



# BODY MESSAGES

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\* **THUNDER VALLEY PREMIER BLEND** | 50/80 MINUTES

Let us create a massage especially for you using traditional Swedish deep tissue techniques, pressure-point therapy, and hot stones for a truly muscle-pleasing experience.

\* **RELAXATION THERAPY** | 50/80 MINUTES

Our traditional Swedish massage provides a light pressure and circulatory therapy that leaves you feeling relieved from stress and ready to enjoy life.

\* **LOMI LOMI** | 50/80 MINUTES

Originating from Hawaii, our Lomi Lomi massage awakens the body and the spirit. Our specially trained therapist uses long, rhythmic strokes to increase circulation and stretch out tired muscles. After this treatment, you'll feel revitalized and refreshed.

\* **FOUR HANDS BALANCE** | 75 MINUTES

Our "asynchronous" four-hands massage is provided by two therapists working in harmony. While one therapist concentrates solely on the upper body, the other concentrates on the lower body. Our guests experience twice as much relaxation and double the healing benefits in the time allotted. This is a "must have" treatment!

\* **THERAPEUTIC DEEP TISSUE** | 50/80 MINUTES

Using medium to deep pressure, this massage helps target chronic muscle tension and tightness. For athletes, we can adjust to moderate pressure with a combination of techniques that will re-energize and relieve muscle soreness. This is ideal before or after recreational activities.

\* **ZONE-REMEDY** | 25 MINUTES

Designed to concentrate on the areas where you are hurting the most. With our customized pressure from light to deep, we've created a cure for your specific "problem area," such as neck, back, or legs.

\* **HOT STONE THERAPY** | 75 MINUTES

This treatment combines our relaxation massage (light pressure) with our warm stones. We place the stones on the body for heat therapy. We also use the stones as an extension of our hands, providing deep, satisfying comfort. This therapy helps with fatigued muscles and aligns and balances energy in your body.



### \* MATERNITY | 50 MINUTES

A massage can be a wonderful experience for an expectant mother and her baby.

Prenatal massage relaxes muscles, and improves water elimination and circulation.

*\*Available only during your second and third trimester. If you are having any complications with your pregnancy, please talk to your doctor before receiving a massage. We may require a note from your doctor.*

### \* REFLEXOLOGY | 25/50 MINUTES

Using ancient trigger-point massage techniques, pressure is applied to the reflex areas of the feet using specific thumb and finger rotations that cause physiological changes to take place in the body. The body's own healing potential is stimulated.

### \* GREAT ENHANCEMENTS TO YOUR BODY MASSAGE TREATMENTS

*Enhancement treatments are incorporated into your main service, with no additional time required. These enhancement services are only available as add-ons to other full services.*

⦿ Moroccan Oil Hair Treatment   ⦿ Foot Scrub



## IN-ROOM MASSAGE SERVICE

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Due to the high demand of our in-room massage services, we ask that you inquire at least 24 hours prior to your desired massage date. Not all of our hotel rooms can accommodate in-room massage services, in which case we encourage our guests to come enjoy the treatment at our spa.

### \* CUSTOMIZED MASSAGE | 75 MINUTES

This massage is designed for you to experience with absolute convenience. In the comfort of your hotel room, our therapists will customize your massage using your preferred pressure, from light to deep.

### \* CUSTOMIZED STONE MASSAGE | 80 MINUTES

For tired muscles that need extra attention. We will use our warm stones to alleviate tension, while a customized massage is performed using your preferred pressure, from light to deep.



# FACIALS

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All of our treatments are available for both men and women.

\* **24-CARAT GOLD LEAF** | 135 MINUTES

Combining ancient treatments (real gold) and modern technology (nano-spa therapy), we provide you with the ultimate anti-aging treatment. Our gold treatment is combined with a remarkably potent hydrating compound, Gamma PGA, one of the major breakthroughs in the science of skincare. This treatment includes a hair treatment, as well as extended arm, shoulder, and neck massage.

