

Hands & Feet

Signature Manicure

Relax and renew with a little hand pampering. Nails are shaped, and cuticles are trimmed and nourished. This manicure includes time for a hand and forearm massage. Your choice of polish completes this relaxing service.

45 Min \$60

Signature Pedicure

Indulge in total relaxation as your feet are treated to a therapeutic foot bath and smoothing scrub to exfoliate and invigorate. Followed by cuticle and nail grooming, and a moisturizing massage. Your choice of polish completes this feet treat.

60 Min \$80

Add-Ons:

French Manicure	\$12
Gel Removal	\$20
Gel Polish	\$20

Express Service

Perfect treatment for those on the go. Our express service covers the vital steps to well-maintained hands and feet. Hands or feet are soaked, cuticles conditioned, nails shaped and polished.

Manicure 25 Min	\$40
Pedicure 30 Min	\$60

Little Ones (6 -12 years of age)

Manicure 25 Min	\$30
Pedicure 30 Min	\$30
Mani/Pedi 60 Min	\$60

Polish Change

When you just want a change of color.

30 Min \$30

Fitness Center

Indoor Pool * Hot Tub * Sauna
Eucalyptus Steam Room
Treadmills * Total Body Elliptical * Spin Bike
Cybex ARC Trainer * Cybex Full Circuit Machines
Free Weights * Tanning * Outdoor Tennis Courts

Personal Training Sessions: \$100
Series of 10: \$800

Daily Guest Fees:
\$35 Adults, \$25 Students
\$20 Children 6 & Under

Memberships

	Adult
1 Month	\$ 80
3 Months	\$220
6 Months	\$430
1 Year	\$840

** KPAA and Locals Discounts available.

Policies:

All guests booking services will be offered a robe & slippers for spa use. You will also have access to the fitness center, indoor pool, hot tub, steam & sauna for the day.

Arrivals: All guests should arrive at least 15 minutes before their appointment to allow ample time to check-in and change. If you arrive late for your appointment, your treatment will end as scheduled as a courtesy to our other guests.

Cancellations: Please call at least 24-hours in advance to cancel or change appointments. A full treatment fee will be charged for no-show appointments, or cancellations less than 24 hours.

802-422-3105

Public Welcome

53 Woods Lane Killington Vermont 05751
SpaAtTheWoods.com



Renew Relax Restore



Massage

Woods Custom Massage

Swedish or Deep Tissue, you and your therapist will decide how much pressure you need for a relaxing or therapeutic massage. Release tension while leaving the body balanced, rested & renewed.

50 Min \$150/80 Min \$200

Warm Bamboo Massage

Gently heated pieces of smooth bamboo knead tight muscles and roll out tension for a deep tissue or a relaxing massage.

50 Min \$150/80 Min \$200

Warm Bamboo Visage for Face

Warm, flowing strokes roll out tension. The cellular matrix of the bamboo mimics our connective tissue, making the skin more supple. And, a relaxed face looks younger.

50 Min \$150

Aromatherapy Massage

Combine massage and essential oils for a therapeutic effect. You and your therapist will decide which blend is right for you.

50 Min \$150/80 Min \$200

Maternity Massage

Designed to nurture the expecting mother and baby, maternity massage techniques relax and relieve the unique stresses and strains experienced during pregnancy. *Only for those in 2nd and 3rd trimesters.

Min \$140

Chinese Herbal Body Exfoliation

Body treatment combining citrus massage oil and Chinese herbs to soften and exfoliate the skin. Finished with a super emollient crème to dissolve the herbs into the skin and leave the skin feeling incredibly soft and supple.

50 Min \$150/80 Min \$200

Eastern & Energy Bodywork

Ohashi Method®

Based on Asian healing techniques, an Oriental diagnosis tailors the session to your needs. Deep, but non-painful, pressure to the acupuncture meridians is coupled with gentle stretches and limb rotations. The Ohashi Method relieves stress, increases freedom of movement and eases aches and pains. This profound work relaxes the body, mind and soul. Especially effective for shoulders, hips, back and neck.

50 Min \$150/80 Min \$200

Ashiatsu Oriental Bar Therapy

Barefoot massage technique where the therapist delivers deep, broad, consistent pressure using their feet and body weight, while supporting themselves with bars suspended from the ceiling. A luxurious experience not to be missed.

50 Min \$150/80 Min \$200

Reflexology

The theory behind this ancient healing method is that areas of the foot correspond to organs and systems of the body. Applying pressure to the foot brings healing to the corresponding area of the body. and calms the central nervous system, promoting relaxation and other health benefits.

50 Min \$130

Add-On to a Massage 30 Min \$ 65

The Woods Escape

50-minute Massage
Custom Facial with
Paraffin for Hands & Feet
2 Hours/\$300

Facials

Custom Facial

Our estheticians will consult with you to determine the best treatment options for your skin care. This is a results-driven facial that can address a variety of needs from pigmentation issues, acne, to premature aging.

50 Min \$150

Add-Ons:

Microderm Abrasion	30 Min \$80
UltraSound Therapy	\$20
LED Therapy	\$35
Facial Sinus Relief	\$10
Paraffin for Hands & Feet	\$40
Delightful Back Facial	30 min \$80
Hands/Feet/Scalp/Massage	30 min \$80

Busy Day Facial

A mini-facial to cleanse, exfoliate & moisturize.

25 Min \$ 80

Bearded Men's Facial

Same as our custom facial but for less skin area.

25 Min \$ 80

Delightful Back Facial

A deep cleansing & relaxing treatment for an often neglected part of the body. Includes all steps of a facial, plus a back massage and moisturizer that leaves your skin glowing.

50 Min \$130

Head-to-Toe Indulgence

Start with a scalp treatment designed to promote relaxation, followed by a 50-min Woods Massage to ease muscle aches and soothe stress. Then experience a Custom Facial. Finish with our Signature Manicure & Pedicure.

4 Hours/\$420