

ELEVATE
spa

& TOWER SPA

HEALTH & WELLNESS THERAPY

Uniquely Yours Massage | 60 minutes | 90 minutes

Release and relax into a balanced state of being with this full-body massage that will be customized to your unique needs.

Balance and Restore CBD Massage | 60 minutes | 90 minutes

Enjoy the benefits of CBD with this relaxing massage. Cannabinoid oil reduces pain and inflammation while also providing an invigorating and rejuvenating feel to the skin, muscles and joints.

Myofascial Release | 90 minutes

This powerful treatment focuses on fascia, the tough connective tissue that surrounds, separates, and supports muscles throughout the body. Your therapist locates areas that feel tight and immobile, and using focused pressure, works to release the fascia, improving mobility and reducing pain and tension.

Hot Stone Ritual | 85 minutes

Using both Himalayan salt stones and basalt stones, this unique massage will warm and soothe you into a deeply relaxed state. Himalayan salt stones detoxify your skin while basalt stones provide the ultimate relief from stressed, fatigued muscles, and provide a deeper heat to achy and strained muscles.

Skier's Edge Massage | 90 minutes

Massage therapy both before and after skiing will help ensure you shred the slopes, not your body. Your therapist will use structural therapy, myofascial release, stretching, infrared light therapy and contrast treatment to lengthen, detoxify and prepare your muscles.

Golfer's Edge Massage | 90 minutes

Get the edge you need to take your golf game to the next level. This muscle treatment primes your body for precision, performance and a more powerful swing. Includes massage, stretching, myofascial release and contrast therapy.

Golfer's Structural Series | Four 90 minute sessions

Be in tip top shape for golf season! This series of four-90 minute sessions will increase your flexibility, movement and function. Your therapist will be performing neurofascial unwinding and myofascial release freeing up and lengthening muscles impinging the golfers swing.

**Each treatment can be tailored to your individual needs. Cupping, muscle scraping, infrared spotlight therapy, contrast treatment, and yoga balm can be included at no additional cost. Please note that changes to the treatment may affect the listed duration for each treatment.*

Slimming and Firming Body Wrap | 85 minutes

Your therapist will use a combination of the Saltability® Himalayan Salt Cellulite Paddle, hands, and soft cups to address cellulite, restore skin tone and uneven texture while detoxifying the body, imparting a deep sense of relaxation. Your session continues with an infrared sauna blanket wrap, melting away up to 500 calories while receiving a relaxing scalp and cold stone face massage.

Elevate Body Scrub | 55 minutes | 85 minutes

Nourish and refresh the skin with an invigorating scrub ridding your body of unwanted dead, dry skin to reveal a smooth healthy glow. This is followed by a hydrating mask to soften, soothe, and hydrate the skin. Your treatment will end with a relaxing massage using firming coconut lotion.

