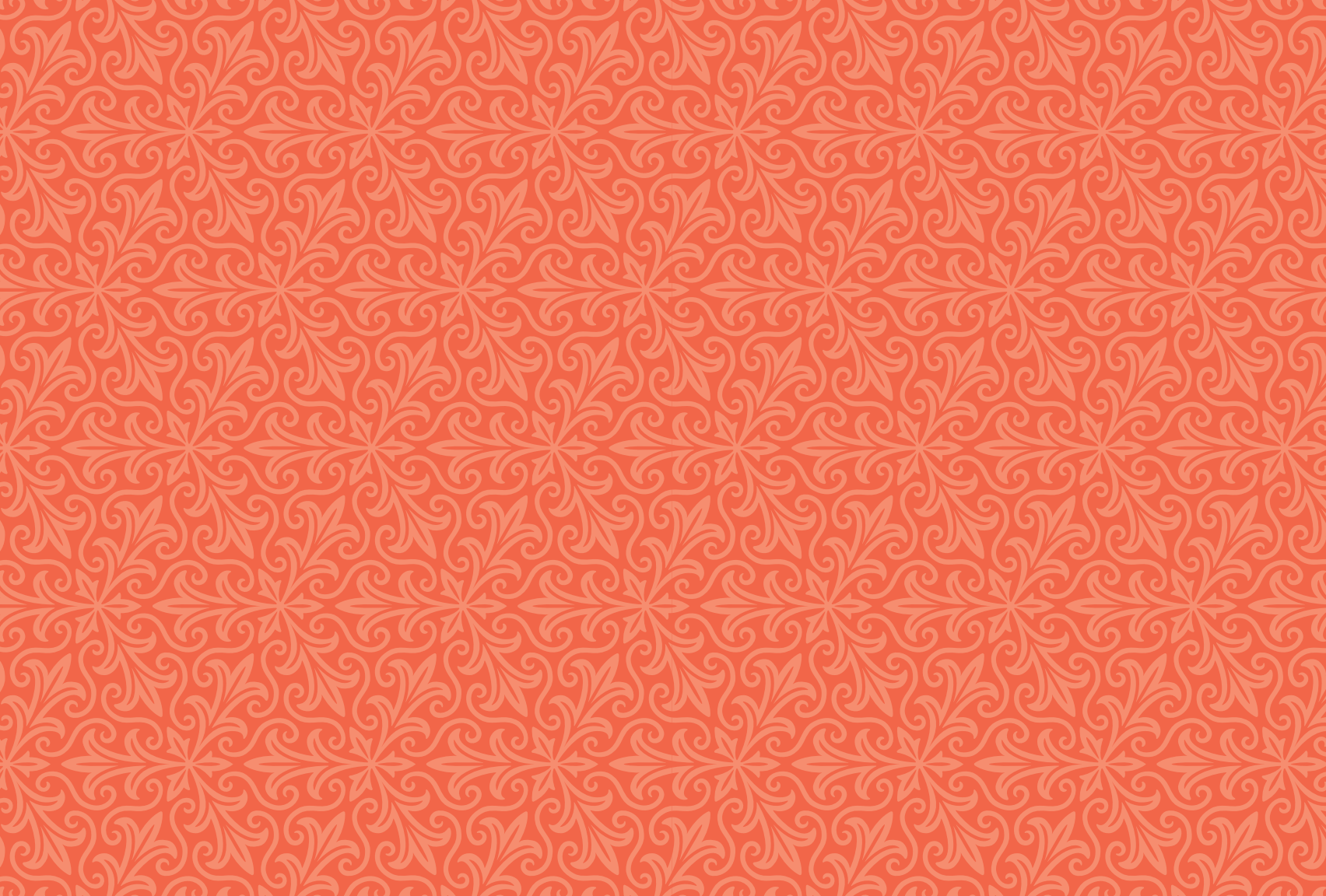


The Spa

AT MARTIS CAMP

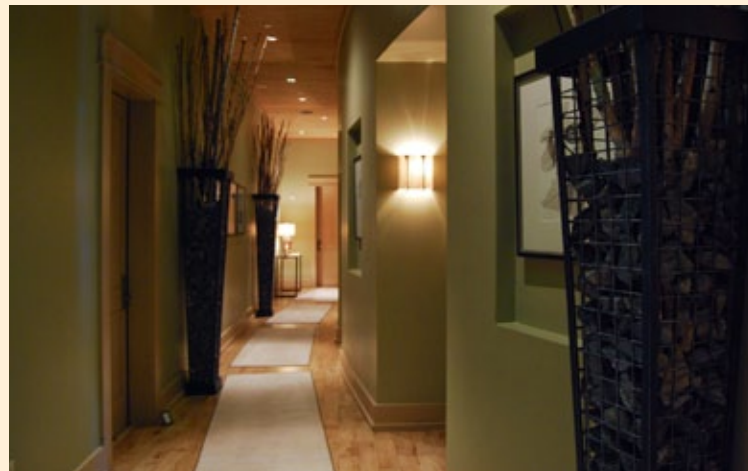




WELCOME TO

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

60, 75, 90 OR 120 MINUTES

CAMP SIGNATURE

Aromatic essence of flowers will enhance your state of mind. Enjoy a gentle full-body dry brush exfoliation followed by the application of organic, aromatic essential oils as you're massaged with exotic flower remedies from around the world... enhancing Joy, Love and Inner Peace, all the while quieting the mind and leaving your body energized and Inspired

FOREST IMMERSION

This Swedish-style massage combines a unique blend of aromatic tree oils complement hot compresses and massage techniques to melt the muscles of the back and encourage absorption of this forest atmosphere, offering many benefits from increased immune function to reduced stress and lower blood pressure.

SPA SOMMELIER

Your "spa sommelier" offers you a flight of five aromatic essences from which you choose, setting the intention for your service. I BIRTH is grounding, I PLAY is soothing, I REJOICE is uplifting, I RENEW is detoxifying and I LOVE is harmonizing, Your chosen blend is massaged into your body to balance your constitution and address your needs in the moment.

OLIVE CLEANSE

This massage combines traditional Swedish, lymphatic techniques and a light dry brushing, supporting the body's natural cleansing and repair mechanisms. The process is aided by a blend of organic botanicals – rosemary, lemon, juniper olive – used to support liver function, strengthen vascular tissue and boost circulation.

RAPID RECOVERY

This repairing and replenishing treatment supports energy generation and improves muscle function and recovery. Anti-inflammatory essential oils complement light joint release techniques and stretching movements to enhance mobility. A trans-dermal magnesium gel applied on the legs soothes and restores muscles.

CHAKRA BALANCE | 90 MINUTES

This indulgent massage invites relaxation and aligns the chakras so that your energy flows in a balanced way. Seven luxurious oil blends, attuned to each of the seven chakras including the scalp and belly and their corresponding colors, are used to nourish aspects of your physical, emotional and mental well-being.

ROLLING STONES

A soothing application of warmed rosemary and ginger 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.

CAMP COUPLES

