



Healing Waters Spa  
Cacapon Resort State Park

818 Cacapon Lodge Drive  
Berkeley Springs, WV 25411  
(304) 258-1022 ext. 6125

**Cancellation Policy:**

All reservations require full advance payment or credit card guarantee. Cancellations or changes to a single appointment require a 24-hour notice; holidays, weekends, multiple appointments, or parties of 2-4 guests require 48-hours; parties of 5 or more guests require one week. If cancellations are not received within the required time, guests will be charged the full price of their scheduled service.



# Massage Services

## Therapeutic Massage

60/90 minutes | \$99 - \$111 / \$129 - \$139

Close your eyes, relax, and bid stress farewell. This light to moderate pressure, full body massage customized to meet your needs. Stimulate circulation, relieve stress, relax your muscles, and calm your mind.

## Hot Stone Massage

60/90 minutes | \$129 - \$139 / \$179 - \$189

Transport to a state of tranquility, while sore muscles are melted away and your body is cloaked in hydration. Heated, smooth basalt stones are incorporated throughout the experience to increase circulation and enhance relaxation.

## Deep Tissue Massage

60/90 minutes | \$114 - \$124 / \$154 - \$164

Specialized, focused techniques recommended for those whose enjoy intense body work. Slow, deep movements combined with trigger point targeting to help relieve the tension deep within muscle layers. Focusing on areas of concern, you will feel refreshed and stress free.

## Couples Massage

60/90 minutes | \$204 - \$209 / \$294 - \$299

Indulge in a tranquil massage with a companion. Create an experience you both will remember. Ease away tension and stress together, while still receiving the individual attention your body needs. Couples massages can be shared with a significant other or with a friend.

## Couples Hot Stone Massage

60/90 minutes | \$269 - \$274 / \$369 - \$374

The serenity of hot stone therapy will take you both to the highest level of tranquility. Enjoy the benefits of hot stones, melting away your stress and providing total muscle relaxation with your companion.

## Prenatal Massage

75 minutes | \$124

Help increase circulation, soothe muscles, and decrease water retention, with this light and calming massage. Customized to provide complete comfort and safety for mom and baby.

## Going for Green

60/90 minutes | \$119 - \$129 / \$179 - \$189

We want to help you reach under par on the course, by relaxing the back, hamstrings, hip flexors, shoulders, forearms, and wrists. Targeting areas through massage and stretching to increase flexibility and range of motion.

## Trail Therapy

60 minutes | \$119 - \$129

There is nothing better than hiking through our gorgeous trails and experiencing the outdoors. This specialized treatment will relieve tension by concentrating on your back, legs, and feet leaving you feeling refreshed and ready for your next adventure.

## Watsu

45/60 minutes | \$94 - \$99 / \$124 - \$129

Watsu is a form of aquatic bodywork promoting deep relaxation while floating in warm water. A therapist will gently cradle, move, stretch, and massage creating a truly graceful and intimate experience. Performed in the lodge pool area. Bathing suits are required.

\*\*\*Advanced reservations required\*\*\*

# Facial Services

## Healing Waters Signature Facial

80 minutes | \$184 / \$194

A truly unique and opulent experience, that not only refreshes your complexion but helps you unwind. A massage cream with notes of lavender, geranium, and sage is luxuriously applied to shoulders, neck, and arms to help quiet your mind and ease tension. Then using the hydrating powers of Hyaluronic Acid, collagen, and micronized cotton extract, to rejuvenate, calm, soothe, and tighten the skin, you will emerge appearing to age backwards. This light, fluffy mask will work quickly to rid your skin of environmental pollutants and toxins. As visible lines and wrinkles are minimized, your complexion will be instantly brighter and superbly hydrated. Finishing the experience with a camphor and azulene gel to relieve tightness in your legs and feet.

## Luminous "C" & "Sea"

60 minutes | \$129 / \$139

Three-layer facial that combines the high potency of vitamin "C" with stimulating seaweed and orange peel oil, to transform dull and dehydrated skin. This soft lift-off mask will render your skin brighter, firmer, and velvety-soft. Perfect if you are looking for a little balance in your complexion or have sun-damaged skin.

## Lumafirm Lift & Glow

60 minutes | \$124 / \$134

Redefine radiance and facial contouring with this exclusively formulated facial, that uses kombucha and sorghum to deliver instant results. Using advanced freeze-dried technology to help prevent hyperpigmentation and reverse the signs of aging. Perfect instant repair boost when you want to look your absolute best. Proven to perform, leaving your skin ultra-luminous, firmer, and more youthfully defined appearance.

## Acne Treatment

60 minutes | \$109 / \$119

Acneic skin types require extra care and specialized ingredients to address seriously evident concerns such as: breakouts, blackheads, and inflammation. This facial includes deep cleansing, exfoliation, extraction, and a calming, healing mask. Skin is wonderfully decongested, and visibly purified.

## Gentlemen's Facial

60 minutes | \$94 / \$104

This treatment specifically targets clogged pores, sensitivity, and razor burn while promoting total relaxation. Includes deep cleansing, steaming, and extraction. As a final step, a treatment mask is applied to refine the pores, soothe, and condition the skin.

## Essential Deep Cleansing Facial

60 minutes | \$94 / \$104

A purifying treatment that consists of steaming, exfoliation, and an intense deeper cleansing of clogged pores. The skin is gently massaged, then your ideal therapist selected mask is applied. Beneficial for all skin types.

## Unplug and Unwind

30 minutes | \$54 / \$64

Disconnect from distractions with this aromatherapy facial. Silence your cell phone and set aside worries with a calming cleanse and gentle exfoliation to help you unplug. Next let the soothing aromas of lavender, orange, and rose melt away your stress and help you unwind to look and feel blissfully relaxed.

