

The Spa at Riverside Resort is a retreat designed with your well-being in mind.  
Allow yourself to be swept away to a place of inner calm and balance.  
At our Aveda Salon and Spa, we specialize in beauty and wellness to

*Enrich the mind,  
Nourish the body,  
Soothe the spirit.*

A romantic scene of a couple relaxing in a spa bath. The woman is in the foreground, her head tilted back with eyes closed, enjoying the water. The man is behind her, also relaxing. The bath is filled with yellow flowers and lit with warm, glowing candles, creating a serene and intimate atmosphere.

Our high quality personalized  
services are designed to meet the  
needs of both men and women.

## CUSTOM MASSAGE

A personalized blend of massage techniques designed to promote wellness of the mind, body and spirit. Stimulate your circulation, release muscle tension and enhance relaxation.

30/60/90 minutes

## MATERNITY MASSAGE

This massage is exclusively designed for the expectant mother, addressing the specific needs that arise during pregnancy.

30/60/90 minutes

## GOLF MASSAGE

A golf massage reduces anxiety, which allows the golfer to stay focused and swing more fluidly. A pre-game massage increases mobility and flexibility and reduces the risk of injury. A post-game massage encourages faster recovery by relaxing the key muscle groups. Each treatment is tailored to your individual needs.

30/60/90 minutes

## STONE MASSAGE

Combines hands-on techniques with smooth, warm stones to help reduce stress and deeply-held tension.

75 minutes

## COUPLE'S MASSAGE

This spa experience is designed for two people who seek quality time together. Each massage is personalized to meet your individual needs.

60/90 minutes

## CUPPING MASSAGE

Cupping treatments help with pain, inflammation, blood flow, relaxation and well-being.

90 minutes

## SIGNATURE FACIAL

30/60/90 minutes

Restore healthy balance to your skin with a facial customized to address your skin concerns including dry, sensitive or oily skin.

## RENEW & LIFT

60/90 minutes

Clinically proven to reduce the appearance of fine lines and wrinkles and improve visible firmness. Combines rejuvenating products with proven anti-aging massage techniques. For the most transformative results, we recommend a series of 4 weekly treatments followed by monthly maintenance facials.

## CLARIFY & BRIGHTEN

60/90 minutes

Bring back youthful looking skin. Diminish the appearance of hyper pigmentation/discoloration and achieve a luminous, even skin tone with the powerful ingredients used in this service.

## PURIFY & CLEAN

60/90 minutes

Clear blemishes without over-drying and irritating effects. With a special focus on skin exfoliation and visible redness reduction, your skin's appearance will improve, helping to correct as well as prevent future blemishes.



## BOTANICAL SKIN RESURFACING

90 minutes

**Smooth & Glow:** Achieve the benefits of microdermabrasion without the harsh side effects. Harness the power of tourmaline to improve skin radiance, leaving it soft, supple and glowing.

## PERFECTING PLANT PEEL TREATMENT

75 minutes

**Retexture & Smooth:** Actively smooth and retexture your skin by exfoliating dull skin. Diminish fine lines and wrinkles, even skin tone and refine pores to restore radiance. This treatment offers the benefits of a 30% chemical peel without the associated redness and irritation. For the most transformative results, we recommend a series of 4 weekly treatments followed by monthly maintenance facials.

## DUAL EXFOLIATION FACIAL

75 minutes

**Clarity & Radiance:** Improve skin texture, clarity and radiance, smooth fine lines and refine pores. Designed for the client who has experienced the Botanical Skin Resurfacing or the Plant Peel Treatment. For the most transformative results, we recommend a series of 4 weekly treatments followed by monthly maintenance facials.





## ENERGIZING EYE TREATMENT

30 minutes

This highly effective treatment utilizes lymphatic and pressure point massage to reduce the appearance of fine lines, dark circles and under-eye puffiness.


## BACK TO BEAUTY

60 minutes

Address the unique skin challenges of the back and shoulders. Target a variety of skin care needs including clogged pores, acne, and dehydrated skin.

{ Be good to your skin. You'll wear it  
every day for the rest of your life. }





{ Nurture the body.  
Relax the soul.  
Awaken the senses. }



# BODY TREATMENTS

## AQUA BODY POLISH

40 minutes

A full body exfoliation and refinement using natural minerals and sea salts followed by the application of custom blended hydrating lotion, leaving your skin soft and polished.

