

The Spa

AT THE

WHITEFACE
LODGESM

—◆—
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...

GRANITE MOUNTAIN SIGNATURES

WHITEFACE AROMA-SENSORY MASSAGE

A powerful massage experience of scent, touch and energy to awaken the senses and encourage freedom to wellness using a nutritive blend of certified organic avocado oil, grape seed oil, jojoba oil and signature red flower essences.

80 minutes

\$180

Choose between exotic scents to fill you with what you need today

moroccan rose + bulgarian & otto rose – deep relaxation
indian jasmine + neroli – replenish the body, ease the mind
french lavender + rosemary & peppermint – find balance
hammam cardamom amber + sandalwood & sweet orange – relax muscles

WHITEFACE PEAK FACIAL

A soothing and hydrating facial tailored to individual skin needs, this treatment can be customized for any skin type: normal-to-dry, combination-to-oily. 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, this includes compresses that envelope the feet. Results are a revitalized complexion and smoother, healthier looking skin.

Choose your scent

80 minutes

\$175

BEYOND BOTOX FACIAL TREATMENT

A sophisticated anti-aging treatment to help rejuvenate, refine and lift fatigued and sallow complexions. A powerful blend of anti-oxidants, including alpha lipoic acid, vitamins A & E and stabilized vitamin C, help combat free radicals which attach collagen and elastin and cause skin to age. B.Kamins BMC Oligopeptide Anti-Aging Complex™ aids in tissue repair, reduces the appearance of wrinkles and helps firm skin for a remarkable and resilient complexion. The ideal treatment for clients who are not candidates for invasive surgical procedures and desire specialized anti-aging skin treatments. It is also ideal for clients before and after cosmetic surgical procedures to aid with healing time and extend the period between surgical procedures.

80 minutes

\$180

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

ADIRONDACK FOREST FACIALS

B.KAMINS

Our forests conjure up beauty, spirituality, and a connection to the past. These expressions of our ancient Adirondack forests are real. The water, timber, biodiversity, wildlife and wilderness are to be sustained. Enter the world of renewal in each skin treatment as if you were a part of the forest's beauty. Stand in the rain and 'be' in the moment....

GREAT OUTDOORS MAPLE FACIAL

A rejuvenating and deeply hydrating facial designed to treat and hydrate extremely dry and dehydrated skin by helping to supplement the skin's natural oils that have been depleted by environmental damage, the aging process or illness. This treatment is especially helpful to aid in repairing and protecting skin from harsh environmental elements such as windburn and over-exposure to extreme sun and 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 FACIAL

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

TEEN FACIAL TREATMENT

A great introductory facial treatment for teens and young adults. This comprehensive and hydrating treatment 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 treatment 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

ANTI-AGING TREATMENTS

BABY BOOMER FACIAL TREATMENT

A luxurious therapeutic treatment developed specifically to treat the changing skin needs of women experiencing hormonal fluctuations prior to, during and after menopause. Our unique treatment promotes noticeable firming, a smoother complexion, reduces the appearance of fine lines, re-hydrates and cools traumatized skin, while providing it with essential nutrients. The result...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

FOREVER YOUNG & GLYCOLIC FACIAL TREATMENT

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. Essential vitamins, minerals and nutrients help fortify and revive dull, tired-looking skin, as well as sun and environmentally damaged skin. This treatment also includes a facial, neck, décolleté and arm massage that is as relaxing to mind, body and spirit as it is invigorating to the skin.

80 minutes

\$165

TO COMPLIMENT 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 add a calming element for added de-stressing.

Enhancement	\$35
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
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.

Enhancement	\$50
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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
Enhancement	\$70

WANDERLUST BODY TREATMENTS

B.KAMINS – RED FLOWER

Anyone who has been touched by traveling understands that foreign landscapes, different cultures and people, and rites and rituals while navigating the newness of a new day, never truly knows how the story will end. Enter the realms of rest and harmony and a new experience for your body.... Enjoy the journey!

MAPLE BUTTER BODY WRAP

A luxurious, super-rich and hydrating body treatment with cocoa and shea butter to nourish dry and parched skin. Maple butter is lightly massaged onto the skin and the body is wrapped to hydrate while relaxing with a soul-satisfying scalp treatment for further relaxation. This treatment is particularly useful for hormone-deprived and peri-menopausal skin. It is also ideal for those who are active, athletic types with a tendency to drier skin and a greater need for muscular stress and tension relief. Can be a stand-alone treatment, or following a full body exfoliation or dry body brushing.

