By nature, we all aspire to be healthy. At the Spa at Spruce Peak, we encourage you to discover new experiences by taking time to relax your mind, heal your body, refresh your soul, and reconnect with yourself.

Through nature, we have the opportunity to maintain our best health and begin our journey to better well-being. We embrace the powerful nature of science and the purity of ingredients to treat your mind, body and soul. Your well-being is our focus.

Experience “nature” at the Spa at Spruce Peak. Become inspired and alive, and embrace the simple pleasures. We live by the words of the late Maya Angelou “They may forget what you said, or what you did, but they will always remember how you made them feel.” We invite you to get lost in our world, to open your eyes to fresh thoughts and to experience the magic of nature.

By nature, we all aspire to be healthy. At the Spa at Spruce Peak, we encourage you to discover new experiences by taking time to relax your mind, heal your body, refresh your soul, and reconnect with yourself.

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**HOURS OF OPERATION**

- **Fitness Center** - 7:30 am - 6:00 pm Daily
- **Spa/Salon** - 9:00 am - 6:00 pm Daily

Peak Season pricing may be subject to change
Summer season hours may differ.

Contact our Spa Concierge - 802-760-4782 | BTVDH-Spa@hyatt.com
WE LOOK FORWARD TO WELCOMING YOU TO THE SPA AT SPRUCE PEAK

To protect our members, guests, associates, and their families we have the following parameters for accessing the Spa;

Who can book treatment at the Spa?
- You have not had a fever in the last 24 hours of 100.4°F or above
- You do not have now, nor have you recently had in the last 14 days, any respiratory or flu symptoms, sore throat, or shortness of breath
- You have not been in contact with anyone in the last 14 days who has been diagnosed with COVID-19 or has coronavirus-type symptoms
- Guest who have been fully vaccinated and it has been at least 14 days since they received the final COVID-19 vaccine dose.
- Vermont Residents that have not left the state in the last 14 days.
- Vermont Residents that have left the state in the last 14 days but have a negative PCR test result (not a rapid test) within 3 days of their return to Vermont.
- Guest from out of state that have not been vaccinated but received a negative PCR test (not a rapid test) result within 3 days before arriving in Vermont.

We are also requiring the following:
- You will be required to wear a mask at all times. If you forget your mask, we will provide them for you. Gloves are available if you choose to wear them.
- At this time our amenities; Locker rooms and Sanctuary are available to guests having spa services. The Fitness Center is available by booking a 1-hour session. Please let The Spa Concierge know if you are interested in reserving a session. Our Healing Lodges (steam, sauna, jacuzzi, and cold rain shower) are currently closed. The Lodge Swimming Pool is currently not available to guests not staying at the Lodge or are not Club Members or Lodge Owners. Club Members, Lodge Guests, and Lodge Owners can make reservations for the Lodge Swimming Pool with The Spa Concierge.
- Please leave any jewelry, hair accessories, hats, etc. in your vehicle or at home.
- Due to occupancy restrictions no accompanied guests. Only the guest having the service will be allowed in the Spa.
- Please let a Spa Associate know before you arrive if there is anything, we can have ready for you to take home to help you protect & recover; shampoo, lotion, skincare, CBD, etc.
- We are not offering appointments for anyone under 18 years old at this time.

CANCELLATION POLICY:
Please allow a 24 hour notice for cancellation. Services moved or cancelled within 24 hours of their scheduled time are subject to a 50% fee per treatment. In good faith, if you are cancelling due to flu like symptoms your cancellation policy will be waived.

Important Note: Not all treatments are currently offered. These will be clearly marked as unavailable. Thank you for your patience and understanding.

PERSONAL.
LUXURIOUS.
NATURAL.
HEALTHY.
PURE.

Striving to not only be the best spas in the world, but for the world...

UPDATE:
As of April 1, 2021, The Spa has suspended certain facial and body treatments until further notice. Thank you for your patience.

