

## In-room Spa Services at The Resort

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### Massage

#### Swedish Massage

1 hr - \$85

1½ hr - \$105

Long gliding strokes, kneading and friction with oils. Releases tension and increases circulation.

#### Deep Tissue Massage

1 hr - \$95

1½ hr - \$110

This technique is intended to concentrate on specific areas releasing chronic holding patterns due to injury or repetitive stress. Requires focus, deep breathing and may cause some temporary discomfort.

#### Deep Swedish Massage

1 hr - \$85

1½ hr - \$105

Firm touch massage, applied rigorously yet more relaxing than specific muscle work of Deep Tissue Massage.

#### Foot Massage for Total Health

1 hr - \$85

Receive a neck and shoulder massage while your feet bathe in warm water and herbal salts, followed by therapeutic foot massage.

*In receiving a massage, your modesty will be respected at all times. You will be given privacy to disrobe to your level of comfort on the massage table. You will be draped with a sheet at all times and your therapist will undrape only the part of your body that is being massaged at a given time.*

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### Facials

These European style facials include a facial cleanse, exfoliate, steamed towels, and a specialty masque. You will be pampered with massage to face, neck, hands and feet for health and relaxation.

#### Drift Away

\$95

This get-away facial encompasses a marine mask. Allow your senses to be touched with aroma-therapy for relaxation.

#### Hot Sea-Stone

\$105

Smooth, heated stones from the sea enhances this therapeutic facial massage.

#### The Repackage

1 hr - \$115

Rehydrating - Four Layer Facial

The Active ingredient, a seaweed serum rich in vitamin C, minerals and proteins.

**Champagne Facial**

\$110

Provides a large variety of phytonutrients with anti-oxidant properties including vitamins, phenols, carotenoids and flavonoids.

**Add to Any Facial:**

**Terrific Lash & Brow Tint**

\$25

Long lasting results, professionally tinted with a color that suits you perfectly.

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**Body Treatments**

**Spa Pedicure (1 Hour)**

\$80

Soothe your soles with sea minerals, tea tree oil foot soak, coconut sugar scrub, nail shaping and polish. Continue this special treatment with a rejuvenating foot and lower leg massage.

**Add to Any Pedicure:**

**Callus Treatment**

\$10

**Manicure**

\$35

**Biotone Body Polish**

50 min - \$95

With Half Hour Massage - \$115

With One Hour Massage - \$150

Awaken circulation while removing accumulated residues & impurities. Skin tingles, with stimulating sensation of exfoliation as dry, dull skin is massaged to reveal a fresh glow. Finish with moisturizing body butter.

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All services are provided in the comfort of your guest room. It is recommended that you book spa services when making room reservations. For more information call The Ludlow Bay Massage & Wellness Spa at **(360) 437-3798** or email Ludlow Bay Massage & Wellness Spa at [Piperdiehlmp@yahoo.com](mailto:Piperdiehlmp@yahoo.com).