



Naturally Effective, Drug-free, Affordable Option for Respiratory Relief of Asthma, Allergies, Sinuses, COPD. Skin Improvement for Acne, Eczema & Psoriasis. Effective Method to Improve Sleep and Ease Stress, all while Building a Stronger Immune System.

Salt Spa Hours: Mon-Thurs 9a-7p Fri & Sat 9a-5p

### Salt Spa Sessions

(All Salt Spa & Zen Sessions are 45 minutes)

Salt Spa Session	\$50	5- Salt Session Package	\$225
Add-On Salt Spa Session	\$40	Private Salt Spa Session	\$275
Child Session 6-11 years	\$50	(Maximum of 12 Guests)	
(Includes one guardian at no charge)		Healing Zen Ritual	\$60
Additional Child	\$30	Couples Healing Zen Ritual	\$90

### Salt Spa Membership

- Unlimited Sessions for 1 Month/3 Months** **\$275/575**  
Unlimited salt spa sessions for one or three consecutive months - for one person
- Single Six-Month Membership** **\$139/month**  
Unlimited salt spa sessions for six consecutive months - for one person
- Single Annual Membership** **Only \$99\***  
Unlimited salt spa sessions each month for full year - for one person
- Family Annual Membership** **Only \$159\***  
Unlimited salt spa sessions each month for full year - for the family (Children must be living with parent for family rate)

\*Annual fees are due monthly for one consecutive year.

### FREE TAI CHI CLASS

Every Tuesday 5:30-6:30pm at The Wellness Spa

Easy to learn Tai Chi and Qigong movements, focused breathing & guided meditation to calm your body, clear your mind, and promote relaxation, internal healing, and overall wellness. No experience needed. Open to ages 10+

**Free and Open to the public.**

### Classes & Events

The Wellness Spa hosts a variety of wellness-focused classes & events, including Tai Chi, Qigong, Yoga, Soothing Sound Therapy, Ritual & Meditation Classes. With special seasonal events like our Couples Massage Class, Camp Goddess Woman's Retreat, Yoga in the Salt Spa, Solstice and Equinox Celebrations & Guest Speaker special events and activities. Visit us online for updated class and event details.

### Retail Therapy at Clarity Boutique

Women's Clothing, Shoes, Jewelry and Accessories. Plus books, essential oils, metaphysical gems, smudges and sage, singing bowls, chakra tools, massage products, bath & body care, professional skin care and at-home pro facial masks, OPI nail care, and our spa décor Salt and Selenite lamp accent lighting.

### Water Dragon Inn

Luxurious Overnight Accommodations

Whether a Staycation or Destination, enjoy Wisconsin seasons year-round in our elegant Stone Cottage on the water. Private wellness-focused accommodations for couple's romantic stays or small group get-a-ways. See more or book your relaxing experience at [www.WaterDragonInn.com](http://www.WaterDragonInn.com)

### The Wellness School

Clinical Massage Therapy Program

Start your career as a Licensed Massage Therapist! This clinical-based massage program provides results-oriented training that go beyond general skills to teach you the "why" to ensure a healthy, prosperous career. [www.WellnessSchool.net](http://www.WellnessSchool.net)

New price menu effective 01/15/24. Services & prices subject to change without notice.

One of Wisconsin's Finest Destination Spas since 1994



"The Best Kept Secret in the Midwest"...

Our talented, caring spa team, offers above and beyond great customer service, treatments and therapies, and we are ready to greet you as you enter our historical building, filled with all the comforts, smells and atmosphere you would expect in a world-class destination spa right here in central Wisconsin.

**Come Discover The Wellness Spa to Relax... And Enjoy Life!**

For a full description of Spa & Salt Services, Classes & Events, or to Purchase a Gift Certificate Online scan the code below:



**The Wellness Spa, Inc.**

3916 Water Street, Stevens Point, WI 54481

**715-341-3333**

1-877-341-WSPA (9772)

[www.WellnessSpaResort.com](http://www.WellnessSpaResort.com)

Hours: M-Th 8am-7pm Fri & Sat 8am-5pm

## Taste of the Spa Life Package

Create the package of your dreams. Choose one service from each category below. Enjoy a Spa Snack with this package. Package time varies depending on choice of services. \$245 \*Upgrades available for additional charge.

