

## ABOUT CRYSTAL SPA

Welcome to Crystal Spa — your destination experience. Take in our Peak Fitness Center, indoor pool and luxurious locker rooms with infrared saunas and steam rooms. Soak up blissful peace and quiet in our meditation garden with private outdoor hot tub.

### APPOINTMENTS AND RESERVATIONS

We strongly recommend that you schedule Spa appointments prior to your arrival. Reservations are subject to availability and must be guaranteed with a credit card.

### CANCELLATION

We request that cancellations or appointment reschedules be made at least 24-hours in advance for single services and 48-hours in advance for multiple treatments. Failure to reschedule in advance will result in a 50% charge applied to your credit card. No show appointments will be charged in full.

### DO YOU HAVE SPECIAL HEALTH CONSIDERATIONS?

Please notify our Spa concierge if you have high blood pressure, allergies, any physical ailments, special needs or if you are pregnant. This information may also be noted on your Personal Care Guide upon arrival at the Spa.

### ARRIVAL

We suggest that you arrive at least 45-minutes prior to your appointment time. This will allow you ample time to sign in, enjoy a steam and sauna in our well-appointed locker rooms or relax in our lounge areas.

### LATE SHOW

As a courtesy to our other clients, late arrivals will only receive the remaining available appointment time and will be charged the full service fee.

### DO YOU NEED HELP CHOOSING YOUR TREATMENT?

Our Spa concierge will help you plan the perfect Spa experience based on your specific needs.

### WHAT SHOULD YOU WEAR?

A robe, slippers and day locker will be provided for you upon arrival to the Spa. Disrobe to the level of your comfort.

### PAYMENT

We accept all major credit cards, personal checks and traveler's checks. Hotel guests may also charge services to their room and club members to their membership account.

### SERVICE CHARGES

For your convenience, an 18% gratuity will be automatically incorporated into your bill.

### SHOULD YOU SHAVE BEFORE A TREATMENT?

Shaving is not recommended prior to any body exfoliation treatments or hair removal services. We do, however, recommend that MEN PLEASE SHAVE TWO HOURS PRIOR to their scheduled facial treatment.

### IS THERE AN AGE REQUIREMENT TO USE THE SPA?

All Spa guests must be 18 or older to schedule a treatment, use the Peak Fitness Center, or purchase a daily guest pass. Exceptions may be made for nail services providing a parent accompanies their child at all times. Please speak to our Spa concierge for more details.

### CELL PHONES

In consideration of our other guests, we ask that you turn off your cell phone and/or pager *before* entering the Spa.

### VALUABLES

The Spa is not responsible for damage or loss of your personal belongings. Please do not bring valuables.

### GIFT CERTIFICATES

Spa Gift Certificates are a wonderful way to give the gift of health, wellness and beauty to the special people in your life. We will be more than happy to assemble a group of services that fit any personality or special occasion. Gift certificates may be purchased at the Crystal Spa or by phone and may not be redeemed for cash; only for products and services, please.

The Crystal Spa logo consists of a stylized green leaf icon above the text "crystal spa" in a lowercase, sans-serif font.

crystal spa

A DESTINATION  
EXPERIENCE

The new Crystal Spa is a celebration of relaxation, renewal and the environment on a grand scale. This 18,500-square-foot oasis in the heart of Crystal Mountain honors the art and natural beauty of northern Michigan in a setting that awakens and inspires. From the first moment you enter its doors, you'll appreciate the comforts of this elegant retreat. Enjoy a broad array of restorative spa services and extensive fitness programs sure to enhance the health and wellness of your mind, body and spirit.



CRYSTAL SPA IS THE MIDWEST'S ONLY LEED-CERTIFIED SPA.

## PURE INDULGENCE SET IN CRYSTAL.

With every season, nature transforms itself, affecting everything in its wake. We transition as well – body, mind and spirit. At the Crystal Spa, our therapists have created a soothing oasis that embraces the four distinct, breathtaking seasons of Northern Michigan. This tranquil setting is immersed in a philosophy of attuning the whole person to the rhythms and cycles of the Earth. Here, you'll discover time-tested treatments and healing rituals that harness the gifts of nature, offering a year-round menu of seasonally inspired therapies that bring renewal and transformation with every breath you take. .

## SKINCARE

Pure and powerful products deliver profound treatment experiences that achieve maximum results. The Crystal Spa is proud to incorporate Skin Authority® and their Exclusive Lifestyle™ Program into our treatment therapies. Skin Authority is one of few skin care companies to offer medical grade products comprised of the highest concentrations of pure, unbuffered ingredients. All of which are free of fragrances, dyes, parabens and animal testing.

