



topnotch  
SPA

# BODY WRAPS AND TREATMENTS



## HERBAL FUSION WRAP

Relax in an aromatic cocoon of warmth that allows your muscles to release toxins and increase circulation. Hot linens steeped in a blend of over a dozen dried herbs and flowers are layered and wrapped on the body. While tensions melt, enjoy a head and neck massage with our own custom blended sage, cedar and lavender oils.

25 minutes.

## HIMALAYAN PINK SALT BODY SCRUB

Enjoy an exfoliating treatment that smoothes the skin and increases overall circulation. This invigorating treatment leaves the skin clean and revitalized.

25 minutes.

## VERMONT MAPLE SUGAR BODY SMOOTHIE

Experience a unique exfoliating and softening body scrub made from locally produced maple sugar followed by an application of rich goats-milk body cream. Your entire body is polished and hydrated with pure Vermont maple sugar for a velvety softness.

An option for expectant mothers is also available.

50 minutes.

## CRUSHED CABERNET BODY CONTOUR SCRUB

Exfoliate, tone, and moisturize from head to toe with grape-seeds, rich honey, softening brown sugar and essential oils – brought to us from Paris! A unique plant-based contouring oil tones the skin, leaving the whole body glowing and replenished.

Enjoy a slimming herbal tea to treat the body inside and out.

50 minutes.

## HAMMAM FOOT RITUAL

Detoxify and nourish the lower legs and feet with this multi-step purification ritual. Retreat into a state of euphoria as your feet are vigorously scrubbed, cleansed and wrapped in a rich, warm layer of jasmine rose clay to draw out impurities.

Finish with a rejuvenating massage.

50 minutes.

## BODY WRAPS AND TREATMENTS



### CLAY BODY MASK

Detoxify, hydrate and re-mineralize the skin. This full body treatment begins with a stimulating dry brush exfoliation. Next therapeutic warm mud collected from the Dead Sea is applied. While the mud absorbs into the skin enjoy a relaxing head massage and optional warm coconut oil hair mask followed by an application of coconut body butter.

80 minutes.

### MOUNT MANSFIELD SAUCHA

Purity and simplification – drawing from the Sanskrit term “to purify,” this session allows you to experience an uncomplicated and completely luxurious herbal body service – seamlessly combining our Himalayan Pink Salt Body Scrub, Herbal Fusion Wrap, and full-body aromatherapy massage without leaving the table.

This is a wonderful treatment to help the ready the body and mind for a new season or ease transition in times of change.

105 minutes.

### CHAKRA BALANCING BODY TREATMENT

Based on the ancient healing arts of Chakra Therapy, this aromatic journey targets the energy centers of the body with unique Chakra balancing remedies. It begins with a relaxing foot ritual to assess which blend of aromatherapy oils will help re-balance your chakras. Then the body is exfoliated with a blend of salts, aromatherapy, aloe and shea butter to soften and hydrate the skin. Your journey concludes with a full body warming massage using your customized oil blend ending with a balancing face and scalp ritual.

105 Minutes.

# MASSAGE SERVICES



## SPECIFIC SPOT MASSAGE

This treatment allows you to choose your specific area of interest. The therapist can tailor the work to address a problem or to provide gentle relaxation.

25 minutes.

## FOOT MASSAGE

This delightful session soothes tired feet and eases tension.

25 minutes.

## REFLEXOLOGY

This art focuses on pressing and manipulating specific points on the feet to provide overall well-being. Reflexology helps the body to relax and generate a balanced flow of energy.

25 minutes or 50 minutes.

## TOPNOTCH SIGNATURE MASSAGE

Our signature massage session integrates multiple modalities of massage and heat therapies to relax the body, ease muscle tension, and improve circulation. Your therapist will customize your session based on your needs and their specialties using light to medium pressure techniques, stretching and compression. For your massage, select from our variety of house blended aromatherapy oils or choose a hypoallergenic option.

50 minutes or 80 minutes.

## MATERNITY MASSAGE

This massage is designed for the special challenges and needs of the mother-to-be. Our maternity massage therapists are trained in the use of a variety of pillows and support methods to provide a comfortable and safe experience. Please speak with the Spa Desk and your massage therapist to discuss how this massage can work best for you.

50 minutes or 80 minutes.

## DEEP TISSUE MASSAGE

This massage style is directed toward specific areas of tension and imbalance in the muscular system. To keep muscles supple, deep tissue work uses a variety of firm, direct strokes and techniques to loosen specific areas and increase circulation.

50 minutes or 80 minutes.