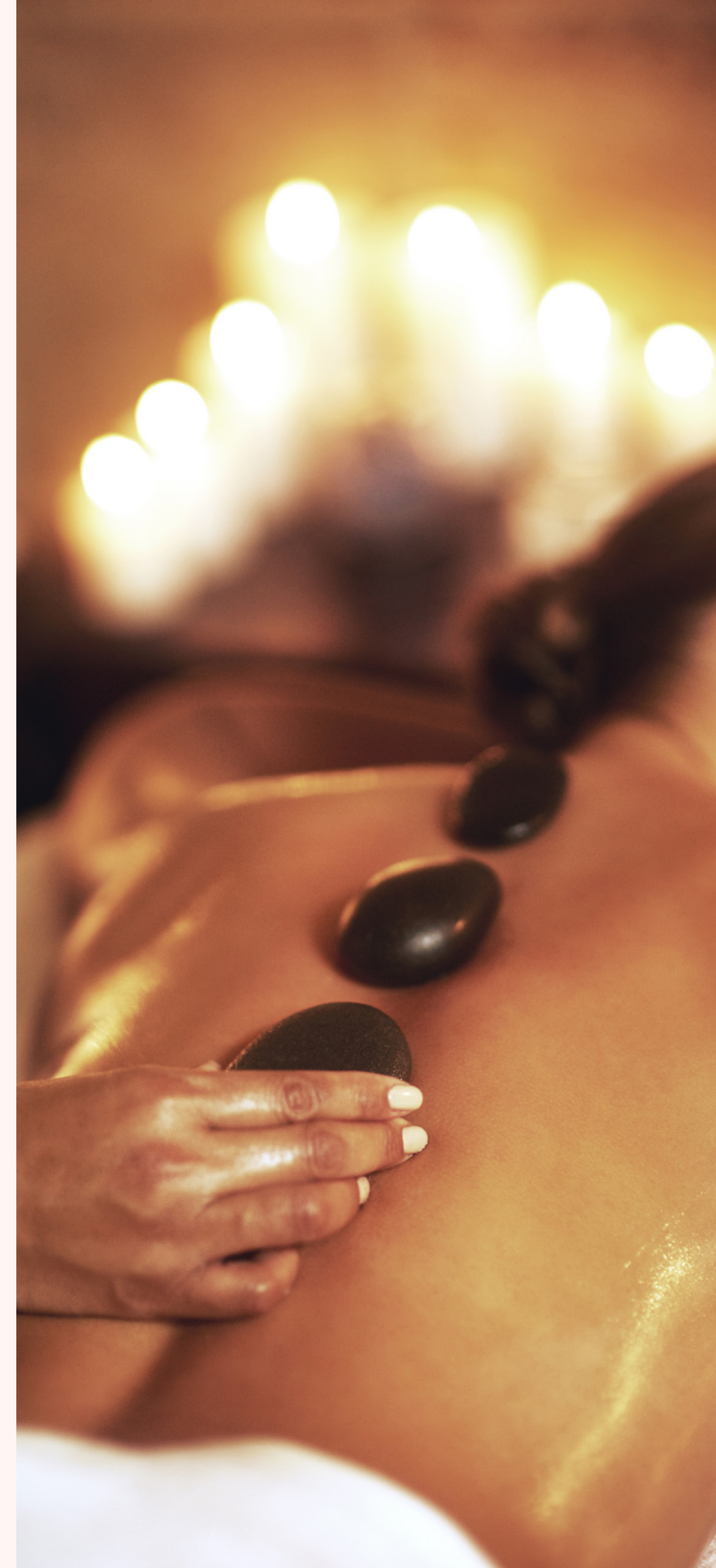
**Only available at Elevate Spa*

Full Body Lymphatic Drainage | 85 minutes

The HydraFacial™ device uses high pressure suction applied in a specialized directional method to manually massage and drain lymph nodes. Lymphatic Drainage with HydraFacial™ can improve circulation, detoxify, tone and firm skin.

Migraine Miracle® | 60 minutes

Free yourself from migraine pain with a natural, holistic cold stone therapy session. This treatment uses cold marble stones combined with aromatherapy and pressure point massage to relieve the headache symptoms. The treatment is most successful if performed soon after the start of headache symptoms.



TREATMENT BOOSTERS

Attention To Detail | *additional 15 minutes*

Add 15 minutes of focused massage to target an area in need of special attention. This results-driven massage is designed to ease away muscle tension in a specific area.

HydroPeptide® Illuminating Hand Treatment | *additional 15 minutes*

Relieve dry, dull and sun-damaged hands with this restoring treatment. A brightening exfoliation will immediately buff and smooth uneven texture, while a firming and hydrating massage leaves hands feeling relaxed and looking flawless.

Revitalizing Foot Treatment | *additional 25 minutes*

Soothe and revitalize tired, sore legs and feet. Starting with a salt scrub, we follow with a hot stone massage melting away tension, increasing circulation and eliminate toxins. This treatment restores peak performance to stressed muscles.

Pure Therapy | *additional 25 minutes*

Finish your massage wrapped in an infrared blanket to reduce toxins in the body while your therapist performs a neck, scalp and cold stone face massage.

Peak Performance | *additional 25 minutes*

Add 25 minutes of specialized treatment to help with performance, injury or recovery. Cupping, cryotherapy, stretching, light therapy or kinesiology tape may be used.



TREATMENT ENHANCEMENTS

HydroPeptide® Revital-Eye and Uplift Treatment

Give the eyes a refreshing boost with this cooling, wrinkle-minimizing treatment. Eyes receive a thorough cleansing, gentle massage, and a luxurious mask that targets wrinkles and leaves eyes looking years younger. Finish with an eye cream application.

