

The Spa

AT THE

**WHITEFACE
LODGE**™

LAKE PLACID



Close your eyes and imagine the fragrance
of pine...the hints of balsam and juniper...the taste of
maple syrup from an old sugar house...watching the maple
leaves changing colors and dancing in the wind...

SIGNATURE TREATMENTS

APPLE CIDER MASQUE & MASSAGE

Re-hydrate and rejuvenate your skin from head to toe with our exquisite body masque and wrap containing mineral clays from Canadian seas, iced ciders and apple vinegar. Rebalance with a scalp treatment and a full body massage with ultra-nourishing body crème containing apple extracts. Excellent for those with sensitive skin.

80 MINUTES \$180

APPLE CIDER MANICURE AND PEDICURE

Pamper your hands and feet with our one of a kind treatment containing ancient sea mineral crystals and apple cider that gently exfoliate, repair and tone the skin. Cuticles and nails are restored to perfection with a gentle file and cuticle treatment, and an application of soothing apple cream.

80 MINUTES \$115

WHITEFACE AROMA-SENSORY MASSAGE

Experience a wonderful healing treatment combining aromatherapy, Swedish, Lomi-Lomi, and Thai massage techniques with the added benefit of hot stone placement to energy centers. Rebalance and reenergize with the completion of a foot reflexology session.

Choose your signature scent from below.

80 MINUTES \$180

WHITEFACE PEAK FACIAL

A soothing and hydrating facial tailored to individual skin needs, this treatment can be customized for any skin type. It combines skin analysis, deep cleansing, and a treatment clay mask. Stress melts away with a relaxing massage to the face, neck, shoulders, and arms to reduce tension and improve circulation. Results are a revitalized complexion and smoother, healthier looking skin.

Choose your signature scent from below.

80 MINUTES \$175

Signature Whiteface treatments use our signature scents:

- * Spring: Lavender, White Grapefruit, Lime and Patchouli return the body to Emotional balance.
- * Summer: Contains a variety of different rose oils to create a sense of well being and love from within.
- * Fall: Rosewood, Spruce and Blue Tansy assist in aligning the physical and electrical energies of the body.
- * Winter: Clove, Frankincense and Myrrh support and strengthen the immune system while reducing stress.

GRANITE MOUNTAIN BODY TREATMENTS

MAPLE BUTTER BODY WRAP

Allow yourself to be cocooned in gentle warmth while receiving a soul satisfying scalp massage as maple butter deeply penetrates into the skin. Followed by a luxurious maple butter crème.

50 MINUTES \$145

ADIRONDACK EXFOLIATION

Indulge your skin with an exfoliation containing traditional Adirondack fruits mixed with organic sugars and end with a hydrating application of whipped shea butter. Choose from wildberry, cranberry or apple cider.

50 MINUTES \$145

DETOXIFYING EARTHEN CLAY & STONE TREATMENT

Deeply purify and detoxify the body with our mineral-rich clay wrap containing magnesium, iron and amino acids followed by an application of warmed rose oil and a soothing hot stone massage to further draw tension from the body.

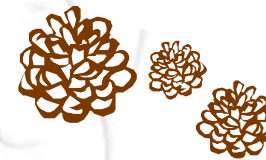
80 MINUTES \$185

HIKER'S RETREAT

Welcome a deep healing connection to the Earth from the soles of your feet with this foot treatment. Begin with a purifying foot soak of dead sea salts containing an aromatherapy blend of your choice followed by a clay application to withdraw metabolites from feet. Clay is removed with a warmed honey and brown sugar scrub, and the body restored to balance with a therapeutic reflexology session.

(Client is welcomed to remain fully clothed for this treatment as it is from the knee down)

50 MINUTES \$125 OR 80 MINUTES \$170



TRADITIONAL LODGE MASSAGE

Choose a MASSAGE: 50 minutes \$125 OR 80 minutes \$170

SWEDISH MASSAGE ~ 50/80 MIN.

Considered to be the most universal of all massages, this session will help reduce tension, increase blood and lymphatic circulation while inducing relaxation.

DEEP TISSUE MASSAGE ~ 50/80 MIN.

A therapeutic technique of bodywork incorporating slower strokes to work deeper layers of muscle fibers, this massage will help release chronic patterns of muscular tension that create painful conditions and structural misalignment.

SPORTS MASSAGE ~ 50/80 MIN.

This invigorating full-body massage utilizes light stretching and various massage techniques to help improve range of motion, circulation and flexibility. Great for both weekend warriors and serious athletes, this massage can be customized to restore muscles most utilized during your sport.

IN SUITE MASSAGE ~ 50/80 MINS: Add \$25 per person

Enjoy a relaxing massage in the comfort and privacy of your own room

AUSABLE RIVER STONE MASSAGE

The therapeutic properties of heated basalt stones are combined with Swedish massage strokes to deeply penetrate tight muscles, improve circulation and promote a deep sense of well being. May be customized with cedar or sage infused oils to purify the mind or remove negative energy, respectively.