All Spa providers at The Spa at Spruce Peak are Vermont state licensed. To look up your massage therapists education or to file a complaint of misconduct to the state about a massage therapist please go to the following website:
https://sos.vermont.gov/massage-therapists-bodyworkers-and-touch-professionals/

Please speak with management about all complaints prior to the state as the state of Vermont does not communicate with businesses but requires us to inform you the guest to inform them.
"I WANT IT MY WAY" PACKAGE

Create your own Spa Day and custom spa experience. Choose any three services for the same person on the same day and receive 20% off all three services.

ON YOUR OWN

Don't have time for a full spa treatment or just want to spend some time relaxing? Enjoy the spa facilities for $25/day (Lodge Guests Only). Must be 15 or older. Guests under the age of 18 must be accompanied by an adult. Fee waived with spa service. Blackout dates may apply.

MOM-TO-BE TREATMENTS

PREGNATAL TREATMENTS FOR EXPECTING MOTHERS

Congratulations on your pregnancy! To ensure your safety and the safety of your baby, we recommend that you only book services designated with our Mom-to-Be symbol. This symbol indicates our selection of treatments that are appropriate for expecting mothers in their second or third trimesters of pregnancy.
WHOLE BODY VIBRATION
25 MINUTES | $75
Whole Body Vibration (WBV) can be an integral part of your wellness routine. Please come fully dressed for a session on our platform which vibrates and oscillates your soft tissue. Results are directed toward muscle recovery, improved circulation and lymphatic drainage, and an increase in mobility and flexibility. This is a great end to a strenuous work out or an aggressive day of adventure!

ION FOOT DETOX
45 MINUTES | $75
A natural and effective way to re-balance and re-energize our bioenergy through our feet. This treatment produces negative ions that stimulate cells and enable the body to effectively detox though the pores in your feet.

STOWE CIDER UBER SCRUB
80 MINUTES | $230
This 80 minute pampering treatment pairs local award winning Stowe Cider with our relaxing spa experience. Begin with a full body scrub incorporating naturally occurring alpha hydroxy’s from apple pulp as well as exfoliating ingredients to smooth out dry and overworked skin. Next, your therapist will hydrate your skin and relax your muscles with a full body massage. After your service our Spa Concierge will bring you a can of cold Stowe Cider to enjoy in our Sanctuary.
EPIC MOUNTAIN MEAD

80 MINUTES | $230
For anyone needing a deep relaxation of their mind, body, and soul. Begin with a luxurious hydrating coconut & sugar full body scrub to soften your skin and stimulate a deep sense of well-being. Your therapist will follow this with an intoxicating lavender massage; after which our Spa Concierge will bring you a can of cold, locally crafted Honey Buckland Mead to enjoy in our Sanctuary.

CBD MASSAGE

50 MINUTES | $165
80 MINUTES | $230
A slow, firm massage that uses organic CBD oil to calm the nervous system, and address tendon and joint pain.

Recommended Massage Enhancement: for increased myofascial release, add cupping to your CBD massage.

SACRED BREW-TY

80 MINUTES | $175
Healthy, shiny hair... from beer! The ingredients in beer have many benefits for the hair. The natural ingredients coat, nourish, and repair each strand. Hops, malt and brewer’s yeast are rich in protein, amino acids and vitamins. This 80 minute ritual consists of cleansing and conditioning your hair, hand and arm moisturizing treatment, and a blow dry. At check-out you will be given a refreshing local brew to take home or to enjoy in your guestroom.

The alcohol in beer acts as a cleansing and shine agent. To reduce the drying effect, we have removed the alcohol content by boiling the beer for our Moisturizing Beer Shampoo and Beer Conditioner.
The Cryo T Shock is a non-invasive, all-natural approach to body contouring. Warm and cold are modulated at varying times and temperatures according to the desired effect.

