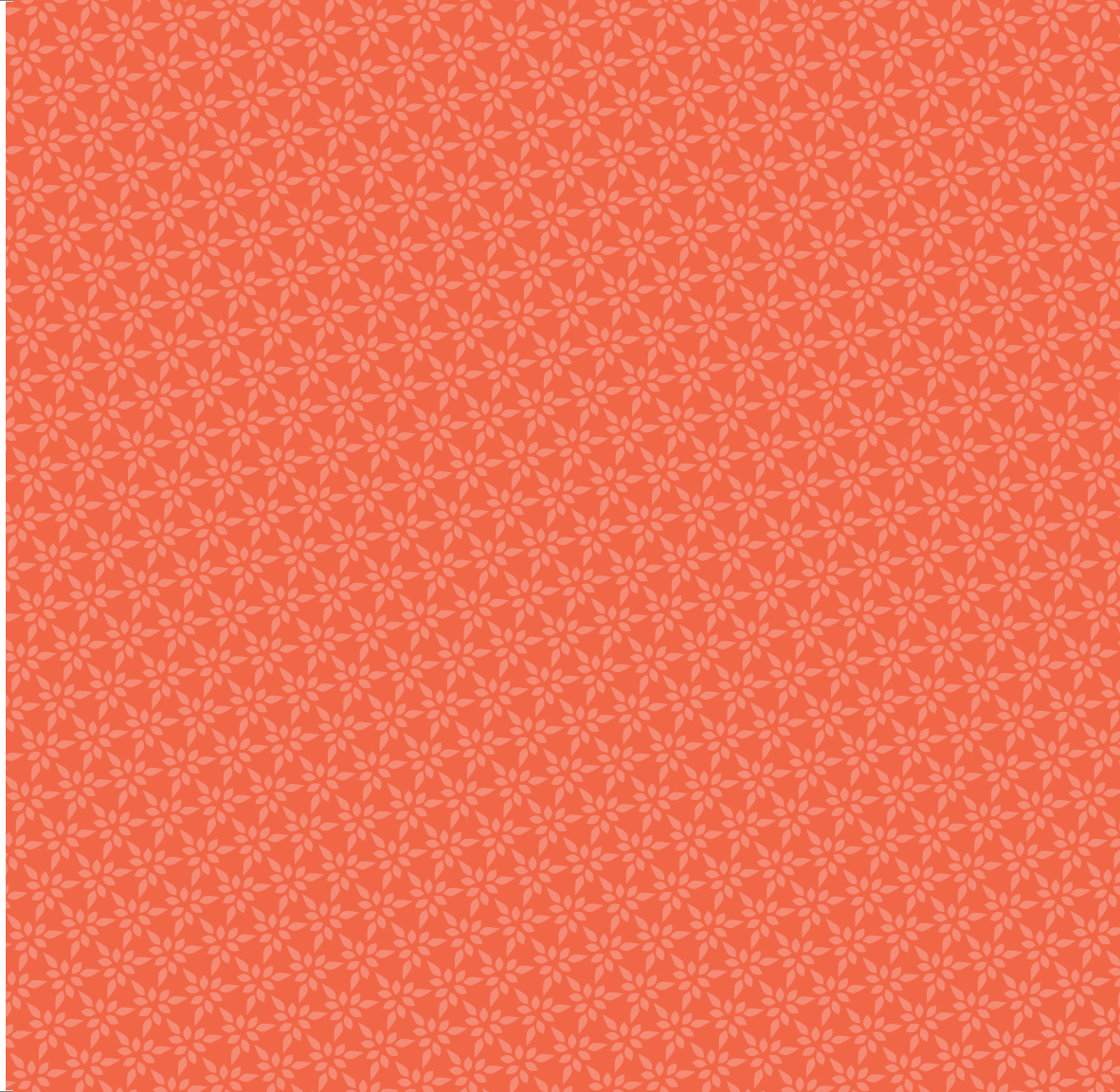


The Spa

AT MARTIS CAMP



WELCOME TO THE SPA AT

Martis Camp

*Nature's harmony and beauty provide the
fundamental inspiration for the Martis Camp Spa.*

*The views, sounds, colors, textures and
fragrances of the spa play on all five senses ~
creating a calm and balanced atmosphere.*

*We welcome each individual to the spa
in collaborative pursuit of their improved
physical, mental and spiritual well-being
through the treatments and therapies we offer.*

*We seek to provide a holistic experience,
perfectly tailored to the needs of
each member and guest.*



Massage Therapies

CAMP SIGNATURE MASSAGE ~ 60, 90 OR 120 MINUTES

The aromatic essence of flowers will enhance your state of mind. Enjoy a gentle full-body exfoliation followed by the application of organic, aromatic essential oils as you're massaged with exotic flower remedies from around the world... enhancing love, happiness, inspiration and peace.