# MASSAGE SERVICES



## THAI MASSAGE

Dating back more than 2,500 years, this form of clothed massage blends gentle rocking movements, deep stretching and compression work to release tensions. It is wonderful for athletes and those who practice yoga as well as people who carry stress.

Please wear loose fitting clothing.  
50 or 80 minutes.

## SHIATSU SESSION

The Japanese word shiatsu means “finger pressure.” This technique focuses on applying moderate to firm pressure to points along the meridians, or energy pathways. Shiatsu provides a nurturing and soothing way to release blocked energy and restore well-being.

Please wear loose-fitting clothing.  
50 minutes or 80 minutes. A maternity option is available.

## SPORTS MASSAGE

Sports massages combines Swedish massage, muscle-specific deep tissue techniques, and assisted stretching to enhance muscle recovery or prepare for exhusion. Great for before or after the slopes, tennis, or hiking – or if you just want to try something a little different.

If leg stretching is desired please wear shorts.  
80 minutes.

## Custom for you...

### TOPNOTCH ULTIMATE CUSTOM MASSAGE

Allow your therapist to devise the ultimate massage experience with you, for you. Incorporating various techniques and disciplines from Shiatsu to deep tissue, Reiki to Reflexology, your therapist will customize your massage to relax and rejuvenate your mind and body.

110 minutes.

Please let the spa desk know what you wish to get from your experience so we can place you with a therapist who is a good fit.

## MASSAGE SERVICES



### LOMI-LOMI HAWAIIAN STYLE MASSAGE

Our Hawaiian-style Lomi-Lomi massage uses wonderfully hydrating and soothing organic coconut oil. The technique combines into one flowing system resulting in a rhythm that is comforting and complete. The therapist uses forearms as well as hands, resembling gentle waves moving over the body. Lomi-Lomi releases tension held within the body producing increased balance and a peaceful mind.

80 minutes.

### LITTLE RIVER STONE MASSAGE

This highly relaxing and versatile treatment is an amazing combination of hot stones, cold stones, massage and aromatherapy to create our own signature hot stone "soup." In this treatment, you will be massaged with hot smooth stones and the heat from the stones melts through tense muscle fibers for deep relief. Our own wood spice oil blended with pine, eucalyptus and lavender will reduce stress leaving you feeling balanced and at peace.

75 minutes.

### CHAKRA BALANCING AROMATHERAPY MASSAGE

Enjoy a luxurious, intentional massage using specially formulated chakra balancing oils. Your therapists will help you determine which chakra oils will best serve you with a ritual foot scrub and chakra assessment. Then float away as your therapist customizes your massage to your specifications.

80 minutes.

### TOTAL HOPS MASSAGE

Hops are naturally high in antioxidants that help to reduce inflammation, promote detoxification by flushing out toxins, and balance moisture levels when used on the skin. A full body massage with our house-made hops and herb-infused oil is the ultimate locally crafted body infusion. Enjoy a Ten Bends beer after your treatment and take home a hoppy exfoliating soap!

50 or 80 minutes.

### R & R CBD MASSAGE

Enjoy natural pain relief and relaxation with a full body massage using house blended CBD massage oil. Add the aromatherapy oil of your choice to make it your own! Use as little or as much as you like during your massage and the rest is for you to take home.

50 or 80 minutes.

## COUPLES SERVICES



### SIDE-BY-SIDE MASSAGE

Simultaneous massages for two guests. Family members, friends, partners and others can enjoy a massage together in our tranquil massage suite. Choose from Signature, Maternity or Deep Tissue Massage.  
50 or 80 minutes.

### COUPLES SESSION

Our luxurious couples massage suite is a relaxing haven where partners can enjoy side-by-side massages and then sip a sparkling beverage together by the fireplace. Choose from Signature, Maternity or Deep Tissue Massage.  
65 minute massage followed by 10-15 minutes by the fireplace.

### COUPLES DELUXE SESSION

The session begins by the fireplace sipping tea and enjoying foot massages with your partner followed by full body massages. Finally you are served chocolate covered strawberries and chocolate truffles while you snuggle together and sip a sparkling beverage by the fireplace. Choose from Signature, Maternity or Deep Tissue Massage.  
25-minute foot massage.  
65 minute massage followed by 10-15 minutes by the fireplace.

## Pampering Pooch

### ROVER REIKI AND MASSAGE SESSION

A combination of reiki and traditional muscle therapy massage is available for your pet in your private hotel room.  
25 minutes.

# THE SUBTLE ENERGIES



## CRANIOSACRAL THERAPY

By focusing on the craniosacral system, this treatment uses your own natural mechanisms to improve the function of your nervous system, to dissipate the negative effects of stress, and to enhance your general health. Craniosacral therapy is a gentle, non-invasive, healing technique. Please wear loose fitting clothing.