## AROMA HYDRATING

40 minutes

Experience a full body, dry exfoliation followed by the application of a custom blended hydrating lotion. The result is smooth, moisturized skin.



# GENTLEMAN'S TREATMENTS

## PURE-FORMANCE FACIAL

Rebalance and refresh with this specialized treatment for a man's unique skin.

30/60/90 minutes

## GOLF MASSAGE

A golf massage reduces anxiety, which allows the golfer to stay focused and swing more fluidly. A pre-game massage increases mobility and flexibility and reduces the risk of injury. A post-game massage encourages faster recovery by relaxing the key muscle groups. Each treatment is tailored to your individual needs.

30/60/90 minutes

## SPORTS MANICURE AND PEDICURE

Hands/feet are excellently groomed and massaged to enhance circulation. Includes nail shaping and cuticle care.

Hands 40 minutes/Feet 60 minutes

## GENTLEMAN'S CUT

Tailored to complement your features and your lifestyle.

{ Different by nature.  
Real men. Real differences. }



# NAIL SERVICES

## POLISH APPLICATION

Enjoy a fresh polish application and nail shaping.

Hands 25 minutes/Feet 25 minutes

## SIGNATURE MANICURE OR PEDICURE

Hands/feet are excellently groomed and massaged to enhance circulation. Includes nail shaping, cuticle care and polish application.

Hands 40 minutes/Feet 60 minutes

## PARAFFIN DIP MANICURE OR PEDICURE

Soothing aroma-infused products bring dry skin back into balance. A paraffin dip will soften and nourish your skin. Includes nail shaping, cuticle care and polish application.

Hands 60 minutes/Feet 75 minutes

## SHELLAC MANICURE OR PEDICURE

Experience a 14 day chip-free gel nail color application. Enjoy your service without the worry of smudging or damaging your nail color when you leave. With Shellac, your color is instantly dry. Includes nail shaping, cuticle care and polish application.

Hands 60 minutes/Feet 75 minutes



## HAIR DESIGN

We have a variety of services to complement your features and your lifestyle.

Gentleman's Cut

Cleanse & Style

Blowout

Haircut & Style

Hair Masque & Style

Formal Design

Bridal Design

Highlight

Partial Highlight

Hair Color

## WAXING

A minimum of two weeks or 1/4" hair growth is recommended for best results.

Brow

Back

Half/Full Arm

Female Brazilian

Chin

Chest

Half/Full Leg

Bikini

Lip

Abdomen

Underarm

HAIR & WAXING





## CUSTOMIZED TREATMENTS

Our services are designed with you in mind. We customize your treatment based on your needs and time. The result is a holistic spa experience which incorporates wellness and balance to generate mind and body recovery.

## RESERVATIONS

Advanced scheduling is recommended and a credit card is required to guarantee reservations. We highly recommend you reschedule prior to leaving to ensure you have an appointment time you desire.

## CHILDREN

Spa services are provided to those between 12-16 years of age; however, a parent or legal guardian must be present and in the room for all services. Inquire about recommended services for younger guests. Because our spa is a place to relax and reconnect, children under the age of 12 are not allowed in the spa.

## CANCELLATIONS

We require a 24 hour notice to cancel your appointment. The full value of the service will be charged for cancellations made less than 24 hours before the scheduled appointment time.

## PUNCTUALITY

Plan to arrive 15 minutes prior to your service. This will allow you ample time to check in and prepare for your service.

We invite you to come early or stay after your appointment to enjoy our sauna and whirlpool in our separate men's and women's facilities. Lockers, robes, towels and sandals are provided for your convenience.

Arriving late will limit the time of your treatment, thus lessening its effects and your enjoyment. Your treatment will end on time so other guests are not delayed. Full value of the treatment will be charged.

## ALCOHOL


To maintain a quiet environment and out of consideration for all guests, please refrain from excessive alcohol consumption while on spa premises. Smoking and bringing your own alcohol is prohibited; however, an individual beverage may be purchased through room service. We reserve the right to refuse service to anyone who appears to be under the influence of alcohol.

## GRATUITIES

Optional gratuities are at the guest's discretion and are truly appreciated. If inclined, an 18-20% gratuity is common. For your convenience, a 20% gratuity will be added to groups of 5 or more.

## ELECTRONIC DEVICES

To maintain a quiet environment, please turn off or silence electronic devices.



The services we provide are beyond luxuries; they are an important part of creating balance and wellness in your life.

*Let the journey begin...*