So if you’re looking to remove unwanted fat or cellulite, reinvigorate loose, aging skin or turn back the clock on your face, neck and décolleté the T Shock can deliver. It comes with an array of pre-programmed protocols so all you do is sit back and let one of our estheticians or massage therapists do the work. It’s safe, painless and invigorating. The results are “shocking”!

FACIALS
50 MINUTES | $200
100 MINUTES | $300
Choose between Anti-Aging, Face Lift, or Acne Reduction

Using the latest in Cryotherapy technology, this facial treatment can revitalize your skin, remove unwanted fat cells, or reduce the propensity of acne and irritated skin. The T Shock technology & our knowledgeable therapists utilize heat cycles to deliver the immediately visible Cryo effects to your cheeks, forehead, neck, and more. Best effects are seen if used in a series.

BODY
50 MINUTES | $200
80 MINUTES | $250
100 MINUTES | $300

Whether its Muscle Pain from a day on the slopes, or unwanted body fat, our Cryo body treatments will showcase immediate results. The T Shock technology & our knowledgeable therapists utilize heat cycles to deliver the immediately visible Cryo effects to a vast array of locations on your body, providing you relief from pain or visible reductions in cellulite. Best effects are seen if used in a series.

Relevant Contraindications:
*Kidney Disease, Active Chemotherapy/Radiation, Pregnancy, Dialysis, Severe Diabetes where sensation has been lost in the extremities, Polyneuropathy, No Botox within 2 weeks, No Fillers within 4 weeks
CRYO-FACIAL SERIES

The best results are achieved when done as a series. Pre-Purchase a series and receive a discount on Facial Treatments. Only 50 minute services available at this time.

5 PACK OF TREATMENTS

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CRYO-BODY SERIES

Pre-Purchase a series and receive a discount on Body Treatments

5 PACK OF TREATMENTS

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*Pre-Purchased Series Treatments must be for the time frame purchased.

APRÈS ACTIVE
T-SHOCK PAIN RELIEF

$110 | 25 MINUTES

Use the power of heat and cold to accelerate muscle recovery, allowing you to be active and explore in optimal condition. Choose either quads, hamstrings, or calves for your treatment.
Our massages are customized to address the specific concerns of your body. Please advise the Spa Concierge of the benefits you’d like to achieve from your massage and allow us to recommend the best technique for you.

25 MINUTES | $100
50 MINUTES | $165
80 MINUTES | $230
100 MINUTES | $300

**TRADITIONAL & THERAPEUTIC MASSAGE THERAPIES**

Custom Massage | 100 MINUTES
Swedish Massage, Relaxing | 50 OR 80 MINUTES
Swedish Massage, Medium Pressure | 50 OR 80 MINUTES
Deep Tissue Massage | 50 OR 80 MINUTES
Arnica Therapeutic Sports | 50 OR 80 MINUTES
Prenatal Massage | 50 MINUTES
Recommended for women in their 2nd or 3rd trimester
Target Massage | 25 MINUTES
Hot Stone Massage | 50 OR 80 MINUTES
Couples Massage | 50 OR 80 MINUTES | $330/$460

**ADD-ON ENHANCEMENTS**

Must be done in conjunction with 50 minute or longer massages

**ADDITIONAL 25 MINUTES**

Couples Soak + $50 PER COUPLE
CBD Couples Soak + $60 PER COUPLE

**ADD-IN ENHANCEMENTS**
Requires no extra time

Elmore Mountain Farms Arnica Oil + $20
Cupping + $20
Therapeutic CBD Compound + $20
ALTERNATIVE THERAPIES

Alternative massage therapies provide another approach to healing and wellbeing.

REFLEXOLOGY
25/50 MINUTES | $100/$165
Specific points and areas on the feet correspond to different body organs and systems; This foot treatment provides beneficial effects on the organs and person’s general health.