50 minutes	\$145
Enhancement to polish	\$55

MAPLE SOOTHING BODY POLISH

A gentle, yet effective natural body polish that will invigorate the skin and rid it of impurities and dead cells. The polish is gently massaged over the entire body. Rice bran beads exfoliate surface roughness, enabling jojoba oil and Bio-Maple™ compound to penetrate, soothe and condition skin. The treatment is completed with the application of warm vitamin-infused moisturizers, leaving the skin renewed and hydrated.

50 minutes	\$145
Enhancement to wrap	\$55

RED FLOWER JAPAN RITUAL

A six-part ritual body treatment layering the therapeutic properties of flower oils and fruit essences with the rich minerals from the earth and sea. Be purified with yuzu mimosa sea algae, deeply scrubbed with gingergrass, polished with nutrient rich rice bran, and hydrated with rose, camellia and plum. Close with a shiatsu inspired massage using kinmoxei wild lime silk oil to energize and restore the whole body.

80 minutes	\$175
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RESTFUL JASMINE EXFOLIANT

The fragrance of warm nights and sweet smelling silent blossoms. A wonderfully restorative body treatment including a dry brushing technique to stimulate lymphatic flow and exfoliation with essential oils of jasmine sambac, neroli, and indian jasmine blended with organic dead sea salts to shed old skin, followed by a softening moisturizing application of jasmine, bio-dynamic honey, wild crafted extracts and organic flowers to ease the mind and hydrate skin.

50 minutes	\$145
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PURIFYING MOROCCAN CLAY WRAP

Deeply purify and release the skin from toxins with a penetrating wrap blended with mineral-rich lava clay, bentonite clay and euphoric essences of jasmine and tangerine. The warm clay is painted over the body and then wrapped with warm towels to draw impurities out of the body. Clay and toxins are rinsed away and the treatment finishes with a warmed rose oil massage for complete soothing hydration.

50 minutes	\$145
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MASSAGE • BODY RITUALS

FRENCH LAVENDER SEA 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 the essential oil blend of lavender petite, peppermint and rosemary. The bluest smell, herby earth, balsam wood, clean, perfect, forever.

80 minutes	\$395 for two
20-minute soak & 60-minute massage	

'OLD SUGAR HOUSE' SALON

Steam billowing from sugarhouse roofs in the pine forests of the Adirondacks is a subtle yet aromatic reminder of the tradition of maple sugaring surrounding the Whiteface Lodge and Spa. Relax in the intimate setting of the salon with lingering scents of maple, pine boughs and applewood. Natural or organic sensual aromas linger during your soak ritual.

Enter the salon and customize your hand or foot treatment at the 'Old Sugar House' Aroma-Bar. Select your personal scent for a true "mountains of the world" experience.

ENERGIZING FOOT REMEDY ~ B.KAMINS

Designed for men and women alike, this rejuvenating foot treatment leaves feet feeling relaxed and de-stressed. Feet are first soaked in a footbath, then gently exfoliated to smooth dry, rough skin and re-energize fatigued feet. A diatomaceous earth foot masque, rich in vitamins, minerals and moisture-attracting elements, helps 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**
Add Polish **\$10**

DEEP HEALING LIME AND PLUM HAND AND FOOT INVIGORATION

Awaken energy in the whole body from the extremities inward. Soak hands and feet in deep healing chlorophyll, activate movement and exfoliate with gingergrass, bamboo and fir oils. Enjoy a stimulating active massage with invigorating lime, delicate kinmoxei flower, softening silk, plum and passionflower.

75 minutes **\$85**
Add Polish **\$10 each**

APPLEWOODS SPA NAILS RITUAL

Treat your hands and feet to this luxurious manicure and pedicure with your personal herbal balancing infusion to cleanse, exfoliate, and drench your skin in the indulgent hydration and de-stress with the soothing massage.

** Choose your personal infusion:*

* INSPIRATIONAL BLISS ~

A treatment infused with Wild-crafted Indian Frankincense essential oil.

* RELAXING BLISS ~

A treatment infused with Egyptian Geranium essential oil.

* INSTINCTUAL BLISS ~

A treatment infused with Organic Indonesian Ginger.

Manicure \$50 Pedicure \$65 Combo \$110

LUMBERJACK MAN-HANDS SOOTHER

Transform your tired hands with this customized manicure to meet your personal needs. This treatment includes infusions that cleanse, exfoliate, and drench your skin in ultimate hydration while enjoying a hand massage.

