

The Spa



WHITEFACE
LODGE

LAKE PLACID • NEW YORK

PRICE INDEX

Gourmet Spa Delights

Hand Dipped Chocolate Strawberries . . .	\$6 & up
Spa Bento Box Lunch	\$23 & up
Bottle of Champagne	\$25 & up
Glass of Champagne	\$12 & up
Glass of Wine	\$12 & up

Traditional Therapeutic Massage

Therapeutic Swedish	50 minutes	\$135
Therapeutic Swedish	80 minutes	\$180
Deep Tissue Massage	50 minutes	\$135
Deep Tissue Massage	80 minutes	\$180
Pregnancy Massage	50 minutes	\$135
Pregnancy Massage	80 minutes	\$180
Sports Massage	50 minutes	\$135
Sports Massage	80 minutes	\$180
In Suite Massage	50 minutes	\$160
In Suite Massage	80 minutes	\$205
Express Massage	25 minutes	\$75

Massage Therapy Services for Two

Great Salt Lake Bath and Massage Ritual	80 minutes	\$405
Tandem Massage	80 minutes	\$375
Tandem Massage	50 minutes	\$275

Structural Massage Services

Structural Massage	80 minutes	\$155
Structural Massage	110 minutes	\$200

Signature Massage Services

Ausable River Stone Massage	50 minutes	\$160
Ausable River Stone Massage	80 minutes	\$205
Ultimate Prenatal Relaxation	50 minutes	\$155
Ultimate Prenatal Relaxation	80 minutes	\$200
Four Handed Massage	50 minutes	\$235
Four Handed Massage	80 minutes	\$325
Table Thai Massage	50 minutes	\$155
Table Thai Massage	80 minutes	\$205
Reiki	50 minutes	\$135

Naturopathica Spa Services

The Equestrian (*Seasonal)	80 minutes	\$175
The Equestrian (*Seasonal)	120 minutes	\$225
The Iron Athlete	80 minutes	\$175
The Iron Athlete	120 minutes	\$225
Alpine Retreat	80 minutes	\$175
Alpine Retreat	120 minutes	\$225
Hikers Retreat	50 minutes	\$155
The Golfer	80 minutes	\$180
The Golfer	120 minutes	\$225
The Yogi	50 minutes	\$135
The Yogi	80 minutes	\$180

Signature Lodge Body Treatments

Whiteface Arnica Recovery Wrap	80 minutes	\$195
ZENTS Ultimate Luxury Wrap	80 minutes	\$225
Purifying Lodge Retreat	80 minutes	\$195
Adirondack Exfoliation	50 minutes	\$155
The Lodge Mud Wrap	50 minutes	\$155

The Adirondack Man

Lumberjack Hand Soother	25 minutes	\$45
The Outdoorsman Facial	50 minutes	\$140
Energizing Foot Remedy	50 minutes	\$75
Deep Tissue Massage	80 minutes	\$180
Deep Tissue Massage	50 minutes	\$135
Sports Massage	80 minutes	\$180
Sports Massage	50 minutes	\$135

The Alpine Athlete

Whiteface Arnica Recovery Wrap	80 minutes	\$195
Stretching & Flexibility Training	60 minutes	\$95
Magnesium Hydrotherapy	25 minutes	\$65
Magnesium Cryotherapy	25 minutes	\$65
Alpine Retreat Recovery	120 minutes	\$200
Purifying Lodge Retreat	80 minutes	\$195
Cold Stone Cryotherapy	25 minutes	\$65
Deep Tissue Massage	50 minutes	\$135
Deep Tissue Massage	80 minutes	\$180
Arnica Hydrotherapy	25 minutes	\$65
Great Salt Lake Bath	25 minutes	\$65
Shirodhara	25 minutes	\$65

Massage Therapy Enhancements

Cryostone Facial Massage Enhancement	25 minutes	\$65
Hydrating Warm Oil Scalp Massage	25 minutes	\$65
ZENTS Quench Enhancement	25 minutes	\$65
Magnesium Hydrotherapy	25 minutes	\$65
Magnesium Cryotherapy	25 minutes	\$65
Hot Stone Finish Ritual	25 minutes	\$65
Cold Stone Cryotherapy	25 minutes	\$65
Cranial Sacral Therapy	25 minutes	\$65
Arnica Hydrotherapy	25 minutes	\$65
Great Salt Lake Bath	25 minutes	\$65
Dry Brushing	25 minutes	\$65
Reflexology	25 minutes	\$65
Shirodhara	25 minutes	\$65
Reiki	25 minutes	\$65

Naturopathica Facials

Vitamin C Wrinkle Repair & Brightening	50 minutes	\$175
Bio Dynamic Contouring Facial	50 minutes	\$175
Great Outdoors facial	50 minutes	\$145
Acne repair Facial	50 minutes	\$145
Back Facial Therapy	50 minutes	\$145



HydraFacial MD Premier Facials

HydraFacial	25 minutes	\$149
HydraFacial	50 minutes	\$195
HydraFacial – Biodynamic	50 minutes	\$235
HydraFacial	80 minutes	\$265
HydraFacial – Biodynamic	80 minutes	\$325

Facial Enhancements

Cryostone Facial Massage Enhancement	25 minutes	\$65
Resurfacing Peel Treatment (15% Peel)	25 minutes	\$65
Firming Neck & Décolleté Treatment	25 minutes	\$65
Makeup Application Enhancement	25 minutes	\$65
Dramatic Eye Lift	25 minutes	\$65