Cellulite Sculpting

Stimulate tissues around cellulite formation, boosting blood circulation and lymphatic function.

Deep Hand or Foot Repair

Your hands or feet will be cocooned in Eco-fin's Paraffin Alternative boosting the moisture of the skin. This treatment also helps with sore joints and muscles.

Honey Myofascial Release

A method that traces back to ancient Tibet using honey and agave for a deep myofascial back massage.

Thai Herbal Poultice

A heated poultice filled with fragrant herbs and spices reduces inflammation in muscles and joints, increasing circulation and deep relaxation. You will be given the poultice to take home.



FACIAL TREATMENTS

Custom Facial | 60 minutes

A custom facial specially designed to meet your skin care goals. This treatment will leave you feeling refreshed, purified and renewed.

Seasonal Facial | 60 minutes | 90 minutes

A facial to maintain skin health, rejuvenate the overall look of your skin and provide a relaxing experience.

Moisture Miracle® Facial | 90 minutes

The HydroPeptide® Moisture Miracle Facial® is an ultra-creamy, luxe facial that will infuse deep restorative hydration leaving the skin feeling soft, nourished and renewed.

Firming Vibrant Vitamin C Facial | 90 minutes

This age defying facial is a revelation for those seeking to combat fine lines, wrinkles, loss of facial volume, and hyperpigmentation. Harnessing the potency of HydroPeptide's® Vitamin C Mask, this facial treatment is a true gem in the realm of skincare.

Gentleman's Facial | 60 minutes | 90 minutes

Tailored to a man's skin, this facial provides relief from irritation caused by breakouts, ingrown hairs, and razor burn while replenishing vitamins and nutrients to help reduce the appearance of sun damage, lines, and discoloration.

Back Facial | 45 minutes

Restore balance with this relaxing treatment geared to clarify and repair those harder-to-reach areas of the back and shoulders. Carefully selected products purify and hydrate, leaving you with a restored glow.

HYDRAFACIALS

Teen Dream HydraFacial™ | 45 minutes

This treatment is designed to treat younger skin with a gentle, yet deep-cleansing action. Teenagers often experience skin inflammation, acne and discomfort. These skins require a more advanced treatment than at-home skincare alone can offer.

Platinum HydraFacial™ | 60 minutes

Experience the ultimate HydraFacial™ experience! Begin the detoxification process with lymphatic therapy. Continue with the Deluxe HydraFacial™ to deeply cleanse, extract and hydrate the skin while addressing specific skin concerns with the standard serum. This treatment concludes with Celluma LED Light Therapy.

Diamond HydraFacial™ | 90 minutes

The treatment will start off with lymphatic therapy to decrease puffiness and begin the detoxification process. Next comes a deep cleanse, extractions and hydrating serums. Your facial expert will then address specific skin concerns with your choice of two boosters. For added results, your treatment will include the neck and décolleté. This treatment concludes with Celluma LED Light Therapy and massage.

**Ultra Sonic and High Frequency can be included in all facial treatments*

MED SPA TREATMENTS

Microneedling

Refresh your skin with this assertive, minimally invasive, collagen boosting procedure. This treatment addresses fine lines, acne scarring, hyperpigmentation and pore size while improving firmness and texture.

Event Ready Peel

Experience gentle exfoliation with no expected visible peeling or downtime with our Event Ready Peel. This treatment will promote cell turnover and boosts the production of collagen to help prevent signs of premature aging while helping reduce inflammation post-treatment.

Medical Grade Chemical Peel

Your master esthetician will create a customized peel protocol to provide effective skincare solutions to meet your goals. Peels help shed that top layer of dull, dry skin to reveal fresh, bright, evenly textured skin. Peels address fine lines, hyperpigmentation and texture.

Circadia SWiCH™ Treatment

SWiCH™ is a unique alternative to chemical peels that takes advantage of the skin's natural repair mechanism without causing damage. This treatment imparts an immediate boost to the look and feel of aging skin.

