



MASSAGES	MINS	
Deep Tissue Massage	60	\$137
	90	\$192
Four Handed Massage	60	\$250
Golfer's Massage	60	\$127
Grand Relaxation Massage	60	\$127
	90	\$182
Hot Stone Massage (<i>Deep Tissue</i>)	60	\$142
	90	\$197
Hot Stone Massage (<i>Relaxation</i>)	60	\$132
	90	\$187
<i>Contrast Stone Therapy (Hot and Cold - add \$5)</i>		
Mother-to-Be Massage	60	\$127
Neuromuscular Therapy (<i>NMT</i>)	60	\$142
	90	\$192

All massages above (except Four Handed) are available as couple's services.



Appointments 218.963.8700 | GlacialWatersSpa.com

BODY TREATMENTS	MINS	
Body Firming Wrap	60	\$145
Grand Body Exfoliation (<i>Sugar, Salt or Moroccan</i>)	60	\$145
Hungarian Herbal Mud Wrap	60	\$145
Indulgence (<i>Relaxation</i>)	115	\$295
Deep Tissue or Hot Stone Upgrade (<i>each</i>)	—	\$10
Moroccan Ritual	60	\$160
Spa Reflexology	60	\$130
The Grand Glow	70	\$165

*Body Treatments not recommended for mothers-to-be.
Wraps and reflexology are available as couple's services.*

HYDROTHERAPY

Calming Waters	60	\$150
Glacial Rain	85	\$175
Grand Renewal	60	\$155
Moroccan Rain	85	\$180
Serenity Soak & Massage	85	\$170
Deep Tissue or Hot Stone Upgrade (<i>each</i>)	—	\$10
The Awakening	60	\$155

Hydrotherapy not recommended for mothers-to-be.

MASSAGE ENHANCEMENTS *Add to any massage or wrap.*

Body Exfoliation (<i>Sugar, Salt or Moroccan</i>)	25	\$40
Heated Gloves/Booties (<i>\$15 for both</i>)	—	\$10
Pedissage	15	\$25
Scalp Massage	15	\$25

SKIN CARE

Arctic Berry Peel & Peptide Facial	60	\$160
Clear Skin Back Treatment	60	\$127
Corrective Facials	60	\$140
Face The Elements Facial & Body Wrap	75	\$175
Gentleman's Facial	60	\$122
Grand Organic Facial	60	\$127
NuFACE Microcurrent Facial Lift	90	\$175
Tahitian Facial & Body Wrap	90	\$190
Ultimate Facial	90	\$180

SKIN CARE ENHANCEMENTS *Add to any facial.*

Cool Stone Eye Treatment	—	\$15
Facial Peel	—	\$10
Full Leg Treatment	10	\$20
Heated Gloves/Booties (<i>\$15 for both</i>)	—	\$10
Lip or Eye Treatment (<i>\$25 for both</i>)	10	\$15
Make-up Application	25	\$55

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SKIN CARE ENHANCEMENTS *Add to any facial.*

Make-up Touch-up <i>(based on availability)</i>	10	—
Neck & Décolleté Firming Treatment	—	\$10
Scalp & Hair Treatment	15	\$25
Waxing – Brows, Chin or Lip (each)	15	\$20
WowBrow MicroLift	15	\$35

NAIL CARE

Hands	MINS	
Age Defying Manicure	50	\$65
Children's Manicure <i>(10 & under)</i>	25	\$40
Express Manicure	25	\$50
Gel Manicure	50	\$65
Gel Polish Removal	25	\$20
Gentleman's Manicure	40	\$55
Grand Organic Manicure	50	\$60
Himalayan Detox Manicure	50	\$65
Moroccan Hydrating Manicure	50	\$65
Feet		
Children's Pedicure <i>(10 & under)</i>	25	\$40
Detox Pedicure	80	\$135
Express Pedicure	25	\$50
Gentleman's Pedicure	40	\$70
Grand Organic Pedicure	50	\$75
Hot Stone Pedicure	50	\$80
Moroccan Hydrating Pedicure	50	\$80
Ultimate Pedicure	80	\$135

NAIL CARE ENHANCEMENTS *Add to any nail service.*

Firming Leg Treatment	10	\$10
French Polish Add-on	10	\$10
Heated Gloves/Booties <i>(\$15 for both)</i>	—	\$10
Sole Treatment	10	\$10
Nail Art	\$2/nail	\$10 both hands

PACKAGES

We encourage you to customize your spa visit by combining your favorite services. We offer a 10% package discount when you receive 3 or more services which are at least 50 minutes each in length. All services must be received by the same person, on the same day. Not valid with other discounts.

CANCELLATIONS

If you must reschedule or cancel your appointment, please notify us at least 48 hours in advance to avoid being charged the full treatment price.

Prices effective June 15, 2016.

All prices and service offerings subject to change without notice.

HOW TO SPA

Your comfort and ease are important to receiving the greatest benefits from your resort spa experience. Please don't hesitate to ask questions. The spa is intended to be a quiet and relaxing environment. We are happy to provide you with the information you need to make your spa experience relaxing and soothing.

Arrive Early Please arrive at least 20 minutes prior to your first appointment in order to change into your robe, complete paperwork and relax before services. Guests wishing to shower or use the steam room or sauna prior to services, should allow additional time. Should you arrive late, your service(s) will be modified and end at the originally scheduled time.

Medical Conditions Upon arrival at the spa, you will be asked to complete a questionnaire. Please note any medical conditions on this form. Your service provider will review the form with you, prior to your service, to determine appropriate service modifications. Please let the spa know when booking your services if you have significant medical conditions, that would be beneficial to be aware of in advance. If you have any concerns about whether you should have any service, please check with your physician prior to booking your services.

Electronic Devices Phones, cameras and other recording or electronic devices are not allowed in the locker rooms or treatment rooms. We request all cell phones be turned off while in the spa.

What to Wear Unless you are leaving the spa to go out for the evening; wear comfortable, loose fitting clothes. Lockers, plush robes, sandals, towels, amenities and hair dryers are provided. We strongly encourage you to leave all jewelry and personal belongings at home.

Disrobing Please disrobe to your comfort level. Traditionally, most resort spa services are performed wearing no clothing. All of our service providers are highly trained professionals who will cover and drape you to ensure your privacy.

Gender Preference Please inform us when booking your appointments if you have a gender preference for your therapist. Please note that this might limit the availability of your service.

Pregnancy Please inform the front desk when making your reservations and your service providers the day of your services if you are pregnant so we can customize your service for you and your baby.

Age Restrictions We encourage our younger guests to experience spa services within a few guidelines. Any guest under the age of 16 must be accompanied by a parent or guardian while in the spa. If a guest is under the age of 16, we require Parental Consent prior to any service other than nail services. Guests 13 and under receiving skin care services, or guests 14 and under receiving any body service, will require a parent or guardian to be in the treatment room.

Food & Drink We provide light refreshments and spa snacks in our relaxation room. Outside food and beverages are not permitted.

Gratuities Gratuities are not included in the service fee. If you have had a wonderful experience, feel free to leave gratuities for your service providers. If you are not sure how much to tip, our front desk staff will be happy to provide guidance on gratuity standards.