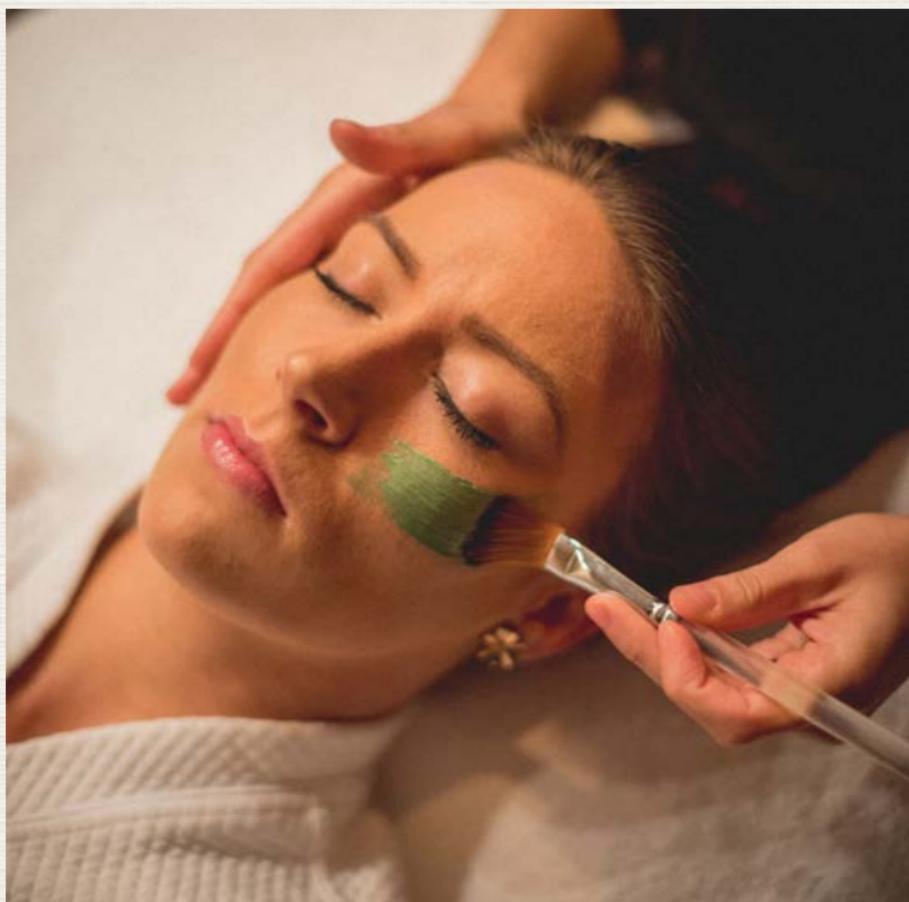


Reflections

at Grand Cascades Lodge





LUXURIOUS SKIN CARE

REFLECTIONS SIGNATURE FACIAL

50 MINS

Our most popular facial, this completely personalized service begins with an expert skin analysis to define the ideal products and protocol to meet your skincare needs. Emerge with visible results aligned with your skincare goals.

GREEN TEA & GINGER FACIAL

50 MINS

This calming facial is ideal for even the most sensitive skin. Green tea, ginger, and sea enzymes simultaneously nourish, stimulate, and detoxify skin. Skin is left velvety smooth and replenished.

VINOPERFECT GLYCOLIC FACIAL

50 MINS

This targeted Caudalie facial diminishes fine lines, hyperpigmentation, dry skin and offers immediately visible results. The service includes a peel, signature facial massage with warm and cool stones, and specialty serum application. Skin is left deeply hydrated and noticeably brighter.

BIO LIFT BRIGHTENING FACIAL

50 MINS

This non-invasive “face lift” diminishes the appearance of fine lines and wrinkles and reduces puffiness--reversing signs of premature aging. This facial uses the best of our signature skincare lines, with products custom-selected for each guest, alongside NuFace microcurrent technology to improve muscle memory and create natural contour while increasing cellular activity and tightening pores. Ideal for all skin types seeking a fresh and youthful glow.