### SIGNATURE CRYSTAL TRANSFORMATION

With this intensive therapy, just one treatment leaves your skin looking firmer, smoother and brighter. Our unique blend of vitamins and fatty acids from citrus carotene and olive oil repairs skin damage caused by the harmful effects of the environment and natural aging process. These antioxidant-rich ingredients firm, tone and reduce the appearance of fine lines and wrinkles.

*If performed regularly, the Crystal Transformation produces an extreme restoration that typically includes an increase in moisture level, tone and a reduction in visible fine lines.*

**50 Minutes** .....\$120  
**80 Minutes** ..... \$180

### CRYSTAL GLOW

A classic facial to indulge the skin and relax the mind, while promoting the general health and appearance of skin by calming irritation, replenishing lost nutrients and boosting its natural ability to protect against environmental damage and stress. This treatment is especially effective in treating rosacea, eczema, psoriasis and severely dry, sensitive skin.

**50 Minutes** .....\$110

### PURE RESULTS FACIAL

Using only all-natural Naturopathica® ingredients, this purifying facial is customized by your esthetician to target your specific skin type. The session begins with a thorough cleansing, followed by toning and gentle exfoliation with active fruit enzymes or oxygenating green tea. The therapist then massages your face, neck and shoulders with bioactive serums, and concludes the session with a tailored treatment mask and relaxing arm, hand and foot massage.

**50 Minutes** ..... \$105

### MEN'S REVITALIZING FACIAL

This multi-action reconstructive treatment is designed to soothe and deep clean aggressively exposed skin related to sports or shaving. Exfoliation, facial massage and re-hydration compete this purifying therapy. Includes a clarifying scalp massage.

**50 Minutes** ..... \$105

### CRYSTAL CLEAR

A purifying and balancing back treatment that incorporates traditional practices and ingredients combined with targeted massage techniques to cleanse, hydrate and smooth. Results in a thoroughly hydrated back that is left free of impurities.

**25 Minutes**.....\$60

### EXPRESS FACIAL

Cleanse, steam, mask and massage for the person on the go. This service quickly stimulates and cleanses to reveal softer glowing skin.

**25 Minutes**.....\$60



## SKINCARE ENHANCEMENTS

### SKIN AUTHORITY® TREATMENTS

#### TRANSFORMATION PEEL

Instantly minimizes lines, brightens and tones skin in one brief treatment. Our therapists apply pure sugar cane-derived resurfacing solutions to dissolve and gently whisk away damaged, aged skin cells.

*Regular treatments typically result in increased clarity, moisture levels, density and a reduction of fine lines.*

**20 Minutes** .....\$40

#### EYE, NECK & LIP FORTIFYING TREATMENT

This hydrating treatment gives you an immediate rested and refreshed look as it restores elasticity and firmness to aging eyelids, the often-neglected neck area and dry, chapped lips.

**20 Minutes** .....\$30

#### ANTI-AGING FOR HANDS & FEET

Transform rough, aging hands and feet into soft, smooth and silky younger looking ones. Using the proven power of exfoliators derived from sugar cane, dry skin build-up on the hands and feet are eliminated. The deep exfoliation prepares the pores to receive intense nutrients and moisture from our anti-aging mask – a therapy infused with deep sea algae, the essential oils of rose, jasmine, ylang-ylang, clove and powerful antioxidants.

**20 Minutes** ..... \$25

*A Spa service charge of 18% will be added to all treatments.*

## NATUROPATHICA® TREATMENTS

### ENZYME PEELS

Upgrade any treatment with Naturopathica's 15 percent wild black cherry peel for brightening and enlivening skin, or 15 percent pumpkin enzyme peel to open clogged, congested pores.

**\$20**

### SCALP TREATMENT

A great addition to any facial, this treatment consists of an invigorating massage using a blend of oils tailored to your individual scalp type.

**\$25**



## MASSAGE

We believe in the concept of total care. That's why we're dedicated to using only the finest skin-friendly ingredients to support the health and vitality of your skin. Because of this, we've selected Naturopathica® as the featured product line in all our massage and body treatments. Known for their *Pure Ingredients and Pure Results*, this line is a destination point for embracing the most wholesome essentials of wellbeing.

### SIGNATURE CRYSTAL BALANCE

More than a massage, Crystal Balance is an incomparable Spa experience. Prior to your massage you are asked to select an energy stone of your choice that corresponds with the matching vibrational oil to be used in your massage. The warmed oil and guided deep breathing, along with a blend of massage techniques and hot basalt stones, release stress and slow down your mind, bringing you back into balance. The massage concludes with a calming, vibrational sound used to usher in a deep, peaceful state.

**50 Minutes .....\$120**

**80 Minutes ..... \$180**

### RESTORE

An excellent treatment for sports enthusiasts, the Restore massage involves a highly therapeutic bodywork technique that incorporates slower strokes, while targeting specific areas to work the deeper layers of muscle fibers. An anti-inflammatory blend of arnica, rosemary and basil melts away tension, easing tight muscles and soreness.