50 minutes.

## REIKI

This ancient Japanese form of energy work, utilizes universal life energy to promote balance within the body. While the work is very light and gentle, it can have a profound effect on your whole system.

50 minutes.

## ENERGY HEALING SESSION

Experience a guided energy healing session customized to your specific needs. Our trained therapists will work intuitively, using a variety of traditional energy techniques to allow your body, mind and spirit to let go of blockages within. Feel nourished and at peace as you allow stress to leave your body.

50 minutes.



## FACIAL CARE



### EXPRESS INSTANT RADIANCE BOOST

Great pick me up, exfoliating and moisturizing giving the skin back the glow it needs.  
25 minutes.

### THE SIGNATURE

Enjoy an aromatic and relaxing experience specially customized for your skin. After a careful skin condition analysis, our therapists will develop a personalized facial and follow-up regimen to leave your skin balanced, revitalized, hydrated and supple.  
50 minutes.

### GENTLEMEN'S FACIAL

This balancing skin-care treatment brings life and vitality back to the skin. We offer the advantages of a double action mask, combining a specially blended creamy mask enhanced by a natural multi-vitamin complex. Includes a relaxing scalp massage.  
50 minutes.

### REFINING TREATMENT FOR MEN

This treatment is designed specifically for men who suffer from ingrown hairs brought about by shaving. The skin is deeply cleansed with a clarifying mask and treated with corrective serums to lighten and rebalance problem areas.  
25 minutes.

### TRIPLE LIPID

Help restore skin suffering from age-related lipid loss. Replenish, restore and maintain lost hydration and improve the appearance of dehydration lines, rough texture, and renewed elasticity and nourishment.  
50 minutes.

## FACIAL CARE



### PREMIER CRU ULTIMATE ANTI-AGING

This exceptional beauty treatment is a blend of our most effective anti-aging ingredients and treats all signs of skin aging. Thanks to an innovative roller and sculpting massage technique, followed by an exclusive hydrogel mask enriched with Resveratrol, the skin feels denser, smoother and firmer. Wrinkles and fine lines fade visibly.

Your complexion looks younger and radiant.

50 minutes.

### VINOSOURCE SOOTHING, HYDRATING

A skin-renewing treatment to deeply moisturize the skin. The skin is massaged with fresh grapes to eliminate dead cells and hold moisture. Then a recovery essential oil massage soothes dryness, followed by an intensely nourishing and cocooning mask to restore moisture levels for a healthy, glowing appearance.

50 minutes.

### VINOPERFECT BRIGHTENING, ANTI-DARK SPOT

Ideal for skin lacking radiance and luminosity, this treatment corrects and prevents dark spots. Caudalie's products concentrated in Viniferine combined with a massage using warm and cool stones stimulate your skin's radiance.

Your skin is luminous and features rested.

50 minutes.

## Advanced Skincare

### MICRODERMABRASION

This is one of the most effective forms of dead skin cell exfoliation, leading to diminished fine lines, wrinkles and a revived complexion. This clinical procedure allows for extreme product penetration, reducing scarring, clogging of the pores, and demarcations including sun damage and hyper-pigmentation.

The results are achieved via micro-fine crystals being blown gently onto the skin, stimulating the renewal and enrichment process.

50 minutes.

# TATA HARPER FACIALS



## TIME REWIND: THE ULTIMATE LUXURY FOR YOUTHFUL SKIN

Indulge your skin with the ultimate facial experience.

This lavish treatment pairs the height of green bio-technology with multiple facial massage techniques to nourish and lift the look of your skin, while a rejuvenating hand treatment helps you find deep relaxation. Warm and cold eye therapy is the finishing touch for skin that feels instantly revitalized with the glow of youth.

Treatment Includes:

- triple cleansing for total transformation
  - quadruple masking for detox, recovery, hydration and glow
  - two signature massages: Tata Harper relaxing and lifting massage
  - ultimate treat: scalp massage; thermal eye therapy; youthful hand treatment
    - youth giving serum and moisturizer
    - Jade roller massage
- 70 minutes.

## MOISTURE INFUSION FACIAL: HYDRATION THERAPY FOR QUENCHED SKIN

Quench thirsty or sensitive skin with this calming therapeutic treatment, designed to replenish skin to give you a soft, supple, and lifted look. Combining deeply moisturizing formulas with our Raw Organic Honey Mask, this treatment will give your skin essential hydration for long-lasting comfort.