### APPETIZER

Body Glow  
Head Trip  
Sole Serenity  
Gel Manicure

### MAIN COURSE

Relaxation Massage (80)  
Golden Goddess 24K Facial  
Wellness Spa Facial  
Restorative Therapy (90)

### DESSERT

Enzyme Therapy Facial  
Essential Pedicure  
Reflexology (20)  
Salt Spa Session

## Signature Spa Treatments

### Face & Body Renewal

A luxurious experience combining facial therapy with relaxing and moisturizing skin renewal bodywork. Optional side-by-side treatment for couples spa time. 90-minute individual treatment -\$165 or 90-minute couples package -\$350

### Platinum Luminescence

This specialty facial includes a luminating body treatment with all the spa indulgences for the ultimate facial experience. 105 minutes - \$195

### Nirvana Experience

Full body scrub, relaxing aromatherapy massage, detoxifying steam with cool globe face massage... Heaven aka Nirvana! 75 or 105 minutes - \$160/210

### The Athena

Hot stone back massage, full body relaxation massage, Aromatherapy Face Massage. A blissful blessing for your body, mind, and soul. 75 minutes - \$160

### The Atlas

Exfoliating back scrub, deep tissue back and neck massage, including hot stone back Indulgence. Completed with a therapeutic foot massage. 75 minutes - \$175

### Buddha Body Ritual

Warm compress of aromatic herbs is massaged into muscles to reduce pain while increasing lymphatic drainage. Includes Swedish Massage to increase Qi flow and harmonize your entire body. Deeply relaxing. 75 minutes - \$160

## Massage Therapy

Our therapeutic-based massages include techniques unique to The Wellness Spa, ensuring consistently beneficial treatments. Wellness Spa massages include: Hot Cozy, Hot Towels, Soothing Eye Pillow and aromatherapy or unscented oils.

Relaxation Massage	50/80 minutes	\$95/145
Deep Tissue Massage	50/80 minutes	\$115/175
Mini Massage	20 minutes	\$60
Hot Stone Back Massage	45 minutes	\$110
Hot Stone Full Body Massage	75 minutes	\$175
Maternity Massage	50 minutes	\$100
Couples Relaxation Massage	50/80 minutes	\$230/330

~Includes complimentary Hot Stone Sampler for each person

~Upgrade to Deep Tissue for \$20 extra/50 min or \$30 extra/80 minute per person

### Massage Enhancers \$15 each

Customize your massage adding more benefits without adding extra time.

- Hot Stone Sampler
- Hand Indulgence
- Foot Indulgence

### Massage & Facial Alchemy

Upgrade your massage or facial experience by creating your own healing blend.

Add our Alchemy treatment to customize your spa experience.

20 minutes - Add-On - \$45 (Cannot Add Alchemy to Signature Treatments or Maternity)

- Body Glow
- Head Trip
- Sole Serenity
- Total Tranquility
- Sinus Relief
- Hot Stone Back Indulgence (only added to massage)

## Eastern Therapy

Holistically restore harmony throughout the body, balancing yin yang and allowing Qi (energy) to flow, improving overall vitality and wellness.

Thai Massage	50/80 minutes	\$90/140
Tui Na Massage	50 minutes	\$90
Cupping	20 minutes	\$45
Reflexology	20/50 minutes	\$55/85

## Restorative Therapy

Move through blocked or disconnected mental and physical barriers to free you from pain, anxiety, trauma, or life changes and challenges to feel better overall.