GENTLEMAN'S FACIAL

50 MINS

Customized to address the most common skin concerns for men—ingrown facial hairs, razor irritation, and overactive oil glands — this highly effective facial cleanses, exfoliates and detoxifies the skin. The result is toned skin with refined texture.

JETPEEL FACIAL

50 MINS

JetPeel is a patented multi-step face and body treatment system that combines the benefits of all-natural hydrodermabrasion, a chemical peel and the gentle infusion of European skin nutrients, including anti-aging plant stem cells, antioxidants, hyaluronic acid and peptides. JetPeel blends saline with air to form a jet stream of micro-droplets that clean, exfoliate, oxygenate and nourish the skin, boosts radiance & hydration, brightens dark spots, tightens large pores, deeply hydrates skin, minimizes fine lines & wrinkles, improves skin tone & texture, and treats acne with an infusion of European skin nutrients. This treatment is completely customizable to any skin type and creates immediate results with no downtime.

PREMIER CRU FACIAL

100 MINS

This curated Vinotherapy inspired facial addresses a variety of skincare needs. Caudalie products are used for this service which includes a thorough cleansing, derma rolling to help support the skin's restoration process and a draining and relaxing modelage facial massage. The treatment is finished with an illuminating eye treatment and a Hydra-gel mask. Your skin will emerge refreshed and renewed.

TIME REVERSAL DIAMOND MICRODERM FACIAL

100 MINS

This all-in-one deep cleansing and anti-aging facial helps turn back the hands of time. A diamond-tipped microdermabrasion device deeply cleanses, exfoliates and vacuums away dead skin cells. A high-tech tool is then used to infuse skin-type-specific nutrients back into the skin. The result is improved circulation, skin elasticity and collagen production as well as the diminished appearance of fine lines, large pores, scarring, and pigmentation.



DECADENT MASSAGES

ART OF REFLECTION

50 MINS | 100 MINS

Our signature massage uses Swedish techniques to center & balance. Enjoy a feeling of clarity & wellbeing through this complete sensory experience.

VINOTHERAPY

50 MINS | 100 MINS

This luxurious anti-aging treatment delivers the powerful wine-based antioxidants of our fragrant oil alongside a balancing Swedish massage. The result is improved circulation, reduced muscle tension, improved flexibility and a head-to-toe glow.

HOT STONE MASSAGE

100 MINS

This unique service combines hot stone therapy with the benefits of vinotherapy. The treatment begins with targeted placement of warm stones on the body to bring balance to energy pathways. A medium-pressure, full body massage follows, using these warm stones and specialty vinotherapy massage oil to release tension and provide balance. The ultimate in relaxation.

DEEP TISSUE MASSAGE

50 MINS | 100 MINS

Designed with on-the-go lifestyles in mind, this massage is especially helpful for specific areas of discomfort. Deep massage releases tight muscles, stimulates circulation and improves range of motion through a variety of techniques, focused friction and muscle manipulation.

AROMATHERAPY MASSAGE

50 MINS | 100 MINS

Our impactful aromatherapy massage uses TARA Spa Therapy's Aromablends-masterful blends of premium essential oils in expeller-pressed base oils. You will be guided to select an oil based on a chosen intention or a scent preference. What follows is a sensorial massage experience focused on enhanced wellbeing.

MOTHER-TO-BE MASSAGE

50 MINS

The journey to motherhood is a special time. This massage is specifically designed to comfort the expectant mom and is adapted to each stage of pregnancy. This deeply restorative treatment is designed to help improve sleep, reduce stress and soothe muscle fatigue {This service is available only during the second and third trimesters}.

ENHANCEMENTS

DRY BRUSH EXFOLIATION | HOT STONE | REFRESHING
FOOT SALT SCRUB | CAUDALIE SCALP TREATMENT





INDULGENT BODY TREATMENTS

DECADENT CINNAMON BROWN SUGAR SCRUB 50 MINS

An exquisite treat for body and mind, this treatment is designed for those seeking satin-soft, radiant skin. Using brown sugar crystals, dead skin is gently exfoliated and the skin is hydrated with a protein-rich warm vanilla moisturizer yielding silky, shimmering skin.

