
an oasis of relaxation

SPA MENU




EVENSONG SPA

at Heidelberg House Resort

ABOUT THE SPA

Our hope is that your visit to Evensong Spa will relax, rejuvenate and energize your mind, body and spirit. Services and products are customized for each guest's needs and range from natural holistic body care to highly advanced skin care.

RESERVATIONS

Evensong Spa is open daily. To make your appointment or for hours of operation, call **920.294.3347** or **800.444.2812**. It is recommended that you make spa reservations several days in advance. A credit card is required at the time of reservation.

CANCELLATION POLICY

If you must reschedule or cancel an appointment, please alert our reception desk 48 hours in advance. No-shows and cancellations received with less than 48 hours notice will be charged full price for all scheduled services.

EVENSONG SPA ACCESS

Weekday access to Evensong Spa facilities is waived with any 80 minute service or two services per guest per day. This includes the meditation labyrinth, waterfall whirlpools, steam rooms, luxury relaxation room, shower facilities and Spa Café. Weekend access to facilities is available only with the purchase of a service. **Heidel House Guests: \$15 | General Public: \$25**

SPA CHECK-IN

We encourage you to arrive a half hour prior to your scheduled appointment. This allows time to change into spa wear, complete our Evensong Labyrinth Ritual and unwind in the relaxation room.

Please note that late arrivals will have their treatment end at the original scheduled time so that the next guest will not be delayed. The full spa treatment charge will be applied.

FOR YOUR COMFORT

A robe and slippers will be provided for your convenience. We suggest you undress to your level of comfort and encourage you to communicate any concerns in advance of your service. Please be assured that all of our professional service providers are highly trained and you will be properly draped throughout your spa treatments.



PERSONAL BELONGINGS

You will be provided with a locker for storing personal belongings. Please remove jewelry and other valuables prior to your spa visit, as we cannot be responsible for lost personal items.

MOBILE PHONE POLICY

To ensure privacy and tranquility for all guests, mobile devices should be turned off prior to entering the locker room. Mobile phone usage is not permitted in the spa.

AGE REQUIREMENTS/CO-ED POLICY

Guests must be 18 years or older to access spa facilities and receive services. We are considered a European style spa, which means our locker rooms and amenities are not co-ed. Our relaxation room, spa café and labyrinth are co-ed.

SERVICE CHARGE

For your convenience, a 20 percent auto-service charge, based on original service pricing, will be added to treatment fees at check-in. No additional gratuities are expected or necessary. At the discretion of our guests, gratuities may be adjusted at any time.

GIFT CERTIFICATES & SPA PRODUCTS

Evensong Spa gift certificates and a variety of luxurious products are available for purchase in our spa store.

BODY TREATMENTS

To prevent sensitivity on freshly shaven skin, it is not recommended to shave on the day of an exfoliation treatment.

HONEY LAVENDER SALT GLOW

Made with the finest salt grains and rich Vitamin E rice bran oil, this treatment is designed to remove dead skin cells and brighten skin. A shea butter lotion scented with lavender helps soothe dry skin.

35 minutes

BOURBON BUTTER SCRUB

A silky brown sugar scrub made with Kentucky Bourbon gives a relaxing exfoliation that renews and tightens the skin. An application of rich shea butter whipped from golden organic honey and vitamins locks in moisture and deeply hydrates skin leaving it soft and smooth.

35 minutes

REVITALIZING BODY TREATMENT

A blend of essential oils and fine sea salts are brought together through massage to increase the body's lymphatic flow and stimulate circulation. Steamed towels remove the mixture and your back, neck and shoulders are massaged to ease away tension.

50 minutes

BRIGHTER BODY SCRUB

Illuminate your body with this two step exfoliation treatment. Bamboo and fruit extracts buff off dead skin cells with a scrub while a multi-acid peel refines texture and brightens the skin. Finished with a vitamin packed firming cream with shea butter and nutrient rich algae that is applied to your body. Your skin will be left brighter, tighter and nourished.