80 minutes \$195, with customization \$200

PREGNANCY MASSAGE

A complete body massage using pre-natal techniques to relax and alleviate tired muscles, increase circulation and reduce water retention. Allow yourself to indulge while taking a well deserved moment for this special time in your life. Must be past 1st trimester.

50 minutes \$155 OR 80 minutes \$195

FOUR HANDED MASSAGE

Experience the ultimate in nurturing touch as two massage therapists work in perfect unison to reduce your stress, release muscular tensions, and elevate you to a blissful state of relaxation.

50 minutes \$225 OR 80 minutes \$315

"Acquire inner peace and a multitude will find their salvation near you."

COUPLE'S RETREAT

COUPLES MASSAGE

Enjoy a therapeutic massage with a loved one or friend. Choose from Swedish, Deep Tissue or Sports
50 minutes \$245 OR 80 minutes \$340

GREAT SALT LAKE BATH & MASSAGE RITUAL

Clear the mind, heal the body and induce a deep connection to water and earth and each other. Be gently guided to open channels and become present, revived and inspired. For a lingering sense of peace and clarity, after your massage, soak in a tub for two with a healing blend of salts and wash to refresh. To release muscle tension, enjoy a massage side by side with an essential oil blend of your choice. This is a 20-minute soak & 60-minute massage.

80 minutes \$395

SUGGESTED MASSAGE ENHANCEMENTS

HOT STONE FINISH RITUAL

Experience the pleasure and benefits of hot stones as a finish to your Traditional Lodge Massage. This treatment can be incorporated into the last 15 minutes of your massage as an add-in, or 25 minutes may be added on to the end of your massage.

25 minute add-on \$40 OR 15 minute add-in \$25

SCALP MASSAGE

Experience the perfect complement to any facial or body treatment. Select your essential oil from our variety of treatment oils to address your particular hair and scalp needs. Our blends are gently warmed and applied vigorously to the scalp, neck and shoulders to stimulate circulation, clear the mind, and nourish the hair.

25 minutes \$65 OR 15 minute enhancement \$55

EXPRESS MASSAGE

Hectic schedules can wreak havoc on the body and the muscles of the head, neck and shoulders. Recharge with our twenty-five minute specialized massage geared to release tension in these target areas.

25 minutes \$65 OR 15 minute enhancement \$55

REFLEXOLOGY

This enhancement is exceptionally beneficial to the body as it stimulates pressure points of the foot, thereby opening blockages to the corresponding body zones and enhancing energy flow.

25 minutes \$65 OR 15 minute enhancement \$55

TEA BATH

Enjoy a relaxing soak in a private therapeutic bath to improve circulation, and promote a deep sense of relaxation. Couple the powerful effects of energetic water therapy with healing botanicals and oxygen rich salts to complete your journey. Choose from a blend of herbs customized to detoxify, reduce muscle soreness, or to increase inner awareness.

25 minutes \$45

Aromatherapy Essential Oils \$10

ADIRONDACK FOREST FACIALS

GREAT OUTDOORS MAPLE FACIAL

A rejuvenating and deeply hydrating facial designed to treat extremely dry skin by helping to supplement the skin's natural oils depleted by environmental damage, the aging process or illness. This treatment helps to repair and protect skin from harsh environmental elements such as windburn and over-exposure to sun and extreme cold. This treatment also includes a powerful detoxifying and firming masque that will nourish skin and replenish lost moisture. Results are a more revitalized, hydrated, smoother and healthier looking complexion.

50 minutes \$120

THE OUTDOORSMAN

Designed for the outdoor enthusiast, this specialized treatment addresses the specific skin needs of men. This relaxing, deep-cleansing facial was developed to repair and protect skin suffering from windburn, sun damage and over-exposure to the elements. A blend of vitamins and anti-oxidants are diffused into the inner layers of the skin, resulting in a more revitalized and healthier-looking complexion.

45 minutes \$115

ACNE REPAIR FACIAL

A great introductory facial treatment for teens and adults with acne-prone skin. This comprehensive and hydrating therapy will diminish the appearance of any skin imperfections, normalize sebum secretions and brighten the complexion. Tailored to individual skin needs, this treatment combines skin analysis, deep cleansing, exfoliation, extractions and a clay mask. Results are a revitalized, smoother, healthier looking complexion. Helpful skincare tips are provided to ensure proper home care for maintenance.

50 minutes \$125

G-RESVERATROL FACIAL

Preserve your best asset and slow the signs of skin aging with this powerful treatment containing vitamin C, resveratrol, açai oil, co-enzyme Q10, goji berry, vitamin E, peptides and hyaluronic acid. The results speak for themselves: smoother, firmer-looking skin and a more youthful-looking complexion.