FACIAL ENHANCEMENTS

HydraFacial Perk™ Lip

The Perk™ Lip revitalizes your lips with key ingredients like peppermint oil and peony extract- leaving your lips refreshed, hydrated, and plumped.

HydraFacial Perk™ Eye

The Perk™ Eye treatment delivers nutrients that help reduce the appearance of fine lines, dark circles, and puffiness.

Dermaplaning | 15 minutes

A cosmetic procedure that gently scrapes away the epidermis helping reduce the appearance of acne scars or other skin imperfections by revealing newer, undamaged skin.

Celluma LED Light Therapy | 15 minutes

This low level light therapy is used for anti-aging, acne, increasing circulation, pain management and stimulating hair growth.



SCALP HEALTH

Deep Scalp Exfoliation | 50 minutes

HydraFacial's™ proprietary Vortex Technology dislodges and removes impurities from the scalp and hair follicle leaving your scalp cleansed, exfoliated, nourished and hydrated for healthier and fuller-looking hair.

Keravive™ Scalp Treatment | 90 minutes

This is a unique, relaxing treatment designed to cleanse, exfoliate, nourish and hydrate the scalp for healthier and fuller-looking hair for all skin and hair types. HydraFacial's™ proprietary Vortex Technology easily dislodges and removes impurities from the scalp and hair follicles. Keravive serum infusion and Celluma Light Therapy are added to boost scalp health and natural hair growth.

Hydrating Scalp Treatment | 25 minutes | 50 minutes

Warmed CBD oil is massaged throughout the scalp, working to relax tight muscles and relieve tension. Your therapist will start by releasing pressure points throughout the scalp, stimulating full body relief. As your treatment continues, the deep scalp massage will melt away tension and leave you in a state of deep relaxation.

Scalp Microneedling | 75 minutes

Microneedling, or collagen induction therapy, has been reported to be effective in reversing hair loss. It does this by stimulating blood flow and triggering your scalps natural rejuvenation by increasing the availability of cell nutrients.

SCALP TREATMENT ENHANCEMENTS

Celluma Light Therapy | 15 minutes

An enhancement that effectively delivers red light energy and promotes hair growth

Hair Treatment | 15 minutes

A treatment that involves applying specialized treatments, such as masks, conditioners, serums, or oils, to address specific hair concerns and provide nourishment.

Keravive™ Peptide Spray

The Keravive™ Peptide Complex Solution delivers a hyper-concentrated blend of biomimetic growth factors and skin proteins that hydrate and nourish the scalp. The solution can be added to your treatment or used as an at-home spray.

NAILS

Spa Manicure | 45 minutes

Awaken the senses with a Dazzle Dry® luxurious manicure featuring polish removal, nail shaping and gentle cuticle care. The treatment continues with a warm paraffin to hydrate and revitalize the skin.

Gentleman's Manicure | 45 minutes and Pedicure | 60 minutes

Our Gentleman's services are designed specifically for the discerning gentleman. Nails are soaked and cuticles are thoroughly tamed. Nails are then clipped, reshaped, and buffed.

Spa Pedicure | 45 minutes

Indulge in the ultimate pedicure treatment featuring an aromatic foot soak, nail shaping, cuticle detail, callus reduction and gentle exfoliating treatment to brighten and renew the skin. Legs and feet are massaged with essential oils to stimulate circulation and relax tired feet.

Acrely CBD Pedicure | 45 minutes

This stress-busting treatment will start with a CBD foot soak followed by a CBD scrub to lightly exfoliate, reducing both pain and inflammation. Your calves and feet will be pampered with an invigorating CBD massage focusing on pressure points while adding an extra boost of hydration.

Polish Change | 25 minutes

Refresh your polish with this no-frills service.