SWEET SWEDISH ~ 60, 90 OR 120 MINUTES

Your senses will be caressed and spirits uplifted. Enjoy a Swedish massage while your body is misted with soft layers of ponderosa, red fir and wild lavender hydrosols, bringing moisture and healing to your skin. Finish with a delicate face massage using an aromatic facial serum and emerge feeling radiantly beautiful.

SIERRA SPORTS ~ 60, 90 OR 120 MINUTES

A blend of wild sage and lavender oils combined with our highly potent CO2 extract of mountain arnica eases chronic muscle tension and stimulates soft tissue repair in this deep therapeutic massage. A combination of sports stretches, compressions and deep tissue work restores mobility, vitality and body comfort.

ROLLING STONES ~ 60, 90 OR 120 MINUTES

A soothing application of warmed sage oil relaxes the body, then smooth, hot stones melt knotted muscles, targeting areas of your body where attention is needed. Finish with lengthening stretches and pressure point holds on the head, leaving you relaxed and humming with vitality.

MOUNTAIN POULTICE ~ 60, 90 OR 120 MINUTES

Start with a gentle dry brushing of the skin, followed by long and luxurious strokes to apply fragrant oil infused with aromatic essence of wild lavender. Cotton poultices containing fragrant steam-heated herbs are massaged along lines of energy that flow through your body. Coax your muscles into relaxation with a combination of hot presses leaving renewed energy flowing through the body.

MARTIS MAMA ~ 60 MINUTES

A pre-natal blend of mother- and baby-safe organic oils is used to nourish your skin while helping reduce the appearance of stretch marks. Relax and release your tired muscles as the light scent of tangerine and jasmine oils uplifts you. Soothe your mind while you bring your body and your baby into a state of peaceful contentment.

THE CAMP SAMPLER ~ 90 OR 120 MINUTES

Your ultimate spa journey starts here with aromatherapy, hot stones and your choice of pressure. Your journey includes a warm paraffin hand treatment and a luxurious hair and scalp experience using an infusion of essential conditioning oils coupled with a hot aroma towel wrap. Our therapists will customize treatment to your exact wishes and needs, creating your own personalized escape.



Restore

Soothe



Body Treatments

90 OR 120 MINUTES

WILDFLOWER WRAP

Using pure cane sugar drenched in jojoba and sunflower oils and scented with mountain meadow blossoms, your skin is gently polished to reveal its natural softness and glow. A whipped shea butter blend of skin-healing flower petals creates a fragrant paste used to cover your entire body. A warm, flower-infused wrap helps your skin absorb all the benefits this treatment has to offer. Moist towels cool your head with inhalations of aromatic mists.

OVER THE RIVER AND THROUGH THE WOODS

Begin with a full-body exfoliation using ultra fine salts from an ancient inland sea, infused with oils of pine and cedar. Pine relieves pain and increases circulation while cedar relaxes and restores balance, leaving you refreshed inside and out. These salts absorb impurities and toxins from the skin. An application of herbal shea butter cream prepares your skin for a massage. Long strokes move smooth, hot river bed stones over tired muscles as healing oils are absorbed. Finish with a warm wrap as you receive our energy point massage of the head, neck and shoulders.

ORGANIC BLUEBERRY SLIMMING SCRUB & WRAP

Begin with an organic blueberry sugar scrub followed by application of an anti-aging soy yogurt with antioxidant rich blueberries, kelp and Hungarian herbs to aid in cellular metabolism. Finish with a detoxifying blueberry soufflé that will leave you feeling silky soft and renewed.

CHOCOLATE CLAY WRAP WITH MANGO WHIPPED CREAM

Out with the old, in with the new! Start with a gentle dry brushing of your skin, preparing it to receive the healing benefits of antioxidant and anti-aging extracts of organic cocoa and pomegranate seeds. This warm, smooth clay mask is spread onto your skin purifying it of toxins and refining its texture while you are wrapped in a warm cocoon. Relax as you receive a warm vetiver oil scalp treatment followed by a whipped mango butter cream massage to leave your skin silky soft and deeply moisturized.

