BODY TREATMENTS

Sugar Scrub: 40 minutes (Scrub only) or 80 minutes (Includes 50 minute massage or facial)
Full body sugar scrub exfoliation followed by an invigorating Swiss shower revives dull skin. Our all natural sugar scrub selections change seasonally. Scrub is followed by our Signature Massage or Facial.

Mystic Inca Treatment: 80 minutes
This treatment has been designed by Aypa to captivate the spirit and pamper the skin. Inspired by the native peoples of the Peruvian Andes, this luxurious spa treatment purifies with a purple corn full body exfoliation, energizes with Lucuma, a warming mud mask for the back, regenerates with a Sacha Inchi body oil, rich in vitamin E and omega-3, and nourishes with a hydrating Quinoa cream. Aypa products are created 100% by native plants, to reflect the Andean essence.

Himalayan Superfruit Body Peel: 60 minutes (Body Peel only) or 80 minutes (Includes 30-minute massage)
This body peel by Epicurean delivers age-reversing antioxidants with naturally exfoliating enzymes to remove impurities. A mandarin orange scrub is then applied to further refine the skin for a luminous complexion. This body treatment finishes with a 30 minute massage with nutrient-rich skin hydrator to leave you feeling silky, smooth, and relaxed.
MASSAGE THERAPIES

**Flying Horse Signature Massage:** 50 minutes, 80 minutes, 100 minutes
Flying Horse’s signature spa therapy massage has been designed to relieve specific areas of tension. The massage combines Swedish style massage techniques, aromatherapy and customized pressure to ease stress. This calming treatment allows the mind and body to completely unwind.

**Deep Tissue Therapeutic:** 50 minutes, 80 minutes, 100 minutes
Targeting areas of tension is the focus of this specialized treatment. Concentrated pressure is used with techniques to dissolve your body’s aches and strains using elbows and forearms to achieve a truly effective deep tissue massage. This treatment is ideal for guests with issues of chronic tension, who are motivated to see results through self-care.

**Custom Massage:** 30 minutes
Customized massage concentrates on a specific region of your body with your choice of pressure.

**Pregnancy Massage:** 50 minutes, 80 minutes
This supportive and relaxing massage is designed for the needs of expectant mothers and babies to help bring ease and comfort during this special time. Recommended for the second and third trimester only.

**Traditional Hot Stone Massage:** 80 minutes
Warmed Basalt stones create a sense of balance and calm, enhancing your massage by penetrating muscle tissue at a deeper level.
MASSAGE UPGRADES (add to any massage)

**Himalayan Hot Salt Stones:**
Himalayan salt stones contain 84 naturally occurring minerals that balance and neutralize toxic frequencies, improve circulation, heighten mental alertness, support a healthy respiratory system, and lightly exfoliate the skin. Heated stones promote relaxation, ease pain and muscle tension and can help reduce stress and anxiety while emitting negative ions.

**CBD Massage:**
Combining the healing properties of cannabis with a luxurious blend of nutrient rich therapeutic plant extracts, Cause+Medic CBD products provide immediate relief from aches, pains, sore muscles, arthritis, and inflammation.

**Sugar Scrub on Feet:**
Pure Fiji coconut milk and honey sugar scrub is applied to your feet to exfoliate and hydrate skin.

**NAIL CARE**

**Gel Manicure:** *60 minutes*
This manicure includes nail shaping, cuticle care, buffing, gel polish and lotion application.

**Gel Pedicure:** *75 minutes*
This pedicure includes nail shaping, cuticle care, buffing, gel polish and lotion application.

**Gel Removal:** *15 minutes*
Complimentary with Gel Service
**Essentials Manicure:** 35 minutes
This basic manicure includes nail shaping detailed cuticle care, buffing, an exfoliating scrub with a brief hand massage, and polish of your choice.

**Essentials Pedicure:** 40 minutes
This basic pedicure includes nail shaping detailed cuticle care, buffing, with a brief foot massage, and polish of your choice.

**Spa Manicure:** 55 minutes
This pampering spa manicure includes nail shaping, detailed cuticle care, buffing, an exfoliating scrub and moisturizing mask, followed up with warm towels. You’ll finish off with a hand massage and polish of your choice.

**Spa Pedicure:** 60 minutes
Come relax in our elite massaging pedicure chair while your feet are pampered from our spa pedicure that includes nail shaping, detailed cuticle care, buffing, and callous removal. Continue your relaxation with sugar scrub exfoliation and renewing mud mask on lower legs and feet, topped off with a calf and foot massage and polish of your choice.

**Deluxe Spa Manicure:** 65 minutes
This manicure is the extended version of our spa manicure. The ultimate pampering gives you an extended hand and arm massage and deep hydrating paraffin treatment.

**Deluxe Spa Pedicure:** 75 minutes
This pedicure is the extended version of our spa pedicure. The ultimate pampering gives you an extended foot and leg massage, deep hydrating paraffin treatment and a choice of a glass of wine or a latte.
**Men’s Manicure:** 35 minutes
This basic manicure includes nail shaping, detailed cuticle care, buffing, an exfoliating scrub with a brief hand massage.

**Men’s Pedicure:** 40 minutes
This basic pedicure includes nail shaping, detailed cuticle care, buffing, callous removal with a brief foot massage.

**UPGRADE YOUR MANICURE OR PEDICURE**
Add to any nail care service.

- **Paraffin Treatment, Hands:** 10 minutes
- **Paraffin Treatment, Feet:** 15 minutes
- **French Manicure Or Pedicure:** 10 minutes
- **Nail Art/ Glitter:** 10 minutes
- **Extended Leg & Foot Massage:** 15 minutes
  Foot soak and scrub.

**CBD Pain Cream**
Reduce inflammation and pain relief from arthritis.

**HAIR SERVICES**

**Women’s Signature Cut:** 45 minutes
Service includes a wash and relaxing scalp massage with shampoo and conditioner, cut, and styling with products.

**All Over Color:** 60 minutes
Full Highlights: 120 minutes

Partial Highlights: 90 minutes

Color Correction: *Hourly based on consultation

Men’s Cut: 30 minutes
Service includes a wash and relaxing scalp massage with shampoo and conditioner, cut and styling.

Children’s Haircut (Under 12): 30 minutes
Haircut for children under 12 years of age. Service includes a wash with shampoo and conditioner, cut, and styling with products.

Additional Hair Services

Conditioning Treatment: 60 minutes
This treatment is designed to help strengthen, reinforce and protect hair against heat and color damage while adding shine and softness. This upgrade can be added to any hair service.

Special Event Hair: 60 minutes
Involves the use of hot tools to create a styled hair for any special occasion. *Bridal Packages Available

Blowout: 45 minutes
TEEN SERVICES (age 14 and under)

Teen Massage: 30 minutes
Teen Manicure: 15 minutes
Teen Pedicure: 30 minutes
Child Manicure (8 And Under): 10 minutes
Child Pedicure (8 And Under): 20 minutes

WAXING SERVICES

Brow Shape: 30 minutes
Underarm: 30 minutes
Basic Bikini: 45 minutes
Chest: 45 minutes
Partial Leg: 45 minutes
Arm: 30 minutes
Back: 45 minutes
Full Leg: 45 minutes