



## Massage Therapies

### Cedar Spa Customized Massage

Our customized Swedish 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, indigenous cedar and sage oils are used together in this unique treatment. Warm stones work deep and gently into the muscles.

|                   |            |       |
|-------------------|------------|-------|
| Sunday – Thursday | 50 minutes | \$155 |
| Friday – Saturday | 50 minutes | \$170 |
| Sunday – Thursday | 80 minutes | \$215 |
| Friday – Saturday | 80 minutes | \$230 |

### Rest & Restore Experience

This unique treatment transcends the body into a much-deserved rest and can assist in boosting the immune system. Gentle, rhythmic massage strokes, Himalayan salt stones, a relaxing scalp massage, and a Brazilian reflexology toe technique is perfect for shutting down the mind or anytime you need to rest.

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|-------------------|------------|-------|
| 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.

|                   |            |       |
|-------------------|------------|-------|
| Sunday – Thursday | 50 minutes | \$155 |
| Friday – Saturday | 50 minutes | \$170 |
| Sunday – Thursday | 80 minutes | \$215 |
| Friday – Saturday | 80 minutes | \$230 |

### 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, 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 |

### CBD Blissful Massage

The benefits of CBD are endless. Anti-inflammatory and pain-relieving agents of CBD can reduce inflammation within the muscles and joints, allowing for a more effective result for chronic 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 women 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 |

### Mindful Touch Oncology Massage

Our therapists are able to modify this service to safely work with the effects of cancer treatments. This comprehensive approach to massage involves thorough assessments and adjustments based on each client's journey in order to meet the ever changing needs for someone in treatment or living with a history of cancer. A portion of all proceeds for Mindful Touch Oncology Massage will go to the Harper Cancer Research Institute, Notre Dame Research.

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|-----------------|------------|-------|
| Monday – Sunday | 50 minutes | \$135 |
| Monday – Sunday | 80 minutes | \$195 |

### Cedar Cupping

This add on therapy is designed to assist with reducing muscle tension, while promoting blood flow, boosting the immune system, and easing pain and inflammation. Cupping pressure brings toxins and tension out of the muscle and to the surface for faster recovery.

|                 |        |      |
|-----------------|--------|------|
| Monday – Sunday | Add On | \$50 |
|-----------------|--------|------|



### *Exfoliating Body Scrubs*

|                   |            |       |
|-------------------|------------|-------|
| Sunday – Thursday | 35 minutes | \$95  |
| Friday – Saturday | 35 minutes | \$105 |
| Sunday – Thursday | 50 minutes | \$135 |
| Friday – Saturday | 50 minutes | \$150 |

#### **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 oil buff away roughness, while sunflower oil and shea butter nourish the skin for silky-smooth and glowing skin.

#### **Revitalizing Cedar Body Scrub**

A combination of natural sugar cane crystals, sea salt and stone crop is perfect for anti-inflammatory and regenerative results. We finish with Apricot and Yuzu oil for amazingly hydrated, soft, supple skin.

### *Body Wraps*

#### **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.

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

#### **Natures Restorative Body Wrap**

Our therapists begin with dry brushing for a full body exfoliation. Next, you're cocooned in five highly effective ingredients packed in our Eminence Wrap which delivers hydration, soothed and refreshed skin, while reducing the look of age and sunspots. You will leave feeling revitalized!

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

#### **Cedar Cellulite & Restorative Wrap**

This stimulating body wrap helps rejuvenate collagen fibers, improve elasticity, increase oxygen, help burn fat cells in the fatty tissue, while improving cellulite conditions. We finish this treatment with a contouring body cream that can reduce the look of cellulite.

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| Sunday – Thursday | 65 minutes | \$180 |
| Friday – Saturday | 65 minutes | \$195 |

### *Scrub and Wrap Combos*

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|-------------------|------------|-------|
| Sunday – Thursday | 65 minutes | \$209 |
| Friday – Saturday | 65 minutes | \$229 |





## 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.

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

### Cedar Organic Targeted Facials

|                                                |            |       |
|------------------------------------------------|------------|-------|
| Pore Refining                                  | 50 minutes | \$145 |
| Vitamin C Brightening                          | 50 minutes | \$165 |
| Clarifying & Balancing                         | 70 minutes | \$160 |
| Anti-Aging Fire & Ice Collagen Booster         | 50 minutes | \$165 |
| LED lights & Hibiscus Neck-Lift Cream included | 80 minutes | \$225 |

### 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. These ingredients used together deliver a nourishing treatment.

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| 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.

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

### 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!

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| Sunday – Thursday | 30 minutes | \$85 |
| Friday – Saturday | 30 minutes | \$99 |

### Cedar Spa's "A-Peeling" Experience

Choose from one of our three professional peel services. Our Polite Peel is respectful and gentle for those with hypersensitive or compromised skin. Our Spot(less) Peel's reputation is unblemished and can counteract the cause of breakouts. Our Hero Peel saves the day by fighting the look of fine lines and wrinkles and is perfect for all skin types. To step up any of the three treatments, add our Bonus Round.

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|--------------------|-------------|-------|
| Sunday – Thursday  | 30 minutes  | \$135 |
| Friday – Saturday  | 30 minutes  | \$150 |
| Bonus Round Add On | Bonus Round | \$15  |
| Hand & Arm Add On  | Massage     | \$25  |

### Restorative Anti-Aging Customized Facial

This treatment includes a customized professional peel that will adapt to your skin's needs. Biotech complexes retexture and brighten while our exclusive photo-therapy 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.

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

### Gentleman's Facial Retreat

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

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|-------------------|------------|------|
| Sunday – Thursday | 30 minutes | \$85 |
| Friday – Saturday | 30 minutes | \$99 |

### Cedar Organic Express Facial

This 30-minute express facial is a great way to introduce yourself to the benefits of our 50-minute facial in less time.