SEASONAL HOT GINGER GELATO AND SHEA BUTTER FROST

Ginger is a tonic for the whole body, warming and soothing muscles and joints, stimulating circulation and improving digestion. Begin with a warm ginger gelato body scrub followed by a slow, deep massage using heated basalt stones and whipped shea butter cream to melt away tensions in your body. Finish with a wrap warmed by the radiant heat of stones beneath you as you enjoy an energy point facial massage to release tension and relax your sinuses.

ORGANIC BODY SCRUB AND MASSAGE

A renewing full body experience! Begin with a gentle, yet stimulating full body treatment that removes dead cells and leaves skin velvety smooth, invigorated and glowing. Finish with a massage tailored to your desires, leaving you with a luminous glow from head to toe.

Skin Care

BIO-DYNAMIC FACIAL ~ 60 OR 90 MINUTES

Beyond organic... clinically studied for hypersensitive, reactive skin, this facial is hypoallergenic and includes a personalized assessment of your individual skin care needs. This is followed by the perfect blend, cleanser, a customized mask, toning serum and hydrating moisturizer.

SPICY BLUEBERRY DETOX FACIAL ~ 60 OR 90 MINUTES

Hungarian paprika, blueberries, raspberries and pomegranate purify the skin and leave it with a beautiful glow. An ice massage tones and tightens the skin for the ultimate facial. Perfect for pore refining and detoxification.

AGELESS FACIAL ~ 60 OR 90 MINUTES

This enzymatic facial is loaded with anti-aging peptides and potent antioxidants to turn back the clock on fine lines and wrinkles and restore a younger- looking complexion.

JUST TO BE CLEAR FACIAL ~ 60 OR 90 MINUTES

Deep clean pores with this blemish-busting facial designed to help fight breakouts and control excess oil.

LASH AND BROW TINTING ~ 30 MINUTES

Accentuate your beautiful eyes without applying mascara or eyebrow pencil. Tinting is a safe alternative that lasts up to three weeks.

LOVELY LASHES ~ 90 TO 120 MINUTES

Your lashes magnified! Highlight your dazzling eyes with extensions applied by certified lash specialists, lasting up to three weeks before needing a fill.

SWISS ALPINE MOISTURIZING FACIAL ~ 60 OR 90 MINUTES

Swiss alpine botanical extracts soothe your skin as suppleness and elasticity are preserved. Calendula soothes and softens while tamarind seed extract is ultra moisturizing and reduces wrinkles. The combination of new tissue growth and collagen stimulation will leave your skin feeling hydrated and energized while looking radiant and refreshed.

BACK FACIAL ~ 60 OR 90 MINUTES

Combining the therapeutic elements of a facial, this treatment offers essential skin care for the back. While enjoying soothing massage techniques, the skin of your back will be cleansed and rejuvenated. Deep pore cleansing, hypoallergenic and calming products will help to balance and repair congested skin conditions. This therapeutic treatment unites relaxation and purposeful care for a happy and healthy back.

MICRODERMABRASION FACIAL ~ 60 OR 90 MINUTES

A noninvasive method of resurfacing, using a fine spray of crystals and organic grains to improve skin's texture and reverse the effects of time, sun damage and scarring. A series of treatments is recommended.

RESURFACING PEELS ~ 60 OR 90 MINUTES

Treatments target the surface layer of the skin to renew, revitalize and brighten. Treatments include the Benefit antioxidant peel, purity peel and blueberry peel.

A close-up photograph of a hibiscus flower. The petals are a mix of bright pink and pale yellow, with some pink variegation. The center of the flower is a dense cluster of yellow stamens. The background is softly blurred, showing more of the flower's structure.

Revitalize

Nail Therapies

ULTIMATE AROMATHERAPY MANICURE ~ 45 MINUTES

An exfoliating, relaxing hand massage with an organic blend of herbs and vitamin E oils nourishes and hydrates your hands. Your skin is left intensely hydrated and protected from environmental elements.

ULTIMATE AROMATHERAPY PEDICURE ~ 55 MINUTES

Relax, rejuvenate, refresh and renew on an aromatic, therapeutic journey. This luxurious experience includes a massage and pedicure, leaving your feet exfoliated, moisturized and beautiful.

SHELLAC ADD-ON

Shellac is half nail polish and half gel. This brings in the easiness of polish and the durability of gel. Shellac must cure in order to stay on the nail. This process allows the polish to last up to 14 days with no-chip wear. Can be applied to either nail therapy. Please allow an extra 20 minutes for shellac application.

Waxing

*Eye brow design :: Upper lip :: Chin / face :: Underarms :: Full arms
Back or chest :: Lower or upper legs :: Full legs :: Bikini line :: Brazilian*

Blowouts

Perfect for any occasion, blowouts are a fast and easy way for you to be pampered and look fabulous.