50 minutes \$140

BEYOND BOTOX FACIAL

A sophisticated anti-aging treatment to help rejuvenate, refine and lift fatigued and sallow complexions, this powerful blend of anti-oxidants, alpha lipoic acid, and vitamins A, E & C, help combat free radicals which attack collagen and elastin causing skin to age. A specialized BMC Oligopeptide Anti-Aging Complex aids in tissue repair, reduces the appearance of wrinkles and helps firm skin for a remarkable and resilient complexion. This is an ideal treatment for clients who are not candidates for invasive surgical procedures and desire specialized anti-aging skin treatments; and for clients' pre- and post-cosmetic surgical procedures to aid with healing time and extend the period between surgical procedures.

50 minutes \$140

** Please advise your therapist if you have had a recent surgical cosmetic procedure.*

BABY BOOMER FACIAL

A luxurious therapeutic treatment developed specifically to address the changing skin needs of women experiencing hormonal fluctuations prior to, during and after menopause. Our unique procedure promotes a smoother complexion, reduces the appearance of fine lines, re-hydrates and cools traumatized skin, while providing it with essential nutrients. You'll be left with radiant skin and a tension-free state of mind. This therapeutic facial also includes a neck, shoulder and arm massage as part of the entire stress-reduction process.

50 minutes \$140

BACK FACIAL THERAPY

A comprehensive deep pore cleansing back treatment will diminish the appearance of any skin imperfections and normalize sebum secretions. Tailored to individual skin needs, this treatment provides a deep cleansing, exfoliation, gentle extraction, steam and a detoxifying clay mask treatment, following with an essential hydration treatment and arm and hand massage. Results are revitalized, cleansed, smoother, and healthier-looking radiant skin.

50 minutes \$125

TO COMPLEMENT YOUR FACIAL OR TREATMENT

MAPLE AND JUNIPER EYE THERAPY

A specialized eye treatment that will restore lost moisture to the delicate eye area, smooth out fine lines and wrinkles, strengthen elasticity and decrease the appearance of dark circles and puffiness. Essential nutrients and anti-oxidant vitamins protect the skin from harmful environmental elements. Juniper infused compresses adds a calming element for added de-stressing.

Enhancement \$35 OR 25 minute single treatment \$40

MAPLE TREATMENT LIP THERAPY

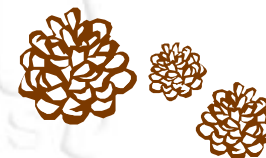
A specialized lip treatment that will diminish the appearance of fine lines and wrinkles around the mouth, lighten discoloration on the upper lip area and prepare your lips for a perfect pout. Instant firming effect counters the visible signs of aging to enhance a youthful glow.

Enhancement \$35 OR 25 minute single treatment \$40

GYCOLIC PEEL THERAPY

This treatment uses glycolic acid to help gently refine and smooth skin texture. It also helps to diminish fine lines and wrinkles, increases the rate of cell renewal and delicately exfoliates surface skin cells to reveal a younger, healthier looking complexion without stripping or drying the skin.

15 minutes \$50



NAIL TREATMENTS

APPLE CIDER MANICURE AND PEDICURE

Pamper your hands and feet with our one of a kind treatment containing ancient sea mineral crystals and apple cider that gently exfoliate, repair and tone the skin. Cuticles and nails are restored to perfection with a gentle file and cuticle treatment, and an application of soothing apple cream.

80 minutes \$115

ENERGIZING FOOT REMEDY

Designed for men and women alike, this rejuvenating foot treatment leaves feet feeling relaxed and destressed. Feet are first soaked in a footbath, then gently exfoliated to smooth dry, rough skin. A diatomaceous earth foot masque, rich in vitamins, minerals and moisture-attracting elements, help to protect and condition tired feet, while anti-inflammatory ingredients help to soothe and cool them. The treatment is completed with the application of a cellular exfoliating cream, which is massaged into the feet for ultimate relaxation.

45 minutes \$65 with polish \$75

LUMBERJACK MAN-HANDS SOOTHER

Transform your tired hands with this customized manicure to meet your personal needs. This treatment includes the use of hand revitalizers with a clean, masculine scent that cleanse, exfoliate, and drench your skin in ultimate hydration while you enjoy a hand massage.

25 minutes \$35

PARAFFIN TREATMENT

This single-use paraffin treatment removes toxins while deeply penetrating heat envelopes and re-hydrates dry, overworked hands and feet with pure essential oils of lavender and eucalyptus.

\$20 hands/feet OR \$35 both

PLACID CLASSIC NAILS

Treat yourself with a timeless classic. Nails and cuticles are cleansed, re-hydrated, shaped, then buffed and polished to perfection.

