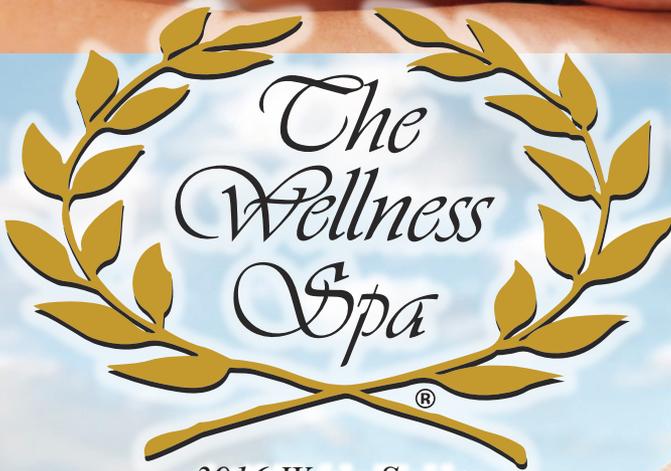


Relax...And Enjoy Life!



*3916 Water Street
Stevens Point, WI 54481*



*715-341-3333 • Toll Free: 877-341-WSPA (9772)
www.WellnessSpaResort.com*

One of Wisconsin's Finest Destination Spas Since 1994



Tucked into a naturally wooded setting overlooking McDill pond sits a century-old home beautifully renovated into a world class spa right in the middle of Wisconsin. Since 1994, The Wellness Spa has been offering high-end spa services including therapeutic, relaxing and couples massages, spa facials, specialty manicures and pedicures, face and body waxing, our exclusives signature treatments and wonderful spa packages.

“The Best Kept Secret in the Midwest” ... we’ve heard it over and over again as guests have visited from all over the world and have commented that they’ve never experienced anything else quite like The Wellness Spa. Talented, caring therapists and coordinators offering above and beyond customer service are ready to greet you with our signature “warm cozy” wrap for your neck as you enter. Your visit includes high-end comforts such as beautiful locker rooms with saunas, showers and all the amenities, Herbal Tea Bar and several relaxation rooms to nap or rest in at any time during your visit. Unique finds in our retail area and customizable bath and body care products at our CreateWellness™ Blending Bar.

Join us for a Free Tai Chi & Qigong class every week. Visit Wisconsin’s first Qi Garden Salt Spa with naturally effective, non-invasive, 100% drug-free therapies for respiratory conditions, skin, immune strength, better sleep and stress reduction. Experience an urban-style shopping adventure in clothing and accessories in our new Clarity Boutique for women’s casual clothing, active-leisure wear, elegant evening wear, beautiful jewelry and unique accessories.

Visit us online for all events, seasonal services and specials and see what’s happening next at our world class spa right here in the middle of central Wisconsin. And always remember to “Relax... And Enjoy Life!”

*Services & prices subject to change without notice
Brochure released April 2017*

Give a Gift Experience



Gift Card

Wellness Spa Gift Cards make the perfect gift for any occasion.

Purchase in-house and we will gift wrap it for you in our signature gold box.

Never miss a birthday, anniversary, holiday or special occasion again

Instant Gift Card online

www.WellnessSpaResort.com

Print purchased online Gift Card yourself or send it directly to the recipient via email.

Series Packages

Purchase 5 Sessions of any spa service ~ Receive the 6th FREE!

The perfect choice for regular spa-goers who can save hundreds every year
by purchasing Series Packages of their favorite services.

Services must be purchased in a six-pack of the same service and must be used by the same individual named
on the card. Series cards are purchased in advance of being used to receive free sixth service.

Price depends on service choice.

For Gift Card Specials:

Like us on Facebook

Follow us on Twitter

Follow us on Instagram @WellnessSpaResort.com

Spa Packages



Time for Two Package

2½ or 3 hour package - \$325/375 per couple

Spend time in our luxurious private Retreat Suite while we pamper you from head to toe. Relax side-by-side enjoying our new Ancient Thai Foot Treatment followed with some spa time sharing an elegant snack and beverage together before deeply relaxing with our Couples Massage ~ complete with a Hot Stone Sampler and Foot Indulgence Enhancer.

- Ancient Thai Foot Treatment
- Foot Indulgence Enhancer
- Couples Relaxation Massage (50 or 80 minute)
- Hot Stone Sampler
- Elegant snack and beverage

Ancient Healing Ritual

3 hour package - \$195

Combining ancient world practices and rituals, we have created this healing experience to dispel your stress, detoxify your body and free your spirit. Rejuvenate in our HydroTherapy Tub. Transform with our Buddha Body Ritual, using hand-made warm Thai compresses and relaxing Swedish massage techniques. Conclude with deep meditative rest in our Salt Spa to increase overall wellness and restoration.

