



YOUR PRIVATE OASIS

THE SPA & SALON AT CASCADES  
*Woodfield Country Club*





The experienced professionals at the Spa and Salon at Cascades

are ready to provide you with a relaxing and rejuvenating

W E L C O M M E

experience through a variety of services. We guarantee you

will leave Cascades feeling better than ever, inside and out!





# SKIN CARE SERVICES

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## **THE CASCADES EXPRESS FACIAL**

Suited for a busy lifestyle, this refresher facial cleanses, exfoliates and moisturizes the skin.

This treatment is perfect for super moms and ladies on the go!

## **SKIN-SPECIFIC FACIAL**

Our skin-specific facial is meticulously customized to address your skin's specific needs. All facials include a mini décolleté massage, exfoliation and light steam performed according to skin type.

Choose from the following:

*Rosacea • Collagen • Deep Pore • Teen Acne*

## **THE RED CARPET FACIAL**

Hollywood celebrity skin care secrets are applied in this top of the line, crème de la crème treatment. A patented fusion of effective ingredients provides triple level exfoliation that will leave your skin camera ready! This facial is perfect prior to any special occasion and is suitable for all skin types.

## **THE CASCADES RELAXING FACIAL**

Indulge in a relaxing and revitalizing facial treatment for your skin and your soul.

Customized to address all skin types, this facial includes a mini décolleté massage, exfoliation, light steam, aromatherapy paraffin hand treatment and a soothing foot massage.

## **ORGANIC "MEDI-FACIAL" BY OSMOSIS**

Repair, remodel and restore your skin with this extraordinary skin care system created and formulated by renowned physician, Dr. Ben Johnson. Organic, yet powerful, products are custom blended to address your individual skin care needs.

## **GENTLEMEN'S FITNESS FACIAL**

Designed specifically for men, this facial includes intensive moisturization and a soothing exfoliation. A relaxing face and hand massage completes the treatment.

## **ULTRASOUND AND LED ANTI-AGING FACIALS**

Experience the latest advancement in skin care technology, which provides product infusions by utilizing ultrasonic energy waves. If your skin requires optimal anti-wrinkle care, increased collagen, diffused redness and pigmentation, then these treatments are for you.

# SKIN CARE SERVICES

## THE BARE BACK FACIAL

Enjoy a deep cleansing for an area that is hard to reach, which includes a lavender or eucalyptus mud wash, an enzyme peeling cream and omega almond body oil. This treatment is a must before donning that backless dress! Great for men, too!

## "BOCA BABE" MINI TEEN FACIAL

It's never too early to develop a skin care regimen to address all skin changes that arise throughout the developing years. Not recommended for acne prone skin.

## BIKINI SMOOTHER

Prepare your bikini line with a special treatment designed to keep that sensitive area smooth and breakout-free. This treatment is recommended 48 hours prior to waxing.

## SKIN CARE ENHANCEMENTS

Choose from a number of treatments that are sure to leave your skin glowing and feeling better than ever:

- *Glycolic Wash*
- *Visualift Eye Treatment*
- *Eyelash or Brow Tint*
- *Green Tea Peel*
- *Décolleté Glycolic Wash*
- *Infusion Peel*

## AIRBRUSH SPRAY TANNING

Enjoy the look of a summer tan all year long. Spray tanning is great for sporty guys and gals needing to even up sportswear tan lines and for special occasions!



## TEETH WHITENING

Get a brighter, whiter smile in less than 30 minutes!

## HAIR REMOVAL SERVICES

Effortlessly remove unsightly or unwanted hair by choosing one of our hair removal services that include:

- *Bikini (regular)*
- *Bikini (full)*
- *Lower Legs*
- *Thighs*
- *Full Legs*
- *Under Arms*
- *Upper Lip*
- *Chin*
- *Eyebrows*
- *Forearms*
- *Upper Arms*
- *Full Arms*
- *Back (half)*
- *Back (full)*
- *Tweezing*

Prices may vary for non-specified areas.



M A S S A G E

*M*



# THERAPIES

## SWEDISH MASSAGE

This enchanting massage incorporates long, flowing strokes designed to promote deep relaxation and improve circulation.

## DEEP TISSUE OR SPORTS MASSAGE

This deeply penetrating massage incorporates compression and range of motion techniques to help relieve muscular pain and discomfort due to stress or injury.

