

Acupuncture

Initial Treatment \$105 / Follow-up Session \$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.

Massage Acupuncture Combined (MAC) (75 minutes) \$150

This therapeutic approach combines massage and acupuncture modalities for optimal results. Designed to be used synergistically to target stubborn pain and reduce the symptoms of stress, anxiety and depression.

BODY TREATMENTS

New! Marsh Signature Body Ritual

(80 minutes) \$175

A relaxing and nourishing body ritual that brings you on an enchanting sensorial journey filled with floral notes of Cherry Blossom and Lotus Flower. A warmed exfoliating cream is followed by a massage with a special mitt to soften skin and invigorate the body. A unique reflexology-inspired foot massage revives vital energy and a full body massage with melted aromatic Shea Butter brings blissful relaxation.



Aromessence Body Polish and Wrap (75 minutes) \$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.

New! Hanakasumi Body Polish (50 minutes) \$95

A relaxing and nourishing body polish filled with floral notes of Cherry Blossom and Lotus Flower. A warmed exfoliating cream is followed by a massage with a special mitt to soften skin and invigorate the body. A unique reflexology-inspired foot massage revives vital energy.

Body Polish (25 minutes) \$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.



SALON SERVICES

Women's haircut & style \$65

Men's haircut & style \$40

Bang trim \$15

Color & style \$107

Color, foil & style \$148 and up

Corrective color & style \$130 and up

Color retouch & style \$90 and up

Color retouch, foil & style \$125 and up

Shampoo & style: Short \$40; Medium \$45; Long \$50

For a full list of services go to TheMarsh.com/spa

GIFT CARDS

Marsh Gift Cards are available in any dollar amount, redeemable in any area of The Marsh (Spa, Shop, Restaurant, Fitness Center or Kids Club) and beautifully packaged when purchased in person. Gift cards are also available online at TheMarsh.com/gifts.



Popular Spa Experiences...

Pause at The Marsh

This package is ideal for anyone who needs to silence the media chatter and focus on self-care for a few hours! It includes a 75-minute custom massage and time experiencing our active and passive spaces, classes, therapy pool and all The Marsh has to offer. \$125

The Marsh Signature Spa Experiential

Our most popular package includes a 50-minute customized facial and a 50-minute relaxing or therapeutic massage. \$195

Marsh Spa Retreat

A full day of customized Marsh Spa services, this retreat is designed to revive and refresh from head-to-toe. It includes a 75-minute massage, 75-minute body polish and wrap, 50-minute customized facial, a spa manicure, pedicure, and Spa lunch. \$480

Marsh Spa Getaway

An overnight stay in one of our cozy guest rooms is the foundation of this package. It also includes a 50-minute custom massage and a continental breakfast. One person: \$210; two people: \$325

Package prices do not include a 7.525% Hennepin County and State of Minnesota sales tax or gratuity

IMPORTANT INFORMATION

- **Reservations:** Credit cards are required to reserve all appointments, including those using gift cards. We accept Visa, Mastercard, Discover and American Express.
- **Cancellations and No Shows:** We have a 24-hour cancellation policy (48 hours for packages and multiple services). Insufficient notice to cancel or reschedule, and no shows, will be charged the full value of the service(s).
- **Smoking:** The Marsh is a smoke-free facility.
- **Cell Phones:** The Marsh is a cell phone free environment. Take time to relax and enjoy the peaceful surroundings!
- **Marsh Members** receive a 15% discount on all prices listed.
- **Prices:** All prices are subject to change without notice.
- **Childcare** is available in the Kids Club for children 6 weeks to 12 years. Call 952-930-8520 in advance to reserve space for your child.



15000 Minnetonka Blvd, Minnetonka, MN 55345



massage & bodywork

facials, peels, ultrasonic
& microdermabrasion

body treatments

acupuncture

nail care & salon services

gift cards & packages

952-935-8905 • TheMarsh.com/Spa



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.

As a Spa Guest, please enjoy complimentary access to our fitness center, pools, locker rooms, sauna, whirlpool and studio classes on the day of your appointment. We encourage you to come in before or stay after you receive your services to enjoy these amenities.

FACIALS, PEELS, ULTRASONIC & MICRODERMABRASION

Our view of skin care bonds together a customized approach to natural beauty and wellness. Focusing on three essential elements, we combine a highly-qualified and expert skin care team with treatments that address all your skin's needs, as well as personal home treatments to optimize the results.

Customized Facial (50 minutes) \$100

Designed to meet the current needs of your skin, our customized approach helps you maintain a healthy, youthful and clear complexion. Thorough cleansing and exfoliation, followed by the application of serums and a treatment mask, and a relaxing facial massage will help you alleviate stress and provide a sense of wellbeing.

The Marsh Ultimate Facial (75 minutes) \$150

The Ultimate Facial is a comprehensive 75-minute concentrated treatment with added layers of serums and masks to achieve a specific response to a precise issue, including: diminishing fine lines and wrinkles, optimizing the skin's resistance to daily stress, as well as restoring radiance, hydration and youthfulness.

New! Secrets Facial (80 minutes) \$225

The "secret" to youthful skin incorporates the best botanical active ingredients with cutting-edge scientific advances for exceptional results. This facial uses an exclusive cream formulated with rose stem cells and precious porcelain flower oil to help regenerate the skin's youth and natural beauty. It is our most luxurious and efficacious treatment with additional layers of ultra-concentrated creams to ensure dramatic and long-lasting results.

Gentlemen's Facial (50 minutes) \$100

Customized for your unique lifestyle, such as shaving habits, time spent outdoors, and health concerns, we cleanse, exfoliate and apply creams to protect your skin from the elements and to ensure healthier skin. A barber towel wrap and mask leave you refreshed.

