



## *Massage Therapies*

### **Cedar Spa Customized Massage**

Our customized massage will focus on your body's individual needs. Your therapist will utilize our signature blend of cedar wild sage massage oils, coupled with a variety of relaxing and therapeutic massage techniques to focus on your areas of concern. Perfect for a first-time spa-goer or a seasoned massage enthusiast.

Sunday – Thursday	50 minutes	\$135
Friday – Saturday	50 minutes	\$150
Sunday – Thursday	80 minutes	\$195
Friday – Saturday	80 minutes	\$210

### **Salt of Nature Stone & Sage Massage**

A must-try unique massage experience. Warm Himalayan salt stones and indigenous cedar and sage oils are used together in this unique treatment. Warm stones work deep and gently into the muscles.

Sunday – Thursday	80 minutes	\$215
Friday – Saturday	80 minutes	\$230

### **Deep Slumber Relaxation Experience**

A special blend of a warmed lavender oil is massaged into the body using a specially choreographed rhythmic massage strokes. A relaxing scalp massage is included. Perfect before bedtime or anytime you need to rest.

Sunday – Thursday	50 minutes	\$135
Friday – Saturday	50 minutes	\$150
Sunday – Thursday	80 minutes	\$195
Friday – Saturday	80 minutes	\$210

### **Ancient Winds Stone Massage**

In this bespoke massage experience, special lava stones are used with one of our intention-based oils to work deep into the muscles to relieve stress and relax the mind and body. Cold stones are also incorporated as needed to deliver an experience like no other.

Sunday – Thursday	50 minutes	\$150
Friday – Saturday	50 minutes	\$165
Sunday – Thursday	80 minutes	\$210
Friday – Saturday	80 minutes	\$225

### **Muscle Recovery Deep Tissue Massage**

This is a deep tissue treatment customized based on guest input. Your therapist will target your areas of tension or tightness by applying concentrated pressure and a special blend of arnica, birch, and cedar oils to relax muscles and relieve pain.

Sunday – Thursday	50 minutes	\$150
Friday – Saturday	50 minutes	\$165
Sunday – Thursday	80 minutes	\$215
Friday – Saturday	80 minutes	\$230

### **Mother Earth Pre-Natal Massage**

This massage is designed for pregnant individuals and addresses the special needs of the mother-to-be. Your therapist will work with you to address your areas of need. Recommended during the second and third trimester only.

Sunday – Thursday	50 minutes	\$135
Friday – Saturday	50 minutes	\$150
Sunday – Thursday	80 minutes	\$195
Friday – Saturday	80 minutes	\$210



## *Exfoliating Body Therapies*

Sunday – Thursday	35 minutes	\$95
Friday – Saturday	35 minutes	\$105

### **Cedar Wild Sage Salt Glow**

A blend of native ingredients including cedar and wild sage, along with other aromatic extracts, blend beautifully into a mineral rich salt, leaving skin exfoliated and hydrated.

### **Native Strawberry Seed Sugar Scrub**

A beautiful blend of strawberries, strawberry seeds, and sweet cane sugar are used for this decadent exfoliating body scrub. Finished with an application of warm strawberry massage lotion. Enjoy this treatment before or after any facial or before a body treatment.

### **Salt of the Water Polish**

Sink into a scrub like you've never felt before. Mineral-rich therapeutic salts and warming ginger oil buff away roughness, while sunflower oil and shea butter nourish the skin for silky-smooth and glowing skin.

### **Gifts from the Earth Seasonal Scrub**

Natural scrubs using indigenous ingredients are unveiled. Choose from a Stone Ground Body Scrub in the Spring, Evergreen Forest Scrub in the Winter, Pumpkin Spice Sugar Scrub in the Fall, and Citrus and Sage Zest Salt Scrub in the Summer. Subject to availability during the season.

### **A Feather's Touch Body Peel & Hydration**

This alpha hydroxy acid exfoliation treatment exfoliates and soothes the skin while reducing visible signs of aging, sun damage, scarring, and dehydration. Your skin will glow and feel refreshed after finishing with a warm and replenishing soothing balm.

Sunday – Thursday	50 minutes	\$150
Friday – Saturday	50 minutes	\$165

## *Body Treatments*

### **Spirit of the Earth Purification Wrap**

This therapeutic wrap begins with an exfoliating dry brushing, followed by an application of nourishing oils. A cocoon of mineral rich detoxifying red mud nourishes and softens the skin. Finished with an application of cedar body butter.

Sunday – Thursday	50 minutes	\$150
Friday – Saturday	50 minutes	\$165

### **After Sun Aloe Soother**

Over exposure to the sun will cause damage, pain, and inflammation to the sunburned areas. This soothing cocoon envelops burned and sensitive skin with the healing properties of aloe and other natural essences.

Sunday – Thursday	50 minutes	\$150
Friday – Saturday	50 minutes	\$165

### **Wild Ginger Root & Honey Nourishing Wrap**

This treatment begins with all-over dry brushing to gently remove dead skin. Next, cedar and wild ginger, along with essential oils, honey and shea butter are applied to the skin. This warming cocoon and its butter-rich texture, transforms your body to feel soft, smooth, and supple.

