

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	\$154/\$169
The Revitalizer	\$231/\$258
The Ultimate Day	\$363/\$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	\$120/\$130
Smoothy, 50 mins	

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	\$125/\$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	\$125/\$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	\$125/\$135
Swedish Massage, 80 mins	\$150/\$170
Combo Massage, 50 mins	\$125/\$135
Combo Massage, 80 mins	\$150/\$170
Maternity Massage, 50 mins	\$125/\$135
Maternity Massage, 80 mins	\$150/\$170
Deep Tissue Massage, 50 mins	\$135/\$145
Deep Tissue Massage, 80 mins	\$170/\$190
Sports Massage, 80 mins	\$170/\$190
Aroma Mountain Massage, 50 mins	\$130/\$150
Aroma Mountain Massage, 80 mins	\$155/\$175
Foot Massage, 25 mins	\$70/\$80
Reflexology, 25 mins	\$70/\$80
Reflexology, 50 mins	\$125/\$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	\$250/\$270
Lomi Lomi, 70 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	\$130/\$140
Thai Massage, 50 mins	\$130/\$140
Thai Massage, 80 mins	\$160/\$180
Thai Massage, 110 mins	\$230/\$250
Barefoot, 50 mins	\$130/\$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
Micro-Dermabrasion	\$170
Eye Treatment Add-On	\$25
Lagoon Hydration, 50 mins	\$150/\$160
Renovateur Express, 25 mins	\$75/\$115

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
Gel Polish also available.	

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