## AROMATHERAPY MASSAGE

This healing massage utilizes essential oils extracted from plants and flowers to promote a sense of well-being. This art of healing assists in detoxifying the body and promoting a healthier immune system.

## NEUROMUSCULAR THERAPY MASSAGE

Trigger point therapy manipulates the nervous system's influence on the musculoskeletal system by using nerve innovation to release muscle contractions, adhesions and scar tissue.

## PRE-NATAL MASSAGE

Moms-to-be will enjoy this specialized massage treatment that focuses on relieving lower back discomfort and fatigue.

## HOT STONE MASSAGE

Heat flows deep into your body as it moves from your feet through your legs and swirls into your back during this hot stone massage. The stones are radiant with heat and help to chase the last bit of tension from your muscles.

## REFLEXOLOGY

Reflexology is based on the ancient belief that each organ in the body corresponds to a reflex point in the foot. Using gentle thumb and finger pressure point massage, blockages are released and your body's energy flow is realigned.

## THAI MASSAGE

Often referred to as "yoga massage," Thai massage incorporates a variety of techniques derived from Chinese, Thai and Ayurvedic medicinal practices. With assistance from a massage therapist, you will move and stretch your body into a series of yoga-like positions. Muscle compression, joint mobilization and acupressure are also used during treatments. Loose, comfortable clothing is recommended.



# BODY TREATMENTS

## THE CASCADES EXPRESS BODY POLISH

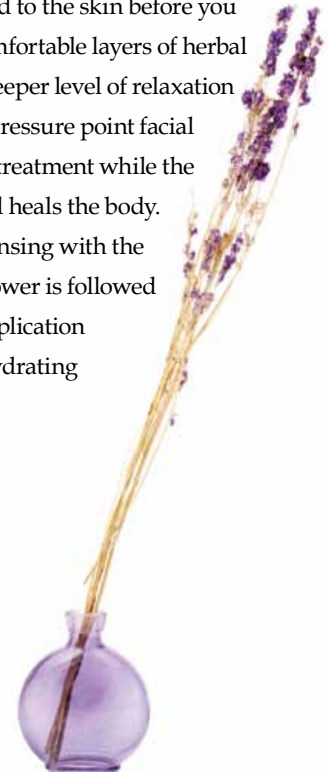
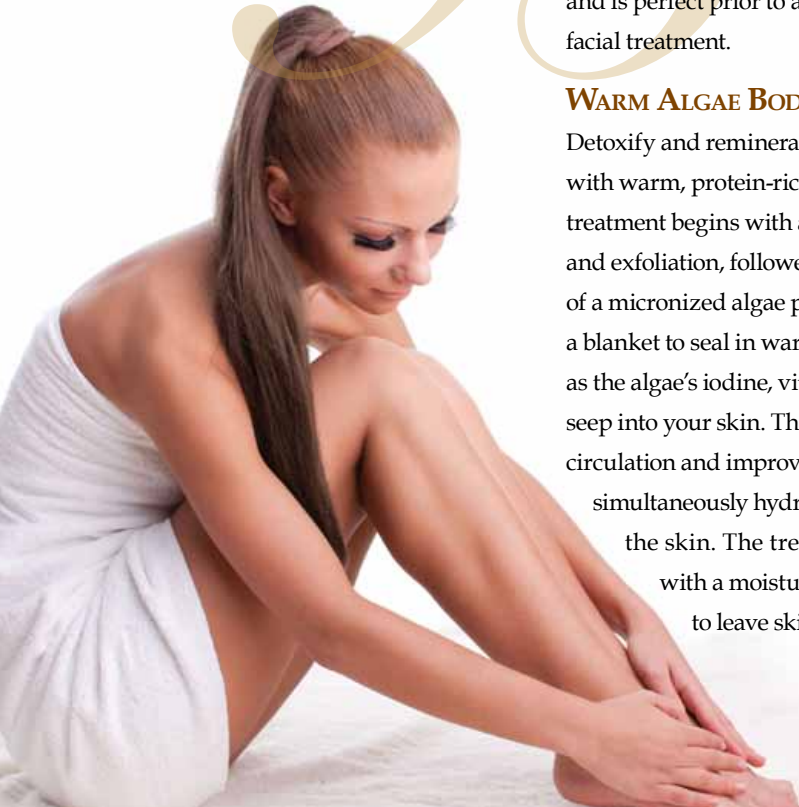
This is a quick and effective body scrub that will leave your skin baby smooth and is perfect prior to any massage or facial treatment.