Additional Services

SIERRA SUNLESS TANNING

Enjoy the benefits of a natural looking tan without the harmful rays of the sun. This quick, customizable, odorless treatment leaves you with a glowing natural tan using only ingredients Mother Nature provides.

LIP TREATMENT

This deeply hydrating three-step treatment stimulates lip-plumping collagen and minimizes fine lines. Begin with a gentle fruit enzyme scrub to refine the lip area, hydrate with a rich masque, then finish with a delicious balm.

BALANCING SCALP TREATMENT

Enhance your massage experience or facial with a professional scalp treatment. Using an infusion of essential oils, this calming service improves the condition of your scalp and the quality of your hair with a ten-minute invigorating scalp massage and hot towel wrap.

MICRODERM HAND TREATMENT

Move over sun damage and fine lines! Your hands deserve the best. Let us exfoliate, mask and paraffin them to happiness.

PARAFFIN ALTERNATIVE ADD-ON

Enjoy the hydration and soothing effects of adding a foot or hand paraffin alternative to any Martis Camp Spa treatment.

FANCY FEET

Exfoliate, hydrate and massage your feet to a renewing state, before the long days in the sand, back country rides and high heels. Add this treatment to any massage or facial service.

Relax





Indulge

Blissful Blends

TERRIFIC TRIO

60 minute Signature massage

60 minute Bio-dynamic facial

Ultimate Aromatherapy Pedicure

FACIAL & MASSAGE PACKAGE

45 minute facial of your choice

45 minute massage of your choice

WELLNESS PACKAGE

*Your choice of a 45 minute facial, massage or pedicure,
combined with a 45 minute Alpine Foot Detox treatment.*

YOGA & MASSAGE PACKAGE

*Enjoy 60 minutes of private yoga instruction in our tranquil studio with one of our
inspiring instructors, followed by a 60 minute massage of your choice to help you achieve your
true Namaste and relaxation. Available for couples upon request.*

WEDDING BELLE

*We offer the following services for brides and bridal parties:
makeup application, hair style, manicure and pedicure services, massage and acupuncture.
Please contact the spa to customize a specific package that meets your needs.*

Wellness Services

CHIROPRACTIC CARE

Standard Visit: evaluation, education and treatment is our standard for each visit utilizing a combination of treatments: deep tissue massage, therapeutic stretching, neuromuscular re-education, instrument assisted soft tissue mobilization, kinesio taping, gym training and chiropractic manipulation.

Express Visit: for established patients; same treatment in a shorter format.

GOLF & SKI SIGNATURE TREATMENT

Somewhere between a spa-style massage and a full chiropractic treatment, this hour long session combines deep tissue massage, targeted stretching and education about common sports-related imbalances.

THE CAMP CORE ASSESSMENT

Includes evaluation of core strength areas and low back, with education on the role of each muscle group and its effects on low back health. Retrain abnormal muscular firing patterns that lead to low back pain and injury.

BICYCLE FITTING

Assessment of bike fit, particularly in relation to chronic pain or injury as a result of riding.

ALPINE FOOT DETOX

Start with detoxifying tea service and a warm neck pillow. Your feet are immersed in warm water as positive and negative ions invigorate and synchronize the body's natural ionic flow, detoxifying your organs and sending you off on the right foot.

CUPPING

This treatment aids in reducing pain and inflammation throughout the body while promoting mental and physical relaxation and well-being.

ACUPUNCTURE

Bring balance, wellbeing and harmony to your mind, body and spirit. Your acupuncture treatment begins with a Chinese medical diagnosis followed by the insertion of single-use needles into specific points along the body's meridians. As the "Qi" moves freely through your body you may feel a deep sense of overall relaxation and wellness. Acupuncture treats a wide variety of physical and emotional conditions.

MEI ZEN BEAUTIFUL PERSON COSMETIC ACUPUNCTURE

- ~ An effective, non-surgical treatment to reduce the signs of aging*
- ~ Increases local circulation to the face/neck and stimulates collagen production, which helps fill out fine lines and gives firmness to the skin for a healthy, glowing complexion*
- ~ A rejuvenation and revitalization process*
- ~ May erase as many as 5 to 15 years from the face*
- ~ Results apparent after only a few treatments*
- ~ Treatment two times per week for five weeks, after which patients benefit from continued monthly maintenance*
- ~ 90 minute treatments*
- ~ Each session includes a full body balancing treatment*



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