- HydroTherapy Bath
- Buddha Body Ritual (includes massage)
- Salt Spa Session

Taste of the Spa Life Package

3-4 hour package - \$185

Relax with a special day at the spa by creating the package of your dreams. Choose one service from each category below. Complimentary Spa Snack included with this tasty package. *Upgrades available for additional charge.

APPETIZER

- Body Glow
- Hot Stone Indulgence
- Head Trip
- Sole Serenity
- Essential Manicure

MAIN COURSE

- Relaxation Massage 80
- Deep Tissue Massage 80
- Hot Stone Massage 70
- European Facial
- Maternity Massage

DESSERT

- Enzyme Therapy Facial
- Essential Pedicure
- Total Tranquility
- Salt Spa Session
- Relaxation Manicure

Create Wellness Spa Package

2½ hour package - \$145

Create your own Wellness with a treatment that you design. Includes a visit to our Blending Bar to mix up a take-home body care product that you create.

- Relaxation Massage (50 minute)
- Two Alchemy Massage Services of your choice
- CreateWellness Product of your choice (with Silver Intention Charm)

Signature Treatments



Buddha Body Ritual

Nourish and detoxify your body while you relax and restore. With a recipe dating back to the 14th century, our handmade steamed compresses of aromatic herbs and spices, induce immense calmness while reducing aches and pains, increasing lymphatic drainage, recouping deficiencies and harmonizing your entire body. Continue to deeply relax with a soothing full body massage using aromatherapy oils and long Swedish massage strokes to increase 'Qi' flow.
75 minutes - \$125

The Athena

An exquisitely relaxing treatment so great, the goddess Athena would have approved. Our Hot Stone Back Indulgence followed by a full body relaxation massage flows into our Total Tranquility face massage. A deeply relaxing, blissful blessing for your body, mind, and soul.
75 minutes - \$115

The Atlas

Let us lift the weight of the world off your shoulders with a stimulating back scrub, hot stone back massage and deep tissue massage of your back and neck. A soothing foot massage completes this treatment ~ so good, Atlas himself would approve.
75 minutes - \$115

Ancient Thai Foot Treatment

Combining wisdom from the ancient monks of Bangkok with the healing powers of herbs and spices, this treatment uses heated compression, pressure point foot massage and black obsidian stones to relax and realign energies in the body. This 2000-year-old practice can ease discomfort, open energy pathways and produce a deep feeling of balance, relaxation and well-being.
50 minutes - \$75

Face & Body Renewal

Two beautiful treatments blended together for a full body and face renewing experience. Begin with a full body scrub, moisturizing shea butter application and body wrap of cocooned warmth. While your body drinks in moisture, enjoy a skin firming facial with our antioxidant-collagen mask to increase skin firmness and resilience. A true spa experience.
75 minutes - \$135

Nirvana Experience

Begin with a full body scrub to soften skin before enjoying a relaxing aromatherapy massage using your choice of essential oils, followed by a full body steam treatment to detoxify and hydrate your body while your face is massaged with refreshing cooled globes. Heaven aka Nirvana!
75 or 105 minutes - \$115/135

Massage Therapy

Relaxation Massage

Relax with flowing, broad massage strokes to help calm the nervous system, soothe muscle pain and relax your body and mind.

50, 80 or 110 minutes - \$70/100/130

Deep Tissue Massage

Specific massage techniques to physically break down adhesions in muscles, tendons, and ligaments to relieve pain, calm inflammation and restore natural movement.

50, 80 or 110 minutes - \$80/110/140

Mini Massage

Intended for site specific work such as back, neck, shoulders, or problem areas. Please note there is not enough time for full body massage.

20 minutes - \$45

Hot Stone Massage

Natural stone massage helps to release tension and promote relaxation while accelerating overall circulation and alleviating stress.

Full Body Treatment: 70 minutes - \$105

Back Massage Only: 45 minutes - \$80

Couples Relaxation Massage

Spend time together receiving side by side massage in our special couples room or upstairs Retreat Suite. Includes your choice of Complimentary Massage Enhancer for each of you.

50 or 80 minutes - \$175/225 per couple

Upgrade with additional Enhancer, Deep Tissue or Maternity for \$10 extra per person.