50 minutes

HYDRATING TONING TREATMENT

An aromatic getaway that takes you through groves of citrus smoothness. Designed to tone and improve elasticity, an all over body scrub prepares skin for an application of cactus toning gel. Removed with warm towels, deeply hydrating agave nectar oil seals in moisture. Lastly, you are nestled under a warm, cozy blanket as you enjoy a relaxing facial massage, leaving you completely renewed.

65 minutes

SPIRULINA DETOX JOURNEY

Begin with a dry brushing to exfoliate and stimulate circulation followed by an all-natural, live Spirulina Algae mixed with organic ginger oil. This seaweed treatment imparts essential vitamins, minerals and protein to nourish and detox the body. Warm towels remove the masque and application of multi-vitamin firming crème aids in purifying as you are wrapped in warm blankets to soak up the goodness. Continue with detoxifying properties as you enjoy a mini facial and scalp massage to complete your journey. **80 minutes**

LAVENDER DREAMS EXPERIENCE

Inhale the calming and balancing benefits of wild lavender in this completely balancing and rejuvenating spa experience. To begin, earthly minerals are combined with lavender's healing properties in an invigorating full body therapy. Following is a back, neck, and shoulder massage with Lavender Oil and warm healing stones. Nourish and relax inside a warm cocoon while a luxurious foot and pressure point scalp massage complete this head to toe treatment. **80 minutes**

NEROLI BODY EXPERIENCE

Awaken the senses with the signature aroma of Neroli essential oil in this deeply uplifting experience. Balance the spirit with dry brushing followed by a eucalyptus-infused body scrub to remove dead skin cells. Enjoy a foot cleansing ritual with massage and a luxurious application of Neroli Oil, leaving your body nourished. As you are cocooned in warm blankets, enjoy a mini facial with acupressure and a scalp massage to complete the ultimate skin hydration and body revitalization. **90 minutes**

ULTIMATE DETOX THERAPY

This therapy begins with a dry body brushing to increase circulation. A warm, mineral rich and detoxifying seaweed masque is applied to the body and you are wrapped in a warm cocoon of blankets while receiving a pressure point foot massage to assist your body in releasing built up toxins. Warm towels remove the seaweed followed by a full body massage to increase lymphatic flow using a blend of oils to ultimately renew and restore. *(Not recommended during pregnancy.)* **90 minutes**

EVENSONG TOTAL BODY RELIEF

Completely renew your body and mind with this signature service. Begin with a body therapy treatment using a heated clarifying mud masque to purify and balance. Warm towels are used to remove the masque. You are then treated to our Labyrinth Heated Stone massage. This treatment concludes with a cocoon of warm blankets and a chilled stone facial massage carrying you away to experience marvelous restorative and healing effects. **90 minutes**

FACIAL THERAPY

SEVEN CIRCUIT FACIAL

An organic plant-based, deep cleansing facial with enzyme exfoliation and customized masques for your skin type. Botanical serums and boosters help clarify, nourish and balance your skin. Extractions will be performed if needed. Includes a muscle relaxing facial massage, a hand and arm massage and finished with eye cream, lip balm and moisturizer. **50 minutes**

CLARIFYING DETOX FACIAL

Tailored to address oily, congested skin prone to breakouts. An exfoliating multi-acid peel will renew and improve the surface texture of your skin while decreasing oil and debris in the pores. Extractions will be performed as needed. A 16-point acupressure massage will increase circulation and flush the skin of toxins. A customized masque is applied to balance and nourish the skin. Finished with a skin correcting serum, eye cream, moisturizer, sunscreen and lip balm. **50 minutes**

CORRECTING HYPERPIGMENTATION FACIAL

Designed to reduce the appearance of dark spots and uneven skin tones. A blend of organic ingredients is used to lighten and help correct sun damage, including licorice root, Vitamin C and stone crop. Custom masques will firm, brighten and increase hydration while suppressing melanin in the skin. Extractions performed if needed. Finished with an SPF moisturizer with natural Hydroquinone alternative to reduce age spots, eye cream and lip balm. **50 minutes**

