

Nature Inspired



Spa Tips

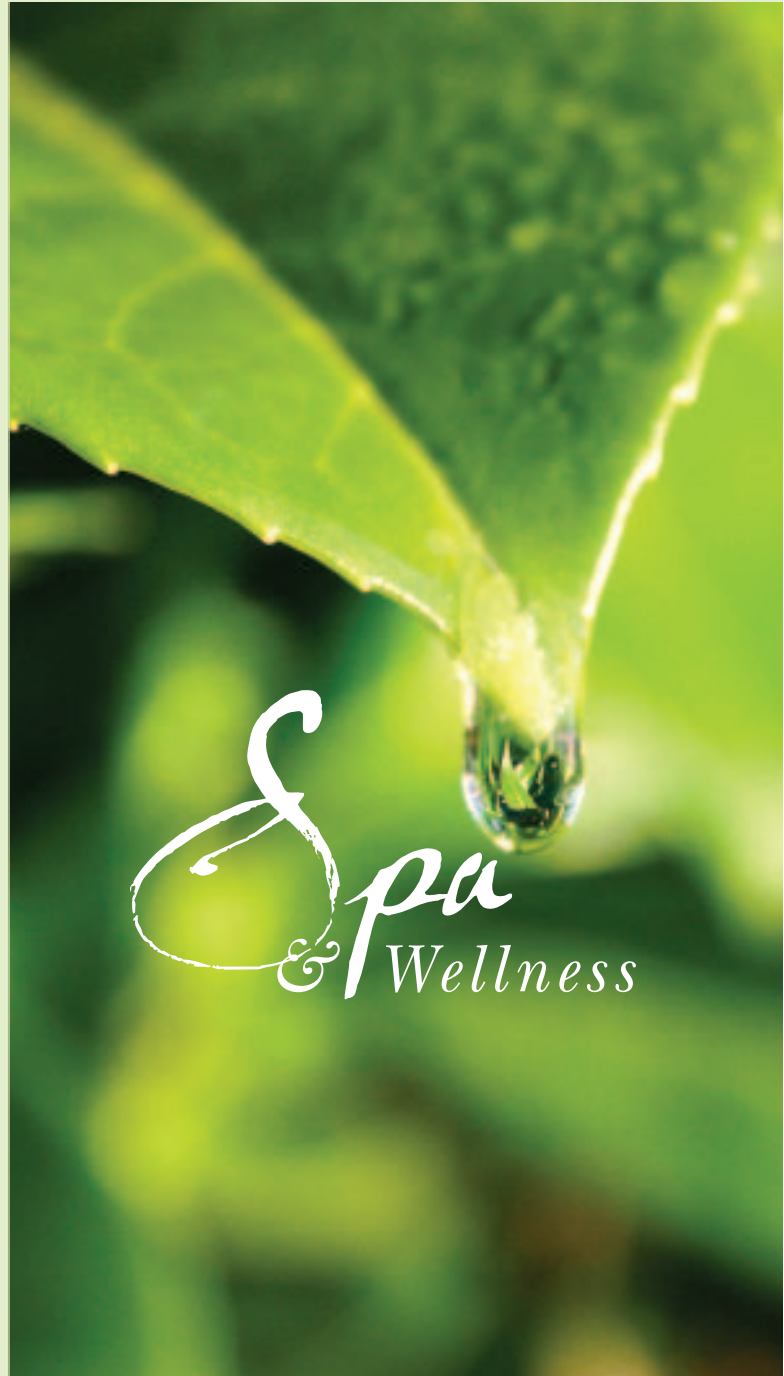
Spa guests must be at least 16 years of age. Please arrive 15 minutes before your scheduled service. Shower before body treatments or use of pools. Refrain from shaving before body treatments. Leave valuables behind. We regret we cannot be held responsible for personal items left unattended. A locker 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.