\* **THUNDER VALLEY PREMIERE** | 50/80 MINUTES

During this ultimate treat for your skin, every step is personalized to your specific needs. After our thorough consultation (included in the treatment time), we will create an experience designed specifically for you using all the available skincare products, modalities, and machines we offer in the spa.

\* **COMPLETE OXYGEN** | 80 MINUTES

Looking for softness? Look no further. Our complete hydration treatment is what your skin craves. This combination of our oxygen oasis and nano-therapy machines will leave your skin feeling deeply hydrated and supple. This treatment is great for wind burned, sunburned, dry, and dull skin.

\* **ENZYME PEEL** | 50 MINUTES

This treatment uses active digestive enzymes to remove the buildup of unwanted skin cells. As a result, cell renewal is encouraged, leaving your skin looking revived and renewed.

*\*This treatment is not available for first-time clients to our spa.*

\* **ANTIOXIDANT** | 50 MINUTES

Working against free radicals, this is a great treatment to slow the signs of aging and preserve the beautiful skin you already have. Great for all ages!

\* **ACNE CONTROL** | 50 MINUTES

This facial is a great solution to acne, clogged, and/or oily skin. With deep cleansing, enzyme treatments, masks, and extractions, we will ensure your skin is cleansed from the inside out.

*\*After this treatment, the skin can be slightly pink and stimulated.*

\* **BALANCE** | 50 MINUTES

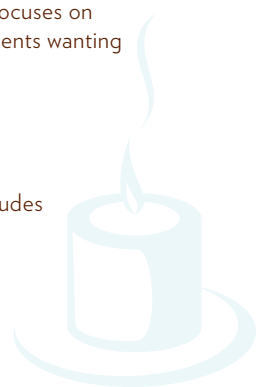
Creating a balance in your skin's pH level is the key to perfect skin. This treatment focuses on rebalancing the skin to its normal state. This is great for a client's first facial or for clients wanting to combine a facial with extra relaxation.

*\*This facial does not include extractions.*

\* **BUFF & GLOW** | 25 MINUTES

Perfect for those pressed for time or who need a quick "pick-me-up." This facial includes cleansing, exfoliation, and an appropriate mask for your skin type.

*\*This facial does not include extractions.*



### \* PIGMENT BE GONE | 50 MINUTES

A great way to begin resolving any hyper pigmentation problems due to sun damage, this treatment offers deep cleansing, hydration, and a pigmentation treatment all in one.

*\*Please ensure that you consult with your Aesthetician regarding any allergy conditions.*

### \* WIDE EYED | 25 MINUTES

Promoting circulation and stimulation, this is great for reducing the appearance of tired, wrinkled, and puffy eyes.

*\*This treatment uses the oxygen oasis machine.*

### \* GREAT ENHANCEMENTS TO YOUR FACIAL TREATMENTS

*Enhancement treatments are incorporated into your main service, with no additional time required. These enhancement services are only available as add-ons to other full services.*

- ⦿ 30% Enzyme Peel\*
- ⦿ Nano-Spa Therapy with Customized Booster
- ⦿ Oxygen Oasis Therapy with Customized Serum
- ⦿ Moroccan Oil Hair Treatment

*\*This enhancement can only be added if recommended by our Aesthetician.*



## ORGANIC FACIALS

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### \* ORGANIC AHA | 50/75 MINUTES

This powerful Hungarian treatment helps release toxin buildup in the pores and slough off dead skin cells. This extraordinary treatment is designed to provide you with enhanced stimulation and regeneration. Great for all skin types.

*\*The use of paprika in this treatment and the length of your service will be decided by the Aesthetician's recommendation.*

### \* CUCUMBER & PARSLEY | 75 MINUTES

This cucumber, parsley, and potato starch treatment exfoliates and refines all skin types, which helps with sun-damaged, dehydrated, dull, and clogged areas. It will wonderfully balance your complexion and improve the effects of skin lightening treatments. Ask your Aesthetician about adding a Paprika Treatment for additional benefits.

### \* YOGURT POWER BOOST | 50 MINUTES

This unique combination of yogurt and sulphur will gently remove the dead keratin cells, strengthen the keratin layer, and effectively treat fungal infections. This facial is great for sensitive, problematic, inflamed, dehydrated, and mature skin, as well as for people who have rosacea.