Treatment Includes:

- double cleansing for deeply nourished skin
  - double masking with Raw Honey Crystal Mask
  - deeply hydrating serum and moisturizer
    - signature relaxing massage
    - scalp and hand massage
    - Jade roller massage
- 50 minutes.

# CLINICAL SKINCARE



## **CUSTOM CLINICAL FACIAL**

An intensive facial designed to target any area of concern for all skin types. The facial includes a mandelic and salicylic acid peel to jump-start the transformation process. It then utilizes potent products to correct and regenerate your complexion combining reparative, lightening and exfoliating ingredients to help rehabilitate damaged skin, restoring a healthier and more youthful appearance.  
50 minutes.

## **COLLAGEN BOOST FACIAL (BY DR. DENNIS GROSS)**

This is the ultimate anti-aging facial. Stimulates collagen production for firmer and smoother skin. Vitamin C brightens the complexion for increased radiance. This treatment includes a professional Retinol peel to reduce hyperpigmentation along with a luxurious cooling and warming masking experience that tightens and lifts.  
Also includes the Spectralite Eye Treatment  
70 minutes.

## **Add On**

### **SPECTRALITE™ BRIGHTEN AND FIRM EYE TREATMENT BY DR. DENNIS GROSS**

This treatment brightens and smoothes the area around your eyes with our unique energy complex combined with 72 powerful LED lights. Professional light therapy paired with stimulating vitamin C, ferulic acid and retinol penetrates deeply within the dermis of your skin, stimulating collagen production to improve skin density and smooth fine lines.  
25 minutes.

### **ALPHA BETA PEEL BY DR. DENNIS GROSS**

This treatment will help replenish, restore and maintain lost hydration, and improve the appearance of dehydration lines, rough texture, and radiance, with renewed elasticity and nourishment.

### **TRIA AGE DEFYING LASER BY SKINCEUTICALS**

Restore youthful radiance with the Tria Age Defying Laser, a clinically proven anti-ageing device that works to improve signs of aging on the entire face, including wrinkles, discoloration and texture.  
25 minutes.

## FITNESS SERVICES



### PERSONAL TRAINING SESSION

Enjoy the benefits of working with a personal trainer. Let one of our certified fitness experts design a unique program based on your goals, interests, lifestyle and fitness level.

25, 50, or 80 minutes.

### PERSONAL TRAINING FOR COUPLES

This personal training partnership session will examine each individual's goals and outlines shared training techniques. Training together will keep your workouts motivating, focused and fun.

90 minutes.

### BODY COMPOSITION ANALYSIS

This consultation is designed to determine your body fat percentage. Goals and strategies for long-term change in your body composition are established. Please wear T-shirt and shorts.

30 minutes.

### PRIVATE AND GROUP FITNESS CLASSES

Certified instructors are available to teach private and group classes in yoga, meditation, Pilates, Tai Chi, water aerobics and more. Times vary.

## Physio Therapy Massages

### PHYSIO EVALUATION AND MASSAGE

Experience faster muscle injury recovery, decreased pain, and increased mobility working with Physical Therapist Donna Petit, MSPT, LMT. This therapeutic treatment involves muscle testing, massage therapy, and neuromuscular re-education. Each session is individualized to address ergonomic and postural stressors on the body.

Exercises will be recommended for continued improvement.

First time visit 110 minutes.

### PHYSIO FOLLOW-UP MASSAGE

Follow up with Physical Therapist Donna Petit, MSPT, LMT to stay on track and experience continued improvement after your initial evaluation service. Purchase a series of follow-up sessions at a discounted rate.

80 minutes.

## SPA NEWBIES



Treatments designed for children under the age of 16  
Topnotch Salon also offers children's shampoo and cuts. Children will have access  
to the indoor and outdoor family pools and pool changing rooms.

### FIZZY BOMB MANICURE

A tingly hand soak followed by mega moisturizing massage and nail shaping to  
get those nails ready for fun. OPI polish.

25 minutes.

### FIZZY BOMB PEDICURE

A tingly foot soak followed by a mega moisturizing massage and nail shaping to  
get those tootsies ready for fun. OPI polish.

25 minutes.

### SCRUB-A-DUB FACIAL

A gentle and relaxing facial using products that smell really, really good.

This treatment includes a cleanse, exfoliation, masque and moisturizer  
appropriate for the most fragile of skin.

25 minutes.

### TOO CUTE MAKEUP

A mini makeup application for cheeks, eyes and, of course, a good tasting lip gloss.

25 minutes.

