



SPA DAYS ARE BETTER AT THE LAKE



"A wonderful experience! Unexpected ambiance and attention to detail."



"I was so impressed with the SOOTHING ATMOSPHERE and amiable staff. It was apparent upon arrival that the start to my sister's wedding day would be STRESS FREE"

"The spa is IMPECCABLY CLEAN and they have anything you could need at a spa. They give you long robes and sandals while you go from service to service. There is nothing you would need that isn't provided. The staff was PROFESSIONAL and COURTEOUS."

Experience Facials



Hydro WOW Facial

80-Minutes \$295

This facial is a luxurious, results driven potent facial. It will boost, brighten and firm the face, neck and décolleté. It includes a Vitamin C mask and collagen mask!

HydroPeptide Resurfacing

50-Minutes \$175

This facial is medium to aggressive. This facial will refresh and smooth the surface of the skin. It will provide age defying results!

HydroPeptide Vitamin C

50-Minutes \$150

This facial is great for skin with an uneven tone, skin lacking radiance and showing signs of aging and lack of elasticity. This facial will brighten and plump the skin.

HydroPeptide Moisture Miracle

50-Minutes \$120

This facial is great for all skin types. It is hydrating and gentle. The exfoliant used is a Honey Tri-Enzyme peel.

Sea Creation

80-Minutes \$295

The combination of specially selected active ingredients from the depths of the ocean and our perfect exclusive treatment lends skin an incomparably smooth, firm, and youthful appearance.

Reversive

50-Minutes \$175

This facial is great for skin that looks tired and dull. Great for skin with visible wrinkles. The reversive facial provides incredible luminosity and radiance!

TheraPRO Treatment

50-Minutes \$150

Targeted solutions for all skin types in need of regeneration. Let us advise you about which TheraPRO treatment will achieve maximum results for your skin type and take your skin to a new level. This facial provides stabilization of skins protective barrier and promotes healthy looking, smooth skin.

FACIAL ENHANCEMENTS

Sensational Eyes \$20

Open your eyes to the transformative power of Sensational Eyes. After a relaxing anti-aging massage, your skin will be treated to signature cooling and calming eye pads, resulting in bright, youthful eyes.

Anti-Aging Lip Treatment \$20

An exfoliating and plumping treatment, restoring lip fullness, hydration and definition. Vitamin C crystals are used to exfoliate the lips, leaving them feeling silky smooth. This treatment is finished off with our HydroPeptide Perfecting Gloss, offering long-lasting suppleness and hydration.

Décolleté/Neck Collagen Treatment \$35/\$20

Choose between Décolleté (\$35) or Neck (\$20)

Instantly hydrate the thinner, more delicate décolleté and/or neck area while working to beautifully firm, tighten and lift. An intense 5x power peel is applied to exfoliate and stimulate the skin, then the collagen mask is applied to help skin cells renew and repair themselves. Powerful antioxidants brighten and fade sun damage while protecting against free radicals that cause skin aging.

Massages & Enhancements

Tranquility Massage

50-Minutes \$100

This traditional Swedish style, full-body relaxation massage uses gentle to moderate pressure with long, soothing strokes. Relieves stress and improves circulation.

MASSAGE ENHANCEMENTS

Aromatherapy \$10

Take yourself on a "Scent" journey by choosing from our elegant sampling of aromatherapy blends. Soothing essences relax the body and stimulate your senses.

Concreta \$20

This deep conditioning daily treatment balm transforms even the driest skin. With a powerful infusion of organic shea butter and coconut oil, Concreta softens and restores skin's natural beauty.

Antara CBD \$30

Powerful, efficient, and as close to nature as it gets. Our targeted CBD oil add-on helps alleviate the effects of inflammation, aid in relief from daily stress, help promote a sense of calm and wellbeing, and help support a healthy sleep cycle. Coconut oil rich in skin-beautifying fatty acids meets antioxidant powerhouses Vitamin E and full spectrum hemp extract in this smoothing, soothing oil.

Himalayan Stone \$20

Hand-carved salt massage stones from the Himalayan Mountains are used in this targeted add-on. The salt stones are beneficial for deep relaxation, reducing inflammation, detoxification, and an all-over sense of well-being.