ANTI-AGING CAVIAR FACIAL

A decadent and luxurious facial that boosts collagen, firms and deeply hydrates the skin with protein rich caviar extract and powerful antioxidants. Age defying nutrients smooth fine lines and improve texture. A unique red algae masque provides wrinkle reduction and instantly restores radiance. Results are immediate leaving skin looking supple, healthy and luminescent. **50 minutes**

**no extractions performed during this facial*



SENSITIVE SKIN FACIAL

Designed for the most sensitive, easily irritated skin. Organic stone crop is used throughout the facial for its anti-inflammatory properties while calming and brightening the skin. Extractions performed as needed. Gentle enzymes will exfoliate without irritation to enhance the skins texture. Take pleasure in a relaxing facial massage to soothe and tighten skin. Finished with moisturizer, eye cream and lip balm.

50 minutes

FIRMING PEPTIDE FACIAL

The ultimate deep cleansing system will deliver peptides to assist with regeneration while brightening the skin and clearing pores. Extractions performed if needed. Facial masques work together to boost collagen, plump and reduce the appearance of fine lines. Hot and cool stones are incorporated into a deeply relaxing facial massage. Enjoy a hand, arm and foot massage as well, followed by eye cream, lip balm and moisturizer.

80 minutes

ANTIOXIDANT INFUSION FACIAL

An ultra-oxygenating vitamin-rich super berry facial will renew and lighten the skin. Includes a multi-acid peel for the face, neck and hands along with an exclusive muscle-easing facial massage using concentrated nourishing plant essence oils. Extractions performed if needed. A cooling and balancing masque will calm and hydrate as you enjoy a foot massage. Pores are tightened with ice globes and finished with a collagen boosting serum, moisturizer and lip balm.

80 minutes

EXPRESS DESTRESS FACIAL

A gentle cleanse followed by an exfoliating peel will remove excess oil, enhance surface texture and aid in fine line reduction. Essential oils are massaged into the skin followed by eye cream, moisturizer and lip balm.

20 minutes

MEN'S EXPRESS REFRESH FACIAL

Designed for men in the express lane. Experience a gentle exfoliation, hot towels and skin balancing moisturizer. Includes a face and scalp massage.

20 minutes

MEN'S AGE DEFYING FACIAL

A purifying facial designed specifically for the special skin care needs of men. A gentle enzyme exfoliation with steam refines the pores while a non-pore clogging anti-aging hydration masque soothes the skin. Extractions performed as needed. Includes a facial massage with essential oils, hot towels, moisturizer and eye cream.

50 minutes

FACIAL ENRICHMENTS

The following enrichments may be incorporated to enhance any facial treatment. These add-ons may only be selected in combination with a service.

TIRED EYE TREATMENT

Brightening eye cream is used during a lymphatic massage around the eye area and cold stones are used to help reduce puffiness. Cooling eye rescue patches are applied to help hydrate and diminish fine lines around the eye area. *Cannot be performed with Express Facials.*

HIBISCUS FIRMLING TRIO

Within minutes, three problem areas are firmed and instantly lifted. Smile lines are plumped, crow's feet around the eyes are smoothed, while the neck and jawline are firmed and lifted. Great for special occasions.

RENEWING LIP TREATMENT

Treat your lips to a 3-step organic treatment leaving them plump, smooth and antioxidant rich. Featuring papaya enzymes, shea butter and citrus to give your lips a satin finish.

DÉCOLLETÉ & SHOULDER PEEL

A multi-acid peel will be applied to the entire area whether you are looking to retexture, clarify or brighten the shoulders and décolleté.

TRANQUILITY SCALP TREATMENT

This soothing treatment massages a blend of lightly scented warm oils on the scalp, neck and shoulders. This peaceful journey includes a warm towel and pressure points to relieve tension, leaving you in a deep state of relaxation.

