

**FACIALS (continued)**

**“Anti-Aging” Myoxy Caviar Facial** - 60 minutes / \$120  
The most advanced defense against aging. This opulent anti-aging treatment repairs, replenishes & nourishes your skin with pure Caviar Extract, Pearl Extract, and a revolutionary blend of phyto-extracts: Escutox®, a non-invasive botox alternative. Visibly resurfaces & relax wrinkles, dramatically.

**Glycolic-Lacto Peel** - 30 minutes / \$50; Series of Six - \$275  
This Peel is perfect for sun lovers and maturing skin. An intensive treatment designed to rapidly exfoliate the epidermis cells while reducing scars and fine lines, loosening impactions and clarifying the complexion. For maximum results, a series of 6 treatments is recommended.

**Gentleman’s Facial** - 60 minutes / \$70  
This deep cleansing facial includes an exfoliation, extractions, a mask and relaxing arm and neck massage. Finish with a moisturizer, which will leave your face hydrated and glowing. Perfect for re-hydration after sports.

**Gentleman’s Skinfrit Anti-Aging Facial** - 60 minutes / \$85  
Age gracefully and maintain a competitive edge. Counteract the aging process with this proven advanced treatment specifically formulated for men. Rejuvenating Caviar and repairing freeze-dried Escutox® replenish skin while counteracting aging aggressors.

**EYE / LIP TREATMENT** - \$30

**Destress Eye - Wrinkles**  
100% pure freeze-dried collagen is used to repair the delicate eye contour, soften crows feet, hydrates, plumps and reduces the appearance of fine lines and crepiness.

**Destress Eye - Puffiness**  
Help increase circulation and lymphatic drainage to reduce puffiness and eliminate dark circles.

**Destress Lip - Restore**  
Utilizing Retinol to refine lines & smooth, Shea Butter & Collagen to restore, renew & firm dehydrated lips as well as correct smoke damage lines on & around the lips.



**THE ART OF MAKE-UP**

**Make up Application** - \$45  
Make up application for everyday looks and special occasions.

**Make-up Lesson / Transformation** - \$65  
Learn the subtle art of applying make-up while discussing the latest trends with our expert.

**Glamour Eyes**  
Dress up your eyes for any occasion with our temporary or semi permanent eyelash extensions. Use these extensions to make lashes appear fuller, longer and healthier for a dramatic look that is sure to catch the eye of those around you.

**Semi-Permanent Lashes (last 10-14 days)** - 50 minutes / \$55

**Temporary Lashes (last 24 hours)** - \$35

**Eyelash Removal** - \$20

**BRIDAL PACKAGES**  
Your special day deserves special care...let us make each detail perfect...offering specialty hair style or up do, revitalizing skincare, artful make-up applications, luscious lashes, perfect manicures and pedicures.

**Bridal Hair** - \$100  
Style bride’s hair and up-do to her taste. Placement of veil and accessories.

**Bridal Hair Pretrial** - \$150  
Consultation and two variations of styles done so the bride can decide what she likes best. Finalize the hair placement.

**Bridal Day Package** - \$399  
Pretrial of hair and makeup, wedding day hair and makeup and brow shaping, placement of veil and accessories followed by a Manicure. Includes a 10% discount on services for the bridal party on your big day. Add a light breakfast on your wedding day for \$7 per person.

**Pampered Bride Package** - \$309  
Start with a 1-hour Hot Stone Swedish Massage and Steam Shower followed by a facial, pedicure and moisturizing hand treatment. End with blow dry & style.

**Bride & Groom Pre-Wedding Escape** - 6 hours / \$350  
A welcomed mini escape from planning and wedding day stress. Bride and Groom receive a Couple’s Massage in our candlelit couple’s suite, Steam Shower and luxurious facial treatments. End with Deluxe Manicures.

**Bachelorette Spa Night or Party**  
Treat your bridal party to pedicures, manicures and massages. Pick all or one service. Beverage / Restaurant service available.



**SPA ETIQUETTE**

*We invite you to arrive for your spa services at least 15 minutes prior to your service. This allows you time to change and start your service promptly and receive all the benefits of your spa experience.*

*In order to honor each guests appointments, late arrivals will receive only the remaining time of their appointment.*

*Your spa appointments are reserved exclusively for you. In the event you need to cancel, we require a 24 notice for individual services and 48 hour notice on three or more group bookings to avoid a 50% cancellation charge.*

*To ensure the relaxation of all our guests we ask that you refrain from using cell phones, pagers and laptops.*

*Prices do not include gratuity. Standard gratuity is 15-20% of the price of the services.*

*If receiving body treatments, please refrain from shaving the day of service.*

*You may enjoy service from our 37Grille Restaurant and Bar.*

*Guests must be 16 or accompanied by a responsible adult.*

*We offer private steam or sauna facilities for a small additional fee.*



Chestnut Ridge Golf Resort & Conference Center  
132 Pine Ridge Road • Blairsville, Pa 15717  
**(724)459-0627**  
**www.chestnutridgeresort.com**  
*Services and prices subject to change without notice. (September 2011)*



**MENU OF SERVICES**

IMMERSE YOURSELF IN THE RENEWING POWERS OF OUR SPA AND SALON TREATMENTS FOR AN INCREDIBLE, UNSURPASSED PERSONAL EXPERIENCE.