CRUSHED CABERNET SCRUB 50 MINS

Caudalie's aromatic blend intoxicates the senses with an exfoliating Crushed Cabernet scrub, followed by a massage with Vinotherapy oil. This antioxidant-rich, grapeseed-infused treatment offers anti-aging benefits and results in fragrant, glowing skin.

VINE BODY WRAP 50 MINS

This deeply nourishing treatment includes a customized shoulder-to-toe exfoliation, 20-minute massage and a cocooning wrap. The treatment concludes with our signature vino-line body lotion application. You'll leave feeling pampered and rejuvenated.

DETOXIFYING SENSORY BODY RITUAL 100 MINS

This treatment brings together an exfoliation, wrap, facial and massage to create the ultimate detoxifying experience. You begin with an aromatic sea salt body scrub that awakens the skin and makes it more receptive to a purifying botanical mask of black Baltic mud and wild-crafted essential oils. While you're wrapped in a warm cocoon to allow the mud to draw out toxins, drift away during a soothing scalp massage, cold stone therapy facial, and foot massage all intended to relieve tension, improve circulation, and promote lymphatic drainage. A refreshing rainfall shower rinses away the revitalizing mud and a moisturizing rosemary-infused massage concludes this unique sensory experience.



GIVE YOUR SKINCARE SERVICE A BOOST WITH ANY OF THE FOLLOWING ADDITIONS:

{ADD WITHIN ANY SKIN CARE SERVICE}

HIGH FREQUENCY PURIFYING BOOST

This treatment safely treats and prevents acne with deep cleansing via and ultrasonic skin scrubber allowing for easier extractions. This is followed by a high frequency treatment which aids in killing bacteria, releasing congested sebum below the skins surface and purifying the skin from the inside out.

MICROCURRENT SCULPTING BOOST

Strengthen your facial muscles and improve muscle memory with this stimulating microcurrent treatment. This treatment utilizes Nuface microcurrent technology to tone, lift and contour the facial muscles diminishing the appearance of fine lines and wrinkles.

EYE BRIGHTENER BOOST

Awaken the eye area with this Nu Face eye brightening treatment. This treatment utilizes NuFace Fix gentle microcurrent and serum to add brightness and refine skin texture around the eyes.

BIO LIFT EYE BOOST

Lift and tone around the eyes with this targeted treatment. This treatment uses a unique microcurrent attachment to improve muscle memory and give the eyes a more youthful appearance.

PLUMPING LIP FLICK BOOST

Add volume without the injections! Plump and refine with this unique lip treatment technique. This treatment combines gentle microcurrent and serum to give the appearance of fuller more defined lips.

RED LIGHT THERAPY BOOST

Combat fine lines and wrinkles with NuFace Red Light Therapy. This targeted treatment uses a combination of red, amber and infrared LED lights to stimulate your natural collagen and elastin production.

ULTRASOUND THERAPY BOOST

Incorporate sound wave technology to penetrate serums deep below the skins surface, promoting cellular renewal and repair, combating puffiness and encouraging lymphatic drainage. Choose targeted area: Face, Neck, Decollate.

BROWN SUGAR LIP TREATMENT

Treat yourself to luscious soft lips with this lip exfoliating treatment. A brown sugar cinnamon scrub is used to smooth, refine and plump your lips.

COLLAGEN MASK

Give your skin a hydration boost with this collagen mask that volumizes skin and smooths fine lines leaving your skin soft and velvety.



COUPLES TREATMENTS

CHARDONNAY, NECTAR & HONEY COUPLES BLISS 100 MIN

Rejuvenate the body and soul with this luxurious side-by-side, full-body experience. The service begins with a full body exfoliation followed by an intoxicating application of warm vinotherapy lotion or oil custom selected for each guest.

COUPLES RENDEZVOUS

50 MINS | 100 MINS

Partners can relax together amid the soft glow of candlelight, gentle music, and a massage for two that involves long, flowing massage strokes that melt away tension and encourages relaxation.



