



TAHOE SPA & WELLNESS

2020 Pricing - effective 12/1/2019

MASSAGE THERAPY

Whether you've just arrived from a long day of travel, had an exhilarating day on the slopes, or are prioritizing your own well-being by dedicating this time to yourself, our massage treatments will meet you right where you are. Our skilled therapists will take time to understand your specific needs, and will utilize a variety of modalities, including, but not limited to, Deep Tissue, Myofascial Release, Sports Massage, relaxing Swedish Massage, and energy work. For your treatments we have chosen the highest grade, wild-crafted, organic essential oils, balms and skin products. All of our treatments and products will be customized especially for you.

COME HOME TO YOURSELF

We invite you to slow down, breathe, and tune in. This flowing, Swedish-based massage is customized to suit your preferences of pressure depth and areas of focus. Clear your mind, unwind your body, and heal your soul with our signature massage. **50 min / 80 min - 145 / 225**

THERAPEUTIC JOURNEY

Our highly skilled therapists will utilize a variety of Deep Tissue techniques to move beyond the outer layers, softening fascia and releasing adhesions. This transformative massage can focus on targeted areas or can be received as a deep releasing full-body treatment. **50 min / 80 min - 155 / 245**

TRUCKEE RIVER STONE

Smooth, heated river stones are used as extensions of the therapist's hands. The weight and radiant heat of the stones penetrates muscle tissue and induces deep relaxation. Our stone massage is a great way to provide relief to tired, sore muscles, and bring luxurious warmth to the chill of winter. **80 min - 255**

SKI LEGS BOOT FEET (lower body focus)

We know you want to get back out there tomorrow. This revitalizing treatment utilizes the healing, anti-inflammatory properties of Arnica and Ginger Root. We'll send you off to a celebratory evening in the Village and have you ready for first chair in the morning. **50 min - 145**

HEAD, NECK, AND SHOULDERS (upper body focus)

This focused massage restores comfort to this typically tense region. Give your head, neck, and shoulders some much needed attention and you'll feel better all over. **50 min - 145**

PRE AND POST NATAL MASSAGE

For new mothers and expectant mamas, this nurturing massage is enhanced with specially designed support pillows and pure organic oils that safely nourish mother and baby. **50 min / 80 min - 145 / 225**

FACIALS

Our approach to skin care is beyond the usual. The skin is our largest organ and also the first to show signs of stress, toxins, and imbalance. We believe Beauty and Wellness are intertwined and that's why we offer an uncompromising approach to the products we use and to the individual attention our skin specialists provide. Our facials will leave you looking better, but our goal is to leave you feeling more at home in your own skin.

SPIRIT OF TAHOE CUSTOM FACIAL

Our signature wellness facial is appropriate for all skin types and invites you on a journey to reveal both inner and outer beauty. Every treatment begins with heart-opening aromatherapy and features triple-layer exfoliation and a customized mask. The anti-inflammatory properties of wild crafted botanicals are revitalizing, hydrating, and protective, and this luxurious experience includes a nourishing hand and foot treatment. **80 min - 270**

HIGH ALTITUDE HYDRO INFUSION FACIAL

The Ultimate in hydration and protection, this facial is the treatment remedy for the damaging effects of altitude, sun exposure, and dry air. Infuse and seal in moisture with this natural antioxidant, UV protective skin treatment that heals and protects from the inside out, and leaves your skin glowing and ready to defend itself from the elements. **50 min / 80 min - 155 / 245**

HARMONIZING AGE DEFENSE FACIAL

Renew vitality with this rejuvenating and corrective treatment. Enhanced by powerful natural ingredients, this age-defense facial will improve the effects of sun-damage, reduce fine lines and wrinkles, and firm fatigued skin. **50 min / 80 min - 155 / 245**

WELLNESS DUO (body and skin)

Immerse in self-care with a customized 50-minute massage followed by a 30-minute express facial. **80 min / 255**

SPA NOTES: In order to receive the most benefit from your spa experience, please arrive a minimum of 15 minutes prior to your scheduled treatment to relax and enjoy the ambiance. Late arrivals will finish on time to accommodate the next guest. Please notify the spa at least 24 hours in advance of your appointment if you must reschedule or cancel. Full service fee will be charged for cancellations/changes within 24 hours of appointment. For your convenience, a 20% service fee will be added to each service, but you are welcome to adjust this at your discretion. Our services are offered to those 18 years of age and older, and to those under 18 with parental consent and presence in spa during treatment.

EMBRACED BY THE MAJESTIC SIERRAS, CLEAR WATERS OF LAKE TAHOE,
AND THE SLOWER PACE OF MOUNTAIN LIFE, WE INVITE YOU TO...

come home to yourself

Located in The Village At Northstar | 8001 Northstar Drive | Spa - Suite 8012 | Yoga - Suite 8102B | Truckee, CA 96161

Open 10:00am - 6:00pm, by appointment | 530-550-8336 | TahoeSpaNorthstar.com



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ENHANCE YOUR MESSAGE

Add-on the following specialties to your massage

Yoga Balm - 55

Add this highly effective, organic, pharmaceutical balm to any massage. Includes a jar to take home.

Aromatherapy Journey - \$35

Customize your massage with the highest quality, wild crafted, organic essential oils from ISUN. Consult with our staff to choose unique Aromablends of Earth (Grounding), Peace (Calming) or Ormus Rose (uplifting).

Healing Hot Stones - 40

Receive the deep releasing and relaxing effects of heated river stones in a targeted region of extra need.

Hand And Foot Indulgence - 30 for Hands or Feet / 55 for Hands and Feet

The warmth and healing essential oils of this luxurious treatment bring relief to aching joints and rejuvenating moisture to dry skin.

Warm Me To The Core - 25

Clay-filled canvas steam packs deliver moist heat to melt muscle tension away.

CBD Healing Salve - 60

Add this potent herbal treatment to any massage. Includes a jar to take home.

ENHANCE YOUR FACIAL

Add-on the following specialties to your facial

Brightening Treatment - 45

A customized cleanse, mask, and serum can be added to any facial to improve pigmentation and bring skin tone into balance.

Microdermabrasion - 45

Add this deeper level of exfoliation to any facial treatment.

Lip Sugar Scrub - 25

Heal and moisturize dry, neglected lips.

Hand and Foot Indulgence - 30 for Hands or Feet / 55 for Hands and Feet (Included in Spirit of Tahoe Custom Facial)

The warmth and healing essential oils of this luxurious treatment bring relief to aching joints and rejuvenating moisture to dry skin.

Wax - Consult with our staff for details and pricing.

For face and body, waxing can be added to your facial or received alone as a treatment.

TAHOE YOGA (located above the Spa)

Single Class - 25

2 Day Pass - 45

3 Day Pass - 60

5 Day Pass - 80

7 Day Pass - 95

5 Class Series - 90 (18/class)

10 Class Series - 170 (17/class)

20 Class Series - 320 (16/class)

30 Class Series - 450 (15/class)

30 Day Pass - 175

Children / Teen Single Class - 15

Children / Teen 10 Class Series - 120

Senior / Student / Vet Single Class - 15

Senior / Student / Vet 10 Class Series - 120

*Class Series may be shared and have a 1 year expiration

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