Ultrasonic Facial (75 minutes) \$175 Package of six (10% discount) \$945

Your skin will look fresher, firmer and healthier in just one treatment! This cutting edge technology uses low frequency sound waves to combat aging skin, reduce wrinkles, lighten hyperpigmentation, manage rosacea and even clear acne!

Dermaplaning (30 minutes) \$85; Dermaplaning Facial (60 minutes) \$130

Dermaplaning brightens the duller of complexions for that instant gratifying glow! This manual exfoliation treatment gently removes the top layer of dead skin and vellus hairs (peach fuzz) leaving your skin feeling soft and supple.

Glycolic Peel (25 minutes) \$100; Glycolic Peel Add-on (15 minutes) \$50

Exfoliates, regenerates skin, and reduces signs of aging, we use glycolic products to smooth and refine your skin, returning it to its natural glow. A Facial Skincare Analysis is required prior to this peel.

Microdermabrasion (25 minutes) \$100

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 this treatment. Written physician authorization is required for those with certain medical conditions.

Waxing

Eyebrow \$24

Lip \$22

Underarm \$30

Arm \$54

Bikini \$42

Partial Leg \$46

Full Leg \$78

Back \$70

Tinting

Brow \$25

Lash \$28

Brow & Lash \$45

Brow Shaping

\$24



MASSAGE & BODYWORK

Our approach to massage begins with professional, highly-trained bodyworkers who focus on each client's individual needs for a customized, restorative and beneficial experience. These services have been proven to relieve stress, pain and muscle stiffness, and help manage anxiety and depression. They are also an excellent complement to standard medical treatments and for preventing or treating sports-related injuries.

Choose from the following types of massage:

25 minutes \$58 • 50 minutes \$95 • 75 minutes \$125

Relaxing: Relieve stress and tension throughout the body using a variety of techniques, such as Swedish, Shiatsu (you may remain clothed), Esalen and Marsh Stone Therapy.

Therapeutic: Designed to address specific concerns, our therapeutic modalities include Craniosacral, Lymphatic Drainage, Myofascial release, Neuromuscular, Pregnancy, Sports Massage and Trigger Point Therapy.

Specialty: Unique experiences, such as Zen Shiatsu (you may remain clothed) and Reflexology are also available.

Aquatic Bodywork/Watsu: Experienced in our 94-degree Therapy Pool, this floating water massage uses stretching, acupressure points and massage techniques to address your therapeutic needs.

Clients who are currently receiving treatments for Cancer are requested to bring a note from your doctor.

A 7.525% Hennepin County and State of Minnesota sales tax is applied to massage services unless you have a medical prescription from your doctor.

NAIL CARE

Not just a beauty treatment, The Marsh's nail care services focus on safe and appropriate nail and cuticle care for your overall health and wellness. We've invested in a medical-grade autoclave and sterilizing solutions to ensure your safety and several of our staff are certified master pedicurists. Of course, relaxation is a component of all our services.

MANICURES

Mini Manicure (25 minutes) \$30

If your time is at a premium and your nails are in good condition, this service is for you as it includes filing, cuticle shape up and polish change.

Spa Manicure (40 minutes) \$40

Soft, smooth and rejuvenating for your hands. This manicure includes soaking and warm towels to soften the cuticles, exfoliation, a moisturizing massage, and nails shaped and polished with the color of your choice.

Ultimate Marsh Manicure (50 minutes) \$55

Extra hydrating and softening, this manicure adds a moisturizing paraffin wax treatment to the Spa Manicure.

Gel Overlay Nails - full set \$85, fill \$60

Gel Polish and French Available – call for details

PEDICURES

Restorative Foot Treatment (35 minutes) \$45

This restorative treatment begins with a relaxing foot soak, followed by nail and cuticle care, exfoliation and concludes with a foot and leg massage using vitamin rich moisturizers.

Express Pedicure (35 minutes) \$45

If your time is at a premium and your toe nails and feet are in good condition, this service is for you. It includes a relaxing foot soak followed by nail and cuticle care, an application of moisturizing lotion and your choice of polish.

Spa Pedicure (50 minutes) \$65

Following a relaxing soak and scrub, we will apply special masks to soften, exfoliate and restore. Your feet will then be massaged to help stimulate circulation and finished with your choice of polish.

Ultimate Marsh Pedicure (60 minutes) \$80

Includes all the elements of a Spa Pedicure as well as a calming paraffin wax treatment that will soothe and moisturize.

New! The Lotus Pedicure (80 minutes) \$130

Our most luxurious and restoring pedicure, the Lotus features 15-minutes of reflexology-inspired foot massage, a lovely Cherry Blossom-Rice Powder exfoliant, relaxing leg massage using porcelain spoons and aromatic Shea Butter and the same fine-quality nail and cuticle care that accompanies all our pedicures. Includes polish of your choice or nail buffing.

Men's Pedicure (35 minutes) \$50

Revitalize your tired feet with a relaxing soak followed by an exfoliation and concluding with an extended lower leg and foot massage. Nail buffing included.

Pedicure Solutions

Initial (90 minute) appointment \$105; Follow-up appointments (30 minutes & up) \$50 & up
Performed by a Certified Master Pedicurist, this foot care service is designed for people who have diabetes, athletes, and those with problematic feet (discolored, thick, or ingrown toenails, bunions, corns, etc.). Each initial 90-minute appointment includes a foot evaluation and foot care grooming.

Inquire about Braces (25 minutes) \$55 and Reconstructive Gel Application (25 minutes) \$45

Note: Please do not schedule a pedicure if you have a skin or nail infection, an infection or open wound, drainage, a rash or excessive swelling.