**All enhancements are incorporated into the massage duration.

Deep Tissue Massage

50-Minutes \$115

This highly therapeutic massage uses deep pressure to ease muscle soreness and relieve tension associated with chronic muscular problems.

Himalayan Salt Stone Massage

50-Minutes \$150

This highly relaxing and remineralizing full body massage, using warm, hand-carved salt stones from the Himalayan Mountains, balances the central nervous system and nourishes depleted cells, leaving the body in a deep sense of relaxation. Stimulation of specific meridians on the body allow for improved sleep and reduced inflammation and give an immediate sense of improved well-being. Your massage therapist will use two new Himalayan salt massage stones, specific to your massage. These stones are your gift (includes a how-to card for self-care use) to take home.

Mellow Mama

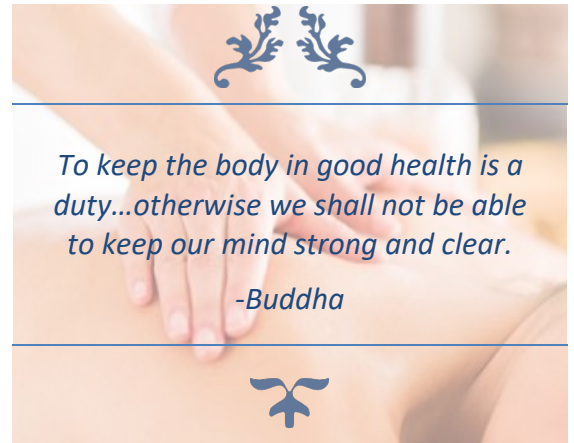
50-Minutes \$100

A completely relaxing full-body massage using safe and effective pre-natal techniques, coupled with omega massage oil to relax those specific lower back muscles that are carrying that beautiful bump and help you maintain fit skin throughout your pregnancy. Not offered during 1st trimester.

Reflexology

50-Minutes \$100

This form of bodywork focuses primarily on the feet applying pressure to flex areas that can promote health in the corresponding organs through energetic pathways. It promotes relaxation, improves circulation, reduces pain, soothes tired feet, and encourages overall healing.



Nail Care & Enhancements

Anti-Aging Pedicure

50-Minutes \$60

Exclusive rare plant stem cells and Aachen thermal spring water calms the skin, repairs the vital lipid barrier, and revives tired, achy feet. An anti-aging exfoliation and a soothing balm massage pampers as it prevents dry skin and calluses using our Babor products. This treatment is finished off with an optional polishing using Dazzle Dry polish.

Cascade Diamonds on the Lake Pedicure

50-Minutes \$70

Inspired by the beauty of our idyllic lake property, this treatment uses our signature hand-crafted products, infused with calming lavender and uplifting spearmint. This experience starts with a warm, aromatherapeutic Dead Sea Salt soak. Like diamonds on the water, our scrub glistens ever so slightly and refreshes the skin, leaving it smooth and nourished. Kaolin and rose clay are used in a detoxifying mask. Finally, legs and feet are massaged with our shea butter lotion that will leave you feeling silky smooth and a scent that will linger and remind you of your time at our lakeside spa.



Anti-Aging Manicure

50-Minutes \$55

Using our Babor products with essences of peach, melon and apricot to soothe and repair stressed hands and nails in this multi-phase treatment manicure. Providing exclusive anti-aging benefits, hands are left invigorated, renewed, and deeply conditioned. This treatment is finished off with an optional polishing using Dazzle Dry polish.

Shellac Manicure

50-Minutes \$55

Shellac is a breakthrough, patent-pending UV3 technology that combines the ease of polish with the permanence of gels. No other products in the market can stand up to claim – on like polish, wears like gel, off in minutes.

NAIL CARE ENHANCEMENTS

Antioxidants Infusions

\$20 Hands, \$20 Feet

The most luxurious heat you've ever felt! Your hands and/or feet are surrounded in your own paraffin-filled glove, locking in the skin's natural moisture. This antioxidant infusion fights cellular aging and makes hands and feet look and feel younger with a unique blend of green and white tea, grape seed, and berry extracts.