### \* GREAT ENHANCEMENTS TO YOUR ORGANIC FACIAL TREATMENTS

*Enhancement treatments are incorporated into your main service, with no additional time required. These enhancement services are only available as add-ons to other full services.*

- ⦿ Paprika, AHA, or Yogurt Add-ons
- ⦿ Nano-Spa Therapy with Customized Booster
- ⦿ Oxygen Oasis Therapy with Customized Serum
- ⦿ Moroccan Oil Hair Treatment



# BODY SCRUB & WRAP TREATMENTS

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## \* RENEW BODY GLOW | 50 MINUTES

This full-body scrub exfoliates both dry and oily skin, allowing your skin to breathe. We begin with a head-to-toe body scrub, followed by a shower, then we end with an indulgent application of our creamy butter body lotion.

*\*We have a variety of sugar scrubs for you to choose from. Please inquire with our Receptionist.*

## \* REFRESHÉ BODY POLISH | 25 MINUTES

The perfect treatment for a quick body polish to get rid of unwanted dead skin cells. Our sugar-based scrub is full of hydrating ingredients, leaving your skin clean and moisturized. A sweet treat!

*\*Our 25 minutes polish does not include hydration application. We have a variety of sugar scrubs for you to choose from. Please inquire with our Receptionist.*

## \* SEAWEED & FRENCH GREEN CLAY MUD WRAP | 50 MINUTES

This unique treatment promotes stimulation and detoxification all in one! This product is a combination of French green clay and marine clays that are infused with amino acids, vitamin E, green tea extract, grapefruit extract, and kelp. Unlike the traditional mud wrap process, our therapists will be massaging the mud onto the skin for deeper penetration, and then wrapping the body to promote skin cell renewal.

## \* DETOX DEAD SEA MUD WRAP | 50 MINUTES

This detoxifying mud is highly enriched with beneficial minerals to help soothe and heal. The natural healing properties of the Dead Sea mud are blended with essential oils, which are rich in anti-inflammatory, desensitizing, and healing properties. Together, they create a detoxification process that helps to pull out toxins and unclog pores.

## \* GREAT ENHANCEMENTS TO YOUR BODY SCRUB & WRAP TREATMENTS

*Enhancement treatments are incorporated into your main service, with no additional time required. These enhancement services are only available as add-ons to other full services.*

⦿ Moroccan Oil Hair Treatment   ⦿ Foot Scrub





# THUNDER VALLEY PREMIERE BODY TREATMENTS

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## \* THE ELITE RETREAT | 130 MINUTES

Leave all your stress and worries behind, and submerge yourself in this ultimate indulgence. Your treatment begins with a full-body exfoliation, leaving you soft and smooth. Then, after a quick rinse, we move on to detoxification. During this intensive process, your scalp and hair will also be pampered. We will finish with a full-body customized massage using stones and your unique pressure preference. Welcome to paradise!

## \* THE PRESIDENTIAL RETREAT | 80 MINUTES

This treatment is a combination of a scrub and wrap that will leave your body feeling renewed and your mind refreshed. To restore your skin, we first exfoliate your full body, and then continue with a Dead Sea mud wrap to loosen up any tight muscles. We end the treatment by rehydrating your skin, leaving you baby smooth and ready for action.

## \* THE PLATINUM RETREAT | 80 MINUTES

Finally! The perfect solution for an overworked body. This combination of wrap and massage will leave your body feeling completely relaxed. The application of heated mud will help release toxins, and the body wrap will provide deep muscle relief. We continue the journey with a light to medium pressure full-body massage. This treatment is great for weary travelers.

## \* THE GOLD RETREAT | 80 MINUTES

This perfect combination rejuvenates your skin and revitalizes your tired body. First, the skin is exfoliated to remove dead, dull cells, revealing a healthy glow. Then, you are pampered with a relaxation massage to renew vitality.

