

DAY SPA

at Granlibakken



MASSAGE

Therapeutic Massage

30 min \$60 | 60 min \$95 | 90 min \$130 | 120 min \$180

A combination of techniques customized to provide relaxation, ease muscle fatigue and increase your circulation. Organic sunflower oil is used in all our massages and body treatments.

Deep Tissue Massage

30 min \$60 | 60 min \$95 | 90 min \$130 | 120 min \$180

A deeper pressure massage focusing on specific muscles to relieve discomfort, muscle spasms and overuse injuries. We'll flush away that sore lactic acid in your muscles resulting in better overall circulation. Be sure to stay hydrated!

Prenatal Massage

30 min \$70 | 60 min \$105 | 90 min \$140 | 120 min \$190

A certified therapist trained in prenatal massage to help you and your baby relax. Face down belly pillows available upon request.

Hot Stone Massage

30 min \$70 | 60 min \$105 | 90 min \$140 | 120 min \$190

Smooth heated stones from the shores of Lake Tahoe are used to warm your muscles and melt away stress. This amazing treatment promotes deep relaxation and warms your soul.

Couples Massage (for two)

30 min \$140 | 60 min \$210 | 90 min \$280 | 120 min \$380

Share a room and a Tahoe massage experience with your husband/wife, girlfriend/boyfriend, mother/daughter or best friend. You'll enjoy your massages together in the same room by two professional therapists.

SKIN CARE & FACIALS

A Refreshing Facial

30 min \$65

This Dermalogica® quick cleansing facial will rejuvenate circulation and offer a boost for your skin. It's a wonderful introduction to facials or refreshing pick-me-up.

Clear Start Acne Facial

45 min \$90

A Dermalogica® cleansing acne facial includes extraction and is especially fit for teens and those needing a little bit more clarity.

Spa Classic Facial

60 min \$105

A custom facial filled with multi-vitamins to replenish your face, neck and décolleté. A nice balance of cleansing, nourishing and relaxing.

Tahoe Anti-Aging Facial

90 min \$160

We give a lot more attention to your skin's vitality, elasticity and specific areas of concern using the advanced BT-Micro current technology for an ultrasonic peel and serum penetration...giving you the smooth freshness you're looking for.

Facial Add-Ons

BT Micro Ultrasonic Peel & Power Seal 15 min \$30

Hand Resurfacing Treatment 15 min \$30

Eye Lash Extensions

Full Set 2 hours \$150

Fill 90 min \$95

Fill 60 min \$75

SPA PACKAGES

Hiker's Paradise Spa Special

90 min \$150

Massage and Reflexology Foot Massage

Massage & Facial Combo

60 min \$125

90 min \$160-\$170

120 min \$200

Bliss Therapy

2 hrs \$205

Massage, Warm Aromatherapy Body Wrap and Sinus & Head Clarifying Treatment

Sweetheart Treat

90 min \$150

Massage and Warm Aromatherapy Body Wrap

Essential Extremities

90 min \$160

Classic Spa Facial and Hand & Foot Moisturizing Treatment

Renewal Spa Day

3 hrs \$310

Massage, Aromatherapy Body Wrap, Classic Spa Facial and Hand & Foot Moisture Treatment

Tahoe Getaway (for two)

2 hrs \$390

Couple's Massage and All Natural Face Massage



BODY TREATMENTS

All-Natural Face Massage

30 min \$65 | Add to any massage or body treatment \$55

Our massage therapists offer this relaxing all-natural face massage using organic rose neroli facial oil, lavender mist



and an herbal moisture serum. You'll enjoy warm towels, uplifting massage techniques and the GuaSha healing tool from China and Ayurvedic Kansa wand from India. This special treatment is very calming to the mind.

Sinus & Head Clarifying Treatment

30 min \$65 | Add to any massage or body treatment \$55

A pressure relieving face and scalp massage using organic eucalyptus oil, warm towels, sinus relieving massage techniques and the GuaSha healing tool from China and Ayurvedic Kansa Wand from India. A refreshing mind clearing experience.

Warm Aromatherapy Body Wrap

30 min \$65 | Add to any massage or body treatment \$55

You'll be massaged with aromatherapy infused oils and wrapped up in a warm blanket cocoon to help open your pores for deep hydration and moisturizing benefits. Choose between Relax, Detox or Therapeutic Sports blends.

Hand & Foot Moisturizing Treatment

30 min \$65 | Add to any massage or body treatment \$55

Enjoy an aromatherapy massage and moisture heat wrap for your dry, tired tips and toes! Choose between Tara Spa Therapy's® Relax, Detox or Therapeutic Sports blends. You'll feel like walking on water after this treatment!

Reflexology Foot Massage

30 min \$65 | Add to any massage or body treatment \$55

Try this therapeutic healing foot massage known to relieve full body muscle tension, increase energy and revitalize your entire being.