

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.

Intro Package of 3: 1 Intro + 2 Follow-up \$250

Intro Package of 5: 1 Intro + 4 Follow-up \$350

Follow-up Package of 5: \$325

Massage Acupuncture Combined (MAC) (75 minutes) \$155

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. 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. *\$130 (\$139.78 with tax)*

The Marsh Signature Spa Experiential

Our most popular package includes a 50-minute customized facial and a 50-minute relaxing or therapeutic massage. *\$205 (\$212.53 with tax)*

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. *\$495 (\$504.78 with tax)*

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: \$225 (\$241.93 with tax); two people: \$355 (\$381.71 with tax)*

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

dermaplaning

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) \$105

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) \$155

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) \$105

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 (60 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.

Customized Peel (25 minutes) \$105; Peel Add-on (15 minutes) \$55

Restore your skin to its natural glow! Our Customized Peel uses alpha and beta hydroxyl acid peel solutions to exfoliate, smooth and refine your skin, reducing the signs of aging. A Customized Facial is required prior to your first peel at The Marsh.

Microdermabrasion (25 minutes) \$105

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 Customized Facial is required prior to this treatment. Written physician authorization is required for those with certain medical conditions.

Waxing		Tinting		Brow Shaping
Eyebrow \$24	Bikini \$42	Brow \$25	Lash \$28	\$24
Lip \$22	Partial Leg \$46	Brow & Lash \$45		
Underarm \$30	Full Leg \$78			
Arm \$54	Back \$70			



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 \$60 • 50 minutes \$100 • 75 minutes \$130

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 cosmetic beauty treatment, The Marsh's nail care services focus on safe and appropriate nail care for your overall health and wellness. Our nail technicians are Certified Master Pedicurists using medical-grade sanitization solutions and a sterilizing autoclave for all our manicures and pedicures.

MANICURES

Mini Manicure (20 minutes) \$30

If a simple polish change is all you need, this is the manicure for you.

Spa Manicure (40 minutes) \$45

Soft, smooth and rejuvenating for your hands, this manicure keeps your hands looking their best.

Spa Gel Manicure (55 minutes) \$55

A little "curing" goes a long way to keeping your nails looking fresh.

Ultimate Marsh Manicure (55 minutes) \$60

The ultimate indulgence for any occasion, enjoy the extra soaking time & refreshing mask to leave your nails looking their best and your hands feeling soft, smooth & silky.

New! Mani-Pedi Duo (95 minutes) \$120

This service combines our Spa Manicure and Pedicure with a luxurious and nourishing hand and foot treatment using 100% natural emollients and pure essential oils.

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

Gel Polish and French Available – call for details

PEDICURES

Express Pedicure (35 minutes) \$45

If a simple polish change is all you need, this is the pedicure for you. We will tidy up your cuticles, exfoliate, hydrate and apply the polish color of your choice.



Men's Pedicure (35 minutes) \$50

Nail and cuticle care, plus an extended lower leg & foot massage deliver revitalized feet.

Spa Pedicure (50 minutes) \$65

Our most popular service includes special masks and a leg massage to soften, exfoliate and restore your feet.

Ultimate Marsh Pedicure (60 minutes) \$80

A calming paraffin wax treatment that soothes and moisturizes your skin is added to the Spa Pedicure.

The Lotus Pedicure (80 minutes) \$130

This restorative leg and foot ritual is both relaxing and rejuvenating for the mind and body! Fifteen minutes of reflexology-inspired foot massage and a detoxifying leg massage using special porcelain spoons and warmed Shea Butter – it is an experience you won't forget!

Specialized Pedicures

Restorative Foot Treatment (35 minutes) \$45

This restorative treatment is designed for the person who maintains a regular foot care regimen (every 4-6 weeks). It includes a relaxing soak, nail and cuticle care, and concludes with nail buffing (if desired).

Pedicure Solutions

Initial (90 minutes) \$105, Follow-up appointments (45 minutes & up) \$65 & up

Performed by a Certified Master Pedicurist, this service is designed for athletes and those people who have diabetes and problematic feet (discolored, thick, or ingrown toenails, bunions, corns, etc.). Initial appointment includes foot evaluation and foot care grooming.