25 minutes **\$35**

PARAFFIN TREATMENT

This single-use paraffin treatment removes toxins, and relieves tension from arms, shoulders, and legs while hydrating dry, chapped hands and feet. The deep, penetrating heat envelopes tired and overworked hands and feet with pure essential oils of lavender or eucalyptus.

\$20 hands or feet
\$35 both

PLACID CLASSIC NAILS

Energize & cleanse, hydrate & soothe, buff or polish.

MANICURE \$40 PEDICURE \$60 COMBO \$95

Refresher Manicure \$25

Refresher Pedicure \$35

Polish Change \$20 for a quick fix – no filing or shaping

Add on French \$15 each

Add on Polish \$10 each

WAXING

BROW, LIP OR CHIN	\$10 EACH
BIKINI LINE	\$45 AND UP
BACK	\$50 AND UP
CHEST	\$65 AND UP
UNDERARM	\$20 AND UP
ARM	\$15 AND UP
HALF LEG	\$25 AND UP
FULL LEG	\$45 AND UP

FOOT SOAK

Relax with a warm mineral foot soak to refresh and relax tired aching feet relieving tense joints and muscles.

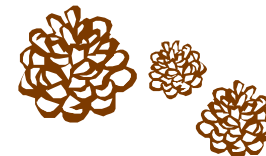
Add a foot soak to any treatment (15 minutes) **\$15**

BATH • HYDROTHERAPY • SOAKS

BATH

Enjoy a relaxing soak in a private therapeutic bath to improve circulation, soothe aches and pains, and promote a deep sense of relaxation. Couple the powerful effects of energetic water therapy with botanicals, oxygen rich salts and rich minerals or essential oil enhancements.

25 minutes **\$45**
Add a bath to any treatment **\$35**



'DREAMCATCHERS' MASSAGE RITES

During the changing seasons, hiking in the forest to enjoy autumn colors was celebrated in the Adirondacks. Noble Indians including the Algonquin and Mohawk sat in their birch-bark boats or by their fires while playing musical instruments, singing and dancing. Maple snowsnake stick games were played on the icy lakes, while 'dreamcatchers' entertained babies in their cradles to catch bad dreams, and allow good dreams to pass through their web. Imagine you are there...calm and rested. Let the music, soft scents and silken touch take you to a far away place...

MAPLE BUTTER MASSAGE

A luxurious, super-rich and hydrating massage with cocoa and shea butter to nourish dry, parched skin. Maple butter is massaged onto the skin and the body, and is particularly useful for hormone-deprived and peri-menopausal skin. It is also ideal for those who are active, athletic types with a tendency to drier skin and for those with a greater need for muscular stress reduction and tension relief.

50 minutes	\$130
80 minutes	\$175

GROUNDING EARTH FOOT REFLEXOLOGY

Release tension and welcome a deep healing connection from the soles of your feet with this foot reflexology session. Treatment begins with a purifying foot soak with extracts of neroli orange, cypress and dead sea salts followed by a rose clay application to draw out toxins. Clay is gently removed with coffee and sugar grounds embedded with essence of lemon blossom. Lay back and elevate feet and legs for a reflexology treatment massage of warm rose otto, primrose oil, and organic avocado oil while being visually guided to subtle meditation for optimal balance.
(Client is welcomed to remain fully clothed for this treatment as it is from the knee down)

50 minutes	\$125
80 minutes	\$170

HOT STONE MASSAGE

This treatment blends the therapeutic properties of heated basalt stones with Swedish massage strokes to deeply penetrate tight muscles, improve circulation and promote a deep sense of well being.

50 minutes	\$155
80 minutes	\$195

TRADITIONAL LODGE MASSAGE

Whether you have been in the lounge reading a book, have just returned from a fabulous mountain hike, golf, tennis, sporting event, our traditional Lodge Massages can top off the day while targeting your specific needs.

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 circulation and induce relaxation.

DEEP TISSUE MASSAGE ~ 50/80 MIN.

A more therapeutic technique of bodywork incorporating slower strokes to work deeper layers of muscle fibers. This massage will help release chronic patterns of 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. Our muscle soothing oil will improve blood circulation and relieve soreness and stiffness. This is a great massage for relaxation and elimination of lactic acid after an active day.

