



Just as the graceful trillium is a rarity, Seven Springs' Trillium Spa is a sanctuary unlike any other. Ideal for first-time and veteran spa-goers, Trillium is the perfect place to escape the stress and commotion of everyday life. Inspired by the beauty, delicacy and rarity of this exceptional flower, Trillium is the place to relax, unwind and renew. Come up and rejuvenate your mind, body and spirit. Embrace the ultimate in relaxation and immerse yourself in the tranquil surroundings. After indulging in the luxurious intuitive care menu, you will be refreshed and re-energized.

**Book now: 582-682-7123**



# MASSAGE THERAPIES

## **\*\*SIGNATURE TRILLIUM MASSAGE**

Our signature massage treatment. Your massage therapist will combine the use of calming aromatic oils, warm compresses and dry brush exfoliation to the hard-to-reach areas of your back for a truly unique massage experience.

NON PEAK: 50min \$165 | 80min \$240  
PEAK: 50min \$180 | 80min \$255

## **\*\*SWEDISH MASSAGE**

Designed to focus on relaxation, our therapists use long and gliding strokes to restore balance in your mind and body. Perfect for the novice spa guest, this traditional full body massage uses light to medium pressure.

\*Available as a precision service focusing on upper or lower back. Precision services exclude extremities.

NON PEAK: 50min \$160 | 80min \$235  
PEAK: 50min \$175 | 80min \$250

## **\*\*DEEP TISSUE MASSAGE**

This massage technique works deeply into the muscles to benefit areas of chronic discomfort. We recommend this service for those who have previously had massage therapy and are looking for a moderate to firm massage.

\*Available as a precision service focusing on upper or lower back. Precision services exclude extremities.

NON PEAK: 50min \$170 | 80min \$250  
PEAK: 50min \$185 | 80min \$265

## **\*\*WARM STONE MASSAGE**

Our warm stone massage is a specialty Swedish massage incorporating smooth heated basalt stones to encourage deep relaxation. This selection is a deeply soothing, relaxing form of massage that will help release tight muscles, allowing your whole body to relax like never before.

NON PEAK: 50min \$170 | 80min \$250  
PEAK: 50min \$185 | 80min \$265

**\*\*Select Trillium Spa menu items are subject to Peak Pricing during weekends and holiday periods.  
Please call for more information or to schedule your appointment with Trillium Spa.**





# MASSAGE THERAPIES

## WARM CANDLE LIGHT OIL MASSAGE

Swedish massage using a soy, shea butter and essential oil based candle to create a unique form of therapy. This deeply moisturizing, aromatic experience that relaxes both body and mind is like wrapping yourself in a cocoon of warmth and fragrance. Candle made using soybean oil, shea butter, jojoba oil, coconut oil, vitamin E and almond oil.

50min \$180 | 80min \$260

## HAND, FOOT AND HEAD MASSAGE

This concentrated massage will hone solely on the specified areas to ease stress away.

50min \$160

## MOTHERHOOD MASSAGE

With this nurturing massage, your body and baby will appreciate this much needed care. Your therapist will focus on positioning that best meets the comforts of you and your baby.

50min \$160

## BAMBOO MASSAGE

This exotic full body massage is performed with warm bamboo sticks of varying shapes and sizes. Pressure is adjusted to your personal level of comfort, from a blissful relaxation to therapeutic deep tissue massage.

80min \$250

## CUPPING MASSAGE

Cupping massage therapy is effective for pain management, body contouring and inflammatory conditions. Cupping creates a suction and negative pressure effect. The therapy is often used to soften tight muscles, loosen adhesions and lift connective tissue.

50min \$165 | 80min \$240

### MASSAGE ENHANCEMENTS

Warm candle light oil	\$25
Springs rain shower	\$30
*30 minutes added to service	
Hydrosoak	\$30
*30 minutes added to service	
Aromatherapy oil	\$10
Dry brush exfoliation	\$15
Hand and foot moisture melt	\$30



# Packaged Services

## CORTINA'S OASIS

Your massage therapist will combine the use of calming aromatic oils, warm compresses and dry brush exfoliation to the hard-to-reach areas of your back during our 50-minute Signature Trillium Massage treatment. As an added delight, this service will be followed by our 50-minute Signature Trillium Facial, which is recommended for all skin types. This treatment includes brief skin analysis, cleansing, exfoliation, facial masque, warming mitts, steamy mist and moisturizing treatments using our finest quality skin care.

NONPEAK: \$300

PEAK: \$315

## GUNNAR'S GETAWAY

Begin your spa getaway with an aromatic journey into relaxation with our 50-minute Signature Trillium Massage complimented by our 50-minute Signature Trillium Facial. This getaway package is then completed with a Classic Pedicure.