Maternity Massage

Enjoy well-deserved pampering on our special contour body pillow to ensure comfort during this specialized massage to relax and offer pain relief.

50 minutes - \$80

Reflexology

Reflex points in your feet are worked with unique pressure-point massage to relieve tension, increase energy flow and energize your body.

20 or 50 minute session - \$45/70

Reiki

Opens energy blockages, whether emotional, physical, or spiritual and restores balance and harmony so your body can heal itself.

20 or 50 minute session - \$35/60

Massage Enhancers

Choose one or more micro-styled Enhancers to customize your massage. Add-in Only \$10 each

Hot Stone Sampler

Warmth of hot stones massaged onto your back to deeply relax muscles.

Hand Indulgence

Moisturize dry skin and soothe hands with aromatic oils and heated mitts.

Foot Indulgence

Nourishing dry, achy feet with blend of healing oils and warm herbal booties.

Moisturizing Body Treatment

Moisturizing lotion in place of traditional massage oils used.





Massage Alchemy

Upgrade your massage experience by creating your own healing body blend. Add one of our Alchemy treatments to customize your massage to your needs. *Cannot be added to our Signature Treatments or 110 minute massage

Alchemy added onto one of our traditional massages: 20 minutes - Only \$25
Alchemy as a stand-alone service (without massage): 20 minutes - \$50 each

Body Glow

Light exfoliation with a soft brush is used to increase circulation and lymphatic flow, which can strengthen your immune system while making skin silky smooth.

Head Trip

Whether headache pain, sinus pressure or scalp massage – our therapists use a combination of treatments including hot or cold stone therapy, aromatherapy, acupressure point massage or their own specialized techniques to offer needed relief.

Hot Stone Back Indulgence

Warm smooth stones are used to promote deep muscle relief, increase circulation and alleviate tension. A therapeutic way to begin any massage.

Sole Serenity

Hot towel foot wrap, exfoliating lower leg and foot scrub followed with a relaxing aromatherapy foot massage. Finish with rejuvenating leg gel.

Total Tranquility

Incredibly tranquil facial massage to enhance deep relaxation and ease pain by using hot towels, marma-point massage and aromatherapy.

Facial Therapy



Golden Goddess 24 Karat Facial

Gold not only gives us beautiful, glowing and youthful skin but it also slows down collagen depletion, increases skin's elasticity, lightens complexion, stimulates cells to firm skin, improves blood circulation and prevents premature aging and wrinkles. Now add all those benefits into our incredibly indulgent facial including a gemstone face massage, Ultimate Neck Lift, and shea butter hand and foot massage and you'll experience a facial that is... golden! 75 minutes - \$145

Wonder Facial

This 4-layer Repechage® Facial will plump up skin, brighten color, smooth fine lines and soften wrinkles. Unique lift-off facial mask hardens while it penetrates nutrient-rich products into your skin for a healthy, glowing appearance. Includes cleanse, extractions, face massage, hand and foot wrap. 75 minutes - \$135

(Not recommended if allergic to Iodine or seaweed)

Natural Face Lift Facial

Lift and tighten skin, diminish fine lines and wrinkles, shrink pores and illuminate skin to a youthful, taut appearance. Includes cleanse, steam, facial massage, and our unique lift-off collagen treatment facial and décolleté/neck area. Includes our Hand Indulgence treatment and relaxing foot massage. This is the ultimate in luxury! 75 minutes - \$125

Wellness Spa Facial

Our Signature Facial. Thorough cleanse and skin analysis followed with a deep pore lifting Enzyme mask, relaxing face massage, Lip Smoothing and Eye Renewal treatment masks, as well as a specially-blended customized facial mask. Includes a relaxing moisturizing hand and foot massage. Amazing! 80 minutes - \$115

Deep-Pore Cleansing Facial

Revitalize skin with our invigorating cleanser that percolates on your skin, lifting debris and dead-skin from your pores, followed by an enzyme infusing mask and Intense Peptide Serum treatment. Includes moisturizing hand and foot massage. 50 minutes - \$85

Cleansing Facial for your Back

A must have for back acne or skin problems surfacing on your shoulders and back. Includes all the skin care essentials needed to revitalize skin with a deep cleanse, extractions and customized mask. 50 minutes - \$80

We suggest scheduling a Salt Spa Session either before or after your back facial as the salt is anti-bacterial and will help in healing acne problems. Add-on Salt Spa Session 45 minutes - only \$25

Facial Enhancers

Choose one or more Add-Ins below to customize any of our facials to your specific needs. \$10-20 each

Smoothing Lip Treatment

Soften fine lines and wrinkles around the mouth while healing cracked and dry lips with our unique infused layered mask.