Aromatic essence of flowers will enhance your state of mind. Enjoy a side by side gentle full-body dry brush exfoliation followed by the application of organic, aromatic essential oils as you're massaged with exotic flower remedies from around the world... enhancing joy, love and inner peace, all the while quieting the mind and leaving your body energized and inspired

COUPLES PATH TO BLISS

Begin your journey with a sugar scrub for two, then enjoy your time together with refreshing reverse-osmosis seasonal water, followed by a side-by-side massage with a euphoric blend of aromatherapy oils. Leave the spa refreshed and in love.



Massage Enhancements

* **Hydrating and Cooling Citrus and Kale Mask**

Harness the natural power of vitamins C and E with a boost of nourishing vitamins for the skin with this potent cream-gel masque for all skin types. A cocktail of citrus, rhubarb extract, leafy greens and avocado oil helps reduce the appearance of sun damage, fine lines and wrinkles.

* **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.

* **Nourishing 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.

* **Paraffin Alternative Add-on**

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

* **Fancy Feet**

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

* **Amethyst BioMat | 20 OR 40 MINUTES**

Add the benefits of the amethyst BioMat to any massage or facial service.



Skin Care

60, 75 OR 90 MINUTES

MARTIS SIGNATURE FACIAL

Customized to meet your needs, our Martis Signature Facials are packed with the best ingredients. Receive a hand paraffin with a 60-minute treatment and a hand and foot paraffin with a 90-minute treatment. Experience one-of-a-kind facials perfectly tailored for your skin, no labels here just true bliss and results, firming, detoxing, clearing, calming, hydrating, organic gemstone and fruit we have you covered.

BIODYNAMIC ORGANIC FACIAL

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

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

ARCTIC BERRY PEPTIDE PEEL

Finally, an advanced peel that is suitable for all skin types, including sensitive skin and rosacea! This innovative three-step peel and peptide system awakens your skin's natural beauty using an exquisite blend of arctic berries, lingonberry seed oil and hibiscus seed extract. This advanced organic flower acid peel reduces fine lines and wrinkles, lightens pigmentation and lifts and tones aging skin.

LAYERS OF LIGHT FACIAL

Brighten your day, life and skin with our exclusive and luxurious dual mask treatment. Targeting uneven pigmentation and dryness, Layers of Light leaves your skin beautifully soft and radiant.