Day Spa Experience Packages

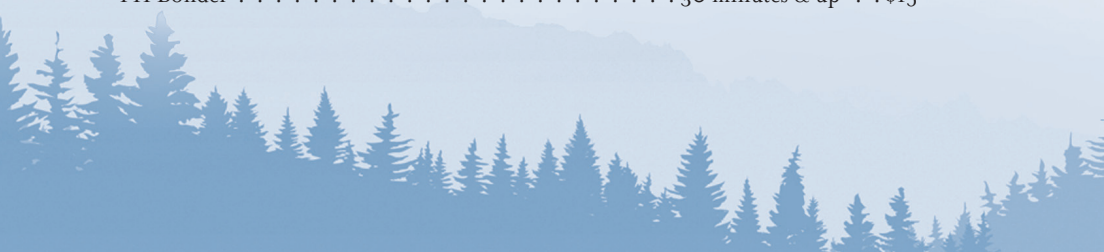
(Excludes: Tandem Massage, Four Handed Massage, Thai Massage, Vitamin C Facial, In Suite Massage, and HydraFacial)

**Please be aware an 18% gratuity is added to your final bill for your convenience.

The Weekend Warrior Package	Half Day	\$285
Whiteface Signature Package	Full Day	\$355
The Alpine Athlete Package	Full Day	\$400
Body Mind & Soul Package	Half Day	\$250
The Outdoorsman Package	Full Day	\$295
Resort Day Spa Package	Half Day	\$275
Alpine Retreat Package	Half Day	\$215
The Placid Package	Half Day	\$250

Salon Services

Special Occasion Up – do	90 minutes	\$125 & up
<i>(Does not include Shampoo & Blow out)</i>		
Keratin Express Smoothing Treatment	120 minutes	\$125 & up
Personalized Makeup Application	45 minutes	\$50 & up
Protein Treatment & Cut	90 minutes	\$90 & up
Strip Eyelash Extensions	15 minutes	\$20 & up
Highlight / Color & Cut	150 minutes	\$150 & up
Full Highlights & Cut	150 minutes	\$115 & up
Women’s Cut & Style	60 minutes	\$45 & up
Formal Bridal Trial	90 minutes	\$100 & up
Deep Conditioning	15 minutes	\$15 & up
Men’s Cut & Style	25 minutes & up	\$30 & up
Specialized Colors	25 minutes & up	\$40 & up
Bolayage / Ombré	180 minutes	\$150 & up
Partial Highlights	90 minutes	\$90 & up
Shampoo & Style	60 minutes	\$30 & up
Full Highlights	120 minutes	\$120 & up
Color Refresh	90 minutes	\$65 & up
Color & Cut	120 minutes	\$80 & up
Men’s Color	60 minutes	\$45 & up
Hair Tinsel (5 – 8 strands)	30 minutes & up	\$25
PH Bonder	30 minutes & up	\$15



Nail Treatments

Refresher Manicure or Pedicure	25 minutes	\$35
Signature Pedicure Service	75 minutes	\$80
Lumberjack Hand Soother	25 minutes	\$45
Energizing Foot Remedy	50 minutes	\$75
Classic Manicure Ritual	45 minutes	\$40
Classic Pedicure Ritual	50 minutes	\$55
Paraffin Treatment	15 minutes	\$20
French Add On	15 minutes	\$10
Polish Change	15 minutes	\$20
Gel Manicure	50 minutes	\$50
Gel Soak Off	15 minutes	\$10
Gel Add On	15 minutes	\$15

Children's Services (12 and under – Must be accompanied by an Adult)

Special Hair Colors	25 minutes & up	\$40 & up
Shampoo & Cut	50 minutes	\$20 & up
Manicure	25 minutes	\$30 & up
Pedicure	25 minutes	\$30 & up

Waxing Services

Bikini Line	25 minutes & up	\$45 & up
Half Leg	25 minutes & up	\$35 & up
Full Leg	50 minutes & up	\$55 & up
Brows	15 minutes	\$15 & up
Chest	25 minutes & up	\$35 & up
Arms	15 minutes & up	\$15 & up
Back	25 minutes & up	\$35 & up
Chin	15 minutes	\$15 & up
Lip	15 minutes	\$15 & up

Henna Body Art Services

Henna Shoulders or Back Beauty	60 minutes & up	\$125 & up
Henna Bridal Package	90 minutes & up	\$175 & up
Henna Hands or Feet	60 minutes & up	\$125 & up
Henna Pregnancy	60 minutes & up	\$125 & up

Health & Wellness Services

Please allow 48 hours or more notice for scheduling your health & wellness service so we can ensure your appointment.

Private / Group Yoga Session	60 minutes	\$95 Individual
Couples Yoga	60 minutes	\$175 Couple
Stretching & Flexibility Training	60 minutes	\$95
Personal Training Session	60 minutes	\$95 Individual
Couples Personal Training	60 minutes	\$175 Couple
Private Reformer Pilates	60 minutes	\$125
Fitness Program Design	60 minutes	\$95
Private Mat Pilates	60 minutes	\$95
Metabolic Testing	75 minutes	\$175

For more information or to schedule services please contact us at:
518.523.0560 or visit our -or- www.thewhitefacelodge.com/spa/