A customized full body massage which utilizes light to moderate strokes. Improving circulation and flexibility while easing tension and relaxing your entire body.

## **Pregnancy Massage** 60 Minutes, \$100

Relax and relieve the additional stress put on your body during pregnancy. Specifically designed for the expecting mother to be, this massage targets the neck, shoulders, lower back and feet. You and your baby will rest side lying, in the most comfortable position supported by pillows so you both can fully enjoy this nurturing treatment. *Massage is best suited for guests in their 2<sup>nd</sup> or 3<sup>rd</sup> trimester of pregnancy. Deep tissue work is not advised during pregnancy.*

### ***Enhance your Massage session with:***

**Hydrating Warm Mitts or Booties** \$15

**Hydrating Scalp Treatment & Massage** \$15

**Aromatherapy** \$5

**30 Minute Sauna Session** \$20

## Body Treatments

### **Signature Sugar Scrub** 45 Minutes, \$75

Enjoy one of our signature scents with a relaxing sugar scrub exfoliation and warm lotion application. Locking in vital moisture for lasting hydration, creating smoother skin with a healthy glow.

*For the most pleasant experience, do not shave your legs on the day of this service.*

### **Aromatherapy Salt Scrub** 45 Minutes, \$75

A blend of exfoliating sea salts, mineral salts and aromatherapy oils are gently massaged over the body to remove dull surface skin cells. This treatment is designed to improve circulation and soften the skin, with a warm lotion application for lasting hydration.

*For the most pleasant experience, do not shave your legs on the day of this service.*

### **Moisturizing Body Wrap** 75 Minutes, \$130

A hydrating body wrap that utilizes Vitamin A, E & B to help nourish and restore your skin's natural glow. This wrap is completed with a warm lotion application for lasting hydration.

### **Purifying Body Wrap** 75 Minutes, \$125

An invigorating, purifying and hydrating mud wrap. The micro-fine silt in the mud is a natural and gentle exfoliant that draws impurities from the skin and promotes circulation. This wrap is completed with a warm lotion application for lasting hydration.

### **Detoxifying Body Wrap** 75 Minutes, \$120

This therapeutic wrap envelops you in an ocean seaweed body mask that will revitalize your skin and help rid your body of excess toxins. This mask is rich in marine proteins to help reduce the appearance of cellulite and water retention while it stimulates circulation with its high potency antioxidant algae. This wrap is completed with a warm lotion application for lasting hydration.

### ***Enhance your Body Treatment, Add On...***

#### **Sugar or Salt Scrub exfoliation to any Body Wrap \$35**

*Adds approximately 15 minutes to your service*

## Hand & Foot Treatments

*These treatments are designed to exfoliate and hydrate. They do not include nail care, cuticle care or polish.*

### **Deep Moisturizing Hand Treatment** 20 Minutes, \$25

Relieve dry, chapped and tired hands. This hand treatment includes an invigorating sugar scrub exfoliation, lotion application, paraffin treatment, and a relaxing hand and arm massage.

### **Deep Moisturizing Foot Treatment** 20 Minutes, \$35

Treatment for dry feet in need of a little extra care. This foot treatment includes an invigorating sugar scrub exfoliation, lotion application, paraffin treatment, lower leg mask and a relaxing foot and leg massage.

## Manicures

*Our manicures are designed for 'natural' nails only. Cuticles are treated and not clipped to promote natural healing.*

### **Shellac Manicure** 45 Minutes, \$45 / Additional \$10 for paraffin/Additional \$5 for French Polish/Additional \$10 for Removal

Shellac® nail color goes on like a polish, wears like a gel. You'll enjoy up to two full weeks of a nick-free, chip-free, smudge-free manicure. Unlike traditional polishes, Shellac is cured under a UV light in just minutes, so there is zero dry time. *We recommend removal and reapplication after 14 days because natural nails will have grown away from the cuticle.*

### **Opechee Signature Manicure** 50 Minutes, \$40 / Additional \$5 for French Polish

This is a nourishing & hydrating manicure for dry hands and cuticles in need of extra care. Your nails will be shaped to perfection, and cuticles treated with our advanced cuticle treatment before enjoying gentle exfoliation, a paraffin treatment, and a relaxing moisture enhancing hand & arm massage.

*Complete your service with your nails buffed to a glow or choice of polish.*

### **Express Manicure** 25 Minutes, \$25 / Additional \$5 for French Polish

This is a perfect manicure for a quick touch up or for someone on the go. Let us shape your nails, clean up your cuticles and add a touch of moisture back into your hands.