THAI MASSAGE
25/50/80 MINUTES | $100/$165/$230
Relax while your practitioner rhythmically stretches and flexes your body, opening energetic pathways and relieving weary muscles. The therapist applies compression to stretch soft tissues and harmonize vital energies. This graceful therapy, which is performed on a mat, leaves you relaxed, energized and more flexible. Please wear yoga or exercise attire.

BODY THERAPIES

SACRED EARTH
80 MINUTES | $230
A massage unlike any other, this ritual encourages profound purification of the tissues using an innovative massage-mud with thermal water from the Bagni Di Pisa hot springs in Tuscany. This restorative treatment stimulates cellular vitality.

TRANQUILITY HOT OIL BODY WRAP
50 MINUTES | $165
For anyone needing to deeply relax their mind, body and soul, this intoxicating wrap includes an indulgent blend of essential oils with a signature calming scent that stimulates deep relaxation while providing profound nourishment, improved circulation and a complete sense of well-being.
TOXIC MELTDOWN
50 MINUTES | $165
A results driven 50 minute massage treatment targeting total body recovery from the effects of physical and environmental stressors. The Bagni de Pisa algae mud remains on your body after treatment. We recommend 30 minutes of experiencing our healing lodge ritual before showering off.

SPRUCE SIGNATURE SPA SCRUB
50 MINUTES | $165
Enjoy the aromas of the Green Mountains while our massage therapist exfoliates and re-hydrates dry skin with a sea salt and shea butter full-body scrub

BALANCING HAND, SCALP & FOOT RITUAL
50 MINUTES | $165
Reconnect your mind, body and soul with this treatment combining the healing properties of the hand, scalp and foot rituals. Perfect for the first time spa-goer.

REJUVINATING LEG & FOOT RITUAL
25 MINUTES | $100
Treat and heal your feet and lower legs to restore lightness, improve circulation, and reduce swelling and fatigue. Great after a day filled with adventure!

REVITALIZING HAIR & SCALP RITUAL
25 MINUTES | $100
A precious concentrate of essential oils are rhythmically massaged into your hair and scalp to revitalize, oxygenate and invigorate.

HYDRATING HAND RITUAL
25 MINUTES | $100
An aromatic and nourishing hand ritual with Holy Basil and antioxidant, keeping the skin hydrated and protected.
YOUR WELL BEING

PERSONAL TRAINING & PRIVATE CLASSES

Looking to upgrade your well being with some personal training or private fitness classes? Work with a yogi, pre or post golf training, work on your golf swing, or just help our bodies feel good through the long winter.

One Class | $80
One Class (members only) | $65
Three Classes | $75/each
Six Classes | $70/each

*$5 for each additional person taking a class

TITLEIST PERFORMANCE INSTITUTE

GOLF FITNESS EVALUATION

$125

This assessment will identify areas of your body that may be weak or unstable during the golf swing; followed up with a custom series of exercises based on the results of your evaluation.

GOLF-SPECIFIC SPORTS MASSAGE

50/80 MINUTES | $165/$230

Our golf swing is a constant work in progress! Take advantage of our Titleist training in the fitness center and enhance the effects of your new knowledge with a session or series of sessions with our sports massage therapists. We can work on range of motion, rotation, or the minutia of a golf swing. Come with the information that you learned from our Titleist trainer, and let your massage therapist help you prepare for success on the course.
ESSENCE PORTRAITS

$400
Watch your inner landscape unfold in brilliant colors while discovering your spirit guides as Kim paints your essence through your unique color patterns. We will ship your completed painting to your home after it has dried.

EAR SEEDS

25 MINUTES | $75
Our Auriculotherapy-trained therapists will assess and discuss with you the imbalances you would like to address. Awakening nerve responses to activate healing of the micro-system. This non-invasive treatment is safe for all ages. Worn for 2-5 days at a time for best results.