WITH A TANTALIZING ARRAY OF TREATMENTS AND THERAPISTS, IT IS OUR PLEASURE TO INVITE YOU TO ENTER A WORLD OF PEACE AND SHED YOUR TIRED SELF IN FAVOR OF AN INVIGORATED MIND, BODY AND SPIRIT.

**FACIALS**

*We use Pevonia Botanica spa products, developed with the most natural ingredients in the world and designed to deliver results-driven treatment while also incorporating holistic aspects to ensure you feel relaxed, nourished and refreshed both throughout and after your treatment. Each guest experience begins with a thorough consultation, skin analysis & proper treatment & home protocol recommendations will be prescribed to ensure the utmost in optimal skin health, by our highly trained technicians.*

**“Prescriptive” Facial** - 60 minutes / \$70  
A rejuvenating facial customized according to skin type. This cleansing facial consists of a deep cleanse, a steam enzyme exfoliation for clogged pores, toner & a lifting massage of décolleté and face to increase circulation pumping & awaken the skin. Followed by a skin appropriate mask and moisturizer that leaves the skin balanced, youthful & refreshed.

**“Prescriptive” Back Treatment** - 60 minutes / \$70  
(Add to any facial - \$50)  
Using a cleanser, toner, exfoliant and mask, this treatment will hydrate and open the pores of the back. A light massage is performed to stimulate circulation as well as extractions for those hard to reach areas. Hot towels and a replenishing moisturizer complete the final touches of this treatment.

**Spa Teen Acne Facial** - 50 minutes / \$60  
A deep cleansing treatment utilizing Clear-O-Zym, a revolutionary freeze dried enzyme peel formulated to clarify and control blemishes dissolving impactions, killing bacteria, reducing inflammation and removing excess cell debris to leave the skin hydrated, purified and clear. Great for detoxifying the skin for a healthy clear complexion.

**Lumafirm Lift & Glow Facial** - 60 minutes / \$80  
Firms and tightens loss of elasticity and refines skin texture instantly. Redefines facial contour, color and texture. A non-surgical facelift.

**Luminous “C” & “Sea” Facial** - 60 minutes / \$85  
This facial combines stabilized Vitamin C with the latest formulation of pure, freeze-dried seaweed and the purest squalane oil. It will reduce fine lines, strengthen skin elasticity, counteract photo-aging and restore tired lackluster skin for a youthful healthy appearance. You will leave with a luminous glow. A must for special occasions.

**Anti-Free Radical Facial** - 60 minutes / \$85  
Free radicals break down the skins elastin & collagen, causing it to age & dehydrate. This advanced treatment battles the “aging” causing enemies and is excellent for dry, dehydrated skin types.

**Rosacea Treatment** - 60 minutes / \$85  
Treat your skin to all of the benefits that Green Tea, Licorice, and French Rose have to offer. This facial brings visual relief and immediate results to dilated capillaries, redness, congestion, blotchiness and irritated skin. An ideal treatment for all hypersensitive skin conditions, specifically: Couperose, Erythroze, Rosacea, or Acne Rosacia.

**Plantomer Facial** - 60 minutes / \$85  
A soft lift-off refreshing mask combines the hydrating benefits of Seaweed the ocean’s finest resource with revitalizing Propolis, a natural healing and desensitizing substance rich in natural antibiotics and Vitamin A to treat even the most sensitive skins. Leave’s your skin nourished, calm and soothed. Excellent for eczema, psoriasis or acneic skin.

## HAIR

### Haircut and Style

All custom design hair cuts include consultation, shampoo, conditioner and every day styling.

	Women	Men	Children
Stylist	\$30	\$25	\$15
Master Stylist	\$50	\$30	-

### Blowouts and Special Finishes

All prices are based on and established at consultations.

Blowout	\$30+
Shampoo and Style	\$25+
Formal Down	\$55+
Hair Up	\$55+
Customized Hair Design for Brides	\$100

### Hair Color

Prices are based on and established at consultation.

Post-color blowout and style is an additional \$20 charge.