NONPEAK: \$380

PEAK: \$395

## WAGNER'S WRAP OR SCRUB

First, we whisk away all your dry skin worries using your choice of a moisturizing 50-minute Wrap or a delightful 50-minute Seasonal Scrub. During your choice of service, we soften your skin followed by your muscles during a 50-minute Swedish Massage.

NONPEAK: \$280

PEAK: \$295



# Couples Services

## COUPLES EXPERIENCES

Any of our services can be offered within the couples room upon request.

## COUPLES ESCAPE 80min

Remineralize, hydrate & restore balance with our selection of soaks. Immersed in Seven Springs waters with the gentle whirlpool jets, these luxurious tubs will help you melt your stress. Afterwards, unwind with our 50-minute Signature Trillium Massage treatment for a truly unique massage experience.

NONPEAK: \$395

PEAK: \$410

## COUPLES ULTIMATE RENEWAL 110min

Enjoy the Ultimate Renewal with your partner by getting lost in our Seven Springs waters while soaking in our couples whirlpool tub. Afterwards, enjoy a 50-minute Seasonal Scrub to renew your skin's hydration and youthful appearance. This ultimate experience is finished out with an aromatic journey during our 50-minute Signature Trillium Massage.

NONPEAK: \$650

PEAK: \$665



**\*\*All couples and packaged services are subject to peak pricing & room availability.**

**\*A customary 20% gratuity is added at the time of service**



# BODY TREATMENTS

## MOOR MUD WRAP

A warm moor mud, rich in natural vitamins, minerals, and enzymes, is generously applied to your entire body. Sore muscles, aches and pains are soothed as your body's circulation is stimulated and stress is reduced. Ideal for those prone to muscle pain or fatigue, rheumatism, arthritis and post-sports injuries.

50min \$165

## SUNDAE'S BEST WRAP

This chocolate mask is chock full of powerhouse enzymes that soften skin, while helping protect and revitalize from the inside. CoQ10, along with ginseng extracts and live carrot cells, absorbs quickly into the skin, improving softness as their powerful antioxidants help boost your body's natural defenses against wrinkles, sagging, and dryness.

50min \$165

## HONEY COCOON WRAP

Skin is nestled in a cocoon of Texas Wildflower honey, removing unwanted dry patches, leaving behind nothing but softness in its wake.

50min \$165

## SEASONAL BODY SCRUB

A seasonal, luscious, and refreshing exfoliation that renews skin, leaving softness and an absolutely tempting scent.

**\*Ask our spa attendant what seasonal scrubs are currently available**

50min \$155

## ONE FINE DAY SCRUB

Help skin hit the reset button with this creamy, whipped, gentle cleanser that exfoliates and moisturizes all in one! One Fine Day gently sloughs away old cells using micro sugar cleansers, and leaves skin instantly nourished as shea butter's many vitamins quickly penetrate to hydrate outer layers. This special formula is effective without being harsh - it provides calming and nourishing relief for a healthy glow.

50min \$155

## MOTHERHOOD SCRUB

With the choice of any scrub, your body will appreciate this much needed care. Your therapist will focus on positioning that best meets the comforts of you and your baby for an all over body exfoliation.

50min \$155

## HONEY BOURBON CIDER SCRUB & WRAP

Shoulders, arms and legs are greeted with a hot apple cider body spritz - brimming with nutrients like vitamin E and coconut oil. Things get a bit spirited when a Kentucky whiskey infused scrub exfoliates away unwanted dry patches, leaving behind nothing but softness in its wake. Skin is then nestled into a cocoon of Texas Wildflower honey before finally receiving a deep drink of glow with a small batch bourbon & cocoa seed butter body oil.

80min \$250

# FACIALS

## SIGNATURE TRILLIUM FACIAL

Our personalized Signature Trillium Facial is recommended for all skin types. This treatment includes brief skin analysis, cleansing, exfoliation, facial masque, warming mitts, steamy mist and moisturizing treatments using our finest quality skin care.

50 min \$170

80 min \$240

## SKIN BOOSTING FACIAL

Resurface your skin using our glycolic, lactic & fruit acid peel. This Medical-grade treatment includes a cooling algae masque to sooth and hydrate your skin instantly.

\*recommended to avoid prolonged exposure to sun and wind for at least 24 hours.

50 min \$180

## REPLENISHING MOISTURE FACIAL

Experience our replenishing moisture treatment made for drier skin. Our Nobel-prize winning moisturizing ingredients will balance the skin's lipid and moisture content for an even complexion full of radiance.

50 min \$180

## ANTI-AGE FACIAL

Counteract visible signs of aging with our anti-age cell treatment. This facial will target the reduction of lines and wrinkles while increasing elasticity and firmness.

80 min \$280

## SEVEN SPRINGS SERENITY FACIAL

Get lost in our ultimate relaxation experience with our luxury facial, which focuses on hydration and firming using award winning Farmhouse Fresh products. This treatment includes products using retinol.