15 minutes

LYMPHATIC COOL STONE FACIAL MASSAGE

Enjoy a specialized treatment using gentle, rhythmic techniques, pressure point stimulation, essential oils and cool stones on the neck, and face to speed up lymph flow. Effective in the reduction of sinus problems, allergies, puffy eyes, under eye circles, and certain skin conditions like rosacea and acne. Leaving you in a deep state of relaxation.

15 minutes

MASSAGE THERAPY

Guests are welcome to book any two massages of the same time frame in our private couple's suite to share the experience.



INNER JOURNEY MASSAGE

Our signature massage begins with heated stones placed on key energy points of the body to instill a sense of peace journeying to a state of relaxation for both body and mind. Continue the journey with a relaxing full body massage using your choice of our aromatic essential oils, leaving you completely relaxed, centered and renewed. **80 minutes (Includes a Tranquility Scalp Treatment) or 50 minutes**

LABYRINTH HEATED STONE MASSAGE

Smooth, heated stones are combined with soothing massage techniques and your choice of aromatherapy to promote grounding, balancing and a feeling of luxurious comfort. The heat from the stones allows your muscles to release areas of tension and fatigue while instilling a sense of healing within you. **80 minutes or 50 minutes**

BALINESE MASSAGE

Inspired by Indonesian tradition, this massage provides you with a unique experience by combining a variety of massage techniques including tapotement, rocking, kneading, pressure point and hot stone therapy, as well as palming. Your therapist uses a very slow and rhythmic pace combined with essential oils to ease both body and mind into a harmonious place of tranquility. **80 minutes**

WARM BAMBOO MASSAGE

Experience the ancient art and therapy of bamboo massage. Known for its healing properties, bamboo works at all levels to balance, calm and energize you physically, mentally, and spiritually. Your therapist uses warm bamboo tools to roll and knead the tissue while essential oils create a deep sensation of health and well-being. **80 minutes or 50 minutes**

BACK, NECK & SHOULDER RELAXER

Ease stress and tension with this therapeutic and focused massage. Concentrating on the back, neck and shoulders, customized pressure, essential oils and aromatic hot towels assist in easing muscles aches and pains. **30 minutes**

MASSAGE THERAPY

NEROLI BLOSSOM SENSORY MASSAGE

Renew and refresh not only your body, but also your energy, mind and spirit with the uplifting essence of neroli from head to toe. This therapeutic treatment begins with a calm mind and energy balancing ritual. Next, a full body massage incorporates tension release, pressure point scalp and foot massage, breathing techniques, as well as heart chakra balancing using a rose porphyry stone which is yours to keep following the treatment. **80 minutes or 50 minutes**

AROMA SWEDISH MASSAGE

Experience the numerous benefits of massage including pain and stress relief, mental clarity, increased circulation and immunity, as well as better posture and flexibility. Your therapist uses traditional Swedish techniques consisting of a light to medium pressure combined with soothing movements and aromatic oils to immerse your mind and body into a deep sense of relaxation and well-being.

80 minutes or 50 minutes

EVENSONG THERAPEUTIC MASSAGE

This customized and therapeutic treatment begins with a consultation to address specific areas of tension and fatigue. Your therapist uses a combination of eucalyptus, peppermint, wintergreen and ginger oils to reduce inflammation in the joints and muscle tissue. Using a pressure that's just right for you and focusing on specific areas instills a deep sense of healing and renewal within your mind and body. **80 minutes or 50 minutes**

MOTHER ME MASSAGE

Prenatal massage is tailored specifically to the needs of pregnant women and their changing bodies. Massage is a healthy choice for prenatal care and includes numerous benefits. Our trained therapists will assist in reducing back and joint pain, easing muscle tension, decreasing edema, increasing circulation and immunity, and reducing stress and anxiety. **50 minutes**

(Only recommended during 2nd and 3rd trimesters.)