HANDS & FEET

SPA MANICURE & SPA PEDICURE

These luxurious hand and foot treatments combine our signature spa products with expert technicians to deliver artistry with attention to the health of skin, cuticles and nails.

- Spa Manicure
- Spa French Manicure
- Gel Manicure
- Spa Pedicure
- Spa French Pedicure
- Gel Pedicure

FINGERS OR TOES POLISH REFRESHER

Not your typical polish change. Change your nail color while also refreshing your nails.

VINOTHERAPY HAND & FOOT TREATMENTS

Our vinotherapy hand and foot treatments use our signature wine-centric spa products to deliver ultimate results and a luxurious sensory experience. Begin with a soak and gentle exfoliation. You'll then be treated to a nourishing mask and fragrant massage followed by expert polish application.

AROMATHERAPY PEDICURE

Our fragrant pedicure calms the mind and encourages deep relaxation. The service begins with a gentle dry scrub exfoliation of the legs and feet, followed by an extended foot and leg massage and mud mask application, both created with custom aromatherapy blends, selected based on your intention. Your treatment concludes with polish application.



POLICIES & EXTRAS

RESERVATIONS

For the widest selection of treatments and appointment times, we recommend reserving your Spa services at least two weeks prior to your visit. Please allow additional notice when booking for groups, holidays and weekends. Special packages and arrangements can be made for wedding parties and baby showers. All Spa treatments must be guaranteed with a credit card. For more details, please contact the Spa at 844.358.0253.

FOR YOUR CONVENIENCE

Reflections Spa provides you with a luxury robe and slippers, lockers, showers, hair and body amenities and hair dryers for the duration of your service.

YOUNGER GUESTS

Guests must be 18 years of age or older to use the Spa facilities.

TRANQUIL ENVIRONMENT

The Spa is an environment for relaxation and tranquility. Please respect all of our guests' rights to privacy and quiet enjoyment by turning off electronic devices before entering and using spa voices when in communal areas. No outside food or beverage allowed.

PERSONAL POSSESSIONS

We regret that we cannot be responsible for the loss of or damage to personal articles, including clothing and accessories. We ask you to remove all jewelry before a ny service. We recommend leaving your jewelry at home or in the safe provided in your guestroom.

MAXIMIZING YOUR SPA EXPERIENCE

Please arrive at least 30 minutes prior to your first treatment. This will allow you time to check in and enjoy the Spa amenities. The use of the steam rooms prior to your treatment{s} will relax your muscles so that you may receive the full benefit of your service{s}. Arriving late for your scheduled service will deprive you of valuable treatment time. To avoid delaying the next guest, your treatment will end on time regardless of how late your service began.

OUR CANCELLATION POLICY

If you must cancel or reschedule your Spa service, please let us know 24 hours ahead of time to avoid being charged in full for a scheduled treatment. Groups of 6 or more who are booking services in the Spa require a 48 hour guarantee. The Spa strictly adheres to its cancellation policy.

SPA GIFT CARDS

A Spa Gift Card is an ideal gift year-round for any special occasion. Phone and mail orders are available. For more information, please call the Spa at 844.358.0253.

REFLECTIONS BOUTIQUE

After your Spa experience, browse through our Boutique filled with wonderful Spa products to remind you of your special day. Our Boutique carries our featured Spa line Epicuren, Caudalie skin care and Spa apparel and gifts.

CONVENIENT HOURS OF OPERATION

Hours are subject to change without notice. Please contact us for the most accurate hours of operation.

PRICING

Our pricing may be subject to change without notice. Please inquire about current pricing when scheduling your services. NJ State sales tax and a 10% service charge are not included in the cost of services. Spa amenities such as the post-service foot soak, steam shower, pink champagne & specialty chocolates, use of the Biosphere Pool Complex {Monday-Thursday non-holiday: minimum \$160 treatment} are all covered in the 10% service charge.

SPA GRATUITY

Gratuity is not included for spa services and is greatly appreciated. For your convenience, gratuity envelopes are located at the Spa reception desk.

PAYMENT

Reflections spa gladly accepts American Express, Discover, Mastercard, Visa & Cash.



November 2022

844.358.0253

TheCrystalSpringsResort.com

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