Sunday – Thursday	50 minutes	\$150
Friday – Saturday	50 minutes	\$165



## Facial Therapies

We believe that beauty can only be created from beauty itself. Our facial treatment portfolio was developed in honor of the Earth, those who care for the land, and the people whose gifted hands kindly and carefully collect these botanical treasures. These ingredients come together to help you benefit most from your skin care regime and is our goal. The finest skincare brands and ingredients are used in our bespoke selection of highly efficacious facial treatments.

### Cedar Organic Deep Cleansing Facial

This facial for all skin types features a variety of indigenous and organic plants and herbs. Ingredients such as yam and pumpkin exfoliate, while snow mushrooms detoxify. Willow bark, arnica, licorice root and lavender, along with other serums, boost the skin. Perfect for the first-time spa-goer. This facial is also ideal for those with acne.

Sunday – Thursday      50 minutes      \$135  
Friday – Saturday      50 minutes      \$150

### Native Berries & Peptides Head to Toe Body Facial

This 3 in1 treatment is a sensory experience that you don't want to miss. First, experience a cranberry pomegranate sugar scrub, followed by a mango enzyme body wrap designed to firm, tone, moisturize, and improve the skin's texture. Finished with a berry-rich facial treatment ideal for most skin types and conditions. The ingredients that are used together deliver a nourishing treatment.

Sunday – Thursday      110 minutes      \$275  
Friday – Saturday      110 minutes      \$300

### Awaken & Revitalize Facial Treatment

Your therapist will modify this treatment to your skin's individual needs. Whether you need to restore, awaken, and nurture, or revitalize, smooth, and brighten, this treatment will deliver stellar results.

Sunday – Thursday      50 minutes      \$150  
Friday – Saturday      50 minutes      \$165

### Restorative Anti-Aging Customized Facial

This treatment includes a customized professional peel that will adapt to your skin's needs. Biotech complexes retexturize and brighten while our exclusive phototherapy Unveiled mask for the hands, décolleté and face, minimize fine lines, wrinkles and increase hydration. Collagen, elastin, and growth factor production are increased, blood flow is increased, and redness is reduced. This treatment is FDA approved and clinically proven.

Sunday – Thursday      80 minutes      \$215  
Friday – Saturday      80 minutes      \$235

### Flora Illumination Facial by Kypris

This luxurious holistic experience soothes the soul and rejuvenates the skin. Green science, coupled with highly efficacious Phyto-nutrients, Gua sha stones and rose quartz, deliver profound results. This treatment is customized for your skin's special needs.

Sunday – Thursday      80 minutes      \$215  
Friday – Saturday      80 minutes      \$235

### Gentleman's Facial Retreat

A facial treatment developed for a man's skincare needs with a line developed just for men! Whether you have a beard or just need to reduce signs of aging, we can customize this treatment for you.

Sunday – Thursday      50 minutes      \$135  
Friday – Saturday      50 minutes      \$150

### Brighten & Revitalize Skin Re-Boot

This customized express peel and mask plumps, brightens, and restores hydration to the skin. You will see immediate results and is perfect, coupled with a body scrub!

Sunday – Thursday      25 minutes      \$85  
Friday – Saturday      25 minutes      \$95



## *Hand and Foot Spa*

Clean and natural products, devoid of any harmful ingredients, are the cornerstone of this health-focused environment. We proudly use the Dazzle-Dry four-step nail lacquer process to deliver gel-quality results without damage. It is non-toxic, quick drying, chip resistant, long lasting and vegan.

### **Cedar Signature Manicure**

Utilizing indigenous ingredients, our signature manicure will be one of the best you will experience. Beautiful indigenous ingredients such as cedarwood and wild sage and other ingredients leave your skin hydrated and your nails near perfection. Great for women and men alike.

Approximately 50 minutes

Sunday – Thursday      \$65

Friday – Saturday      \$75

### **Cedar Signature Pedicure**

Utilizing indigenous ingredients blended to address the special needs of the feet, including callus removal, this pedicure treatment will leave your feet feeling baby soft. Warmed stones are used to massage the muscles. Perfect for women and men alike. Approximately 60 minutes

Sunday – Thursday      \$95

Friday – Saturday      \$105

### **Whispering Winds Express Manicure**

This “fast” treatment includes removal of polish, cuticle and nail shaping, a short-hand massage and polish. Perfect when you are short on time.

Approximately 45 minutes

Sunday – Thursday      \$40

Friday – Saturday      \$45

### **Whispering Winds Express Pedicure**

This “fast” pedicure treatment includes a foot soak, cuticle and nail trimming, quick foot and leg massage with polish. Perfect for when you’re in a hurry.

