

## LIFESTYLE & WEIGHT LOSS PROGRAMS

Helping people develop and sustain a healthy lifestyle is at the core of what we do at The Marsh. Our registered dietitian, exercise physiologist, personal trainers and group exercise specialists can assist you with diet and exercise programs to support everything from weight loss to stress relief. Here are a few ways to get started.

### BIOMETRICS ONE-ON-ONE *(\$975/\$1275)*

- A six-week program customized to your specific needs and schedule.
- One-on-one consultation and assessments with our exercise physiologist and dietitian, who will customize a program just for you.
- A six-week meal plan, nutritional counseling and support throughout the program.
- Three 30-minute sessions with your personal exercise specialist each week for six weeks.

*Begin at your convenience. To register or learn more, call the Health Education Department at 952-930-8529.*

### CONSULTATIONS WITH A REGISTERED DIETITIAN

- 60 minute consult: \$150 *(\$127.50 for Marsh members)*
- 30 minute consult: \$75 *(\$63.75 for Marsh members)*

*Contact the Health Education Department at 952-930-8529.*

### PERSONAL TRAINING

- \$85/\$100 per hour

*Contact the Health Education Department at 952-930-8529.*

## IMPORTANT INFORMATION

- As a spa guest, please enjoy complimentary access to our fitness center, pools, locker rooms, sauna, whirlpool and studio classes at The Marsh on the day of your appointment. We encourage you to come in before or stay after you receive your services to enjoy these amenities. This offer is only valid the day of your appointment(s).
- Credit cards are required to reserve all appointments, including those using gift cards. We accept Visa, Discover, Mastercard and American Express.
- All cancellations must be received at least 24 hours in advance. Without adequate notice, full charges will apply.
- Ask about cancellation policies for groups.
- All prices are subject to change.
- The Marsh is smoke-free and cell phone-free.
- Childcare is available in The Marsh Kids Club for children six weeks to twelve years of age. Call 952-930-8520 in advance to reserve space for your child.

## POPULAR SPA EXPERIENCES

### \*THE MARSH SPA EXPERIENTIAL *(\$157.25/\$185)*

- 50 minute Massage • 50 minute Customized Facial

### THE MARSH SPA REFRESHER *(\$170/\$200)*

- 50 minute Customized Facial • 45 minute Marsh Spa Manicure
- 50 minute Marsh Spa Pedicure

### \*THE MARSH SPA RENEWAL *(\$212.50/\$250)*

- 50 minute Massage • 50 minute Customized Facial
- 50 minute Marsh Spa Pedicure

### \*MEN'S SPA PACKAGE *(\$199.75/\$235)*

- 50 minute Sports/Deep Tissue Massage
- 50 minute Gentlemen's Facial
- 35 minute Men's Pedicure

### \*THE MARSH SPA RETREAT *(\$427.25/\$500)*

- 75 minute Massage
- 75 minute Body Polish and Wrap
- 50 minute Facial
- 45 minute Marsh Spa Manicure
- 50 minute Marsh Spa Pedicure
- Lunch in The Spa (\$15)

### \*THE MARSH SPA GETAWAY FOR TWO *(\$282/\$308)*

- Two 50 minute massages
- Overnight stay in one of our cozy guest rooms
- Continental breakfast in our restaurant

*These experiences do not include gratuity or taxes on lodging, massages, food and beverages*

*\*A 7.275% Hennepin County and State of Minnesota sales tax is applied to all massage services.*



WELLNESS THROUGH  
EDUCATIONAL PROGRAMS,  
SERVICES, ENVIRONMENT,  
PROFESSIONAL CARE AND  
PERSONAL GUIDANCE.



## SPA AT THE MARSH

*Massage Services*

*Facial Treatments*

*Body Treatments*

*Acupuncture*

*Lifestyle and Weight Loss Programs*

*Salon Services*

*Gift Cards*

952-935-8905 · SPAATTHEMARSH.COM

## WELCOME TO THE SPA AT THE MARSH!

Whether you are seeking a single spa service, a relaxing day away, an overnight retreat, or starting a program to change your life, we are happy to accommodate you. Our professional, full-service spa is part of a comprehensive wellness facility featuring a medically-based fitness center, lap swimming and warm water therapy pools, group exercise and Pilates studios, an award-winning restaurant, designer boutique, six overnight guest rooms and several unique meditative spaces. Let us know if you wish to take advantage of any of these additional resources to customize a spa experience to meet your needs - either individually or as a group. *Member value pricing/Public pricing*

## BODY TREATMENTS

**AROMESSENCE BODY POLISH AND WRAP** (75 minutes) \$114.75/\$135  
Relax with a steam shower prior to receiving a full-body skin exfoliation; leg, arm and torso mask application; and warm blanket wrap. Following a refreshing and invigorating Swiss shower rinse, we complete the treatment with the application of special oils and moisturizing lotion. Choose from three variations—Relax, Purify or Sculpt.