### ICE CREAM SOCIAL

A bonding session with ice cream! YAY! A Fizzy Bomb Manicure and Pedicure for Mom or Dad  
and their cool kid . . . plus a scoop of delish Topnotch ice cream.

50 minutes.

### THE SHIRLEY TEMPLE

A mini spa manicure, a June Jacobs bubbly spa pedicure, a mini facial  
and, of course, a Shirley Temple. Have a fun, yet grown up experience.

Moms are also invited to accompany the guest.

80 minutes.

## SPA NEWBIES



### LIL' DUDES

A mini guy's manicure, facial and pedicure and a special spa refreshment concoction. Ideal for recovery after a hard day at the skate park, on the soccer field, mountain or tennis court, or even just for a bit of chillaxing.

Moms are also invited to accompany the guest.

80 minutes.

### Services for Teens

#### TOTAL TEEN FACIAL

Specifically designed for our younger guest, the Teen Facial involves deep cleansing, toning, steam, mask, extractions and a facial massage. Our staff will also educate and discuss home care routines that will assist in clearer, healthier skin.

50 minutes.

#### TEEN TUNE-UP

A one-on-one session with a certified personal trainer. This session will focus on strength training, flexibility and cardiovascular conditioning.

You will also receive a take-home program to follow.

50 minutes.

## SALON SERVICES



### MAKEUP APPLICATION

Our makeup artists create a polished look to enhance and refine your individual style and add the perfect touch prior to any special occasion. Choose from a makeup application or a makeup application with a lesson. Application 25 minutes. Application and lesson 50 minutes.

### AIRBRUSH TANNING

Get a gorgeous glow with our organic micro mist.  
Vegan and cruelty free.

### HAIR SERVICES

Shampoo/Cut, Senior Stylist 50 minutes.  
Shampoo/Cut, Stylist 50 minutes.  
Shampoo/Cut/Style, Senior Stylist 50 minutes.  
Wash/Cut/Style, Stylist 50 minutes.  
Men's Haircut 30 minutes.  
Shampoo/Blow-dry 50 minutes.  
Shampoo/Blow-dry/Style 50 minutes.  
Highlighting/Partial 90 minutes.  
Highlighting/Full 2 hrs.  
Updo 50 minutes.  
Colors & Glosses 2 hrs+.  
Deep Conditioning 25 minutes.  
Full Waxing Services

### WEDDINGS

Skin analysis / pre-wedding skin care treatments and routines  
Pre-wedding personal training and fitness programs  
Pre-wedding relaxation massages  
Bridal Consultation-Hair 90 minutes  
Bridal Consultation-Makeup 50 minutes  
Bridal Updo  
Bridesmaid's Updo



## NAIL SERVICES



### DELUXE MANICURE

A therapeutic hand treatment formulated with skin softening lactic acid. Nails and cuticles are groomed. A relaxing hand and arm massage with a hydrating lotion follows to nourish the skin while soothing sore muscles and joints. Polish it off with the color of your choice or a natural nail buffing for a high gloss shine.  
50 minutes.

### DELUXE PEDICURE

A therapeutic foot treatment formulated with skin softening lactic acid. Begins with an aromatic foot soak to soothe sore muscles and joints and includes a lower leg and foot exfoliation, nail & cuticle grooming, and relaxing massage with hydrating cream. Conclude this incredibly relaxing experience with a polish application of your choice or natural nail buffing.  
50 minutes.

### MEN'S MANICURE

A therapeutic hand treatment formulated with skin softening lactic acid. Nails and cuticles are groomed. A relaxing hand and arm massage with a hydrating lotion follows to nourish the skin while soothing sore muscles and joints. Treatment concludes with a natural nail buffing for a healthy shine.  
25 Minutes.

### EXPRESS MANICURE

This manicure includes a hand soak, nail shaping, cuticle care, buffing and polish.  
25 minutes.

### EXPRESS PEDICURE

This pedicure includes a foot soak, nail shaping, cuticle care, buffing and polish.  
25 minutes.

French Manicure 50 minutes.

French Pedicure 50 minutes.

Shellac 50 minutes.

Polish Change 25 minutes.



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. You must be at least 18 years of age to access the adult outdoor pool and adult hot tub. Dogs are not allowed in the pool areas. Please note select pools are closed from 11:00am to 12:00pm for aqua fitness classes and the indoor waterfall is turned off during classes.

Please check in at the spa desk should you wish to access the spa or indoor pool. 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.

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### SPA HOURS

Pools: 6:30am to 10:00pm  
Fitness Center: 6:30am to 8:00pm  
Spa Desk: 8:00am to 7:00pm  
Spa Boutique: 8:00am to 7:00pm



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