



LINDEN SPA

*The Botanical  
Art of Wellness*





*Named after the Linden trees that grace the resort, our spa offers luxurious treatments designed to heal your mind, body and soul.*

*A private, 5,400-square-foot oasis, combined with an outdoor heated pool & fitness center and surrounded by peaceful gardens along the scenic Miles River and tranquil Fog's Cove, Linden Spa is the ideal place to relax and rejuvenate.*

## SPA TREATMENTS

Linden Spa features experienced spa therapists well versed in effectuating custom therapies to dissolve tension and melt away stress. Treatments range from soothing to result oriented facials and relaxing to detoxifying body treatments. Utilizing a refined collection of exclusive products.

Our inviting couples suite is designed for the ultimate comfort and indulgence featuring side-by-side deluxe spa treatment beds and two person shower to relax and unwind together with the one you love.

## MASSAGE TREATMENTS

**Soothing:** This unique massage uses a variety of techniques to encourage blood flow. It stimulates the skin and energizes the nervous system while soothing the body. It will lead you into a deeply meditative state while reviving your spirit.

**Deep Tissue:** A massage tailored to target areas of tension, soreness and chronic stress. Using powerful strokes this curative session helps to improve flexibility and mobility. This is an ideal massage for those who prefer stronger pressure.

**Hot Stone:** Surrender to the warmth of heated River Rock stone soothing massage. Melting away tension with your preferred, customized flower essence oil.

**Moon & Tide Prenatal:** A pampering combination of light to medium pressure to soothe the body, mind and spirit.

**Reflexology:** Initiate self-healing of the body by applying pressure on specific points of the feet alleviate discomfort, congestion and stress in corresponding areas of the body.

**Foot Massage:** A great way to enhance your massage. Sea salts and a blend of essential oil combined to scrub away rough skin. This is followed by a hydrating foot massage.

**Scalp & Face Massage:** Using a combination of light touch and holds to facilitate a deep state of balance designed to bring you to a true state of relaxation.

**Herbal Poultice Massage:** Warm, healing herbal poultice combined with heated essential oils and flower remedies are used to gently massage the body with rolling, kneading motions, relaxing the muscles while stimulating blood circulation and energy flow.





## **BODY TREATMENTS**

**Freedom:** Restore your radiance with this energizing scrub. Organic sugar espresso and cacao exfoliation with banana flower remedy. Espresso and cacao stimulate the skin while Banana flower helps free your mind. An application of Clary Sage and Neroli essential oil with flower essences of Pomegranate and Red Clover. Dissolves fatigue, promoting balance while boosting the immune system.

**The Glow:** Enhance optimism and possibility with this body scrub. Begin with organic sugar packed with various kinds of antioxidant-rich berries. Essential oils of citrus and vanilla are mood-uplifting, while strawberry flower essence enhances a sense of optimism and possibility. An application of mimosa flower and honey oils with peony flower remedy enhances feelings of abundance and gratitude.

**Prosperity:** Begin with organic cardamon sugar scrub with essence of bamboo. Cardamon stimulates the skin and relaxes the nervous system, while Bamboo essence gives you strength and determination. The bamboo charcoal clay mask with rosemary, lavender & peppermint gently draws out impurities while soothing the skin. A body massage with refreshing citrus and spices with night blooming cactus flower helps you reach your full potential.

**Bloom & Bliss:** Your body will be exfoliated using a stimulating espresso scrub followed by a flower petal moisturizing mask with linden, iris & rose, combined with warm coconut milk. A body massage using chamomile and rosewood essential oils infused with passion flower remedy help to boost your ability to blossom, rejuvenate the body and calm the mind.

## FACIAL TREATMENTS

**Linden Radiant Facial:** Featuring Linda Ross of Beverly Hills Skincare line. Gentle, yet effective, treatment for all skin types. Deep cleansing, exfoliating, gentle extractions, Colostrum or Propolis Mask, followed by targeted skincare products & facial massage.

**Linden Anti-Aging Facial:** The Linden Anti-Aging facial features Linda Ross of Beverly Hills Skincare line. Minimize lines, improve skin-tone, skin tightening mask, anti-aging cream with a Nobel Prize-winning ingredient is applied with Propolis & Royal Jelly to achieve superior hydration & results.