SWISS ALPINE MOISTURIZING FACIAL

Swiss alpine botanical extracts soothe your skin as suppleness and elasticity are preserved. Calendula soothes and softens while tamarind seed extract moisturizes 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.

AGELESS FACIAL

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

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

CRYSTALLINE GEMSTONE FACIAL

This unique treatment begins with a manual citrus microderm scrub to polish the skin and reveal its natural radiance. Next is a Crystalline Gemstone Masque utilizing the energy of a very rare blend of Tourmalines, Topaz, Lepidolites, and over 45 different micronized gemstone crystals. Gemstone crystals are proven to dramatically increase hydration levels within the skin. These rare crystals are blended with Bentonite Clay to create a high-energy, deeply hydrating, tightening, and detoxifying result. Skin appears remarkably lifted, refreshed, and revitalized.

HIMALAYAN SUPERFRUIT FACIAL

An exotic cocktail of goji, pomegranate, acai, and bilberry creates the perfect solution for symptoms of acne, large pore size, hyper-pigmentation, and fine lines. A refreshing enzymatic fruit puree dissolves lifeless cells while their seeds gently buff them away. These deliciously aromatic superfruits are packed full of vitamin C, minerals, proteins and age-defying antioxidants to leave the skin looking smooth and vibrant.

EPICUREN SIGNATURE FACIAL

This results oriented facial utilizes a unique protein enzyme that stimulates cell metabolism to dramatically improve the skin's appearance. Dramatically lifts, tightens and firms facial skin, increasing textural clarity and tone.

MICRODERMABRASIAN FACIAL

A non-invasive 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

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

HYDRAFACIAL®

The HydraFacial® treatment is the newest advance in non-laser skin resurfacing. HydraFacial® is the only hydradermabrasion procedure that combines cleansing, exfoliation, extraction, hydration and antioxidant protection simultaneously, resulting in clearer, more radiant skin with no discomfort or downtime. Leave the spa with a radiant glow!

Body Treatments

60, 75, 90 OR 120 MINUTES



WILD STRAWBERRY BODY BUFF

We start with a loosening massage with warm avocado oil, then a vitamin-rich and gently astringent body buff of powdered strawberries and hibiscus flowers is dusted like a gentle breeze onto the skin. This fruit and floral gommage polishes, tones and refreshes the complexion to prepare for a deeply hydrating application of chocolate shea butter cream.

CALENDULA BODY FACIAL

This unique service employs the healing and cleansing power of calendula and orange blossom extracts. First your skin is softened and cleansed with pure neroli water and grapeseed oil in a calming Mediterranean ritual, preparing you for a renewing massage that focuses on the head and upper body. Enjoy a warm coconut bee-balm mask on your back, hands and feet during the treatment.

SPA SOMMELIER WRAP

Your "spa sommelier" offers you a flight of five botanical essences to sample. Set the intention for your service by choosing the blend that most delights your senses, and we will customize your experience accordingly. The service includes a crushed grape body polish and massage with grape extract body butter. Finish with a calming and naturally lifting energy point facial massage.

OLIVE ROSEMARY BODY SCRUB

Olive leaves pack more than twice the antioxidant power of green tea. This Pacific salt body polish cleanses skin of free radicals and purifies the etheric field around the body leaving you bright and refreshed. Organic rosemary extracts stimulate adrenal function, tone vascular tissue, and support memory and mental acuity. Finish with an application of our hydrating rosemary and lemon balm.

TRO-KAY! RAIN DROP THERAPY

Like a rain shower falling through forest leaves, this treatment leaves skin soft to the touch and gently fragrant. First skin is cleansed and refreshed with a gentle herbal gommage, then a rich shea butter cream is smoothed onto the skin. In a warm wrap, as your skin receives healing botanicals, we activate prana in the body with an energy point facial massage. To finish, we massage neck, back and shoulders while anointing points on the spine with drops of our suite of five forest essences.

ORGANIC BLUEBERRY SLIMMING SCRUB & WRAP

Envelop your body in slimming wrap of organic blueberry sugar scrub, an anti-aging soy yogurt antioxidant rich blueberries, kelp and Hungarian herbs to aid in cellular metabolism. An optional heat intensive herbal cellulite treatment may be added to treat specific areas. Complete your experience with a detoxifying blueberry soufflé massaged into the skin, that will leave you feeling silky soft and renewed.

ORGANIC BODY SCRUB & MASSAGE

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

Nail Therapies

ULTIMATE AROMATHERAPY MANICURE | 40 MINUTES

An exfoliating, hydrating mask and relaxing hand massage enhances this traditional manicure. 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. Your choice of our Epicuren: Kukui Coconut, Orange Blossom or French Lavender.

