

Reflexology:

By applying pressure to specific points on the feet, hands and ears, balance and healing is encouraged throughout and helps release stagnant toxins and restore subtle energy flow.

25 minutes \$59*
50 minutes \$89*

Motherhood:

A gentle pampering massage designed to support good health and well being during your pregnancy.

25 minutes \$79*
50 minutes \$109*
80 minutes \$149*

Couples Massage:

Enjoy a relaxation or deep tissue massage side-by-side in our dual massage room. Inquire about availability and pricing.

***Taxable Service:**

Service prices vary by season and are subject to change without notice.

MASSAGE ENHANCEMENTS

These may be added to any massage treatment

Sugar Scrub:

Healing and refining scrub gently exfoliates your skin and leaves it calmed and buffed. This is a whole body exfoliation. \$25

Back exfoliation \$5

Reflexology Enhancement
add to any 50 or 80 minute massage \$20

Spa Etiquette

Please arrive at least 30 minutes prior to your scheduled appointment to allow time to check in, enjoy a steam shower if desired, and to start the relaxation process. Please turn off your cell phone upon entering the spa.

We require 24 hours cancellation notice. You will be charged 100% of total services scheduled for failing to attend your appointment without 24 hours notice.

Please note that due to popularity of some treatments they may not be available for your requested time. We strongly recommend bookings be made 2-3 weeks in advance of your desired date and time. Walk-ins are welcome but not guaranteed.

We accept all major credit cards, debit cards and cash. We do not accept checks.

Gratuities are appreciated at your discretion. Standard gratuity is 15-20% of the original spa treatment price. For groups of 3 or more, 18% gratuity will be added for your convenience.

HOURS

Monday – Saturday 9am - 5pm
Sunday — 9am – Noon or later by appointment

Advance reservation is recommended. Walk-ins welcome, but not guaranteed. Hours, menu items, and prices are subject to change.

Make Your Spa Reservation Today!
218-847-1895

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AT BEST WESTERN PREMIER
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MENU OF SERVICES

AN ECO-FRIENDLY WELLNESS SPA

FACIALS

The Spa Within offers Eminence handmade organic skin care and Jane Iredale mineral cosmetics.

Refresh Retreat:

A light yet invigorating exfoliation. An array of fruits and herbs will be blended specifically for your skin's needs and sensory delights.

25 minutes 65

Eminence Facial:

Eminence addresses a variety of skin concerns such as premature aging, sun damage, loss of vitality, tone and radiance. This special organic skin care treatment offers ingredients of various fresh fruits, vegetables and herbs customized to your skin concern.

50 minutes \$100

Ultimate Facial:

This facial includes eye and lip treatments plus a take home kit tailored for your skin needs. This signature facial offers a wide spectrum of cleansers, toniques, exfoliants, masques, serums, eye creams and moisturizers you and your skin specialist will select to give you a customized facial.

80 minutes \$195

Eminence Back in Time:

Repair the visible signs of aging with the New Age corrective collection for immediate and lasting results. An exclusive clinically-proven Natural Retinol Alternative Complex lifts and tightens skin, erases wrinkles and crow's feet and increases collagen for skin that appears and acts naturally ageless.

80 minutes \$145

The Hydration Retreat

Nourish & soothe your skin while protecting against the elements with this intensely hydrating facial. This facial is designed to heal, and even skin tone to minimize the appearance of fine lines and pigmentation. Succulent Stone Crop excels in increasing the moisture content and health of all skin types- it will leave your skin looking radiant and youthfully.

50 minutes \$105

Tropical Paradise Facial

Featuring the Tropical Superfood Collection – an enhanced line of professional products with beautiful textures, luscious sensorials, and packed with vitamins and antioxidants – that visibly renews skin through dual action exfoliation and by delivering brightening properties.

50 minutes \$105

Back Treatment (Back Facial):

This treatment will detoxify and smooth every inch of the back area. A massage with extract from the stone crop plant boosts hydration, the healing benefits of which will leave the skin silky and naturally beautiful.

50 minutes \$85

FACIAL ENHANCEMENTS

Arctic Berry Peptide Peel:

Enhance any facial with this complex peel formulated to reduce hyper pigmentation and inflammation, fight fine lines and wrinkles, soothe sensitive skin types and improve elasticity. A natural alternative to Botox.

50 minutes \$115

Bright Eyes Treatment	\$15
Lip Plumping Treatment	\$15

MAKEUP & TINTING

Eye Brow Tinting	\$19
Eye Lash Tinting	\$19
Makeup Application	45 minutes \$49
Special Occasion Makeup	60 minutes \$59

WAXING

Remove unwanted hair leaving skin smooth.

Eyebrow Design	\$15
Upper Lip	\$10
Chin	\$10
Underarm	\$30
Bikini Line	\$39
Half Leg	\$40
Full Leg	\$65
Chest	\$45
Full Back	\$65

BODY

Delight your senses and relax your body, mind and soul. Choose from a selection of body treatments to purify, re-mineralize and firm your body.



Tropical Body Wrap

We begin with a full body dry brushing, followed by the application of our Eminence Mango Enzyme Body Wrap which works well with all skin types. This wrap will infuse your skin with hydration and gently exfoliates to leave a refreshed look. Enjoy a 20-minute scalp or foot massage as your body is wrapped, balanced and refreshed, followed by our Eminence Yuzu solid body oil application leaving the skin soft and glowing.

75 minutes \$149

HANDS & FEET

All times are approximate. In our luxurious pedicure thrones enjoy a bubbling, soothing and calming foot bath.

Express Manicure or Pedicure

This maintenance treatment trims and shapes the nails and cuticles. Finished with a light moisturizing massage and polish application.

30 minute Manicure \$40 30 minute Pedicure \$50

Essential Manicure or Pedicure

The Essential treatment begins with the trimming and shaping of the nails and cuticles. A dry skin exfoliation and double hydration mask with hot towel treatment deeply hydrates followed by a moisturizing massage and polish application.

45 minute Manicure \$55 45 minute Pedicure \$65

Signature Manicure or Pedicure

This treatment begins with the trimming and shaping of the nails and cuticles. A dry skin exfoliation and double hydration mask with hot towel treatment hydrates followed by a moisturizing massage and hot paraffin wax treatment. Paraffin treatments help with cracked heels and dry skin by causing a deeper penetration of moisture. Ends with a polish application.

60 minute Manicure \$75 60 minute Pedicure \$85

Upgrade ANY manicure to SHELLAC™

Gel polish applied to natural nails, no nicks, chips or smudges. Dries instantly! Up to 14 day wear. \$15

RE-Shellac

This service can be added to any manicure. Includes removal and new application of your favorite SHELLAC™ color.

Add 20 minutes to your service \$20

HAND & FEET ENHANCEMENTS

French Polish	\$15
Polish Change for Hands	\$15
Paraffin treatment	\$20
Nail Art starting at	\$5

MASSAGE

Essential oils and hot towels are incorporated into all our massages to help promote a deeper sense of relaxation and rejuvenation.

Signature Massage

This massage is both relaxing and therapeutic, and is designed to manipulate the layers of muscle and fascia (the connective tissue), while also increasing blood flow, circulation, and leaving you feeling rejuvenated.

25 minutes	\$79*
50 minutes	\$109*
80 minutes	\$149*

Hot Stone Massage:

Our river rock stones were hand-picked from the North Shores of Lake Superior in Minnesota. These stones help penetrate heat deeper in the muscles for a more relaxing and therapeutic massage.

50 minutes	\$115*
80 minutes	\$159*



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Buy a product.
Plant a tree.