KINESIOLOGY TAPING

25 MINUTES | $75
Great for athletes. Benefits include pain relief, reduced swelling and inflammation, accelerated recovery from bruises and contusions, speedier recovery of overused muscles. This treatment supports injured muscles and joints without restricting the range of motion, allows athletes to remain active while recovering from injury.

CUPPING

25 MINUTES | $75
Cupping helps to remove stagnation of qi and blood and release fascial adhesions. It is a moving and stimulating technique which can help to soften tissue in preparation for deeper work. Cupping helps to break the pain-spasm-ischemia cycle and is great for sore and tight muscles, poor circulation, or if you’re feeling under the weather. Contraindications are pregnancy, cardiac conditions or blood thinners, acute contusions, or open wounds in the area you want cupped.
SKIN THERAPIES

ORGANIC CBD FACIAL
25/50 MINUTES | $100/165
Experience the benefits of a topical CBD (Cannabidiol) facial, with organic products. This non-psychoactive phyto property is used to address a wide range of skin types, from acneic, to sensitive, to anti-aging. Heart Grown Wild sources the ingredients from Vermont giving the guest a truly authentic local experience.

DR. GROSS FACIAL PEELS
25/50 MINUTES | $100/165
Treat yourself to a clinical grade peel, developed by a famous practicing dermatologist, Dr. Dennis Gross. This facial is designed to immediately improve uneven skin tone, texture, and provide hydration.

ULTIMATE HYDRAFACIAL WITH HYDROPEPTIDE
80 MINUTES | $300
Take the results of your HydraFacial™ to new heights by incorporating the age-defying power of HydroPeptide™. Mega doses of peptides will relax wrinkles, boost collagen, & erase age spots. Experience immediate, visible results with no downtime. After just one treatment, skin will be hydrated, with fine lines & wrinkles visibly erased.

HYDRAFACIAL™

HYDRAFACIAL™ BOOST
50 MINUTES | $230
The Boost takes the HydraFacial™ to the next level with the addition of Lymphatic Therapy, LED Light Therapy & DermoBuilder protein peptides to stimulate fibroblasts & produce collagen & elastin.

HYDRAFACIAL™
25 MINUTES | $180
A breakthrough in aesthetic technology providing non-laser, non-invasive skin resurfacing. The HydraFacial™ removes dead skin cells & extracts impurities while cleansing, hydrating & moisturizing. The treatment is soothing, refreshing, non-irritating & immediately effective; Improves the appearance of fine lines, wrinkles, congested & enlarged pores, oily or acne-prone skin & hyper-pigmentation.

CUSTOM FACIAL
25 MINUTES | $100
50 MINUTES | $165
Our customized facials are designed to meet the specific needs of your skin, whether they be rosacea, dehydration, or acne. Your esthetician will analyze your skin & recommend a facial from one of our professional lines to determine which will provide the greatest benefits and results for your skin.

GENTLEMAN’S SPRUCE FACIAL
25 MINUTES | $100
50 MINUTES | $165
Gently exfoliate, unclog pores, protect & even out skin tone with Vitamin C, enzymes and antioxidants. Peptides & growth factor activators increase elasticity & firmness. Perfect for reducing fine lines & wrinkles, freshening up the skin’s appearance.

*Due to COVID safety regulations we are unable to provide steam in facials at this time
BODY WAXING

Bikini | $150+
Half Arm | $150+
Full Arm | $150+
Lower Leg | $150+
Full Leg | $165+
Full Leg & Bikini | $180+
Underarm | $150+
Back | $165+

FACE WAXING

Requires no extra time. Available to book in conjunction with a 50 or 80 minute facial only. Guests under the age of 18 must be accompanied by an adult in the treatment room.

Lip | $15
Eyebrow | $20
Chin | $15
Full Face | $50

HAIR SALON

HAIR STYLING

Super Short Cut | $55+
Above the chin. Perfect for men!