*Add hot stones for even greater relief.*

**50 Minutes .....\$115**

**80 Minutes .....\$175**

### CRYSTAL STONE

This treatment blends the therapeutic properties of heated basalt stones with Swedish massage techniques to deeply penetrate tight muscles, improve circulation and promote an enhanced sense of wellbeing.

**50 Minutes .....\$110**

**80 Minutes .....\$165**

### AROMAFUSION

Deep forest body oils are used in this aromatic hot towel massage for the ultimate relaxing treatment. Your therapist applies a blend of essential oils combined with a luxurious relaxation massage with steaming hot towels to relieve tension and awaken your senses.

**50 Minutes .....\$110**

**80 Minutes .....\$165**

### TRANQUIL

Considered to be the most universal of all massages, this relaxing Swedish massage consists of smooth long strokes with light to moderate pressure. French lavender is applied to reduce tension and increase circulation.

**50 Minutes ..... \$95**

**80 Minutes .....\$145**

### ELATION

This prenatal massage is gentle yet therapeutic, focusing on the special needs of the mother-to-be as her body goes through the changes of pregnancy. Both mother and baby share in the benefits as stress melts away.

*Please Note: Only for those past their first trimester.*

**50 Minutes .....\$110**

### RECHARGE

Hectic schedules can wreak havoc on the body and the muscles of the head, neck and shoulders. Recharge with our twenty-five minute intensive massage, designed to release tension and promote blissful relaxation.

**25 Minutes .....\$60**

## MASSAGE ENHANCEMENTS

### HOT STONES

**\$20**

### CALMING SCALP MASSAGE

**20 Minutes ..... \$45 / Upgrade \$25**

### VIBRATIONAL BALANCING

**\$15**

## COUPLES MESSAGES

Whether you're looking for a romantic candle-lit getaway or some quiet time to catch up with a friend or relative, this is the ideal couples retreat. The treatment includes two side-by-side full body Tranquil Swedish Massages, Restore Deep Tissue Massages\* or a combination of the two. Upgrade to include a soothing in-room Naturopathica® bath, infused with essential oils, before or after your treatments. Following your treatment, enjoy a cup of tea together in the Crystal Meditation Room.

### TRANQUIL

**50 Minutes ..... \$190 per couple**

**80 Minutes .....\$290 per couple**

### RESTORE

**50 Minutes .....\$230 per couple**

**80 Minutes .....\$350 per couple**

*\*You may select a different massage from our year-round or seasonal menu for the full service price.*

## BATH ENHANCEMENTS

### RENEW

A replenishing soak to ease muscle strain and renew energy.

**20 Minutes .....\$40**

### DETOXIFY

A bath - infused with juniper and cypress - that stimulates the circulatory system and reduces toxins.

**20 Minutes .....\$40**

### REST

Tu Aqua Latte - a foaming bath ideal for soothing nervous tension and stress.

**20 Minutes .....\$40**

## BODY TREATMENTS

### SIGNATURE EVERGREEN RENEWAL

For centuries, Scandinavian countries have relied on the healing powers of water to stimulate circulation, cleanse the skin and relax the body. This three-in-one experience begins with an invigorating sea salt and citrus scrub followed by a seaweed wrap infused with Icelandic moss. Dry, dead skin is then washed away with a gentle rain shower. The session concludes with a head to toe massage using evergreen extracts of white pine, balsam fir and silver fir. You will leave feeling relaxed, renewed and refreshed.

**80 Minutes ..... \$185**

### ESPRESSO MUD BODY SCRUB

A warm, Vichy shower envelops your entire body to gently relax, yet stimulate circulation. Finely ground coffee beans blended with Indian sarsaparilla, honey and tobacco are applied to detoxify, then slough off dull, dry skin. Crème de la Crème body lotion seals in moisture leaving the skin smooth, soft and glowing.

**50 Minutes ..... \$95**

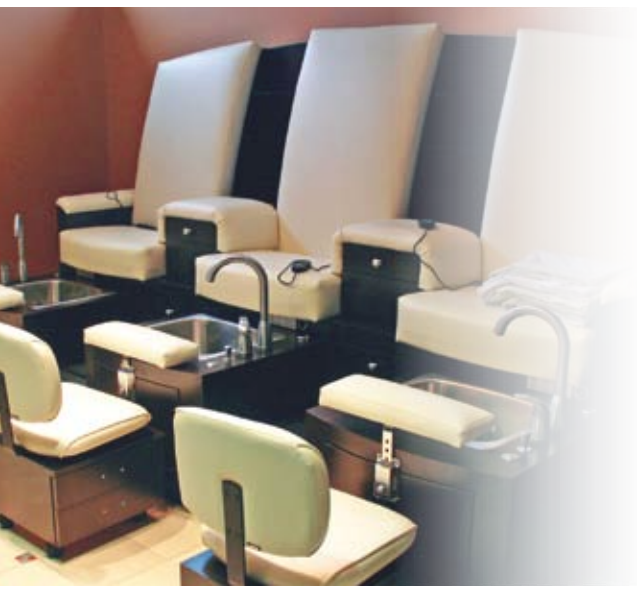
### PURE CRYSTAL BODY POLISH

A blend of mineral-rich sea salts, rosemary and citrus essential oils are scrubbed into the skin to stimulate circulation and slough away dull, dry skin, leaving it smooth and polished.