Approximately 55 minutes

Sunday – Thursday      \$65

Friday – Saturday      \$75

### **Whispering Winds Express Manicure/Pedicure Combination**

Approximately 95 minutes

Sunday – Thursday      \$100

Friday – Saturday      \$110

### **Cedar Signature Manicure & Pedicure Retreat**

The ultimate manicure and pedicure experience! This sensory retreat includes our Signature Manicure and Pedicure, each finished with a refreshing paraffin cocoon for your hands and feet!

Approximately 110 minutes

Sunday – Thursday      \$200

Friday – Saturday      \$225



## *Salt*

### **Salts & Earth Sensory Float Experiences**

Experience the therapeutic benefits of sensory deprivation in our unique saline treatment pool. Flotation therapy can relieve stress, anxiety, and depression, eliminate jet lag and chronic fatigue, clear the mind, soothe chronic pain from inflammation, back and neck pain and other joint and muscle-related issues. Your treatment begins with a shower, an explanation of the experience, followed by a massage of your choice.

#### **North Wind Sensory Float**

60 minutes of flotation (90 minutes actual time) and your choice of any 50 minute massage.

Sunday – Thursday	150 minutes	starting at \$260
Friday – Saturday	150 minutes	starting at \$290

#### **South Wind Sensory Float**

60 minutes of flotation (90 minutes actual time) and your choice of any 80 minute massage.

Sunday – Thursday	180 minutes	starting at \$320
Friday – Saturday	180 minute	starting at \$350

#### **East Wind Sensory Float**

60 minutes of flotation (90 minutes actual time) and your choice of one of our body scrubs, followed by our 50 minute Signature Cedar Massage.

Sunday – Thursday	195 minutes	\$355
Friday – Saturday	195 minutes	\$390

### *Create Your Own Experience*

For the ultimate in personalization, work with our desk staff to create your own choreographed experience. Whether for one hour or six hours, our spa staff can help you create the perfect blend of services for each of you. Services must be the same in duration for each guest. Pricing will be calculated at booking. Prices vary based on the day of the week.

### *Create Your Own Package*

Choose your own service assortment including one treatment from any of the following categories: Facials, Body Wraps, Exfoliating Body Treatments, Massage Services, Manicures or Pedicures. We will help to choreograph your experience. Please call the spa desk to book this appointment.

#### **Cedar Relax & Retreat**

A 50-minute Cedar Signature Facial and a 50 minute Cedar Signature Massage.

Sunday – Thursday	\$275
Friday – Saturday	\$305

#### **Sounds of the Cedar Retreat**

Your choice of any 50 minute spa service and a 50 minute Cedar Pedicure.

Sunday – Thursday	Starting at \$225
Friday – Saturday	Starting at \$255

#### **Winds & Red Cedar Escape**

Three and a half hours of bliss! Enjoy a 50 minute Cedar Signature Facial, a 50 minute Cedar Signature Massage, and the Cedar Signature Manicure & Pedicure Retreat. A must have experience if a half day of relaxation is on your to-do list!

Sunday – Thursday	\$475
Friday – Saturday	\$525

#### **A Tribute Tranquility**

This five-hour series of experiences begins with a Native Berries Peptides Head to Toe Body Facial. Next, your choice of an 80 minute massage awaits. Finish with a Cedar Signature Manicure & Pedicure Retreat including a luxurious paraffin treatment.

Sunday – Thursday	\$675
Friday – Saturday	\$725



## *Couple's or Friend's Experiences*

Our beautiful treatment room, designed for two, allows a couple or two friends to experience their services together. The treatment room includes a beautiful experiential shower, a luxurious foot soak and more. Friends, mothers and daughters, and couples will all love this wonderful treatment experience.

### **A Look of Love**

Begin with a luxurious foot soak and foot massage. Next a Strawberry Seed Sugar Scrub prepares the skin for a luxurious Chocolate Truffle Body Wrap, available only in our beautiful couple's suite. Finish with the 50 minute massage of your choice. While you are relaxing, enjoy chocolate covered strawberries for two! Nearly three hours.

Sunday – Thursday      \$800

Friday – Saturday      \$900

### **Earthy Refresh**

Enjoy our Native Berries Head to Toe Body Facial together in our couple's treatment room. Two hours of bliss experienced together.

Sunday – Thursday      110 minutes      \$550

Friday – Saturday      110 minutes      \$600

Add any 50 minute massage service

Sunday – Thursday      \$270

Friday – Saturday      \$300

### **The Cedar Experience**

Indigenous ingredients have been used for centuries to heal the body and cleanse the soul. Utilizing an array of beautiful and therapeutic natural ingredients designed to nurture, the service begins with a therapeutic foot soak and massage. Next, a Cedar Wild Ginger Root and Honey Nourishing Wrap relaxes and refreshes. Finish with a 50 minute Cedar Signature Custom Massage.

Sunday – Thursday      150 minutes      \$600

Friday – Saturday      150 minutes      \$650

### **Just the Two of Us**

Experience a 50 minute facial and 50 minute massage of your choice.

Sunday – Thursday      110 minutes      starting at \$550

Friday – Saturday      110 minutes      starting at \$600