## WARM ALGAE BODY WRAP

Detoxify and remineralize your skin with warm, protein-rich sea algae. Your treatment begins with a full body cleanse and exfoliation, followed by an application of a micronized algae paste. Wrapped in a blanket to seal in warmth, you will relax as the algae's iodine, vitamins and minerals seep into your skin. The algae stimulates circulation and improves elasticity, while simultaneously hydrating and detoxifying the skin. The treatment concludes with a moisturizing massage to leave skin soft and supple.

## MAGNIFICENT MUD TREATMENT

Melt away stress with a neck and shoulder massage before enjoying a refreshing body wash and loofah scrub. A warm, therapeutic mud mask is applied to the skin before you are cocooned in comfortable layers of herbal infused linens. A deeper level of relaxation is achieved with a pressure point facial massage and scalp treatment while the mud penetrates and heals the body. A rejuvenating cleansing with the pulsating Vichy shower is followed by a customized application of ultra-enriched hydrating body lotion.





## THE CASCADES AROMATHERAPY BODY MIST

A journey of relaxation awaits you with the ultimate rainfall body treatment. Begin with a relaxing neck and shoulder massage followed by a gentle full body scrub and body wash combined with customized hydrating lotion to improve skin's elasticity. Ultimate pampering continues with a warm aromatherapy paraffin treatment for hands and feet. A pressure point facial massage and scalp treatment will leave you relaxed, revitalized and begging for more!



A close-up photograph of a hand with long, manicured nails. The nails are painted with a light, shimmering polish. A white lily flower with green leaves is positioned in the upper left corner, partially overlapping the hand. The background is a soft, warm beige color with decorative white floral patterns at the bottom.

# NAIL TREATMENTS &

*The nail technicians at the Salon at Cascades are highly trained and ready to make your hands and feet happier than they have ever been! Choose from a number of manicures and pedicures, then get ready to experience superior service like no other.*

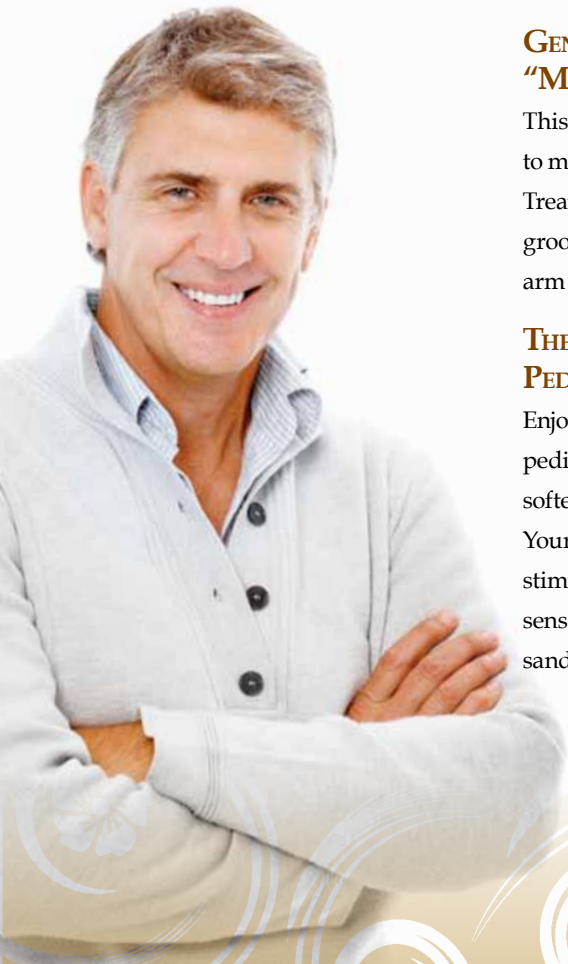
## **THE CASCADES CLASSIC MANICURE**

This traditional treatment includes a hand and arm massage, nail shaping, buffing and polish.

## **ADDITIONAL NAIL SERVICES**

- Polish Change to Hands
- French Polish Change to Hands
- Gel Full Set
- Acrylic Full Set
- Acrylic Removal
- Soak-Off Gel
- Shellac
- Polish Change to Feet
- French Polish Change to Feet
- Gel Fills
- Acrylic Fills
- Nail Repair
- Metallic Nails

# S E R V I C E S



## **GENTLEMEN'S GROOMING "MAN"ICURE**

This manicure is perfect for men looking to maintain an executive appearance. Treatment includes nail and cuticle grooming, buffing and a hand and arm massage.