## \* GREAT ENHANCEMENTS TO YOUR PREMIERE BODY TREATMENTS

*Enhancement treatments are incorporated into your main service, with no additional time required. These enhancement services are only available as add-ons to other full services.*

- ⦿ Moroccan Oil Hair Treatment
- ⦿ Foot Scrub



# LUXURIOUS MANICURES AND PEDICURES

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## *manicures*

### \* THE ESSENTIAL MANICURE | 25 MINUTES

For our busy guests, a perfect manicure in a minimum amount of time. Nails are filed and shaped, followed by a gentle hand massage. Complete your appearance with a choice of designer nail color.

### \* SPA EXPERIENCE MANICURE | 45 MINUTES

A relaxing treat, this manicure leaves your hands and nails nourished and refreshed. We start with thorough exfoliation, followed by a tension-relieving hand massage using a special blended cream that is ideal for total hydration. Add an aromatherapy paraffin treatment and your choice of designer nail color to conclude this perfect pampering.

### \* GENTLEMEN'S MANICURE | 25 MINUTES

Not just for ladies anymore, this professional nail grooming session is designed just for men. Nails and cuticles are filed and clipped, followed by a relaxing hand massage. We finish with a nail buff—no polish. You can tell a lot about a man by his hands!

## *pedicures*

### \* THE ESSENTIAL PEDICURE | 25 MINUTES

Gentle exfoliation, light massage, grooming of the nails, and polish color of your choice are perfect for footsies on the go. Time to pull out those sandals!

### \* SPA EXPERIENCE PEDICURE | 45 MINUTES

This detailed pedicure experience includes cleansing, exfoliation, shaping, grooming, and a hydrating mask, followed by a relaxing massage. Complete your experience with your choice of designer nail color. Worth every minute!

### \* GENTLEMEN'S PEDICURE | 45 MINUTES

Men's nails and cuticles are professionally filed and clipped, followed by a gentle exfoliation, hydrating mask, and relaxing massage. Soft can be strong!

### \* THE ROYAL TREATMENT | 75 MINUTES

Relax as we give your feet the attention that they deserve. We begin with a detailed grooming session, including exfoliation, heel smoothing, hydrating mask, stress-relieving foot massage, and aromatherapy paraffin treatment. Complete this service with your choice of designer nail color. Perfect for those seeking the royal treatment!





## ADDITIONAL NAIL SERVICES

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### \* GEL NAILS

Full Set

Fill

Full Set, Pink & White

Back Fill, Pink & White

Nail Repair

Soak Off

### \* MORE

French Add-on for Hands or Feet

Polish Change for Hands or Feet

Paraffin for Hands or Feet



## WAX SERVICES

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Brow Shaping

Brow Maintenance

Men's Brow Shaping

Men's Brow Maintenance

Lip

Chin

Cheek

Underarm

Half Arm

Full Arm

Half Leg

Full Leg

Half Back

Full Back

Stomach

Bikini

Extreme Bikini

Brazilian



# SPA PACKAGES

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## *retreat packages*

*No substitutions allowed in any packages. No exceptions.*

### \* **EXTRAVAGANT** | 240 MINUTES

The Presidential Retreat (80 Minutes)  
Thunder Valley Premiere Blend Massage (80 Minutes)  
Thunder Valley Premiere Facial (80 Minutes)

### \* **ELEGANT** | 140 MINUTES

Yogurt Power Boost (50 Minutes)  
Spa Experience Manicure (45 Minutes)  
Spa Experience Pedicure (45 Minutes)

### \* **SIMPLE** | 100 MINUTES

Relaxation Therapy (50 Minutes)  
Balance Facial (50 Minutes)

### \* **POPULAR** | 100 MINUTES

Refreshé Body Polish (25 Minutes)  
Thunder Valley Premiere Blend Massage (50 Minutes)  
The Essential Pedicure (25 Minutes)

## *adventure spa packages*

*For additional information, please inquire with our hotel concierge.*



## pair's packages

*No substitutions allowed in preset packages. No exceptions.*

We welcome friends, mothers and daughters, boyfriends and girlfriends, husbands and wives to experience our luxurious spa services together. We have created packages combining the best of both worlds. Enjoy each other's company and indulge yourself in a pampering session.