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| Sunday – Thursday | 30 minutes | \$85 |
| Friday – Saturday | 30 minutes | \$99 |

### Dermaplane Add On

This non-invasive procedure can help improve the texture of the skin, help reduce the appearance of acne scars, skin imperfections, while removing vellus hair and revealing newer, smoother, undamaged, skin.

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| Monday – Sunday | 15 minutes | \$55 |
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## *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. Please note, all Shellac and Gel nails will require an additional fee and added time for removal. Please ensure that you let us know when booking your appointment. We cannot remove acrylics or tips.

### **Cedar Signature Manicure**

Utilizing indigenous ingredients in our hand scrub, including oatmeal and cornmeal, along with our strawberry rhubarb lotion will leave your skin hydrated and your nails near perfection. Great for women and men alike.

Approximately 60 minutes

Sunday – Thursday \$75

Friday – Saturday \$85

### **Cedar Signature Pedicure**

Addressing the special needs of the feet, this pedicure includes callus removal as well as our cedar signature salt scrub. We finish with shea butter that leaves your feet feeling baby soft. Warmed stones are used to massage the muscles. Men love this treatment as well.

Approximately 75 minutes

Sunday – Thursday \$95

Friday – Saturday \$105

### **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 120 minutes

Sunday – Thursday \$200

Friday – Saturday \$225

### **Cedar Buff and Polish Manicure**

This “fast” treatment includes removal of polish, cuticle care, nail shaping, polish, and shea butter. Perfect when you are short on time.

Approximately 30 minutes

Sunday – Thursday \$40

Friday – Saturday \$50

### **Cedar Buff and Polish Pedicure**

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

Approximately 45 minutes

Sunday – Thursday \$50

Friday – Saturday \$60

### **Cedar Buff and Polish Mani/Pedi Combination**

Approximately 75 minutes

Sunday – Thursday \$85

Friday – Saturday \$100

### **CBD Rejuvenation Manicure**

Obtaining the benefits that CBD has to offer, this Mani not only leaves your nails looking beautiful, but your hands feeling amazing.

Approximately 60 minutes

Sunday – Thursday \$65

Friday – Saturday \$75

### **CBD Rejuvenation Pedicure**

Obtaining the benefits that CBD has to offer, this Pedi not only leaves your toes looking beautiful, but your feet feeling amazing.

Approximately 75 minutes

Sunday – Thursday \$75

Friday – Saturday \$85

### **Nail Add Ons**

Callus Removal \$10

Shellac/Gel Removal \$20 per set

(No Acrylic or Tip Removal) *additional 20 minutes per set*

French Polish \$10 per set

Therapeutic Foot Soak \$15

Foot Scrub \$25

CBD Oil \$25

Color Change \$25

Nail Designs \$20 per Set

\$3 per Nail

Paraffin/Eco-Fin \$25 Hands or Feet

\$45 for Both





## *Salt*

### *Salts and 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 (75 minutes actual time) and your choice of any 50 minute massage.

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| Sunday – Thursday | 130 minutes | \$245 |
| Friday – Saturday | 130 minutes | \$260 |

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

60 minutes of flotation (75 minutes actual time) and your choice of any 80 minute massage.

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|-------------------|-------------|-------|
| Sunday – Thursday | 160 minutes | \$305 |
| Friday – Saturday | 160 minutes | \$320 |

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

60 minutes of flotation (75 minutes actual time) and your choice of one of our body scrubs, followed by our 50 minute Signature Cedar Massage.

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|-------------------|-------------|-------|
| Sunday – Thursday | 190 minutes | \$330 |
| Friday – Saturday | 190 minutes | \$360 |

#### **West Wind Sensory Float**

|                                                     |       |
|-----------------------------------------------------|-------|
| 30 minutes of flotation (45 minutes of actual time) | \$65  |
| 60 minutes of flotation (75 minutes actual time)    | \$125 |

### *Create Your Own Experience and Packages*

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.

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

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

|                   |       |
|-------------------|-------|
| Sunday – Thursday | \$260 |
| Friday – Saturday | \$290 |

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

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

|                   |       |
|-------------------|-------|
| Sunday – Thursday | \$225 |
| Friday – Saturday | \$250 |

#### **Cedar Signature Escape**

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!

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| Sunday – Thursday | \$450 |
| Friday – Saturday | \$495 |

#### **Tranquility Escape**

This 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 | \$660 |
| Friday – Saturday | \$715 |



### *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 while relaxing and enjoying chocolate covered strawberries for two. 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, along with a foot massage.

Sunday – Thursday      \$800 per couple

Friday – Saturday      \$900 per couple

#### **Earthly Refresh**

Two of you begin this service with a relaxing therapeutic foot soak. Followed by our Cedar Wild Sage Salt Glow, coupled with our Spirit of the Earth Purification Wrap. While cocooned, enjoy an amazing foot massage.

Sunday – Thursday      \$470 per couple

Friday – Saturday      \$520 per couple

Add any 50 minute massage service

Sunday – Thursday      \$270 additional per couple

Friday – Saturday      \$295 additional per couple

#### **The Cedar Experience**

Indigenous ingredients have been used for centuries to heal the body and cleanse the soul. This service begins with a therapeutic foot soak followed by a wrap of your choice and foot massage that relaxes and refreshes. Finish with a 50 minute Cedar Signature Custom Massage.

Sunday – Thursday      \$600 per couple

Friday – Saturday      \$650 per couple

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

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

Sunday – Thursday      \$580 per couple

Friday – Saturday      \$630 per couple

*Ask Us About our Spa Memberships*