GOLFER'S RESTORATIVE MASSAGE

Customize your massage for pre- or post-game conditioning. Whether you are a weekend warrior or a touring professional, including golf massage therapy as a regular part of your training program can help you to avoid injury and enhance golf performance. Your therapist uses therapeutic oil while targeting the specific muscle groups utilized during your round. **50 minutes**

MASSAGE ENRICHMENTS

The following enrichments may be incorporated to enhance any massage treatment. These add-ons may only be selected in combination with a service.

ZONE MASSAGE

Eliminate muscle fatigue and discomfort with this area-focused massage. A muscle balm rich in minerals works to release tension at its source. **15 minutes**

RAINDROP THERAPY

Balance the body while rejuvenating your mind and spirit. This ancient therapy consists of a series of essential oils applied to specific energy zones of the body along with energy balancing massage techniques bringing your body, mind, and spirit to a harmonious place of peace and comfort. **25 minutes**

AROMATIC HOT TOWEL TREATMENT

A luxurious and relaxing spa experience that combines massage with steaming hot towels steeped in ginger oil which contains a high level of antioxidants working to reduce inflammation and anxiety, while calming and nourishing the body, mind, and spirit. **15 minutes**

TRANQUILITY SCALP TREATMENT

This soothing treatment massages a blend of lightly scented warm oils on the scalp, neck and shoulders. This peaceful journey includes a warm towel and pressure points to relieve tension, leaving you in a deep state of relaxation. **15 minutes**

HEAL TO TOE

Experience a rejuvenating and therapeutic treatment concentrating on pressure points on the feet. Pressure point massage techniques help balance and detoxify, reducing tension throughout the entire body, relieving headaches, sinus congestion, and many stress-related conditions. **25 minutes**

CHILLED STONE FACIAL MASSAGE

A combination of chilled stones and specific acupressure points eases your body and mind into a calm and cool aura. Assists in reducing tension, inflammation, sinus congestion and jaw discomfort. **15 minutes**

WATER THERAPY

DAYCHOLAH WATER CURES

Hot water baths promote relaxation, stimulation and detoxification. Choose from three Daycholah Water Cure scents paired with a Mineral Wellness salt soak. Perfect as a single service or added as a bath remedy to enhance a massage or body treatment. **20 minutes**

LAVENDER OIL

Organic pure pressed lavender oil along with Vitamin E provide a sense of balance while moisturizing the skin. Great for inflammation and irritated skin.

GINGER OIL

Essential oils energize and invigorate the senses while the organic formula reduces joint pain and muscle aches. This blend will nourish and hydrate the skin leaving it silky smooth.

NEROLI OIL

Nutrient rich blend of organic neroli, coconut oil and jojoba delivers a silky feel to the skin and calms the senses. This oil also promotes the regeneration of new cells.



NAIL SERVICES

GEL POLISH REMOVAL

Please schedule a gel polish removal if you are currently wearing any type of gel polish.

15 minutes

GEL POLISH MANICURE

Gel applies like polish and lasts with a high gloss shine for up to two weeks. Say goodbye to nicks, chips and smudges. Service includes cuticle work and nail shaping.

40 minutes

EVENSONG SIGNATURE MANICURE

This manicure is perfect for reshaping the nails and tidying up cuticles. A light citrus salt scrub exfoliates the skin, followed by a hand and arm massage using a deep hydrating lotion. Nails are polished or buffed to a shine.

40 minutes

MEN'S GROOMING HAND DETAIL

This manicure begins with a deep cleanse and exfoliation to soften dry calloused skin. After a meticulous nail and cuticle detailing, a deep conditioning lotion is massaged into hands and forearms. Finish the nails with vigorous buff to a shine.

30 minutes

BERRY ESSENTIALS MANICURE

A deluxe "facial for the hands". Begin with a nail and cuticle detail followed by a raspberry and vodka salt scrub to slough off dead skin. Enjoy an avocado masque rich in vitamins and packed with key fatty acids to deeply hydrate your hands. Tension is relieved with a hand and arm massage with quinsyberry oil to seal in moisture. Nails are polished or buffed to a shine.