### \* PAIR'S ESCAPE | 85 MINUTES

*\*Our couples' favorite\**

Refreshé Body Polish (25 Minutes)

Thunder Valley Premiere Blend Massage (50 Minutes)

Moroccan Oil Hair Treatment (10 Minutes) *\*Can be substituted for a scalp massage*

### \* PAIR'S RENEWAL | 100 MINUTES

Renew Body Glow (50 Minutes)

The Essential Manicure (25 Minutes)

The Essential Pedicure (25 Minutes)

Please feel free to create your own packages, or call us and we can assist you.



## SPA PARTY

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Let us help you plan your ultimate spa party. Just inquire with our Receptionist.

Spa parties can include, but are not limited to, the following celebrations:

- Bridal Shower
- Corporate Retreat
- Girl's Getaway
- Bachelorette Party
- Baby Shower
- Birthday



# POLICIES AND PROCEDURES

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Spa Hours (subject to seasonal change)

Spa Services: 9:00a.m. – 9:00p.m.

## \* TOUR PHILOSOPHY

To protect the privacy of our guests while using the Spa at Thunder Valley, we must limit the number of people we service at any given time.

## \* PERSONAL COMFORT & SAFETY

Your comfort and safety are important to us. When scheduling your appointment, please let us know if you have a gender preference for your therapist. Please be sure to inform your therapist of any inflamed joints or muscles, which should be avoided during the treatment.

We recommend you receive only one heat treatment per day. Pregnant women and individuals with heart conditions or varicose veins should avoid all heat treatments. Following any of our heat treatments, it is important that you rest and avoid rigorous activity for at least one hour. You are also advised to refrain from direct sun exposure immediately following certain skincare treatments. Please note that many spa treatments are not recommended during pregnancy or illness. If you are expecting or have medical considerations, please inquire whether the treatment you have chosen is suitable for your condition.

Lastly, please note that alcohol is prohibited in the spa. Thunder Valley reserves the right to refuse service to anyone under the influence.

## \* THE SOUND OF SILENCE

To preserve an ambiance of peace and tranquility, the Spa at Thunder Valley is a cell phone-free environment. We kindly ask that you turn off all cell phones prior to entering the spa, and please speak quietly throughout the spa.

## \* GUEST TIMELINESS

We ask that you arrive 30 minutes prior to your scheduled spa appointment time. We wish you to have the benefit of an enjoyable and relaxing experience. Please keep in mind that arriving late for a service may require us to shorten the length of the treatment, with full charges applied, so as not to inconvenience other guests. We regret that late arrivals will not receive an extension for scheduled appointments.



### \* CANCELLATION POLICY

If you must cancel, reschedule, or change your spa reservations, please notify us at least 24 hours prior to your reservation time to avoid any cancellation, change, or rescheduling fees. For cancellations and “no-shows” within 24 hours of your reservation time, we will charge 50% of your total services booked.

### \* WHAT TO WEAR

The Spa at Thunder Valley provides robes and slippers for your use during each spa visit. If you plan to exercise, you will need to provide your own clothing and workout footwear. We practice professional draping, and your modesty is respected at all times. If you would feel more comfortable, you may wear undergarments so that you can relax and fully enjoy your treatment. To use our facility, we require you to bring your bathing suit with you for the spa pool and wet areas. We discourage bringing jewelry and other valuables to the spa, as we cannot assume any responsibility.

### \* SHAVING

Shaving is not recommended before spray tanning, body treatment, or gentlemen’s facials. If you choose to shave, please shave at least 24 hours prior to your service.

### \* DAILY SPA RITUAL EXPERIENCE

Your resort fee includes use of the spa pool, whirlpool, steam and sauna areas, locker rooms, and health club.

### \* PAYMENT FOR SPA SERVICES

For your convenience, an automatic 20% service charge, which includes gratuity, will be added to your bill. Should you wish to modify this, please direct the spa team with your preferences. We accept Visa, MasterCard, American Express, Discover, and Thunder Club. If you are a registered guest, you may also charge spa services to your resort bill. For your convenience, payment may also be accepted prior to your treatment.