## FACIAL ENHANCEMENTS

### Luminous Age-Defying Ampoules

\$30

Enhance your Essential Deep Cleansing, Unplug and Unwind, or the Gentlemen's Facial with the ideal ampoule for your skin concerns. These highly concentrated serums will be massaged into your skin, focusing on areas of concern, to give you enhanced results. .

### De-Stress Eye Treatment

\$30

Counteract puffiness and dark circles with an instant-release collagen biomatrix infused with ginkgo biloba. This natural fiber mask treatment increases periorbital circulation, soothes, cools, and decongests the fragile eye contour, while visibly reducing puffiness and dark circles. Eyes are render rejuvenated.



# Full Body Experiences

## **Lumafirm Body Firm & Glow**

60 minutes | \$149 / \$159

Firm, glow, and go! Feel confident looking your very best with the Lumafirm Firm & Glow Body Wrap, with a luxurious dry brushing technique, and relaxing massage. Enriched with an exclusive blend of natural extracts, the latest in peptides, and amazing green technology for exceptional results. Deeply repairing, smoothing and de-aging, this wrap will leave you velvety soft and instantly firmer. The bright, fresh aroma will relax and re-energize you. Experience the visible difference for yourself.

## **Papaya-Pineapple Crème Fraiche Body Wrap**

50 minutes | \$129 / \$139

This papaya-pineapple body wrap is enriched with crème fraiche natural butter, calcium, vitamin A, pomegranate extract, and other de-aging ingredients such as wrinkle smoothing collagen and firming elastin. Encase your sense in this heavenly aromatic escape, with vanilla and tropical fruits. Your skin will be deeply nourished and rejuvenated revealing an astonishing youthful look.

## **Therapeutic Moor Mud**

50 minutes | \$119 / \$129

This scientifically-proven holistic, healing black magma dates back to ancient civilizations. Warm Moor Mud rich in natural vitamins, minerals, and enzymes, is luxuriously applied to your entire body. Relieving sore muscles, aches and pains as your body's circulation is stimulated. Immerse yourself with the healing scent of pine, as this is an amazing body detox treatment.

## **Saltmousse-Glow Full Body Scrub**

40 minutes | \$89 / \$99

Increase negative ions released into the skin for a healthier and softer body. French sea salt and organic fruit extracts enriched in pro-vitamin A and carrot seed oil are applied to your body, re-creating the seawater ambiance. An opulent body balm is applied, leaving you with a beautiful complexion and glowing head to toe.

# Waxing Services

<b>Eyebrow</b>	<b>\$19</b>
<b>Chin</b>	<b>\$14</b>
<b>Lip</b>	<b>\$14</b>
<b>Underarms</b>	<b>starting at \$34+</b>
<b>Half Leg</b>	<b>starting at \$44+</b>
<b>Full Leg</b>	<b>starting at \$64+</b>

# Nail Services

## Healing Waters Signature Manicure

60 minutes | \$54 / \$59

Complete with a full detailed manicure, this signature treatment is an indulgent experience. Moisturizing, hydrating, de-stressing, and exfoliating, your hands are rendered hydrated and silky smooth. Includes a decadent hand massage and a tension relieving massage of the arms.

## Essential Manicure

30 minutes | \$29 / \$34

A nourishing and deeply hydrating manicure. Complete with perfectly manicured nails and instantly softer hands.

## Gel Manicure

60 minutes | \$49 / \$54

A dry manicure treating the cuticles, shape and buff the nails. Gel polish application followed by an exfoliating scrub and hydrating lotion to revitalize your hands.

## Gentleman's Man-icure

30 minutes | \$34 / \$39

A hydrating and exfoliating treatment featuring a nail trim, file, and soak followed with an invigorating hand massage to promote tension relief.

<b>Gel Removal</b>	<b>\$9</b>
<b>French Polish Upgrade</b>	<b>\$9</b>
<b>Paraffin Hands/Feet</b>	<b>\$9/\$14</b>

# Spa Packages

## Healing Waters Signature Pedicure

60 minutes | \$69 / \$74

Complete with a meticulous pedicure, this signature treatment is an indulgent experience! Moisturizing, hydrating, de-stressing, and exfoliating, your feet are rendered silky smooth. Includes a decadent foot massage and tension relieving massage of the legs.

## Essential Pedicure

30 minutes | \$44 / \$49

Your feet are immersed in a soothing foot bath. Cuticles are trimmed and nails are filed. Conclude with your favorite polish application.

## Gentlemen's Pedicure

50 minutes | \$54 / \$59

An invigorating treatment that will smooth rough feet and ease tension. Begin with a soothing footbath to melt the stress away. Focus will be on nail and cuticle care, and dry skin. Complete with a scrub, mask, and hydrating foot massage.

## Mother and Daughter Retreat

\$324

Essential Deep Cleansing Facial  
Essential Manicure  
Essential Pedicure

## Couples at Cacapon

\$479

Couples Massage 60 minutes  
Couples Facials (Gentlemen's or Essential Deep Cleansing)  
Pedicures for two (Gentlemen's, Essential)

## For the Fellows

\$224

Therapeutic Massage 60 minutes  
Gentlemen's Facial  
Choice of Gentleman's Man-icure or Gentlemen's Pedicure

## Healing Waters Indulgence

\$414

Therapeutic Massage 60 min  
Choice of High Performance Facial  
(Lumafirm or Luminous "C" & "Sea")  
Papaya-Pineapple Crème Fraiche Body Wrap  
Essential Manicure  
Essential Pedicure

## Miss to Mrs.

\$434

Therapeutic Massage 60 min  
Lumafirm Lift & Glow Facial  
Lumafirm Body Firm & Glow Body Treatment  
Essential Manicure  
Essential Pedicure