	Single Process	Corrective Color
Stylist	\$70	
Master Stylist	\$70	By Consultation

### Highlights

	Face Frame	Customized Highlights
Stylist	\$25	\$70
Master Stylist	\$50	\$100

### Hair Treatments

The climate, water, air pollution and time of year change your hair health and condition. Our experts recommend the following treatments throughout the year to keep your hair looking and feeling its best. Service includes basic styling. Special Finish is an additional charge.

Deep Conditioning	\$25
Clear Gloss	\$25
Color Gloss	\$25

### Hair Styling Lessons

Learn current hair styling trends and techniques. Our salon stylists will customize your lesson and help you take your style to the next level.

## WAX

Brows	\$15	Lip	\$10
Chin	\$10	Ears	\$10
Brow/Lip/Chin	\$25	Neck	\$15
Underarms	\$25+	Half Arms	\$30+
Full Arms	\$50+	Half Back	\$35+
Full Back	\$70+	Chest	\$40+
Half Leg	\$50+	Full Legs	\$85+
Full Legs/Bikini	\$115+	Bikini	\$40
Brazilian	\$65		

## NAIL

### Manicure - 25 minutes / \$30

For perfectly groomed nails we will soak, shape nails, soften cuticles, and massage the hands. End with choice of polish or buff to natural shine.

### Spa Manicure - 45 minutes / \$45

A luxurious treatment for the hands and nails; soak, shape nails, soften cuticles, hands are exfoliated, massaged and hydrated with masque and moisturizer. Finish with a polish of your choice.

### Pedicure - 25 minutes / \$30

For perfectly groomed nails you will soak in our deluxe foot spas, shape nails, soften cuticles, foot massage and polish of your choice.

### Spa Pedicure - 50 minutes / \$55

Begin with an aromatic foot soak in our deluxe foot spas, shape nails, soften cuticles, exfoliate, pumice, masking and hot towels. End with an extensive foot massage and polish of your choice.

### Shellac Manicure/Pedicure - \$40

(Shellac Removal without New Shellac Service - \$10)

A high-gloss nail finishing product designed to give you up to two weeks of a "just-polished" look in addition to shaping nails and cleaning cuticles.

**French Manicure or Pedicure Finish** - Additional \$5

### Signature Anti-Aging Caviar Treatment for Hands or Feet

\$20, Both - \$35

Our most intensive therapy for the hands and feet. A thermal wrapped caviar mask that combines superlative anti-aging ingredients: caviar, marine collagen, retinol, and vitamins in a micronized freeze dried form for maximum delivery, for repairing and preventative benefits. Renders velvety-soft callused free, youthful, visible rejuvenation. Deep hydration and repair on contact.

### Signature Ridge Pedicure - 80 minutes / \$100

Our signature pedicure includes a mud mask, hot stone massage for the feet and legs, a warm paraffin wrap, an aromatherapy foot and leg exfoliation, callous smoothing, nail maintenance and nutrition followed by a polish of your choice.

### Nail Polish Change (hands or feet) - \$8, Both - \$15

## BODY TREATMENTS

### Aromatherapy Salt Glow - 30 minutes / \$50

(Add to any body treatment - \$40)

Gentle and deep cleansing, it eliminates dead cells, dry and rough areas resulting in a more youthful skin. For all skin types.

**Add tanning application for a sun-kissed glow - \$20**

### Green Coffee Body Wrap - 60 minutes / \$110

Green coffee is an anti-free radical and has a diuretic effect as it activates the break down of fat. The Green Coffee Concentrate is proven effective as a cellulite treatment with smooth visible results. Slimming and firming, this treatment is recommended for all skin types.

### Seaweed Body Wrap - 60 minutes / \$100

Highly concentrated natural seaweed extract body mask providing stimulating, detoxifying, & firming effects. It increases blood circulation, promoting cellular oxygenation. It helps eliminate toxicity and water retention, mineralizes and stimulates skin.

### Aromatic Moor Body Wrap - 60 minutes / \$100

A detoxifying and remineralizing treatment. Therapeutic properties of Moor Mud are used for aches and pains, sports injuries, and rheumatic & arthritic aches. Refines & smoothes skin.

### Tropical Oasis - 60 minutes / \$120

"Firming, brightening, and invigorating" Creates phenomenal results as the skin emerges revived, refreshed, smoother, firmer, and brighter. The Mango-passion fruit is ideal for younger skin.

### Tropical Escape - 60 minutes / \$120

"Repairing, smoothing and rejuvenating" body wrap. For mature skin there is the Papaya-Pineapple Crème which smoothes and firms skin using calcium, magnesium, a high dose of Vitamin A and a measure of collagen to deeply nourish and rejuvenate the skin, revealing an astonishing decrease in crepey skin and wrinkles. Skin looks and feels smoother.

