



A Vacation From Your Vacation

Tranquility at the Great Escape Lodge has a SPaCe for you to genuinely escape. Our spa offerings have been designed to cater to your desire to achieve a deeper sense of well-being. Specified for individual tastes and sensitivities, our services ensure that each experience will deliver a radiance of self, inside and out.

MASSAGE SERVICES

Swedish Massage: This full body massage incorporates gentle but firm pressure applied using kneading, long strokes, stretching, and tapping techniques to relax muscles, release toxins, and promote circulation. Perfect for total body bliss. 60 min. \$100 / 90 min. \$155

Aromatherapy Massage: Enhance your massage experience by choosing one of our aromatherapy oils, mixed to create a specific emotional response, such as deep relaxation, increased energy and awareness, or euphoria. Unlike fragrances or perfumes, aromatherapy oils are natural, derived from plants, and offer deep healing and anti-bacterial properties. Once inhaled, the oils trigger a response in the brain, and also stimulate your body and your spirit. Relax on a deeper level. 60 min. \$110 / 90 min. \$165

Prenatal Massage: Tailored specifically to the needs of pregnant women, our pre-natal service is perhaps the best gift a mother-to-be can receive. Regular massages help pregnant women minimize the physical discomforts of pregnancy. Massage will relieve backaches, leg cramps, and swelling that often accompanies pregnancy all the while, calming the mind. 60 min. \$100

Deep Tissue Massage: A massage for the more problematic and persistent problem areas. This massage addresses realigning deeper layers of muscle tissue and ligaments. Using the strength of the forearm, elbows and hands, this massage is ideal for people with chronic muscle stress. A great tension reliever for tired, overworked muscles. 60 min. \$125 / 90 min. \$175

Hot Stone Massage: Using smooth basalt stones, Hot Stone Massage is deeply soothing and calming to the body. Stones are heated in water before being placed on acupressure locations along the spine. The weight and warmth of the stones will relax the muscles, melt away tension, and alleviate stress. Additional stones are used to massage the warm muscles of the body allowing for a deep muscle release. Truly a pampering experience. 75 min. \$150

Reflexology: A natural healing art, based on the principle that there are reflexes in the feet and hands which correspond to every part of the body. 30 min. \$45

BODY TREATMENTS

Seasonal Sugar Scrub Splendor: This seasonally tailored body scrub offers total sensorial bliss. We begin by exfoliating from head to toe, revealing soft, supple skin. Followed with a raindrop shower rinse we then transport you into deep relaxation with an Organic body butter hydration. This treatment will stimulate your senses and make your skin shine for days. 60 min. \$100

Sea Salt Scrub: This treatment is great to do as the season's change, especially when you are feeling like your skin really needs a deep exfoliation. Try our scent-free Sea Salt Scrub and Organic body butter hydration to replenish moisture and reveal new baby soft skin. 60 min. \$100

Seaweed + Marine Mud Masque: A warm seaweed and algae blend that possesses powerful marine elements and anti-oxidant properties is applied to the whole body to release harmful toxins. This masque is deeply massaged and heavily layered to intensely seep in and activate the cleansing and healing benefits. Your full body hydration and scalp massage will leave you to feel rejuvenated, calm and cool. 60 min. \$125

French Clay Body Wrap: Red Clay is an effective anti-oxidant and anti-aging formulation that will leave your skin feeling silky smooth and your body revived.. The warmth provided by wrap improves circulation and relieves chronic muscle aches and joint pain. This wrap is especially effective for stimulating vitality in all of your organs and body. The combination of essential earth elements stimulates your senses and leaves your body feeling re-energized on a new level. 60 min. \$125

FACIAL RENEWAL

Great Escape: Our basic European facial is customized and tailored to fit your unique skin care needs. A combination of nature's best offerings—grapefruit, aloe vera or honey extract, deeply cleanse the skin. A gentle exfoliation brings an instant radiance to the face and décolleté. Thereafter, a customized mask, serum and massage, leave you feeling fresh and rejuvenated. 60 min. \$100 30 min. /Teen \$50

Seasonal Serenity Splash: This delicious, indulgent facial treatment changes every season; as does our skin. The Spring/Summer care aims at revealing radiance and refining the skin using nature's finest fruit based essences for exfoliation. Our Fall/Winter line will splash nourishment and deep hydration back into the skin, safely protecting against harsh environmental factors. This facial is accompanied with a mask, massage and even your own take home antioxidant serum. 60 min. \$120

Rejuvenating Radiance: Three words: Detox. Oxygenate. Resurface. Your skin will be refined for immediate visible results. A manual microdermabrasion scrub with semi-precious ruby stones and sapphire crystals is followed by a customized exfoliation peel to refine the skin's texture and tone. Relax with a facial and décolleté massage while an oxygenating mask reveals a radiant, clear complexion. 60 min. \$135

Lake George Hydra-Quench: A delightful and relaxing treatment that actually teaches your skin to regulate its water balance and maintain moisture. Your skin's softness is restored and a youthful appearance is immediately revealed. A healing waters mask and silky textured serum caresses your skin allowing it to feel supple and smooth. The mind, body and spirit are swept away with a soothing cocooning method for the ultimate relaxation experience. Great for sensitive and dry skin types. 60 min. \$135

Stop the Clock Collagen: This anti-aging facial packs a powerful punch. This service starts off with a deep pore cleansing and mineral microdermabrasion scrub consisting of volcanic rock and salicylic acid. Your skin is prepared to soak up and plump up with the absorption of "injection-like" effects of our wrinkle reducing serums. Peptides, antioxidants, firming collagen and hyaluronic acid will stop the signs of visible aging. Accompanied with massage of the face, décolleté, arms and hands, your skin's elasticity will leave you looking years younger. 80 min. \$150

Just for Him: An aromatic blend of essential oils and malt extract of Scottish whisky is combined to exfoliate and renew your skin. This throughout skin cleansing treatment is combined with a relaxing massage of the: scalp, face, neck and shoulders to ensure a deep sense of well being. This facial treatment immediately brings dry, dull skin back to life leaving you feeling refreshed. 60 min. \$100

FACIAL ADD-ONS

Eyes Speak All: This calming, anti-aging and revitalizing eye treatment uses the combination of essential properties. Ginseng, cornflower, and chamomile reduce puffiness, diminish dark circles and leave you looking refreshed. 15 min. add to any facial \$20

GO + Glow Peel: This gentle, yet result producing dual-action skin exfoliation will reveal a softer, clearer complexion. Utilizing a combination of glycolic and salicylic acid dead surface cells are lifted away leaving your skin renewed. 15 min. add to any facial \$25

Appointments are encouraged • Mon-Sat, 9am-7pm; Sun, 9am-2pm* 518.824.6074 • In-room ext: 6074 • sixflagsgreatescapelodge.com/spa

The final bill for spa services at Tranquility at The Lodge includes a 20% service charge based on sale of service. 18% of service charge will be given to your service provider, 2% retained by house to cover ancillary costs. *Hours are subject to seasonal change.