Restorative Therapy Session	90 minutes	\$130
NeuroTherapy	30 minutes	\$60
NeuroMotion	30 minutes	\$50

## HydraFacial

### Signature HydraFacial

Deeply cleanse, extract, and hydrate skin using super-serums to nourish skin in a non-invasive, highly effective treatment for all skin types. 30 minutes - \$199

### Deluxe HydraFacial

All the essentials of our Signature Hydrafacial plus a skin-specific booster. Also includes LED red or blue light therapy and foot massage. 45 minutes - \$259

### Platinum HydraFacial

The ultimate HydraFacial experience. Detoxify skin with Lymphatic Drainage followed by our Signature HydraFacial to deeply cleanse, extract and hydrate. Includes LED Light Therapy and our calming foot massage. 60 minutes - \$325

## Facial Therapy

Our Facials are customized to your needs, with a variety of treatment masks and effective skin care products, serums, and add-ons to assure a specialized service.

Golden Goddess 24 Karat Facial	75 minutes	\$150
Wellness Spa Facial	75 minutes	\$135
Earth Minerals Facial	75 minutes	\$125
Balanced & Bright Facial	60 minutes	\$120
Oxygen Deep-Pore Facial	45 minutes	\$95
Cleansing Facial	45 minutes	\$90
Enzyme Therapy Facial	20 minutes	\$60
Chemical Peel	Add-on only	\$45
High Frequency	Add-on only	\$20
Enzyme Back Facial	30 minutes	\$75

## Dermaplaning

Instantly smoother, flawless-looking skin with our advanced technique of controlled surgical scraping. Can be done every 2-4 weeks. Series suggested.

- Full Face - \$75
- Add-on to any facial for only - \$50

## Eye Lash Extensions & Lash Lift/Tint

Eliminate the need for mascara with our low-maintenance options.

**Lash Lift & Tint** • Lift & Tint - \$100 • Lift Only - \$75 • Tint Only - \$35

Includes hydrating eye mask. Curl lasts about 5-6 weeks. 30-75 minutes.

**Brow Lamination** 60 minutes - \$75

Perming of the eyebrow hairs to give a fuller, more even look. Lasts 5-6 weeks. Includes brow shaping as needed prior to lamination.

**Brow Tint** 30 minutes - \$35

Enhance eyebrow color for a more defined look. Lasts 3-5 weeks.

**Full Set Lash Extensions** • Classic Lash - \$160 • Hybrid Lash - \$180-240

Includes hydrating eye mask. Fills recommended every 2-3 weeks. 120 minutes

**Lash Fill** 60 minutes - \$45-95 Includes hydrating eye mask.

**Lash Removal** (full set) 30 minutes - \$30

## Waxing Services

Eyebrows	\$25	Full Face	\$60	Brazilian	\$100
Upper Lip	\$15	Underarm	\$25	Bikini Line	\$40
Chin	\$15	Lower Arms	\$30	Abdomen	\$20
Side of Face	\$15	Full Arms	\$40	Full Back	\$90
Nape of Neck	\$15	Upper or Lower Legs	\$60	Chest	\$60
Brows/Lip/Chin	\$40	Full Legs	\$90	Shoulders	\$45

## Nail Therapy

Our nail services highlight natural and therapeutic additions such as acupressure massage, aromatherapy, detoxification, and stress relief to go beyond nail care.

Wellness Mani-Pedi Package	90 minutes	\$105
~Upgrade to Shellac Nail Treatment		\$120
Healing Power Pedicure	60 minutes	\$75
Relaxation Pedicure	60 minutes	\$75
Essential Pedicure	45 minutes	\$60
Foot Rubby Rubby	50 minutes	\$75
~Does not include nail care or polish . . . Upgrade \$20 for Added nail care and polish		
Essential Manicure	30 minutes	\$35
Gel Manicure	45 minutes	\$50
Gel Removal	10 minutes	\$10
French Polish Upgrade	10 minutes	\$10
Nail Art Upgrade	10 minutes	\$10

Allow an extra 15-30 minutes for drying of nails after polish