

**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 \$65\*  
50 minutes \$89\*  
80 minutes \$119\*

**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 day of the week, and are subject to change without notice. Weekends typically higher.

**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**

Sunday: 8:30 – 12 later by appointment  
Monday – Wednesday: 9-5  
Thursday – Friday: 9-6  
Saturday: 8-5

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**



AT BEST WESTERN PREMIER  
THE LODGE ON LAKE DETROIT



1200 E Shore Dr.  
Detroit Lakes MN  
218-847-1895  
www.thespawithin.com  
information@thespawithin.com

**Follow us on!**

Facebook: The Spa Within  
Twitter: TheSpaWithinDL  
Pinterest: TheSpaWithinDL



1200 East Shore Drive  
Detroit Lakes, MN 56501

AT BEST WESTERN PREMIER  
THE LODGE ON LAKE DETROIT



AT BEST WESTERN PREMIER  
THE LODGE ON LAKE DETROIT



**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 \$55

### 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 \$85

### 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

### Age Corrective:

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

### Youth Shield:

Eminence's new Youth Shield Collection incorporates red currant, elderflower and magnolia bark. The Youth Shield Antioxidant Complex is designed to protect against the early signs of aging by hydrating while improving skin's vitality.

50 minutes \$95

### 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.

### Blueberry Bliss Slimming & Detox Wrap

This slimming and detoxifying wrap leaves skin firmer with increased elasticity while repairing and hydrating the skin. This wrap repairs and balances moisture levels leaving the skin soft, supple and glowing.

75 minutes \$129

## 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



ÉMINENCE  
HANDMADE  
ORGANIC  
SKIN CARE OF  
HUNGARY

janeiredale  
THE SKIN CARE MAKEUP®

## 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.

	Sunday -Thursday	Friday & Saturday
25 minutes	\$69*	25 minutes \$79*
50 minutes	\$99*	50 minutes \$109*
80 minutes	\$129*	80 minutes \$139*

### 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.

	Sunday -Thursday	Friday & Saturday
50 minutes	\$109*	50 minutes \$115*
80 minutes	\$139*	80 minutes \$145*



AT BEST WESTERN PREMIER  
THE LODGE ON LAKE DETROIT

Buy a product.  
Plant a tree.

