

Fitness Services

| | |
|---------------------------------------|-------------|
| Personal Training Express, 25 mins | \$50 |
| PT Express Series, 10 sessions | \$400 |
| Personal Training Session, 50 mins | \$75 |
| Personal Training Session, 80 mins | \$100 |
| Personal Training Series, 5 sessions | \$325 |
| Personal Training Series, 10 sessions | \$600 |
| Personal Training Series, 24 sessions | \$1,035 |
| Personal Training for Couples | \$160 |
| Sports Stretch, 25 mins | \$50 |
| Body Composition Analysis | \$35 |
| Comprehensive Fitness Evaluation | \$120 |
| Sport-Specific Training, 80 mins | \$100 |
| Private Group Fitness Classes | prices vary |
| Group Hiking, 2-3 hrs | \$30 |
| Private Guided Hike | \$60 |
| Snowshoe Trekking, w/equipment rental | \$40 |
| Private Guided Snowshoe Trekking | \$60 |

Lifestyle Coaching Sessions

| | |
|--|-------|
| Lifestyle Coaching, 60 mins | \$150 |
| Individual Nutritional Consultation, 60 mins | \$120 |
| Couple's Nutritional Consultation, 90 mins | \$150 |

Day Spa Packages

| | |
|------------------|-------------|
| The Spa Day | \$144/\$169 |
| The Revitalizer | \$221/\$258 |
| The Ultimate Day | \$343/\$405 |
| The Spa Works | \$584/\$594 |
| Teen Time Out | \$317 |

Spa Hours of Operation: The pools are open from 6:30 am to 10:00 pm. The Fitness Center is open from 6:30 am to 8:00 pm. The Spa Desk is open from 7:00 am to 7:00 pm for scheduling appointments. The Spa Source Boutique is open from 9:00 am to 7:00 pm.

For your convenience, a 20% service charge will be added to services.

Day Spa packages are available Sunday through Friday and some select Saturdays, which include use of the Spa facilities for the day and a gourmet luncheon (price includes tax and gratuities).

Age Requirement: We welcome guests who are 16 years of age and older in the Spa and private lounges. All ages are welcome in the Salon. The large family outdoor pool and the indoor pool are available for all ages. The adult outdoor pool and adult hot tub age requirement is 18. Dogs are not allowed in the pool areas. Please note: select pools are closed from 11:00 am to 12:00 pm for pool classes (indoor hot tub waterfall is turned off during pool classes). Our pools are family friendly and tend to be quieter from 8:00 am to 11:00 am.

Access: Please check in at the Spa Desk should you wish to access the Spa or indoor pool. Please check in with the pool cabana agent to use the outdoor pools. Pool access is complimentary to resort guests. Children 12 years of age and younger must be accompanied by an adult to use the pools. No lifeguard is on duty. Coed sauna, steam, waterfall whirlpool, and shower are conveniently located by the indoor pool, with separate changing areas available downstairs.

For more information or to schedule,
please call 802.253.6463 or 800.451.8686

TOPNOTCHRESORT.COM
4000 MOUNTAIN ROAD, STOWE, VERMONT



SPA RATES



We offer select spa treatment specials Monday through Thursday. Where two prices are shown, the first price listed is our Mon-Thurs rate; the second is our holiday and weekend rate. A 24-hour cancellation and change policy is applicable on all services.

Body Wraps and Treatments

| | |
|--|--------------------|
| Vermont Herbal Fusion Wrap, 25 mins | \$70/\$80 |
| Atlantic Sea Salt Loofah, 25 mins | \$70/\$80 |
| Maple Sugar Body Scrub, 25 mins | \$70/\$80 |
| Clay Body Mask, 50 mins | \$120/\$130 |
| June Jacobs Seasonal Smoothie, 50 mins | \$105 |

Red Flower Treatments

| | |
|-----------------------------|--------------------|
| Japan Body Ritual, 80 mins | \$170/\$180 |
| Hammam Foot Ritual, 50 mins | \$120/\$130 |

Signature Treatments

| | |
|-------------------------------------|--------------------|
| Mount Mansfield Saucha, 75 mins | \$170/\$180 |
| Mount Mansfield Saucha, 100 mins | \$200/\$210 |
| Little River Stone Massage, 75 mins | \$170/\$180 |
| Custom Energy Healing, 50 mins | \$115/\$135 |
| The Ultimate Massage, 110 mins | \$220/\$250 |

Subtle Energies

| | |
|----------------------------------|--------------------|
| Craniosacral Therapy, 50 mins | \$115/\$135 |
| Craniosacral Therapy, 110 mins | \$230/\$250 |
| Reiki, 50 mins | \$115/\$135 |
| Maternity Visualization, 25 mins | \$60/\$70 |

Related Elements

| | |
|--------------------------|------------------|
| Tarot Reading, 50 mins | \$95 |
| Pampering Pooch, 25 mins | \$60/\$65 |
| Pampering Pooch, 50 mins | \$90/\$95 |