## **THE CASCADES SIGNATURE PEDICURE**

Enjoy a relaxing and rejuvenating pedicure treatment designed to smooth, soften, revive and refresh overworked feet. Your feet will go from rough to buff while stimulating circulation and energizing the senses. Feet will look healthy, radiant and sandal perfect!

## **THE SUPER SUNDAE PEDICURE**

Treat your feet to a deliciously indulgent pedicure for the young or young at heart. Feet are soaked in a scoop of flavorful "ice cream," then revitalized with an exfoliating and refreshing "sherbet." Your energized feet will be buffed to perfection with an "ice cream sandwich" pumice stone, and then slathered in a rich chocolate or marshmallow mask. Top off your pedicure "sundae" with "cherry" red nail polish as a final touch!





### JELLY BATH PEDICURE

This is a truly unique experience. Jelly Bath crystals turn your pedicure foot bath water into luxurious, encasing comfort which provides the ultimate relief for stress and aching muscles. Jelly Bath is a virtual bath blanket with therapeutic benefits that exfoliate, reduce swelling, pull out toxins and restore the skin with collagen.

### CUPCAKE PEDICURE

Never too old to enjoy a treat, the Cascades signature pedicure is designed to sweep you off your feet! A delicious blend of soaks, lotions and bath salts along with a complimentary take home "cupcake" bath bomb, will have you coming back for more!

### MEDI-PEDI PEDICURE

This pedicure is designed to address a variety of skin conditions affecting the foot - from simple dryness to more severe conditions such as extremely dry, cracked feet, sweaty feet, foot odor, fungal infections, eczema and psoriasis. Let our technicians recommend the proper care so your feet can be happy and healthy!

### GENTLEMEN'S GROOMING PEDICURE

Men will enjoy this pedicure that begins with a soothing foot soak to soften rough, dry skin. Feet are then thoroughly exfoliated and a soothing mask is applied, followed by a pampering foot massage that melts away stress.

### THE CASCADES EXPRESS MINI-PEDICURE

The express is perfect for ladies and gentlemen on the run! Soak, file, polish and off you go!

### AROMATHERAPY PARAFFIN TREATMENT

Indulge in this premium paraffin and aromatherapy treatment for hands and feet. All natural paraffin quenches, exfoliates and protects dry, chapped skin. The deep penetrating heat soothes achy muscles.



N A I L T R E A T M E N T S



& SERVICES



# HAIR CARE SERVICES

*The professional stylists at the Salon have a creative eye and sophisticated approach to hair care, allowing you to achieve the look you desire. Men's, ladies' and children's hair cuts include professional consultation, shampoo, cut, blow dry and style.*

## LADIES' SALON SERVICES

Our stylists are able to serve you whether you want to maintain a cut and color, try a new hair treatment or create a sophisticated up-do for a special event.

- Shampoo & Blow Dry
- Glamour Up-Do
- Comb Out/Flat Iron
- Bang Trim
- Conditioning Hair Treatments

## COLOR SERVICES

Featuring Goldwell and Schwarzkopf hair color

- Single/Double Process Color
- Toner
- Full/Partial Highlights
- Gloss

## KERATIN HAIR SERVICES

Achieve the straight hair you always dreamed of with the safe, yet effective, Keratin Hair Smoothing System.

## GENTLEMEN'S SALON SERVICES

Woodfield's men will be pampered when partaking in one of our salon services. We provide hair cuts, mustache and beard trims, and hair coloring services.

## CHILDREN'S SALON SERVICES

Special pricing is available for children 10 years old and younger.

## MAKEUP SERVICES

Featuring Jane Iredale

The Skin Care Makeup

- Full Face Glam Make Over
- Make Over with Lesson
- Bridal Consultation
- Special Occasion (camera ready)



# E X P E R I E N C E

Extend your Spa and Salon experience when you bring home

your favorite treatment products! The Spa and Salon Boutique

carries a variety of upscale specialty gift items such as luxurious

spa robes; aromatic candles and diffusers; award winning mineral

makeup and skin care; and the latest in fitness and spa apparel.







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