

# Wellness



Our fitness center features cardiovascular equipment with cardio theater, free weights and Cybex weight machines. Take advantage of separate spa facilities for men and women with saunas, whirlpools and eucalyptus steam rooms. You may choose from a variety of aerobics, fitness and wellness classes.



Yoga	NIA
Yoga Fit	Bosu Ball
Water Aerobics	Zumba
Circuit Training	Pilates Mat
Step & Body	Pilates Allegro
Step Interval	Reformer*

All classes subject to a fee.  
\* Private session only

# Spa Tips

Spa guests must be at least 16 years of age. Please arrive 15 minutes before your scheduled service. Shower before body treatments or use of pools. Refrain from shaving before body treatments. Leave valuables behind. We regret we cannot be held responsible for personal items left unattended. A locker will be provided during your spa visit. No cell phones, please. Notify us of any medical/physical condition such as pregnancy, high blood pressure, allergies or skin conditions.

## WOMEN AND MEN SPAS

5:30 am - 9:00 pm Monday - Friday  
8:00 am - 7:00 pm Saturday and Sunday  
All Spa Reservations – 281.364.6386

## FITNESS CENTER

5:00 am - 9:00 pm Monday - Friday  
6:30 am - 7:00 pm Saturday and Sunday

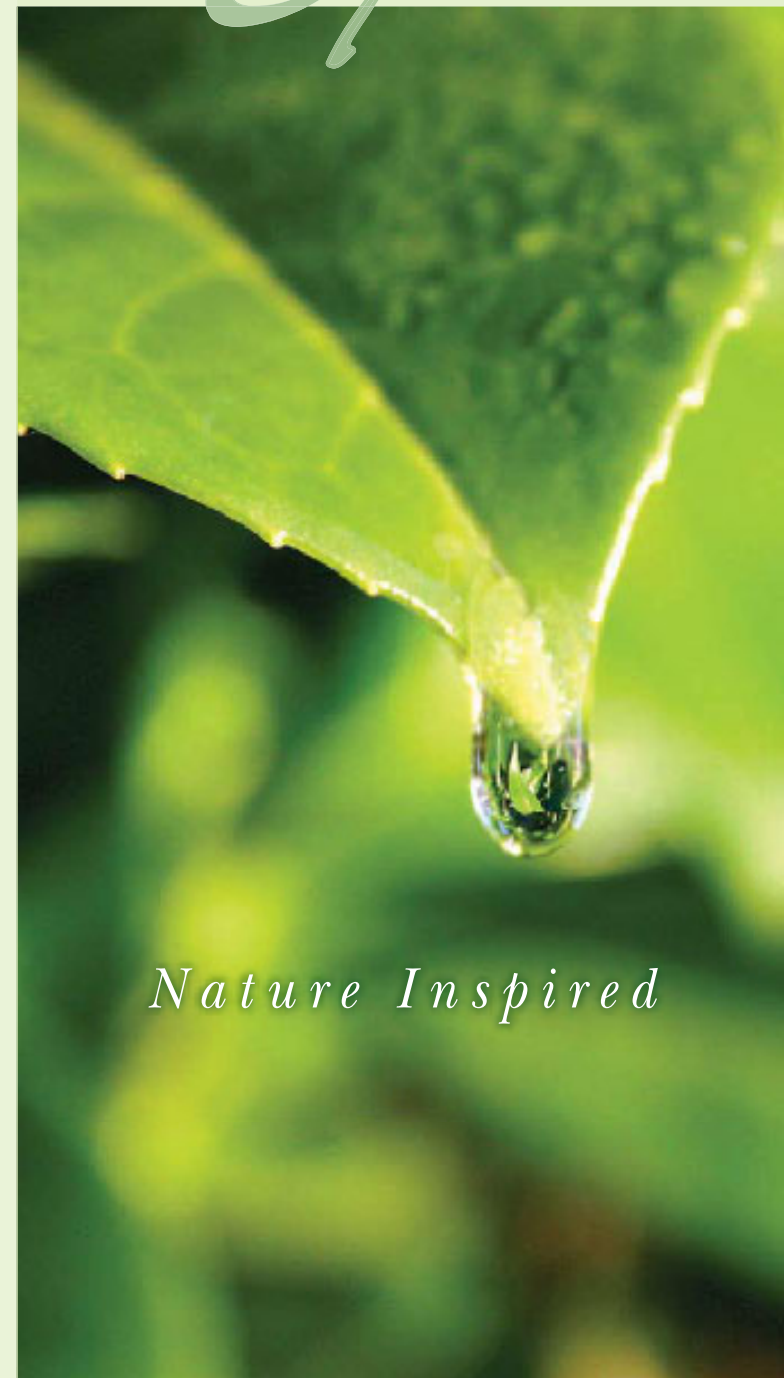


**The Woodlands®**  
RESORT & CONFERENCE CENTER

[www.woodlandsresort.com](http://www.woodlandsresort.com)  
281.367.1100

2301 North Millbend Drive | The Woodlands, Texas 77380

*The Spa*  
THE WOODLANDS RESORT



*Nature Inspired*



**The Woodlands®**  
RESORT & CONFERENCE CENTER

# The Spa

## THE WOODLANDS RESORT

Invest in your well-being and escape to The Spa. Balance your energy with a nature-inspired body treatment, cleanse your soul with a facial or pamper yourself with a soothing nail service. Strengthen your core and attend a wellness class such as Yoga, Pilates or NIA. Whether looking for peace, relaxation or inspiration you will find it at The Spa at The Woodlands Resort...The best of everything. Naturally.



