



# naturespa

## WINTER SPECIALTIES

### SEASONAL SPECIALTIES

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#### Seasonal Organic Facial

Rosehip and lemongrass cleanser, sweet milk and chamomile exfoliant, yogurt, honey, and banana mask, rosehip and lemongrass repair balm.

**\$140 / 50 minutes**

#### Rejuvenating Herbal Therapy

Massage and wrap of grapefruit, ginger, and clove infuses essential nutrients to refresh the weatherworn.

**\$225 / 80 minutes**

#### Natural Beauty

Winter warmer head-to-toe beautifier; Ginger sugar body polish, nourishing winter spice body butter massage, and seasonal facial.

**\$295 / 110 minutes**

### MOUNTAIN AIR MEANDERING

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#### Guided Treks

Our naturalist takes you into nature's embrace allowing serenity to reset your rhythms to the pulse of life.

#### Snowshoe Tours

**\$45 / 60 minutes**

(Daily: 10 a.m., noon, 2 p.m., 4 p.m.)

#### Fitness Snowshoe Trek

**\$125 / 60 minutes**

Advance reservation required.

#### Private Summit Snowshoe Tours

**\$150 / 120 minutes**

Advance reservation required.

**Ask about our hiking and massage specials!**

### MOVING MEDITATIONS

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#### Guided Meditation Massage

Learn to meditate with a soundtrack of guided imagery while skilled hands lull you into deep relaxation.

**\$135 / 50 minutes**

#### SVA Yoga

Private yoga therapy session.

**\$225 / 80 minutes**

#### Paint Studio

Instructor, easel, paints, and inspirational music, infusing relaxation with creativity.

**\$325 / 120 minutes**