ADDITIONAL NAIL SERVICES

Shellac Manicure

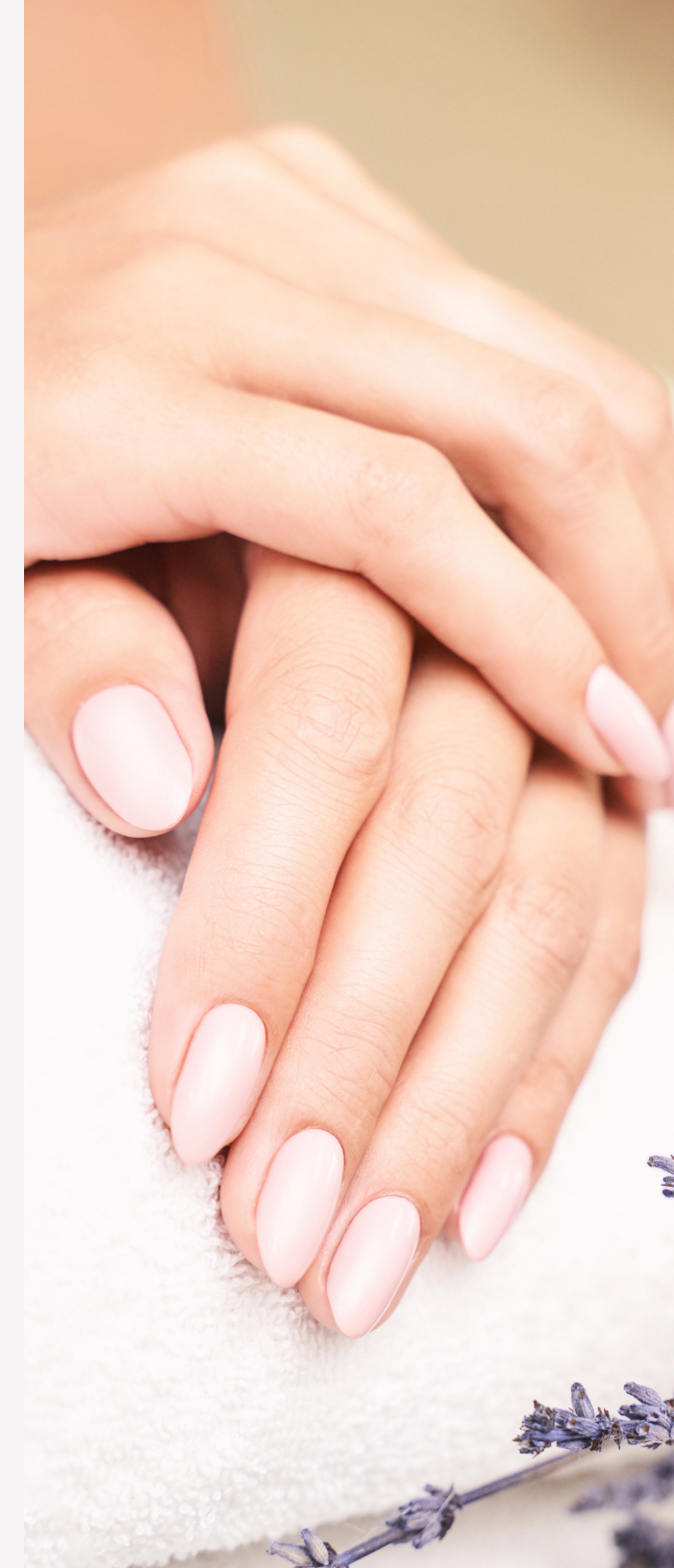
Shellac Pedicure

Hard Gel Extensions

French Tips

Nail Art

**Please mention the above add-ons at the time of booking to ensure enough time is provided.*



BROWS AND LASHES

Bright Eyes Deluxe Eye Treatment

Your esthetician will shape and tint your brows and tint your lashes while an active eye treatment gently exfoliates fine lines. A masque is applied to deeply hydrate and concludes with a targeted serum to soothe.

Lash Extensions

Lash Lift

Lash and Brow Tint

Waxing Services

OXYGEN BAR

Aromatherapy Oxygen Session

Aromatherapy Oxygen Session with CBD

SERVICES BY REQUEST

Book in advance to schedule these services.

IV Therapy

B-12 Injections

Botox

Microblading

Your appointment time is reserved especially for you, so please provide 48-hour advance notice for changes or cancellations. No-shows or guests providing less than 48 hours' notice will be charged in full for treatments.

For more information and reservations, call Elevate Spa at 435-333-3050, Tower Spa at 435-333-6250, email spaandfitness@taliskerclub.com, or visit MyTaliskerClub.com.





TALISKER CLUB

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