### Nature's Sanctuary Spa Packages

**Nature's Retreat** (1 hour 50 min) \$180  
Tension Reliever Massage, Sugar Rush Facial, Classic Pedicure

**Forest Getaway** (2 hours 25 min) \$250  
Tension Reliever Massage, Seasonal Glow Scrub, Sweet Face Facial

**The Woodlands Escape** (4 hours) \$310  
50 Minute Swedish Massage, The Very Best of the Best Facial, Classic Manicure, Classic Spa Pedicure

## Body Nurturing

Tension Reliever Massage	25 Min	\$ 65
Swedish Massage	50 Min/80 Min	\$ 90/\$125
Duet Swedish (Couples)	50 Min/80 Min	\$200/\$270
Aromatherapy Massage	50 Min/80 Min	\$ 95/\$130
Duet Aroma (Couples)	50 Min/80 Min	\$210/\$280
Deep Tissue Massage	50 Min/80 Min	\$100/\$135
Duet Deep Tissue (Couples)	50 Min/80 Min	\$220/\$290
Hot Stone Massage	80 Min	\$140
Duet Hot Stone (Couples)	80 Min	\$300
Seasonal Salt Glow	50 Min	\$ 90
Harvest Wrap	80 Min	\$135
Seaweed Mud Wrap	80 Min	\$135

**The Forest Oasis** 80 Min \$145  
*This signature treatment begins with a dry brush exfoliation to prepare the skin. A soothing application of warm oils, and a gentle scrub of ten grains and spices massage away dry cells. Relax in a warm cocoon while receiving a luxurious foot scrub and scalp massage. A hydration soufflé is applied with a light massage. The result is nourished and radiant skin.*

\*For full description of all our treatments, please visit our website.

## Amenities

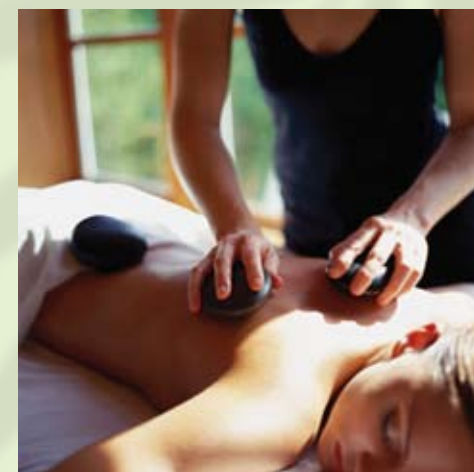


Eucalyptus steam room, dry sauna and whirlpool hot tub.

Luxurious robes.

Salon quality hair products available for visit use.

Herbal teas, infused waters and dried fruits.



## Enchanted Extras

Detox Foot Bath	\$ 35
Herbal Neck Pillow & Eye Relaxer	\$ 15
Paraffin Hand Treatment	\$ 20

## Natural Nails

Classic Manicure	\$ 30/French \$ 40
Manicure w/Paraffin	\$ 40/French \$ 50
Classic Pedicure	\$ 50/French \$ 60
Pedicure w/Paraffin	\$ 60/French \$ 70
Spa Pedicure	\$ 60/French \$ 70
Hot Stone Pedicure	\$ 70/French \$ 80

**Green Tea Pedicure** \$ 75/French \$ 85

*A green tea soak detoxifies and soothes tired feet while moisture-retaining honey and a sumptuous oatmeal scrub are applied. An energizing eucalyptus masque and hot steam towels create ultimate relaxation. A soothing massage with pineapple oil and lotion completes the experience.*

## Natures Best Facials

Sugar Rush	30 Min	\$ 75
Sweet Face	50 Min	\$100
Some Like It Hot	50 Min	\$100

**The Very Best of The Best** 80 Min \$140  
*This ultimate facial includes organic ingredients with natural pure vitamins to address premature aging, sun damage, and loss of vitality. Cleansing, exfoliation, masque application and nourishment give you a completely customized facial. Lip or eye treatment is included.*

Men's Director Facial	50 Min	\$100
Acid Peel add to any facial for an additional		\$ 40
Back Treatment	50 Min	\$ 85

## Naturally Smooth Skin

Brows, Lip or Chin Wax	\$ 15
Underarms Wax	\$ 25
Leg Wax (half)	\$ 40
Leg Wax (full)	\$ 65 - 85
Bikini Line Wax	\$ 35 - 60
Brazilian Wax	\$ 75 - 100

### 24 Hour Cancellation Policy

*A charge for the full amount of services booked will be charged for appointments not cancelled 24 hours in advance. Services booked within a 24 hour window are considered confirmed. A 20% service charge applies to all services. Services and rates subject to change.*