COUPLES MASSAGE:

CHOOSE FROM ABOVE: 50 minutes \$245 OR 80 minutes \$340

Enjoy a therapeutic massage with a loved one or friend.

IN SUITE MASSAGE ~ 50/80 MINS: ADD \$25 PER PERSON

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

SLEEP BEDTIME RITUAL (PLEASE ASK FOR DETAILS)

- Aromatherapy massage with Sleep Massage & Bath oil.
- Sleep Soothing mist is sprayed around bed.
- Sleep card is placed on pillow. • Bath using Sleep Massage & Bath oil.

TABLE SHIATSU MASSAGE ~ 50/80 MIN.

A traditional Oriental therapy that uses pressure point touch and light stretches to move the body's energy systems. Oil is not used during this session. *Please wear loose fitting clothes.*

SUGGESTED TREATMENT ENHANCEMENTS

HOT STONE FINISH RITUAL

Experience the pleasure and benefits of hot stones as a finish to your traditional lodge massage. This treatment is a 15 minute add-in customized by your massage therapist to your specific areas of need.
15 minutes

\$25

SCALP MASSAGE & TREATMENT

Experience the perfect compliment 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
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
Enhancement	\$55

AROMATHERAPY ESSENTIAL OILS

Ask about our specials not listed **\$10**

REFLEXOLOGY

Exceptionally beneficial to stimulate the flow of energy and nerve impulses to the corresponding body zone.
Enhancement **\$55**

AFTERNOON REFRESHER Swedish Massage & Facial T-T 12 to 3 \$175
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MOTHER TO BE REJUVENATION

Our time-based Mother To Be program is designed to soothe and help alleviate some of the discomforts associated with pregnancy, by increasing skin elasticity, nourishing parched skin, relieving itchy bellies, rejuvenating heavy legs, assisting circulation, easing tired muscles and tension as well as reducing water retention.

Must be past 1st trimester.

MELLO MAMA

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

50 minutes	\$155
80 minutes	\$195

THE YUMMY TUMMY

Gravida Exfoliate application gently exfoliates and improves tonicity of the tummy. A concentrated serum and deep treatment mask will be applied to soothe and moisture the abdomen. Enjoy a relaxing lower leg and foot massage as the intensive Tummy Stretch-ease and mask take effect.

50 minutes	\$175
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FREE YOUR MIND

Ease away the stresses associated with pregnancy. A cooling eye compress combined with pulse-point Gravida therapy initiates the relaxation. Gentle face and head massage will release cranial and jaw tension followed by a neck and shoulder massage.

45 minutes	\$95
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THE SMOOTHIE

Rejuvenate your skin and clear the mind in preparation for your pending arrival. The Smoothie will exfoliate your skin oh so gently (but effectively) followed by the most moisturizing massage to hydrate and elasticize your skin. A luxurious scalp massage will sweep away your stress, leaving you with skin to rival your baby's bottom.

80 minutes	\$195
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LIGHTEN UP

A warm, fragrant mineral salt-rich foot soak to energize, reduce swelling, and stimulate circulation. Includes a gentle hand, lower leg, and foot rub.

30 minutes	\$65
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4TH TRIMESTER HEALING

Up to four months after delivery, your body still behaves as if pregnant. The 4th Trimester Healing is a relaxing top to toe massage to help realign and restore your body as it naturally adapts and returns to being one person again. This is your healing time – and you have earned it. A perfect present from your loved ones or even from yourself.

50 minutes	\$175
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SPA FAQ'S

HOURS OF OPERATION

Tuesday thru Saturday 9am - 8pm Monday open holidays & seasonal
Sunday 10am - 6pm

IMPORTANT FACTS ABOUT YOUR SPA EXPERIENCE.

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

WHEN SHOULD YOU ARRIVE?

We suggest you arrive 15 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, 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 the full treatment price.

We try to accommodate all your requests. 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 any special needs, or recent surgeries, please advise at the time of scheduling.

PAYMENT • SERVICE CHARGE • GRATUITY

Guests of the Lodge may charge spa services directly to their suite. American Express, MC, Visa 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. Our spa coordinators have envelopes available.

SPA REFRESHMENTS MENU

We offer a limited menu, available upon request. You may dine at the ice cream parlor conveniently located just outside of the spa.

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**

The Spa at The Whiteface Lodge

7 Whiteface Inn Lane

Lake Placid, NY 12946

T: 518.523.0560 F: 518.523.0584

spa@thewhitelodge.com

A unique and tranquil experience...