*Complete your service with your nails buffed to a glow or choice of polish.*

## Pedicures

### **Opechee River Rock Pedicure** 60 Minutes, \$65 / Additional \$5 for French Polish

A deeply relaxing pedicure that is great for tired and sore feet. This treatment combines nail and cuticle care, an invigorating sugar scrub exfoliation, foot filing, a hydrating lower-leg mask and foot and leg massage with a warm stones to help relieve tension. *Complete your service with your nails buffed to a glow or choice of polish.*

### **Opechee Signature Pedicure** 60 Minutes, \$60 / Additional \$5 for French Polish

Treat yourself to this relaxing and rejuvenating pedicure that will help repair your dry, tired feet. This treatment combines an invigorating sugar scrub exfoliation, foot filing, lower leg mask, paraffin treatment and foot and leg massage. Complete your service with your nails buffed to a glow or choice of polish.

**The Best Foot Forward Pedicure** 50 Minutes, \$50 / Additional \$5 for French Polish

A quick, refreshing pedicure, perfect for feet on the go. This pedicure includes a light exfoliation, nail and cuticle care along with a relaxing foot and leg massage. *Complete your service with your nails buffed to a glow or choice of polish.*

## Ear Coning

**Ear Coning** Approx. 45 Minutes \$70

Ear coning is a safe, simple remedy for gently removing excess wax and toxins from inside the ears to help with hearing, allergy relief and lymph drainage.

**Additional Ear Cones** \$10 each

During your ear coning treatment, add an extra cone to a side that may be more problematic for optimal results.

## Tinting Services

**Lash Tinting** \$20

For people with light colored lashes. Lash tinting will intensify the color and accentuate your eyes.

*Lasts approximately 2 weeks.*

**Brow Tinting** \$20

For people with light or thinning eyebrows. Tinting will add color and define the natural shape of your brow.

For optimal results, there must be adequate amount of hair to tint.

*Lasts approximately 2 weeks.*

**Lash and Brow Tinting** \$35

## Waxing

*Hair growth varies by individual, so the time and effort required to remove hair may vary.*

***Hair should be approximately (and a minimum of) 1/4 inch for all waxing services.***

**Face**

Brows	\$20
Lip	\$10
Chin	\$15
Jaw Line	\$20
Full Face ( <i>includes Brows, Jaw Line, Chin &amp; Lip</i> )	\$55

**Body**

Bikini	\$35
Extended Bikini	\$40
Brazilian ( <i>Min. age of 18</i> )	\$65
Back or Chest	\$50
Underarm	\$20
Half Arm	\$30
Full Arm	\$40
Half Leg	\$40
Full Leg	\$65

## **Spa Policies & Reminders**

### **Appointment Times**

Please arrive a minimum of 15 minutes prior to your spa appointment to check-in, relax and unwind. Arriving late for your appointment will deprive you of valuable treatment time.

### **Health and Safety**

Please be sure to inform your service provider if you are pregnant, have high blood pressure, heart ailments, or any condition that may be contraindicated by heat therapies, massage, or skin care. Clients in need of assistance, please let us know at time of booking to ensure accommodations can be made.

### **Scheduling Appointments**

Due to the high demand for spa appointments, we suggest making appointments as far in advance as possible. Please note, a credit card is required to schedule appointments for our 24-hour Cancellation Policy.

### **24-Hour Cancellation Policy**

Please notify us of any service changes or cancellations at least 24-hours prior to your appointment. Services cancelled, altered or no shows will be charged the full-service price.

### **Cell Phones and Smoking**

To ensure all our clients experience a peaceful and relaxing atmosphere, cell phones must remain silenced and phone conversations are prohibited. Tranquility Springs Wellness Spa is a smoke free facility.

### **Prices, Gratuity and Payments**

All prices are subject to change without notice. Gratuities are not included and are left up to the discretion of our clients. We accept cash, all major credit cards, and checks. Any returned checks will be charged \$25 for insufficient funds.

### **Age and Amenities**

The spa is open to adults and children age 16 and older; some services may have specific age restrictions. Our facility includes private men's and women's locker rooms with private infrared saunas. Please let us know prior to your arrival if you would like to use the saunas as they take time to heat up and they may be previously reserved. Robes and spa sandals are available for your comfort, and we invite you to enhance your experience by spending some extra time in our relaxing robe lounge.

### **Food and Beverages**

NH state law prohibits outside food and/ or alcohol in the spa facility. We provide a light beverage station for our clients to enjoy while relaxing by the fire in our robe lounge.