Cut and Style | $75+
Above shoulder length hair

Cut and Style | $85+
Below shoulder length hair

Cut and Style | $105+
Below mid back length hair or extra time needed

Children Under 12, Cut Only | $45+

Shampoo/Blow-Dry | $50+
For above the chin hair. Perfect for men!

Shampoo/Blow-Dry | $70+
Above shoulder length hair

Shampoo/Blow-Dry | $80+
Below shoulder length hair

Shampoo/Blow-Dry | $100+
Below mid back length hair or extra time needed

Special Event Style | $150+
SALON RITUAL - SACRED BEAUTY

80 MINUTES | $170

Created by our Salon team, this treatment soothes and softens your hair and relaxes and hydrates your hands. Begin with a wash and treatment to your hair and scalp followed by a hand massage and hydration ritual, ending this luxurious treatment with a blow dry.

HAIR COLORING

All color processing includes blow-dry & style. Pricing for color does not include cut, and varies by hair length, thickness and texture.

- Full Foil Highlights | $200+
- Partial Highlights | $150+
- One Process Color | $100+
- Double Process Color | $145+
- Super Short Color | $50+
- Perfect for men!
- Corrective Process | Quote on consultation

HAIR ENHANCEMENTS

Hair Enhancements do not include Blow-Dry

- Restorative Hair Mask | $50+
- Intense Hydrating Mask | $50+
- Balancing Scalp Treatment | $50+
**MANICURES**

**SIGNATURE SPRUCE**  
**MANICURE**  
80 MINUTES | $85  
Referred to as the facial for your hands. Let our nail technicians pamper, soothe and hydrate your hands.

**TRADITIONAL MANICURE**  
50 MINUTES | $60  
Cut, file, buff and polish... with a little extra touch of Shea butter to make your manicure complete.

**POLISH FREE MANICURE**  
25 MINUTES | $50  
Look good. Feel good. An express version of our traditional manicure tailored for men on the go.

**PRINCESS MANICURE**  
25 MINUTES | $25  
Ages 4-12  
Every girl should feel like a princess! Let your little one feel like a big girl with a pampering manicure.  
*No cuticle work.

**POLISH CHANGE**  
25 MINUTES | $25

**GEL POLISH SOAK-OFF**  
25 MINUTES | $25

**SALON AD-INS**  
Requires no extra time  
French Manicure | +$10  
Kids Nail Designs | +$10  
Decolotee Mask | +$30  
Neck Mask | +$30  
Eye Mask | +$30

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**PEDICURES**

**SIGNATURE SPRUCE PEDICURE**  
80 MINUTES | $105  
Referred to as the facial for your feet. Let our nail technicians pamper, soothe, and hydrate your tootsies while you relax.

**TRADITIONAL PEDICURE**  
50 MINUTES | $80  
Cut, file, buff, and polish... with a little extra touch of Shea butter to make your pedicure complete.

**CBD SPORTS PEDICURE**  
50 MINUTES | $85  
Soothe those aching feet with a CBD based foot ritual. This pedicure is great for men and women who want some relief and relaxation.

**PRINCESS PEDICURE**  
25 MINUTES | $35 | AGES 4-12  
Every girl should feel like a princess! Let your little one feel like a big girl with a pampering pedicure.  
*No cuticle work.

**SALON AD-INS**  
Requires no extra time  
French Pedicure | +$10  
Kids Nail Designs | +$10  
Decolotee Mask | +$30  
Neck Mask | +$30  
Eye Mask | +$30

All products are natural and organic, and all nail lacquers used are free of formaldehyde, DBP and Toluene.
KIDS MENU

For the early spa-goer aged 6-12.*

Please note that our children’s treatments do not provide access to the Spa Locker Rooms. Robes and slippers are not needed for these treatments and are, therefore, not provided. Thank you for respecting our other guests by following our age limit policies.

KID’S FITNESS

25 MINUTES | $10
Join us for some fun kid-friendly fitness, ages 6 & up. Meet in the Fitness Center, an adult will need to be present to sign their child in. Check our Fitness Schedule for times & dates!