**Intensive Brightening Skin Renewal:** Featuring h2t skincare products. Contains vitamin C which combats free radicals, assisting in the correction of hyper pigmentation. Alpha hydroxy acid stimulates collagen production while brightening and renewing the skin.

**Restorative Custom Facial:** An intermediate customized peel treatment by h2t skincare products containing five different types of acids. Diminishing the appearance of fine lines, smoothing out skin texture. You will see amazing results immediately.

**Gentlemen's Hot Towel Facial:** Designed for men's specific skincare needs and challenges using Linda Ross of Beverly Hills Skincare line. Deep cleansing followed by exfoliation, purifying essential oils, and a customized mask help to moisturize rough skin, leaving it smooth and hydrating.

**Sensitive Skin Facial:** Using effective products from h2t skincare line, this treatment is designed to help calm and sooth compromised skin. Improving redness, irritation and inflammation associated with problematic or sensitive skin.





## NAIL SERVICES

**Foot Beauty Ritual:** Aromatherapy scrub exfoliates away lifeless skin preparing for a detoxifying bamboo clay mask followed by an invigorating foot massage with your choice of custom blended essential oils and flower remedies, leaving your feet quenched and rejuvenated. Complete with application of polish.

**Silky Smooth Hand:** Remove dry skin with an exfoliating essential oil sugar scrub, followed by a paraffin hand mask. A stress releasing massage with your choice of custom-blended essential oils & flower remedies leave your hands hydrated and silky smooth. Complete with application of polish.



## OUR POLICIES

- To modify or cancel your appointment, we require a 24 hour notice prior to your treatment time to avoid a full charge.
- We recommend that you arrive 15 minutes prior to your appointment time. This permits time to complete your consultation form, change into your robe and slippers and enjoy the Spa Amenities.
- The minimum age requirement to access the Spa's facilities and receive a treatment is 16 years of age.

## HOURS OF OPERATION

Sunday – Thursday

9:00 a.m. – 5:00 p.m.

Friday – Saturday

9:00 a.m. – 8:00 p.m.

## RATES AND OPTIONS

### Individual Massage:

Soothing	50/80 Minutes	\$135/\$190
Deep Tissue	50/80 Minutes	\$145/\$205
Hot Stone	80 Minutes	\$210
Moon & Tide Prenatal	50/80 Minutes	\$135/\$190
Reflexology	50 Minutes	\$125
Herbal Poultice	80 Minutes	\$220

### Couples Massage:

Soothing	50/80 Minutes	\$250-\$380
Mixed	50/80 Minutes	\$280-\$400
Deep Tissue	50/80 Minutes	\$290-\$410

### Massage Add-Ons:

Foot Massage	15 Minutes	\$35
Scalp & Face Massage	15 Minutes	\$35

### Body Treatments:

Freedom	50 Minutes	\$165
The Glow	50 Minutes	\$165
Prosperity	80 Minutes	\$220
Bloom & Bliss	80 Minutes	\$220
Couples Body Treatments	50/80 Minutes	\$420-\$450

*(All Body Treatments Available for Couples)*

### Facial Therapies:

Linden Radiant Facial	50 Minutes	\$140
Linden Anti-Aging Facial	80 Minutes	\$195
Intensive Brightening Skin Renewal	50 Minutes	\$150
Restorative Custom Facial	80 Minutes	\$195
Gentlemen's Hot Towel Facial	50 Minutes	\$140
Sensitive Skin Facial	50 Minutes	\$140

### Waxing:

Back Wax	50 Minutes	\$ 70
Full Leg & Bikini Wax	60 Minutes	\$100
Bikini Wax	30 Minutes	\$ 40
Lip Wax	15 Minutes	\$ 30
Chin Wax	15 Minutes	\$ 30
Under Arm Wax	15 Minutes	\$ 30
Brow Sculpting Wax	30 Minutes	\$ 40
Lash/Brow Tinting	15/30 Minutes	\$ 40-\$70

### Nail Services:

Classic Manicure	30 Minutes	\$ 55
Classic Pedicure	45 Minutes	\$ 70
Foot Beauty Ritual	50 Minutes	\$135
Silky Smooth Hand	50 Minutes	\$110
Gel Manicure	50 Minutes	\$ 70

### Nail Add-On:

French Manicure/Pedicure	\$ 10/each
Paraffin	\$ 25



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