Massage Treatments

| | |
|----------------------------------|--------------------|
| Specific Spot Massage, 25 mins | \$70/\$80 |
| Swedish Massage, 50 mins | \$115/\$135 |
| Swedish Massage, 80 mins | \$150/\$170 |
| Combo Massage, 50 mins | \$115/\$135 |
| Combo Massage, 80 mins | \$150/\$170 |
| Maternity Massage, 50 mins | \$115/\$135 |
| Maternity Massage, 80 mins | \$150/\$170 |
| Deep Tissue Massage, 50 mins | \$125/\$145 |
| Deep Tissue Massage, 80 mins | \$170/\$190 |
| Sports Massage, 80 mins | \$170/\$190 |
| Aroma Mountain Massage, 50 mins | \$120/\$150 |
| Aroma Mountain Massage, 80 mins | \$155/\$175 |
| Foot Massage, 25 mins | \$70/\$80 |
| Reflexology, 25 mins | \$70/\$80 |
| Reflexology, 50 mins | \$115/\$135 |
| Four Hand Massage, 50 mins | \$215/\$250 |
| Couples Session, 80 mins | \$285/\$305 |
| Couples Deluxe Session, 110 mins | \$390/\$410 |
| Side-by-Side Massage, 50 mins | \$230/\$250 |
| Lomi Lomi, 80 mins | \$180/\$190 |
| Bamboo Massage, 50 mins | \$125/\$145 |
| Bamboo Massage, 80 mins | \$170/\$190 |

Eastern Origins

| | |
|----------------------------|--------------------|
| Ayurvedic Ritual, 110 mins | \$220/\$250 |
| Shiatsu, 50 mins | \$120/\$140 |
| Thai Massage, 50 mins | \$120/\$140 |
| Thai Massage, 80 mins | \$160/\$180 |
| Thai Massage, 110 mins | \$230/\$250 |
| Barefoot, 50 mins | \$120/\$140 |
| Barefoot, 80 mins | \$160/\$170 |

Teen Treatments

| | |
|---|------------------|
| Total Teen Facial, 50 mins | \$120 |
| Super Sugar Scrub, 25 mins | \$70/\$75 |
| Teen Massage, 25 mins | \$70/\$75 |
| Teen Tune-Up Personal Training, 50 mins | \$75 |

Facial Care

| | |
|----------------------------------|--------------------|
| Signature, 50 mins | \$140/\$150 |
| Essential, 70 mins | \$160/\$170 |
| Evidence Lift Facial, 80 mins | \$170/\$180 |
| Nutri Divine, 80 mins | \$170/\$180 |
| Harmony Douceur Extreme, 80 mins | \$170/\$180 |
| Mate & Pure, 80 mins | \$170/\$180 |
| Radiance, 80 mins | \$170/\$180 |
| Gentlemen's, 50 mins | \$140/\$150 |
| Skin Fitness, 70 mins | \$170/\$180 |
| Custom Clinical Facial, 50 mins | \$160/\$170 |
| Skin Soothing, 25 mins | \$95/\$105 |
| Men's Refining, 25 mins | \$95/\$105 |
| Crystal Micro-Dermabrasion | \$170 |
| Eye Treatment Add-On | \$25 |



Salon Services

Hair Services

| | |
|--------------------------------------|---------------|
| Shampoo/Cut, Senior Stylist | \$75+ |
| Shampoo/Cut, Stylist | \$55+ |
| Shampoo/Cut/Blow-Dry, Senior Stylist | \$80+ |
| Shampoo/Cut/Blow-Dry, Stylist | \$65+ |
| Men's Haircut | \$45+ |
| Shampoo/Blow-Dry | \$50+ |
| Shampoo/Set | \$50+ |
| Highlighting/Partial | \$90+ |
| Highlighting/Full | \$120+ |
| Updo | \$75+ |
| Colors and Glosses | \$120+ |
| Deep Conditioning | \$30+ |

Nail Services

| | |
|------------------------------|-------------|
| Deluxe Hand Renewal, 50 mins | \$50 |
| Spa Pedicure, 50 mins | \$65 |
| Deluxe Foot Renewal, 50 mins | \$75 |
| French Manicure, 50 mins | \$75 |
| Polish Change, 15 mins | \$22 |
| Paraffin Treatment | \$10 |
| Shellac Manicure, 50 mins | \$60 |

Makeup Services

| | |
|----------------------------------|-------------|
| Application, 25 minutes | \$50 |
| Application & Lesson, 50 minutes | \$80 |

Bridal Services

| | |
|--|---------------|
| Bridal Consultation, Hair, 90 mins | \$150 |
| Bridal Consultation, Makeup, 50 mins | \$75 |
| Bridal Consultation, Hair/Makeup, 2.50 hrs | \$250 |
| Bride's Updo | \$100+ |
| Bridesmaid's Updo | \$80+ |

Waxing Services

| | |
|--------------------|-------------|
| Half Leg | \$45 |
| Full Leg | \$75 |
| Bikini | \$45 |
| Brow, Lip, or Chin | \$20 |
| Underarm | \$30 |
| Half Arm | \$40 |
| Full Arm | \$50 |

