



#### **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.



**CACAPON RESORT  
STATE PARK**

818 Cacapon Lodge Drive | Berkeley Springs, WV 25411  
(304) 258-1022 opt. 5



*almost heaven*



# MASSAGE SERVICES

## THERAPEUTIC MASSAGE

60/90 minutes | \$114 - \$124 / \$149 - \$159

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 | \$149 - \$159 / \$209 - \$219

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 | \$134 - \$144 / \$179 - \$189

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 | \$239 - \$254 / \$339 - \$349

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 | \$309 - \$324 / \$424 - \$439

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

60 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 | \$134 - \$144 / \$204 - \$214

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.

# BODY EXPERIENCES

## LUMAFIRM BODY FIRM & GLOW | \$159 / \$169

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 | \$139 / \$149

This papaya-pineapple body wrap is enriched with crème fraiche natural butter, calcium, vitamin A, pomegranate extract, and other deaging 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.

## SALTMOUSSE-GLOW FULL BODY SCRUB | \$99 / \$109

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.

## BACK TREATMENT | \$79 / \$89

A sublimely relaxing, purifying, and nourishing treatment for the back. This experience begins by applying steam to open pores followed by cleansing, exfoliation, extractions, mask and select moisturizer according to skin type. Back treatments are particularly fitting during bathing suit season, those who wear low back attire, or anytime there is a concern with back exposure.





# NAIL SERVICES



## HEALING WATERS SIGNATURE MANICURE | \$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 | \$29 / \$34

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

## GEL MANICURE | \$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 | \$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>           | \$9      |
| <b>FRENCH POLISH UPGRADE</b> | \$9      |
| <b>PARAFFIN HANDS/FEET</b>   | \$9/\$14 |

## HEALING WATERS SIGNATURE PEDICURE | \$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 | \$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 | \$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.

## TRAIL THERAPY

60/90 minutes

\$134 - \$144 / \$204 - \$214

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.

## REFLEXOLOGY SESSION

45 minutes | \$84

Reflexology Enhancement  
with select services \$20

## REIKI

45 minutes | \$84

Reiki is an assisted relaxation technique where the practitioner encourages the guests health and well being with a series of calming hand positions said to inspire meditation, mindfulness, and a renewal of good energy. Reiki can assist in guests mind/body connection, ability to relax and meditate, and increase emotional/physical healing through this deeply relaxing service.

Reiki Enhancement  
with select services \$20

## MASSAGE ENHANCEMENTS

Aromatherapy | \$9.00

Foot Scrub | \$9.00

Cupping Therapy | \$15.00+

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

# SPA PACKAGES

## MOTHER AND DAUGHTER RETREAT | \$344

- Essential Deep Cleansing Facial
- Essential Manicure
- Essential Pedicure

## COUPLES AT CACAPON | \$529

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

## FOR THE FELLOWS | \$244

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

## HEALING WATERS INDULGENCE | \$444

- 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. | \$464

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

# FACIAL SERVICES

## HEALING WATERS SIGNATURE FACIAL | \$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” | \$139 / \$149

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 | \$134 / \$144

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 FACIAL | \$119 / \$129

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 | \$104 / \$114

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 | \$104 / \$114

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 | \$64 / \$74

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 and the hands of your Esthetician melt away your stress and help you unwind to look and feel blissfully relaxed.

## DERMAPLANE WITH CUSTOMIZED FACIAL | \$199 / \$209

### DERMAPLANE | \$94 / \$104

This truly unique and relaxing experience is about recapturing your natural radiance. With help of skillful hands of your Esthetician, Dermaplaning is highly effective in minimizing the appearance of fine lines, wrinkles, and acne scars by removing the top layer of skin cells from the stratum corneum along with vellus hair while leaving skin smooth, supple, and vibrant.

# FACIAL ENHANCEMENTS

## LUMINOUS AGE-DEFYING AMPOULES | \$30

Enhance your Essential Deep Cleansing, Lumafirm Lift & Glow, 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 rendered rejuvenated.

# WAXING SERVICES

|           |                   |
|-----------|-------------------|
| EYEBROW   | \$19              |
| CHIN      | \$14              |
| LIP       | \$14              |
| UNDERARMS | starting at \$34+ |
| HALF LEG  | starting at \$44+ |
| FULL LEG  | starting at \$64+ |
| BIKINI    | starting at \$54+ |
| BRAZILIAN | starting at \$74+ |