50 minutes

EVENSONG SIGNATURE PEDICURE

Our signature pedicure starts with a relaxing cranberry citrus soak followed by nail and cuticle detail. A citrus salt scrub exfoliates leaving your skin silky smooth, with a relaxing foot and calf massage to follow. Nails are polished or buffed to a shine.

50 minutes

MEN'S GROOMING FOOT DETAIL

Take a load off with this pedicure designed to relax those overworked, tired feet after your day on the golf course. Start with a deep cleanse and exfoliation, and enjoy a deep calf and foot massage. Nails are groomed and buffed.

45 minutes

NAIL SERVICES

MILK & HONEY PEDICURE

Relax in a warm nectar bath to reduce inflammation and soften dry heels, followed by a sweet cream salt scrub to exfoliate and invigorate the legs and feet. Feet are wrapped in warm towels as a masque deeply hydrates and an application of honey glaze with live papaya and pineapple enzymes smooth the skin. Finished with a foot and calf massage leaving feet refreshed and renewed. Nails are polished or buffed to a shine.

65 minutes

GREEN LAKE HEATED STONE PEDICURE

Experience wellness as you begin with a salt soak to remineralize, followed with a creamy scrub to exfoliate the calves and feet. A spirulina algae masque aids in softening the heels and nourishing the skin, and a deeply relaxing heated stone massage relieves muscle tension. Enjoy an application of therapeutic cooling crème to improve circulation and joint aches. Nails are polished or buffed to a shine.

75 minutes

HIMALAYAN DETOX PEDICURE

Your journey begins with a warm bath of Himalayan salt to soften the heels. A smoothing enzyme and salt scrub will exfoliate and remove dead skin cells and soften calluses. Feet are then wrapped in warm towels with a purifying foot masque. A slow relaxing massage for the feet and calves will ease muscle tension followed by a foot placement on heated Himalayan salt blocks to aid in detoxification and re-mineralization as you enjoy a hand and arm massage. Finish with a paraffin treatment to seal in hydration. Nails are polished or buffed to a shine.

80 minutes

PERK-ME-UP MANI & PEDI COMBO

Enjoy a pedicure and manicure that includes nail and cuticle detail. Begin with a caramel coffee sugar scrub, used to increase your circulation and give a tightening effect to the skin, followed with a caramel milk lotion massage to deeply hydrate and improve elasticity. Both fingers and toes are polished or buffed to a shine.

80 minutes

NAIL ENRICHMENTS

The following enrichments may be incorporated to enhance any nail treatment. These add-ons may only be selected in combination with a service.

NAIL DETAIL & POLISH

An express service that shapes nails moisturizes hands and is completed with a full polish application. This enrichment may be incorporated to enhance any nail treatment. *Cannot not be booked alone.*

20 minutes

WARM PARAFFIN

Our single use paraffin treatment delivers heat and hydration for soft, smooth skin and protection from dry, rough, achy or irritated hands or feet. Relax and revel in warm individual packs of therapeutic paraffin infused with eleven vitamins vital for healthy skin.

15 minutes

FRENCH POLISH

Add on to any manicure or pedicure.



SALON SERVICES

*Please see our website for a complete list of salon services including **hair cuts and color**, **hair straightening** and **hair conditioning**.*

HAIR CUT WITH BLOW - DRY STYLE

SINGLE PROCESS - COLOR

DOUBLE PROCESS - COLOR

FULL HIGHLIGHTS/LOWLIGHTS

PARTIAL HIGHLIGHTS/LOWLIGHTS

BALAYAGE/OMBRE

DEMI PERMANENT GLAZE

ADD BLOW DRY FINISH TO ANY COLOR

BLOW-DRY & STYLE

This service includes shampoo and style with a blow dryer and round or paddle brush for a voluminous, polished look. Add the option of a curling or flat iron for an additional \$10.