### Tropical Saltmousse Glow - 30 minutes / \$60

(Add to any treatment - \$50)

"Full Body Exfoliating Treatment" Choosing from either Papaya-Pineapple or Mango-Passion Fruit combined with sea salts & fruit extracts neutralizes free radicals. This lush treatment eliminates dead cells and impurities, reenergizes and oxygenates the skin. Renders the skin soft, silky and youthful.

### Desert Heat Body Wrap - 60 minutes / \$110

This exceptional treatment delivers a holistic, self-heating "bubbly" wrap rich in copper, magnesium, calcium and zinc, and is designed to bring a true sense of relaxation. Leaves the skin mineralized, hydrated, nourished and silky smooth.

### Water Lily After Sun Soothing Body Wrap - 60 minutes / \$110

Provide your skin immediate relief from sunburn or sensitivity due to excessive sun exposure. This soothing wrap cools and desensitizes, reduces skin temperature and moisturizes.

### Moroccan Rassoul Body Wrap - 60 minutes / \$110

This extraordinary micronized natural brown mud is found only in Morocco. Rassoul is a therapeutic source for skin cleansing and purification, dermatitis sensitivities, smoothing rough or scaly seborrheic skin. Delivers mineralizing, replenishing, rejuvenating and smoothing effects, while relieving fatigue and exhaustion, resulting in a feeling of ultimate renewal.

**Scalp Treatment - 20 minutes / \$35**

**Tanning - 12 minute Upright Beds / \$6, \$39/month unlimited**

**Sauna or Steam Shower - 1 person / \$10, 2 people / \$5 each**

## MASSAGE

### Swedish Massage - 1 hour / \$70, 1.5 hours / \$115

This traditional massage utilizes firm but gentle pressure with long fluid motion to improve circulation, ease muscle aches and tension and create relaxation leaving you with a better sense of well-being.

### Rejuvenation Massage - 30 minutes / \$45

A 30-minute massage designed for a specific area of the body that needs extra attention. Choose from following: neck/shoulder, back, arms/legs or feet/face.

### Deep Tissue Massage - 1 hour / \$90, 1.5 hours / \$130

This corrective and therapeutic massage aids in healing acute and chronic pain with deep focused pressure to release muscle tension and knots.

### Hot Sea Shell or Hot Stone Massage - 70 minutes / \$100

Your choice of hot sea shells or hot stones are utilized as an extension of the therapists as well as strategic stone placement to deeply heat and loosen tight muscles for a soothing treatment experience.

### Couple's Massage - 1 hour / \$150, 1.5 hours / \$230

Enjoy our candlelit couple's suite and receive side-by-side swedish massages. End with a Steam Shower.

### Golfer's Massage - 30 minutes / \$50, 1 hour / \$80

This massage is designed for the avid sportsman to relieve acute muscle soreness, improve flexibility and increase range of motion developed from overuse. Decongest and lengthen the muscles, tendons and other connective tissues by combining massage techniques with assisted stretches leaving you ready for the course.

### Pregnancy Massage - 60 minutes / \$80

Focuses on giving the mother-to-be the special attention she needs with a relaxing light to medium pressure massage with shea butter to help ease the pressure of pregnancy on the legs, hips and lower back.

## SPA PACKAGES

### Couple's Getaway - 2 hours / \$150

Lie side-by-side with your loved one while you both receive a 1-hour Swedish Massage. End with a Steam Shower.

### First-Time Spa Lover - 2 hours / \$135

Receive four 30-minute treatments including refreshing facial, pedicure, manicure and rejuvenating massage.

### Peppermint Twist - 3.5 hours / \$160

Start with a refreshing peppermint pedicure followed by a tropical salt glow exfoliation. End with a 1-hour Aromatherapy Massage. Add hot stones for \$25.

### Sweet Teen Spa Day (ages 13-18) - 2 hours / \$120

Includes ½ hour Swedish Massage, ½ hour Teen Facial, ½ hour pedicure and polish change.

### Girlfriend Getaway - 3 hours / \$340

Celebrate your relationship in style with your mother, daughter, sister or friend. Receive 2 Swedish Massages, choice of pedicure or facial, 2 wash & styles and 2 lunches.

### Walk on the Beach - 3 hours / \$180

Start with a beach salt glow body exfoliation followed by a 1-hour Hot Sea Shell or Stone Massage. End with a Spa Pedicure.

### Gentlemen's Package - 3 hours / \$195

Begin your service with a soothing steam shower moving into a relaxing Hot Stone Massage followed by an exclusive men's facial. End with a manicure.

### The Ridge Signature Package - 5 hours / \$335

Enjoy the ultimate with a spa day at the Ridge. Your choice of body wrap, 1-hour massage, Steam Shower, Prescriptive Facial and pedicure. End with a cut or wash and style.

### Design Your Own Spa Package

Receive 10% off three or more hours of individual spa services