ULTIMATE AROMATHERAPY PEDICURE | 50 MINUTES

Relax, rejuvenate, refresh and renew on an aromatic, therapeutic journey. This luxurious experience includes an exfoliating foot scrub, hydrating mask, and massage and pedicure, leaving your feet exfoliated, moisturized hydrated and beautiful. Your choice of our Epicuren: Kukui Coconut, Orange Blossom or French Lavender.

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.



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. Please note, this is a seasonal service during spring and summer.

* 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.

* Blowouts

Perfect for any occasion, blowouts are a fast and easy way for you to be pampered and look fabulous. Please arrive with damp hair.

* Waxing

Eyebrow design :: Upper lip :: Chin/Face
Underarms :: Full arms :: Back or chest
Lower or upper legs :: Full legs :: Bikini line

* 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 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.

* Amethyst BioMat | 20 OR 40 MINUTES

Add the benefits of the amethyst BioMat to any massage, wellness or facial service

* Cupping

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

* Collagen Mask Treatment

* Collagen Eye Treatment

* 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.

* Nourishing 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.



Martis Mama Therapies

MARTIS MAMA MASSAGE | 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.

MARTIS MAMA FACIAL | 60 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.

MARTIS MAMA YOGA & MASSAGE PACKAGE | 120 MINUTES

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.

MARTIS MAMA FOOT SOAK | 30 MINUTES

A mineral-rich foot soak exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load. While you sit back and relax, we massage your hands and cuticles too. They don't call it a maternity marathon for nothing!

MARTIS MAMA MANICURE | 45 MINUTES

Our signature "mother love" manicure coaxes beauty and suppleness from hands and nails. Soft cane sugar drenched with jojoba oil softens and revitalizes skin and is followed by massage with our jojoba butter scented with tangerine, rosewood, lemon, sandalwood and ylang-ylang.

MARTIS MAMA PEDICURE | 50 MINUTES

Our signature "mother's love" pedicure is a necessary indulgence for moms to be. It begins with a jojoba and sugar scrub to soften and cool feet and legs, followed by a reflex zone foot and leg massage to revitalize feet and ankles. Warm mud painted on reduces swelling and makes feet and legs feel lighter. We finish with a misting of Neroli hydrosol.

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.

GUIDED CHAKRA MEDITATION & FULL BODY RELAXATION

With a gentle voice guiding you into the deeper layers of your physical, mental and energetic existence, this practice brings an incredible calmness, quietness and clarity to the mind, body, and spirit. Focusing on each chakra in the depth of your uniqueness, you will be invited to lay in a comfortable restorative position, that will invite you inward to a state of supreme stillness and insight; a state of conscious deep sleep. One appears to be sleeping but the unconscious mind is functioning at a deeper level: it is sleep with a trace of deep awareness. Forty-five minutes of this practice is comparable to 8 hours of rejuvenating REM sleep.

BIOMAT EXPERIENCE | 30 OR 60 MINUTES

Take a breather by lying on the amethyst infrared BioMat for a full body reset and deep relaxation session. You'll be soothed by the healing tones of meditative music to enhance your experience of relaxation and rejuvenation. The BioMat enhances healing from the inside out, removing toxins from the organs, inflammation from the joints, boosting weight loss and jumpstarting your energy.

ALPINE FOOT DETOX

Start with detoxifying reverse osmosis lemon water 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*

Blissful Blends

TERRIFIC TRIO

60-minute Signature Massage

60-minute Bio-dynamic Facial

Ultimate Aromatherapy Pedicure

FACIAL AND MASSAGE PACKAGE

45-minute facial of your choice

45-minute massage of your choice

WELLNESS PACKAGE

Your choice of a 45-minute facial or massage, combined with a 45-minute Alpine Foot Detox treatment or BioMat Experience

YOGA & MASSAGE PACKAGE

Enjoy one hour 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.

Happy Campers

Kid's spa services are conducted in the spa and an adult must be reachable and close to the spa at all times. These services are only for those 12 and under.

COOL AS A CUCUMBER EXPERIENCE | 30 MINUTES

A customized relaxing session designed for your child to relax, unwind and be still. Aromatherapy washcloths, cool cucumbers, aloe mask and hand and foot treatments, leave them relaxed and ready to take on the mountains.

PRINCESS FACIAL | 30 MINUTES

Get fairy tale-ready with a princess facial that includes a facial cleanse, mask and massage. Your beautiful face will be glowing after we apply a glistening powder, and your lips will be shining after an application of a candy-flavored lip gloss.

HAPPY CAMPERS MASSAGE | 30 MINUTES

Let us pamper your camper with a lovely massage.

HAPPY CAMPERS PEDICURE | 20 MINUTES

Treat your little one to a relaxing pedicure with a buff, polish application and a massage.

HAPPY CAMPERS MANICURE | 20 MINUTES

A quick buff and polish so your little Princess can feel like a big girl, too.