MENS and WOMENS 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 - Sunday



Spa
& Wellness



The Woodlands®
RESORT & CONFERENCE CENTER

www.woodlandsresort.com
281.367.1100

2301 North Millbend Drive The Woodlands, Texas 77380



The Woodlands®
RESORT & CONFERENCE CENTER

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.



Spa

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.



Yoga
Yoga Fit
Water Aerobics
Circuit Training
Step & Body
Shaping
Step Interval
Step & Resist-a-Ball

Nia
Bosu Ball
Barefoot Bodyworks
Step Survival & Core Combo
Cardio Sculpt
Pilates Mat
Pilates Allegro Reformer*

All classes subject to a fee
* Private session only

Nature's Sanctuary Spa Packages

Nature's Retreat (1 hour 45 min) \$ 129
25 Minute Massage, Refresher Facial, Manicure

Forest Getaway (2 hours 25 min) \$ 200
25 Minute Massage, Sunflower Salt Scrub, Aromatherapy Facial

The Woodlands Escape (4 hours) \$ 259
50 Minute Massage, Deluxe Facial, Manicure and Spa Pedicure

Body Nurturing

Swedish Massage	(25 Minutes)	\$ 50
	(50 Minutes)	\$ 75
	(80 Minutes)	\$ 110
Aromatherapy	(50 Minutes)	\$ 80
	(80 Minutes)	\$ 115
Deep Tissue	(50 Minutes)	\$ 85
	(80 Minutes)	\$ 120
Golfer's Relief	(45 Minutes)	\$ 65
Hot Stone Massage	(80 Minutes)	\$ 115
Sunflower Salt Scrub	(50 Minutes)	\$ 80
Apricot Body Polish	(50 Minutes)	\$ 80
Buff & Bronze	(75 Minutes)	\$ 125
Yellow Rose Mud Wrap	(80 Minutes)	\$ 120
Desert Heat Mud Wrap	(80 Minutes)	\$ 120
Spirulina Mud Wrap	(80 Minutes)	\$ 120
The Forest Oasis	(90 Minutes)	\$ 125
Body Contouring	(One Session)	\$ 65
Body Contouring Series	(Six Sessions)	\$ 325

Amenities



*Eucalyptus steam room,
dry sauna and
whirlpool hot tub.*

Luxurious doe skin robes.

*Salon quality hair products
available for visit use.*

*Herbal teas, infused waters
and dried fruits.*

Natures Best Facials

Refresher Facial	(35 Minutes)	\$ 60
Aromatherapy Facial	(50 Minutes)	\$ 85
Sonya Dakar Problem Specific	(50 Minutes)	\$ 95
Deluxe Facial	(75 Minutes)	\$ 115
Acid Peel	(Single Add On)	\$ 40
Peel Series	(Four Sessions)	\$ 160
Teen Facial	(50 Minutes)	\$ 75
Gentleman's Facial	(50 Minutes)	\$ 75
Back Treatment	(45 Minutes)	\$ 65
Eye Treatment	(15 Minutes)	\$ 25



Enchanted Extras

Herbal Foot Bath	\$ 12
Herbal Neck Pillow & Eye Relaxer	\$ 10
Soothing of the Hands	\$ 15

Natural Nails

(Women's spa only)

Manicure (45 Min)	\$ 25
Manicure w/ Paraffin (55 Min)	\$ 35
Pedicure (50 Min)	\$ 45
Pedicure w/ Paraffin (60 Min)	\$ 55
Spa Pedicure (60 Min)	\$ 55
Hot Stone Pedicure (70 Min)	\$ 65
Polish Change Nails	\$ 15
Polish Change Toes	\$ 18

Naturally Smooth Skin

Brows, Lip or Chin Wax	\$ 15
Underarms Wax	\$ 25
Leg Wax (half)	\$ 40
Leg Wax (full)	\$ 65 & up
Bikini Line Wax	\$ 35 & up
Back Wax	\$ 50 & up

24 Hour Cancellation Policy

A charge for the full amount of services booked will be posted for appointments not canceled 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.