**Relax:** The relaxing effect of myrrh balances your energy flow and alleviates tension... perfect for sensitized and dehydrated skin.

**Purify:** This service is designed to stimulate the body's natural detoxifying physiology to enhance and rejuvenate the skin.

**Sculpt:** This all-encompassing treatment will significantly improve the appearance of your skin and leave it regenerated, firm and incredibly soft.

**BODY POLISH TREATMENT** (25 minutes) \$42.50/\$50

Relax with a steam shower prior to receiving a full-body skin exfoliation. Following a refreshing and invigorating Swiss shower rinse, we complete the treatment with the application of special oils and moisturizing lotion.

**SELF-TANNING TREATMENT** (50 minutes) \$72.25/\$85

Begin with a full body exfoliation followed by a refreshing Swiss shower. Finish with a full body application of our self-tanning product.  
Self-Tanning Re-application (25 minutes) \$35/\$45

## ACUPUNCTURE

*Initial Treatment \$89.25/\$105; Follow-up Treatment \$76.50/\$90*

Traditional Chinese Acupuncture involves inserting thin needles at strategic points on your body to promote health and well-being. It is a proven, effective treatment for symptomatic relief of a variety of conditions, including back pain, fibromyalgia, nausea, headaches and menstrual cramps.

## AQUATIC BODYWORK

*(25 minutes) \$46.75/\$55 (50 minutes) \$76.50/\$90 (75 minutes) \$102/\$120*

Think of this as a floating water massage in our warm water Therapy Pool.

You are supported by the buoyancy of the water and various flotation devices.

A Certified Aquatic Bodywork Practitioner uses stretching, acupressure points and massage techniques to address your therapeutic needs at the time of the treatment. Because the water takes weight off the vertebrae and allows the spine to decompress in healing ways not possible on land, this is wonderful for basic muscle tension, as well as conditions such as fibromyalgia to arthritis.

## MASSAGE TREATMENTS

An excellent complement to standard medical treatments with proven benefits for relieving stress, pain, and muscle stiffness, managing anxiety and depression and treating sports-related injuries.

Session lengths and prices for the following services (unless noted below):

*(25 minutes) \$46.75/\$55\* (50 minutes) \$76.50/\$90\* (75 minutes) \$102/\$120\**

*Want a 40, 60 or 90-minute massage? Add 15 minutes to any massage service, \$25.50/\$30*

## RELAXING...

**SWEDISH** - Incorporates long, smooth strokes and deep, stimulating pressure to encourage relaxation.

**SHIATSU** - Combines an awareness of the chi (natural energy within the body, believed to affect physical, mental and spiritual wellness) with stretching and applied pressure. Clients may remain clothed.

**ESALEN** - Performed with long flowing strokes, similar to the fluid movements of tai chi, to integrate your body, mind and spirit. Special attention is paid to the rhythm of your breath.

**MARSH STONE THERAPY** (75 minutes) \$119/\$140 - Reaches deep into the muscle to provoke a greater sense of relaxation. Thermotherapy, a technique that calls for heated stones and cooled marble to be placed on the body and used in combination with gentle massage strokes, encourages blood flow to the skin, muscles, and internal organs.

## THERAPEUTIC...

**NEUROMUSCULAR** - Focuses on the relationship between the nervous system and the musculoskeletal system. By applying pressure to a concentrated area on the body, the cycle of pain is interrupted and circulation is improved.

**SPORTS** - Prepares the muscles for activity, increases circulation and flexibility and prepares the body for maximum performance with fewer injuries. Post-exercise, this form of massage reduces pain, soreness and spasms.

**TRIGGER POINT THERAPY** - Focuses on sensitive, tight muscle areas resulting from overuse or injury. It is always used in conjunction with other forms of therapeutic massage.