Manicure \$40 Pedicure \$60 Combo \$85

Refresher Manicure \$25 or Pedicure \$35

- Includes cleaning of nails and polish only.

Polish Change \$20 – removal and replacement of old polish with new.

Add on French \$12

Add Polish \$10

WAXING SERVICES

Brows, Lip or Chin \$15

Bikini Line \$45

Back \$50 & up

Chest \$65 & up

Underarms \$20 & up

Arm \$15 & up

Half leg \$25 & up

Full leg \$45 & up

SALON SERVICES

Shampoo and Style \$30 & up

Shampoo and Roller Set \$45

Women's Hair Cut and Style \$40 & up

Flat Iron \$15

Special Occasion Up-do (excludes shampoo and blow dry) \$85

Full Highlighting or low lights \$85 & up

Full Highlighting & cut \$105 & up

Color \$55 & up

Color & Cut \$75 & up

Keratin Express Straightening Treatment \$120

Men's Color \$40

Men's Cut and Style \$20 & up

Make-up Application \$45

KID'S CORNER (12 and under)

Children's Mini Mani & Pedi \$50

Children's Shampoo & Cut \$15

PERSONAL WELL BEING

Individual Training Sessions

One-on-one instruction from a personal trainer will help you create a fitness program based on your ability and also help you reach specific long-term goals. Classes are designed based on your interest whether it's hiking, swimming, walking or weight training.

1 hour \$75

DAY SPA PACKAGES

WHITEFACE SIGNATURE

Whiteface Aroma-Sensory Massage

Whiteface Peak Facial

3 hours \$325

THE PLACID

Great Outdoors Maple Facial

Maple Butter Massage

Reflexology

2.5 hours \$275

MIND . BODY . SOUL

Scalp Massage

Express Massage

Mini Facial

Refresher Manicure & Pedicure

2 hours \$200

SPA FAQ'S

HOURS OF OPERATION

Please call for hours as they change seasonally.

IMPORTANT FACTS ABOUT YOUR SPA EXPERIENCE .

We will be happy to discuss any questions or concerns you may have. All prices and services are subject to change without notice. Gift Cards and Spa Packages available.

WHEN SHOULD YOU ARRIVE?

We suggest you arrive 20 minutes prior to your service to complete your Personal Care Guide and get comfortable in our luxurious robe and slippers. If you would like to enhance your experience, we suggest you arrive 30 to 60 minutes prior to your treatment to enjoy the steam room and sauna in our fully appointed sanctuaries.

WHAT SHOULD YOU WEAR?

We provide a luxurious robe and slippers for your comfort while with us. Most body and massage treatments are enjoyed without clothing; however, please wear what is comfortable for you. Your privacy is completely respected with full draping except for the area that is being worked upon.

SHOULD YOU SHAVE?

Shaving is not recommended prior to any body treatment or hair removal. Shaving for men should be at least two hours prior to your treatment for a facial. We will need to know if you use Accutane, Retin-A, Restylane, or Glycolic products. We offer bikini waxing, however we do not offer Brazilian waxing.

WHAT IF YOU ARE LATE FOR AN APPOINTMENT?

Arriving late will simply shorten the time of your treatment, which will end on time so the next guest is not delayed or inconvenienced. The full value of your treatment will be charged.

WHAT IS THE SCHEDULING AND CANCELLATION POLICY?

We encourage you to schedule your appointment prior to your arrival at the resort to obtain your preferred time; however, walk-ins are welcome. All reservations must be guaranteed with a credit card. Should you wish to cancel or change an appointment, we require 24 hours notice or a 100% cancellation fee will be charged. No shows will also be charged at full treatment price. If you have a gender preference, please let the spa coordinator know when making your appointment. If you are pregnant or think you may be pregnant, have special needs or recent surgeries, please advise at the time of scheduling.

WHAT TYPE OF PAYMENT DO YOU TAKE?

Guests of the Lodge may charge spa services directly to their suite. American Express, MC, Visa, Discover and cash are also accepted for payment. Gratuities are accepted and welcome. If you enjoyed your service and wish to leave a gratuity, 15%-20% is considered appropriate.

WHAT TYPE OF PRODUCTS DO YOU USE?

Your health and comfort is our priority. The majority of our products are organic, all natural, and paraben free.

DO YOU TAKE APPOINTMENTS FOR CHILDREN AND TEENAGERS?

It would be our pleasure to provide spa treatments to your children, however if they are between 12 and 16 years they must be accompanied by a parent or guardian. Teenagers older than 16 may receive spa treatments on their own.

SPA REFRESHMENTS MENU

We offer a limited menu, available upon request.

Infinity
PRINT GRAPHICS

Infinity
PRINT GRAPHICS

Infinity
PRINT GRAPHICS

The Spa at The Whiteface Lodge
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Lake Placid, NY 12946

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A unique and tranquil experience...