**All enhancements are incorporated into the nail treatment duration.

***Please note: We do not offer acrylic or solar nail services, nor do we have the tools required to remove them. Gel nail polish on nails from other salons requires an additional charge to remove.*

Hair Care

Hair Services

****Prices determined during in-salon consultation**

Women's shampoo, cut and style \$45

Men's shampoo, cut and style \$30

Children's shampoo, cut and style \$30

Blow-dry style \$45

Permanent color, with cut \$100 & up

Permanent color, full head \$70 & up

Full head foil \$115 & up

Partial foil \$85 and up

Special occasion hair \$80

Bridal hair consultation \$85

Custom Hair Mask Treatment

50-Minutes \$75

The perfect hair service treatment for anyone who has hair that is damaged from over processing, naturally thirsty, simply dry, or somewhere in between! This hair mask treatment is tailored for your specific hair needs and offers a noticeably dramatic result. You will love how your hair looks and feels!



Hair Service Enhancements

Olaplex Hair Treatment \$20

This protecting treatment can be added to any chemical service to help repair damaged hair.

Hair Glaze Add-On \$20

Treat your hair to a new shine with no frizz. Our hair glaze can be added onto any hair service.

****All enhancements are incorporated into the hair treatment duration.**

Waxing Services

Lip or Chin \$ 15

Brow Shaping \$20

Full Face (lip, chin, and sides of face - excluding brows) \$40

Half Arm \$40

Full Arm \$50

Bikini Line \$40

Designer Bikini \$60

Brazilian \$80

Half Leg \$50

Makeup

Application \$75

Application & Lesson \$90

Bridal Consultation \$80

Tinting Services

Eyelash Tinting \$40

Eyebrow Tinting \$35

MAKE YOUR DAY STRESS FREE

Spa Reservations

To ensure availability, we recommend that reservation for spa services be made as far in advance as possible. Please advise us in advance if you have a therapist preference. A credit card will be required to secure your reservation.

Medical Conditions

If you have high blood pressure, history of a heart condition, you are pregnant, or have any physical injury or condition that has caused you any concern, please take all necessary precautions as outlined by your physician and be sure to discuss your condition with your therapist. Massage will not be offered to guests during the first trimester of pregnancy.

How To Use The Spa

Please respect the right to privacy and a quiet atmosphere for all guests. We ask that you refrain from talking loudly and that you turn off cell phones. NH state law does not allow outside food and/or alcohol in the spa facility.

Arrival Time

Please arrive a minimum of 30 minutes in advance of a spa treatment to enjoy the relaxation lounge and steam room.

What To Wear

We will provide you with a robe and spa sandals. Disrobe to the level of your comfort. Our therapists are trained to drape a sheet over your body in a discreet manner so that you are covered to a level of your comfort. If you are uncomfortable at any time, please tell your therapist.

What To Bring

We provide all spa guests with the use of a robe, spa sandals, and all necessary towels. PLEASE DO NOT BRING VALUABLES OR JEWELRY TO THE SPA. The spa is not responsible for lost or stolen items.

Gift Cards

Gift cards are available for purchase at the reception desk.

Gratuuity

For your convenience, an 18 percent gratuity charge will be automatically added to all services. Additional gratuity is at your discretion.

Cancellation Policy

We have reserved staff and space just for you. There is a 100 percent charge for any changes or cancellations with less than 24 hours notice. No-shows will be charged in full. As a courtesy to guests following your allotted time, late arrivals will only receive the remaining appointment time.

Children

With the exception of nail and hair care, spa treatments will not be permitted for children under the age of 18.

Additional Spa Amenities

We offer the use of our pool, jacuzzi, and fitness center located one level below the spa on the first floor of Church Landing. Please bring a bathing suit to enjoy these amenities.

Features & Amenities:

Signature Spa Treatments

Massage

Facials

Body Treatments

Deluxe Private Treatment Rooms

Steam Room

Relaxation Lounge

Manicures and Pedicures

Full-Service Salon

Hours Of Operation

Sunday-Saturday: 9 a.m. – 5 p.m.

603-677-8620 * 866-719-0161

www.millfalls.com

Location

Mill Falls at the Lake

Church Landing

281 Daniel Webster Highway, Meredith NH