Ultimate Eye Lift

Relieve tired eyes while reducing puffiness and dark circles with this moisturizing and hydrating eye mask to firm and tighten the eye area.

Ultimate Neck Lift

Moisturize and hydrate your neck with marine-based collagen mask, aloe, vitamin E, C and rose oil to naturally moisturize, tone and tighten skin and lessen the appearance of wrinkles. (\$20)

High Frequency

Stimulate, sanitize and heal skin while increasing blood circulation and oxygen. Perfect for acne, skin lesions, cold sores, fine lines, sagging skin and puffy eyes while improving overall appearance.

Traditional Facials

European Facial

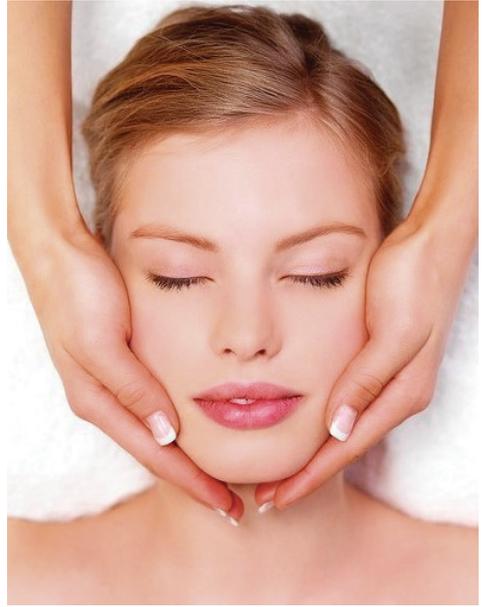
Truly a “Spa” facial with all the essentials needed for a fresh glow; thorough cleanse, deep pore mask, relaxing massage and customized facial mask. This facial focuses on massage of the neck, face and scalp to relax your entire being. Includes moisturizing hand and foot massage.
80 minutes - \$100

Cleansing Facial

Whether to refresh skin, address acne or skin problems, or use as a monthly maintenance treatment, this is our core facial with all the skin care essentials needed to revitalize skin. Includes moisturizing hand and foot massage.
50 minutes - \$70

Enzyme Therapy Facial

Using a natural exfoliant of papaya and pineapple to separate dry, dead cells and lift them from the skin, this is a perfect mini treatment to brighten your skin.
30 minutes - \$50



Facial Alchemy

Upgrade your facial experience by creating your own beauty elixir ~ customized to your needs. Add any of the following Alchemy options to one of our Traditional Facials listed above.

Acne Treatment

Results oriented deep cleansing beginning with our High Frequency machine before using an effective yet gentle Sulfur Mask to calm skin, kill bacteria and shift your skin into a healthy, less inflamed state.
\$25 Add-on

Anti-Aging

Upgrade your facial for better anti-aging results with our Flaxx-C Mask and Specialty V-Neck Firming Mask to tone the face and neck, firm and lessen fine lines and wrinkles. \$25 Add-on

Chemical Peel

Powerful, yet gentle Lactic Acid peel leaves very little redness or downtime yet can dramatically help with fine lines and wrinkles, breakouts, premature aging, hyperpigmentation, clogged/enlarged pores, Milia, dull/rough texture, dehydration. \$35 Add-on

Detoxification

Deep Pore Cleansing followed with our advanced VitaMineral Deep Detox Mask to even-out skin tone and texture while deep cleaning pores, allowing for better penetration of vitamin C and active minerals. This neutralizes free-radicals and leaves your skin remarkably clean and even-toned. \$25 Add-on

Lightening & Brightening

Add this Antioxidant Skin Brightening treatment to brighten and even-out skin tone for luminous, hydrated skin. Improves appearance of discoloration, isolated age spots and sun damage. \$25 Add-on.

Nail Therapy



Relaxation Pedicure

Wellness Spa Signature Treatment. Lavish your feet while you drift into a deep state of relaxation with our combination of professional nail care plus the pleasure of an elegant spa service. Includes acupressure foot massage, hydrating hand treatment, choice of foot mask, concluding with nail polish of your choice.

60 minutes - \$65

Relaxation Manicure

Wellness Spa Signature Treatment. Indulge yourself with relaxation while you pamper your hands and nails. Professional nail care, scrub, hydrating hand mask with the addition of acupressure hand and arm massage. Then relax with our stress-relieving shoulder and neck massage, concluding with nail color of your choice.