**CRANIOSACRAL** - Corrects imbalances in the craniosacral system. Often used to manage medical conditions such as chronic neck and back pain, migraines, inflammatory conditions, depression, anxiety and stress. Client may remain clothed.

**MYOFASCIAL RELEASE** - A whole body technique that stretches and releases the fascia, a connective tissue that can become tough and dehydrated as a result of injury or stress. A powerful tool if you are experiencing pain, exhaustion or immune system deficiencies, such as fibromyalgia or other chronic conditions, headaches, chronic pain, chronic fatigue, stress-related muscular tension and many other conditions.

**LYMPHATIC DRAINAGE** - The body's lymph system transports proteins, foreign bodies, toxins and other components out of the body via fragile lymph ducts that run just beneath the skin's surface. Focuses on improving and maintaining the health of this system. It is beneficial for pre- and post-joint replacement surgeries, fibrosis, inflammatory conditions, pain relief and many forms of edema.

**PREGNANCY MASSAGE** - A specially trained massage therapist addresses many common discomforts reported by pre- and post-pregnancy women, including: muscle aches, joint pain, sciatic nerve pain and sleep.

*\*A 7.275% Hennepin County and State of Minnesota sales tax is applied to all massage services.*

*The Marsh offers **gift cards** in any denomination. In addition to our spa, you can use gift cards in our restaurant, shop, fitness center, or Kids Club.*

## SPECIALTY...

## THAI YOGA MASSAGE

*(90 minutes) \$127.50/\$150*

Combines elements of acupressure, yoga, stretching, and reflexology to reduce stress and tension and allow individuals to reconnect with their bodies. The massage stretches the muscles, increases range of motion and balances energy flow throughout the body, inviting a sense of total mind/body well-being. This massage requires you to stay completely clothed. It can be performed on our deck when weather allows.

**ZEN SHIATSU** (50 minutes) \$76.50/\$90 (75 minutes) \$102/\$120

This form of Eastern bodywork treats the person as a whole. With its roots in Acupuncture and Traditional Chinese Medicine, Shiatsu restores and maintains a person's energy flow by stretching and applying pressure to the 'meridians', the energetic pathways throughout a person's body. Acupressure points are accessed using hands, thumbs, knees and elbows. Shiatsu is performed on a floor mat or massage table. Loose, comfortable clothing is worn during the treatment. Benefits include everything from stress reduction and decreasing chronic pain to emotional balance and regulating sleep patterns.

## FACIAL TREATMENTS

**CUSTOMIZED FACIAL** (50 minutes) \$80.75/\$95

A customized approach, based on your skin type, for deeply cleaning, nourishing and revitalizing your skin.

**THE MARSH ULTIMATE FACIAL** (75 minutes) \$119/\$140

Relieves and tightens skin while restoring moisture, radiance and comfort. Skin regains a feeling of suppleness as fine lines and wrinkles are diminished. Select the variation that best addresses the characteristics of your skin.

**Sensitive** - For sensitive skin that is subject to redness and reacts to harsh climate conditions.

**Brightening** - For skin that is dull and/or with dark spots.

**Dry** - For dry or very dry skin subject to tightness and feelings of discomfort.

**Regulating** - For blemish-prone skin that feels dull and dehydrated.

**Mature Skin** - For skin lacking tone, vitality and firmness.

**GENTLEMEN'S FACIAL** (50 minutes) \$80.75/\$95

Cleanse, hydrate, moisturize and protect your skin from the elements to ensure healthier skin. The esthetician considers your unique lifestyle, such as shaving habits, time spent outdoors, and health concerns. A barber towel wrap and cooling mask leave you refreshed and ready to focus on the next task.

**GLYCOLIC PEEL** (30 minutes) \$80.75/\$95 (Glycolic Peel Add-on) \$38.25/\$45

Exfoliates and regenerates skin, reducing signs of aging. After thoroughly cleansing your skin, we apply glycolic products to smooth and refine your skin, returning it to its natural glow. This service may be added on to any facial.

**MICRODERMABRASION** (30 minutes) \$80.75/\$95

A safe and noninvasive procedure that helps reduce sun damage, acne scars, fine lines, and enlarged pores by thoroughly exfoliating and nourishing the skin. *A Facial Skincare Analysis is required prior to all peels. Written physician authorization is required for those with certain medical conditions.*