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, Mourish the body, Soothe the spirit.

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.

# MATERNITY MASSAGE

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

### 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.

# STONE MASSAGE

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

## COUPLE'S MASSAGE

60/90 minutes

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

#### 30/60/90 minutes

75 minutes

30/60/90 minutes

30/60/90 minutes

#### SIGNATURE FACIAL

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

## **RENEW & LIFT**

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

60/90 minutes

30/60/90 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.

# SKIN CARE

90 minutes

75 minutes

75 minutes

# **BOTANICAL SKIN RESURFACING**

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

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

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

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

30 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.

# MAKEUP

Our professional makeup line will enhance your natural beauty. Aveda is a makeup line infused with minerals and natural pigments that offer a healthy, natural glow and flawless finish.

|Dreamy Eyes| |How To| |Girls Night Out| |Red Carpet Ready|

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.

#### AQUA BODY POLISH

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

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

# HYDRATING SEAWEED BODY TREATMENT

Nourish your skin starting with an enriching exfoliation followed by a re-mineralizing seaweed masque, which helps remove impurities. A rich body cream is applied to hydrate even the driest skin.

# 90 minutes

40 minutes

40 minutes

#### PURE-FORMANCE FACIAL

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

# **GOLF MASSAGE**

30/60/90 minutes

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.

# SPORTS MANICURE AND PEDICURE

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

# **GENTLEMAN'S CUT**

Tailored to complement your features and your lifestyle.

# 30/60/90 minutes

# Hands 40 minutes/Feet 60 minutes

Different by nature. Real men. Real differences.

# POLISH APPLICATION

Enjoy a fresh polish application and nail shaping.

# SIGNATURE MANICURE OR PEDICURE

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

# HYDRATING SEAWEED MANICURE OR PEDICURE

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

# 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 25 minutes/Feet 25 minutes

### Hands 40 minutes/Feet 60 minutes

Hands 60 minutes/Feet 75 minutes

# 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 Chin Lip Back Chest Abdomen Half/Full Arm Half/Full Leg Underarm Female Brazilian Bikini



# 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 ...