60 minutes - \$50

Essential Pedicure

All the essentials needed to keep your feet and toes looking great; soak, scrub, nail and cuticle care, lotion application, nail color of your choice.

45 minutes - \$45

Essential Manicure

Everything needed to keep your hands and nails looking great; thorough nail and cuticle care, scrub, lotion application, nail color of your choice.

30 minutes - \$30

Wellness Mani-Pedi Package

Wellness for your hands and feet ~ we've combined two beautiful nail treatments into one lavish package to get you ready for your special event, vacation, or just because you deserve to look and feel your best!

Relaxation Pedicure & Essential Manicure:
90 minutes - \$90

Shellac Nail Treatment

Shellac Manicure won't chip, smudge, or wear off for 14 days! Perfect for vacation, wedding or special events. (includes manicure to prepare nails)

60 minutes - \$45

Shellac Removal: 15 minutes - \$15

Princess Manicure

A special manicure to make little girls feel like a princess; includes filing, hand massage and nail color of her choice. Minimum age: 4 years old.

20 minutes - \$20

Princess Pedicure

Pretty Pedicure for little pampered feet. Includes hot towel wrap, filing, lotion application and nail color of her choice. Minimum age: 4 years old.

20 minutes - \$25

Allow an extra 15-30 minutes for drying to ensure great-looking nails before you leave the spa.

Nail Enhancers

Choose one or more Add-ons below to customize your nail service. \$5 - \$15

French or Regular Polish

Add "French-styled" color tips to your nails.
10 minutes - \$10

Hand Indulgence

Soothing and moisturizing treatment for dry hands to renew skin tone while making skin silky smooth.
10 minutes - \$10

Foot Indulgence

Pure pleasure with a nourishing moisture treatment for dry achy feet as heated booties renew your soles with a rich blend of natural aromatic oils.
10 minutes - \$10

Nail Art

Go for glamorous nails with personalized nail art and designs. 5-15 minutes - Starting at \$5

Nail Alchemy

Upgrade your nail experience by creating your own healing blend ~ customized to your needs with one of our Alchemy choices below

**Alchemy added onto nail service
20 minutes - Only \$25**

**Alchemy as a stand-alone service
20 minutes - \$45 each**

Foot Stress Reliever

Treat your feet to a warm bubbling foot soak, foot and lower leg scrub, acupressure foot massage and refreshing citrus-mint foot gel and spritz.

Stress-Relieving Treatment

Enjoy our moisturizing hand indulgence to soothe joint pain while making your hands silky soft. Then relax with a shoulder and neck massage. Softer hands while your stress-level drops in this calming spa service.

Face & Body Waxing



Eyebrows	\$20
Upper Lip	\$15
Chin Wax	\$15
Side of Face	\$15
Nape of Neck	\$15
Brows/Lip/Chin	\$35
Full Face	\$45
Underarm	\$25
Lower Arms	\$30
Full Arms	\$40
Lower Legs	\$45
Upper Legs	\$55
Full Legs	\$75
Bikini Line	\$35
Brazilian	\$90-\$110
Abdomen	\$20
Lower Back	\$20
Full Back	\$65
Chest	\$50
Men/Shoulder	\$35

Allergies? Asthma? Sneezing, Coughing, Colds & Flu?



Get Relief without Pills, without Medications,
without Side-effects...

TRY SALT Salt Therapy, also known as HaloTherapy, is a 100% natural, drug-free, non-invasive treatment that alleviates problems associated with asthma, allergies, COPD sinusitis, bronchitis, and many other respiratory and skin issues. Used successfully for over 30 years in European countries, it is now available in the USA for lung, sinus and skin problems.



Breathe easily while you relax and rest in comfort or play in our 'Salt Box' during your 45-minute Salt Spa Session.



www.QiGardenSaltSpa.com



Within The Wellness Spa, Stevens Point, WI
715-341-3333

Enjoy a climate controlled room with 20,000 pounds of Dead Sea and Himalayan Salt covering the walls and floor. Our 'Halogenerator' circulates micro-fine particles of pharmaceutical grade salt throughout the room which gently enter into your lungs as you breathe normally. These negatively-charged ion salt particles travel easily to the deepest and smallest parts of the lungs and sinuses which can increase healing by assisting to expel mucus, kill bacteria and open constricted airways while also giving your immune system a boost. Negative ions provide an overall sense of well-being, contentment and stress relief.