SPECIALTY STYLING/FORMAL UP-DO
TO ANY COLOR SERVICE

Look your best for any special occasion! Please arrive with clean, dry hair or reserve a shampoo/blow-dry in advance. We suggest wearing button-down attire to the spa for any special occasion hair reservation.

KERATIN COMPLEX SMOOTHING
TREATMENT

A revolutionary process that softens, shines and straightens the hair. The treatment is natural: keratin is a natural substance that comprises approximately 88% of your hair. The treatment is healthy; it penetrates the hair to repair internal damage and coats the hair, preventing further damage. The results are smooth, silky, shiny and straight hair.

KERATIN COMPLEX EXPRESS BLOWOUT

This unique in-salon treatment immediately addresses the frizz issues with your hair. The formula is designed to be a short-term solution to battle frizz as results can last up to 6 - 8 weeks with proper home care.

SALON SERVICES

HAIR TRANSFORMING

Indulge in a deep condition treatment to help bring back your natural shine and smooth your hair. Available as an add-on to any hair service.

MAKEUP APPLICATION

Have our professional makeup artist complete your look for any occasion.

WAXING

Choose from several waxing options including face, arms, eyebrow, bikini, legs and under arm. *Please call us for a complete list of waxing services and prices.*

Call 920.294.3347 to set up your appointment.



SPA PACKAGES

All packages include spa admission, a spa healthy cuisine lunch, tax and service charge. All treatments within the package must be scheduled for the same individual on the same day and substitutions are not allowed.

*Overnight accommodations at **Heidel House Resort** can be added to any spa package.*

HARMONY

Relax and renew with the perfect combination of our Firming Peptide Facial and Milk & Honey Pedicure. Head to toe bliss! **3.5 hours**

TRANQUILITY

Immerse yourself in pure relaxation. This package is all about the body and includes a Honey Lavender Salt Glow and Bamboo Massage with our Tranquility Scalp Treatment. **2.5 hours**

BALANCE

Rejuvenate your spirit with our signature Inner Journey Massage and Evensong Seven Circuit Facial. Finish with an Evensong Signature Manicure and Evensong Signature Pedicure. **4.5 hours**

PURE SERENITY

Sink into serenity with our Neroli Blossom Sensory Massage, paired with our Antioxidant Infusion Facial. **2.75 hours**



INFORMATION

EVENSONG SPA LABYRINTH RITUAL

Your spa visit starts with the Evensong Labyrinth Ritual. This self-guided walk will prepare your mind before your spa treatments. At its most basic level, the labyrinth is a metaphor for the journey to the center of your deepest self and back out into the world with a broadened understanding of who you are.

Most people take about 15 minutes to complete the entire journey. The ritual concludes with quiet rest in the relaxation room, where you will be greeted by a spa therapist.

SPA HEALTHY CUISINE

The stunningly furnished Spa Café includes 12-foot windows overlooking the beautiful Tuscumbia Country Club. Choose from a healthy variety of entrées created by our executive chef. Pre-orders are encouraged and may be made at the time of reservation. If ordering upon arrival, please allow 30 minutes for fresh preparation.

HEALTH CONCERNS

Please let us know when you schedule your appointment if you are pregnant, have allergies (including shellfish), have recently been injured or have health concerns so we can advise you of the best choice of spa treatments.

Expectant mothers in their first trimester may not receive any massages without a doctor's note provided at the time of service. Treatments with heat are not advisable for pregnant women or guests with heart conditions or high blood pressure. Body treatments are not advisable for pregnant women or guests who have difficulty lying flat or turning over on the treatment table.

If you have a cold or flu, we recommend you reschedule your spa treatments since massage of any kind, including massage in our body treatments and facials, increases circulation and the release of toxins. This combined with an immune system that is already overtaxed could increase negative symptoms.



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Located across the street from
Heidel House Resort

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