PRINCESS MANICURE

25 MINUTES | $25
A quick buff and polish so your little Princess can feel like a big girl too. For children 12 and under. *No cuticle work.

PRINCESS PEDICURE

25 MINUTES | $35
Treat your little one with a delicious pedicure that leaves their toes smelling fresh from the bakery. For children 12 and under. *No cuticle work.

MINI ME MASSAGE

25 MINUTES | $85
Allow us to massage out the stress and tension in your child’s body. Adult must be present in room during the massage. For children 12 and under.

MINI ME FACIAL

25 MINUTES | $85
A pure and simple facial for your child with cleansing, toning, and hydrating. Basic lessons on the importance of clean skin will be shared with your child. Adult must be present in the room during the facial. For children 12 and under.

THE PRINCESS DO

25 MINUTES | $50
Let our fabulous stylists braid, pony, or bun your princess’ hair. Hair wash included. Blow-dry not included.

HAIR FEATHERS

2 FEATHERS | $25
4 FEATHERS | $30
EACH ADDITIONAL | $10

TRADITIONAL CHILLAX SESSION

25 MINUTES | $30
A customized relaxing session designed for your child to unwind and experience what it “feels” like to relax and be still. Chocolate mask, hand and foot treatments, a scalp massage and deep breathing exercises will leave them relaxed and ready for a good night’s sleep.

Must be 6 years of age or older. Booked in groups of as many as 6 children in the same party.

WHY CHILLAX?

*Children are affected by stress more than we know. The results of this study opened our eyes to the opportunity we had to help to teach children how to relax and be stress free, by experiencing what it feels like to relax in a safe and relaxing environment.

30% of tweens and 42% of teens say they get headaches. However, only 13% of parents reported being aware of their children having headaches.

39% of tweens and 49% of teens report difficulty sleeping. However, only 13% of parents reported being aware of their children having trouble sleeping.

25% of tweens and 39% of teens reported eating too much or too little due to stress. However, only 8% of parents reported being aware of this issue.

*The above stress statistics related to children and their parents were reported by a 2009 survey conducted by the American Psychological Association (APA).

**Please note that our children’s treatments do not provide access to the Spa Locker Rooms. Robes and slippers are not needed for these treatments and are, therefore, not provided. Thank you for respecting our other guests by following our age limit policies.
Although there are many spas around the world, each offering a unique experience, they are all devoted to enhancing overall well-being through a variety of professional services that encourage the renewal of mind, body, and spirit. To enjoy your spa experience to the fullest, observe the Code of Conduct, act responsibly, and be aware that common sense and personal awareness can help ensure your satisfaction, comfort, and safety, as well as that of others.

**SPA CODE OF CONDUCT:**

**YOUR RIGHTS AND RESPONSIBILITIES AS A SPA GUEST**

- Communicate your preferences, expectations, and concerns.
- Communicate complete and accurate health information and reasons for your visit.
- Treat staff and other guests with courtesy and respect.
- Use products, equipment, and therapies as directed.
- Engage in efforts to preserve the environment.
- Adhere to the spa’s policies and procedures.

As a Guest of The Spa at Spruce Peak it is Your Responsibility To:

- Communicate complete and accurate health information and reasons for your visit.
- Treat staff and other guests with courtesy and respect.
- Use products, equipment, and therapies as directed.
- Engage in efforts to preserve the environment.
- Adhere to the spa’s policies and procedures.

As a Guest of The Spa at Spruce Peak You Have The Right To:

- A clean, safe, and comfortable environment.
- Stop a treatment at any time, for any reason.
- Be treated with consideration, dignity, and respect.
- Confidential treatment of your disclosed health information.
- Trained staff who respectfully conduct treatments according to treatment protocols and the spa’s policies and procedures.
- Ask questions about your spa experience.
- Information regarding staff training, licensing, and certification.

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