**25 Minutes.....\$70**



*A Spa service charge of 18% will be added to all treatments.*



## NAIL SERVICES

### HEALING HANDS RITUAL

Relax with this complete aromatherapy treatment. A gentle cleansing and exfoliation is followed by a warm-stone therapy massage and a warm paraffin bath. Herbs of juniper, ginger, mandarin, lavender, geranium and jasmine are infused into all aspects of this hand ritual to create a sensory filled experience that leaves your hands looking softer and younger.

**50 Minutes** .....\$60  
**80 Minutes\*** .....\$75

### JOURNEY FOOT RITUAL

Designed to clear energy blocks and restore balance, this revitalizing footbath, sea salt exfoliation and aromatic paraffin pack incorporates herbs and essences such as geranium, wildcrafted ginger, tea tree and jasmine. All tension is melted away through this warm stone massage therapy.

**50 Minutes** .....\$70  
**80 Minutes\*** .....\$95

*\*Includes Perfect Sense Paraffin.*

*A Spa service charge of 18% will be added to all treatments.*

### CRYSTAL MANICURE AND PEDICURE

Get on the fast track to the ultimate in hand and foot relaxation. Includes a blooming soak of Italian mandarin followed by an exfoliation and hand or foot massage with a blend of Chinese jasmine and Indonesian ginger essential oils, which restore vitality. This service also incorporates nail and cuticle care, and nail polish application.

**Mani 50 Minutes**.....\$50  
**Pedi 50 Minutes** .....\$60

### MINI MANI / PETITE PEDI

A basic manicure or pedicure with cuticle care, nail shaping, buffing and polish.

**Mani 25 Minutes**.....\$25  
**Pedi 25 Minutes**.....\$35

### PERFECT SENSE PARAFFIN

Paraffin has been used for years to assist in introducing nourishing crèmes into the skin, as well as creating a warming effect to help ease joint pain.

**Upgrade**.....\$15  
**25 Minute treatment for both hands and feet** .....\$40

**Polish refresh** .....\$15  
**French polish** .....\$10  
**Nail art** .....\$15

## MAKEUP SERVICES

Whether you are preparing for a special occasion or just a change in season, let our trained professionals show you the color palette that brings out the best in you. Our exclusive line of products is hypoallergenic and designed to nurture the skin.

**Makeup Application** .....\$40  
**Makeup Lesson** .....\$50  
**Bridal Makeup Package** .....\$95  
*Includes initial assessment and day of application.*  
**Mini/Basic makeup application** .....\$25



## WAXING SERVICES

**Lip** .....\$15  
**Chin** .....\$15  
**Brows** .....\$15  
**Lip, Chin and Brow** .....\$35  
**Underarm** .....\$30  
**Half Leg** .....\$40  
**Full Leg** .....\$70  
**Bikini** .....\$40  
**Back** .....\$65

*Please Note: waxing prices may be adjusted for increased waxing time.*

## INCLUSIVE SPA PACKAGES

*Inclusive Spa packages are available year-round. Ask a Spa representative for complete details, including lodging options.*

### CRYSTAL MOUNTAIN CLASSIC

This timeless package offers the option of either an Aromafusion or Tranquil Massage, along with a hydrating Pure Results Facial.

**2 Hours**.....\$220

### RADIANT RETREAT

A relaxing acupressure foot massage, Crystal Glow Facial and Body Polish session kick-off this decadent package. You'll also enjoy the added treat of a basic manicure and pedicure.

**4 Hours** .....\$325

### TOTALLY 4 U

A fun way to teach your tween the finer points of personal grooming, while spending quality time together. The Totally 4 U package includes a Touch Up Facial, Mini Make-up application, brow arching and basic manicure.

**2 Hours**.....\$130

### MOUNTAIN MAN

Treat yourself to a Revitalizing Facial, Balancing Back Treatment, Restore Massage and basic manicure or Scalp treatment.

**2.5 Hours** .....\$285

### WATER KUR

Features a self-service body scrub, steam, sauna and full use of our Meditation Room, followed or preceded by a 50-minute massage of your choice.

**1 Hour**.....\$135

*Prices are subject to change without notice.*



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