Conditions Improved by Salt Therapy:

- Acne
- Allergies
- Anxiety
- Asthma
- Bronchitis
- Chemical Sensitivities
- Chronic ENT Illnesses (ear-nose-throat)
- Colds and Flu
- COPD
- Cystic Fibrosis
- Dermatitis
- Eczema
- Electromagnetic Smog Overdose
- Frequent Ear Infections
- Hay Fever
- Joint Pain
- Psoriasis
- Rhinitis
- Sinusitis
- Sleep Apnea
- Smoker's Cough
- Snoring
- Sports Performance for Athletes
- Stress



~ Safe for Children ~
Family & Group Sessions Available



What is Qigong & Tai Chi?

Qigong (chee-gung) the practice of energy cultivation, and Tai Chi (tie-chee) are ancient Chinese practices developed thousands of years ago for the purpose of promoting optimal health, vitality and longevity.

A carefully guarded secret of monasteries, hospitals and imperial courts, the cultivation of “Qi” was kept from the Chinese public until recently when it has come into widespread use in the Far East. Now in the West, it is viewed as a health and human performance breakthrough... a power tool for self-improvement as a safe, gentle, proven approach to treating pain and disease.

Simple ... Easy ... Attainable ... for Everyone.



Mindful Movements



Breath-work



Meditation



Self-Applied Massage

What are the Health Benefits?

Qigong and Tai Chi are profound, yet simple methods to obtain optimal health and wellness. They have been clinically shown to:

- Reduce Stress
- Lower Blood Pressure
- Reduce Joint Pain
- Increase Full Range of Motion
- Open Clarity in the Mind
- Provides the lowest impact weight-bearing exercise known today
- Boost the immune system
- Reduce Anxiety and Depression
- Improve Balance and Coordination
- Aid in the healing of major illnesses
- Enhance Restorative Sleep

For more information call 715-341-3333

Visit www.WellnessSpaResort.com

www.DeborahAdams.net

FREE TAI CHI CLASS

Every Tuesday 5:30-6:30pm

at The Wellness Spa, Stevens Point, WI

Easy to learn Tai Chi and Qigong movements, focused breathing & guided meditation to calm the body and mind and help promote relaxation, internal healing and overall wellness. No experience needed; a different class taught at a beginner level every week, so joining any time is easy and stress-free. **Free and Open to the public.**

Tai Chi Tradition

Since July of 2006, Deborah Adams has been offering a free weekly Tai Chi and Qigong class to the Stevens Point community and surrounding areas. Starting at Pfiffner Park, people gathered once each week to move and relax by the river. The class has evolved through the past decade and is currently held at The Wellness Spa year-round. Average attendance varies between 25-45 people each week, with a balanced mix of regular attendees and those trying it for the first time.



Deborah is certified in Tai Chi and Qigong by the IIQTC and has advanced training to teach teachers, assisting Roger Jahnke, creator of Tai Chi Easy, throughout the past 10 years in several “TCE Practice Leader” trainings and 200-hour level trainings. She has trained with many different instructors but the majority of training and style is with Master Jiang Jinyne from China, now based in New York. Deborah is currently on his Health Preservation Teacher Team, representing Wisconsin.

As a student of many styles and teachers, Deborah has discovered that traditional Tai Chi is not well accepted by many Americans because it is challenging and takes a long time to learn. Through research and experimentation with her own classes, she honors traditional Tai Chi but applies her own modern twist ~ focusing on the healing benefits that come from giving people permission to just move, not caring as much about ‘how’ they are doing the movements, but allowing and encouraging them to simply be, breathe, and stay in the present moment ~ letting them know “as long as they are doing something, they are doing it right.”

Deborah synthesizes her background from ballet, jazz and modern dance, weight training and aerobics, massage therapy and body therapies, and the variety of martial arts, Tai Chi and Qigong trainings to teach a unique style of qigong she has labeled “Firehorse Qigong”. Her classes have helped thousands of attendees open the door to self-healing benefits and stress relief while also showing gratitude to a community that has supported her and her business, The Wellness Spa, since 1994.

CLARITY

BOUTIQUE

CLOTHING & ACCESSORIES

Something NEW to Enjoy at The Wellness Spa ...

An urban upscale boutique that offers a big-city shopping feel close to home. Professional and casual clothing, elegant evening wear, active-leisure wear, essential seamless wear, beautiful jewelry and accessories.



HOURS: Tuesday – Friday 10:00 am – 6:00 pm Saturday 10:00 am – 4:00 pm

www.ClarityBoutique.com