\*Not recommended for expectant mothers.

120 min \$300

### Facial Enhancements

Eye & lip renewal \$30

Manual microderm \$20  
\*increased exfoliation

Enzyme peel \$20  
\*increased exfoliation

Collagen veil mask \$35

Back facial \$60  
\*30 minutes added to any facial



# SALON SERVICES

## CLASSIC MANICURE OR PEDICURE

Customized nail care for hands or feet using organic product lines infused with botanical essences that change with the seasons. Our classic service includes: soak, exfoliation, nail shaping, cuticle care, massage to hands or feet, hydrating moisturizers, paraffin dip or seasonal mask, and nail polish application.

MANI \$70 | PEDI \$80

### SHELLAC POLISH AVAILABLE FOR MANICURE \$5 additional

*\*Moisturizers & paraffin will be excluded from service.*

## MILK & HONEY PEDICURE

Sweet, buttery nectar milk warms and softens skin before a sweet milk scrub down. Famished feet and toes are then glazed with a hot honey wrap and left steaming under fresh towels right before a milk lotion massage nourishes skin from beginning to end.

50 min \$85

## SPORTS MANICURE OR PEDICURE

Geared toward men who need to relax and find out what women are always raving about. Once you experience this revitalizing manicure or pedicure, you will appreciate how good your hands and feet can feel. Includes: foot or hand soak, scrub, nail grooming, foot or hand massage and hydrating warm paraffin.

MANI \$65 | PEDI \$75

## REFLEXOLOGY PEDICURE

The joy of having a pedicure and reflexology massage all in one. The relaxation of our classic pedicure that includes soak, exfoliation, nail shaping, cuticle care, and a reflexology massage on your feet: Reflexology is Asian art therapy that uses a gentle pressure and supports full body wellness to help ease tension. Followed by nail polish application, leaving your feet soft and pampered.

80 min \$130

## WARM STONE PEDICURE

Immerse in the warmth of basalt stones as your feet are gently massaged and nurtured. This pedicure has all the inclusions of our Classic Pedicure, plus stones to soothe and revitalize.

80 min \$130



## SALON ENHANCEMENTS

French polish application	\$20
Paraffin dip	\$35
Additional leg massage	\$30
*adds 30 additional minutes	
Detox pedicure products	\$20
Shellac or gel removal	\$20
*adds 30 additional minutes	
*no acrylic, hard gel or dip system please	

# TRILLIUM SPA DAY PASS

If you want to experience select amenities at Trillium Spa, our Day Pass grants you access to the following:

- Steam Room
- Sauna
- Relaxation Room

Day Pass Price & Reservations:

- \$40 per person
- Call 582-682-7123

Reservations are required. Availability restrictions may apply based on signature Trillium Spa service reservations. Guests should be age 18 or older, and any minors must be accompanied by an adult.





## **Alcohol & Tobacco**

Alcohol/Tobacco Trillium Spa is a smoke-free facility. Alcohol is not permitted within the spa. For your health and safety, we do not recommend excessive consumption of alcohol before or after your massage, sauna, steam, or body treatments. The detoxifying effects of these services along with the dehydrating effects of excessive alcohol consumption are contraindicated.

## **Age Limits**

Guests 18 years of age or younger are welcome to enjoy any of our manicure or pedicure services. We do not offer massage, body treatments or facials to guests under the age of 18 due to co-ed facilities.

## **Groups**

Groups For groups interested in Saturday reservations, please call at least six weeks before desired date. Spa cancellation policy applies to groups. Please call the spa for more information and spa tour reservations.

## **Prices & Gratuities**

Prices/Gratuities All prices and services subject to change without notice. For your convenience, a 20% service charge will be added to all services, also subject to change.

## **Cancellations**

Cancellation Policy All re-scheduling or cancellations must be received no later than the day before your appointment. With this adequate notice, no charges apply. Your appointment is transferable to another designated guest, but is nonrefundable. All missed appointments will be responsible for 100% charge of total services reserved.

## **Lost Items**

Belongings Spa lockers are available for our spa guests for clothing and shoes. Please do not bring valuables as Trillium Spa cannot be responsible for lost or stolen items. Bringing a bathing suit may be recommended or required for use with certain spa experiences. Bathing suits are not supplied by the spa.

## **Location & Parking**

The Trillium Spa is located behind the Hotel Main Lodge and is not attached to the hotel. During blooming seasons, it is beautifully landscaped with White Trillium flowers to make your short walk from the Hotel or Center Lobby a pleasant journey. For your first visit, we recommend allowing plenty of time to locate the spa. For every visit, please allow ample time to park and/or ride the resort shuttle in the event parking is not available. Designated parking will be available for spa guests during spa visit only. Trillium's front desk team will assist based on limited availability.