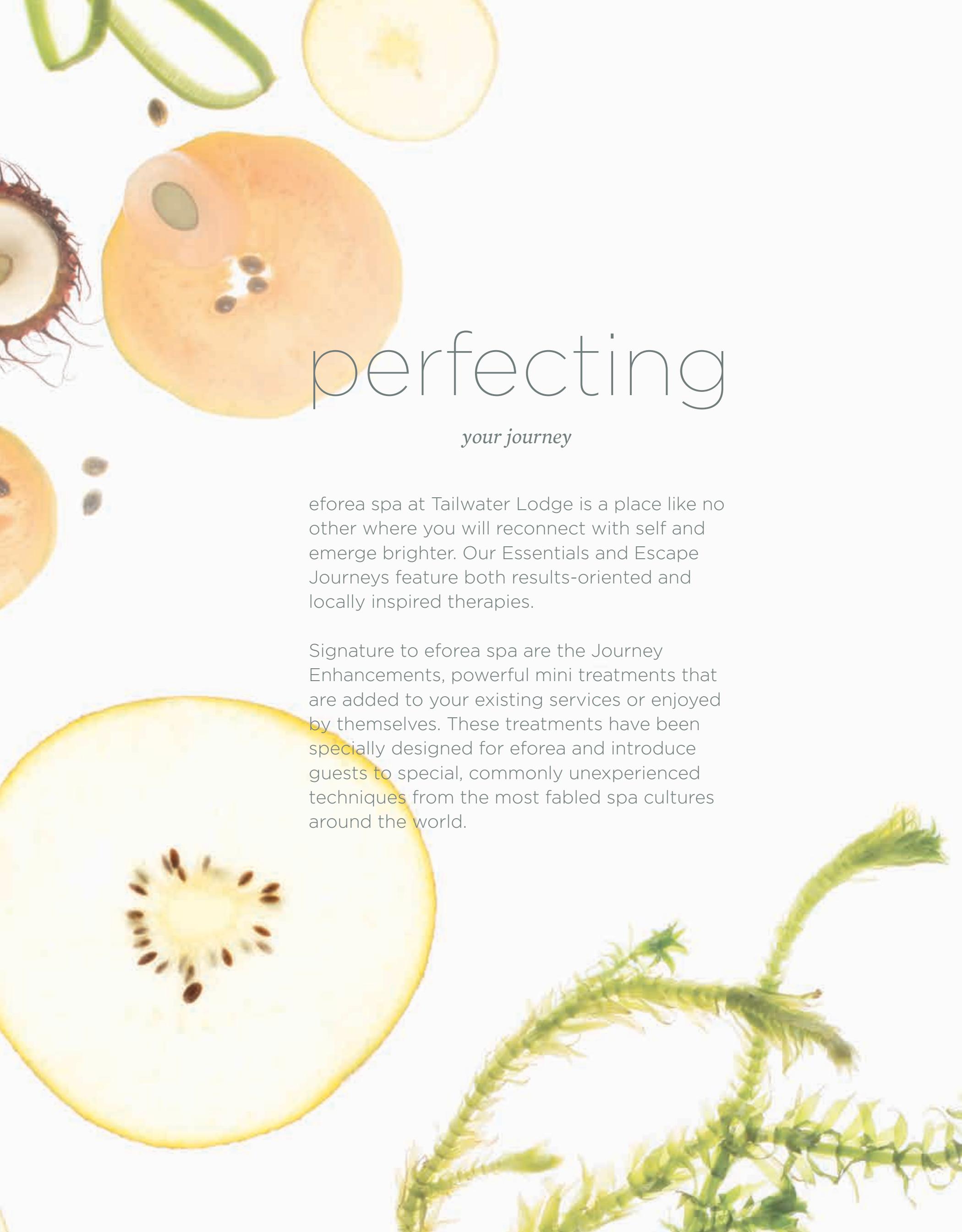




emerge
brighter



perfecting

your journey

eforea spa at Tailwater Lodge is a place like no other where you will reconnect with self and emerge brighter. Our Essentials and Escape Journeys feature both results-oriented and locally inspired therapies.

Signature to eforea spa are the Journey Enhancements, powerful mini treatments that are added to your existing services or enjoyed by themselves. These treatments have been specially designed for eforea and introduce guests to special, commonly unexperienced techniques from the most fabled spa cultures around the world.



head & face

Find clarity. This illuminating experience draws from mystical practices of ancient Indian massage and powerful Thai therapies.

shoulder, neck & scalp

Lighten your load. This deep relaxation experience draws from Chinese acupressure, modern science of trigger point therapy, and traditional methods of Swedish massage.

feet

Ground yourself. This foot and legs experience combines the richness of ancient Egyptian reflexology with spiritual concepts of Native American healers.

*Each enhancement is 25 minutes long.
\$70 each if booked separately or
\$60 when booked with another service.*



essentials
journey



NATUROPATHICA CLEAN. EFFECTIVE. HOLISTIC.

Sensorial skin care products that are clinically formulated to stimulate, firm and restore skin without harmful synthetic

ingredients. Designed to work synergistically in treatments, proven botanicals like calendula, aloe and seed oils nourish

the skin, while clean cosmeceuticals like plant stem cells, retinol and peptides deliver visible results.

face

Bio-Energy Facial

60MIN \$145

A luxurious facial customized to address concerns such as clogged pores, sun damage, fine lines and uneven skin tone. Skin becomes luminous and re-energized to brighten and firm.

Moisture Drench Hydration Facial

60MIN \$145

Immediately replenish the skin with deeply hydrating botanical blends. Soothing hibiscus enzyme peel smooths and calms stressed skin. Facial massage leaves skin radiant and protected from harsh elements.

Sooth & Restore Sensitive Facial

60MIN \$145

Ideal for sensitized or rosacea-prone skin, this facial is designed to calm inflammation with Manuka Honey and Calendula and an Aloe mask to provide immediate relief for irritated skin.

Wrinkle Repair Firming Facial

60min \$145

A reparative treatment combating visible signs of aging. Active ingredients of Argan plant stem cells, peptides and encapsulated retinol work together to help reduce fine lines and wrinkles, improving firmness.

Men's Customized Facial

60min \$145

Customized for men's skincare needs, this facial effectively renews skin tone and texture while helping to soothe and restore devitalized, sun-damaged or razor burned skin.

massage

Balance Thermal Massage

60MIN \$125

90MIN \$175

With a combination of heated Himalayan Salt Stones, massage and Ginger Root Bath and Body Oil your mind will be grounded, muscle tension eased and internal balance restored.

Tailwater Custom Massage

60MIN \$125

90MIN \$175

Through consultation with your therapist this massage incorporates your choice of relaxing lavender, stimulating arnica or detoxifying ginger with a combination of massage techniques to promote relaxation and relieve fatigue.

Sports Massage

60MIN \$125

90MIN \$175

Perfect for the sports enthusiast, this deep tissue massage alleviates muscle soreness, aches and pains using Alpine Arnica and specific treatments.

Prenatal Rest & Renew Massage

60MIN \$125

A deeply restorative massage that is designed for moms-to-be to help improve sleep, reduce stress and soothe muscle fatigue.

body

Lemon Verbena Body Polish

60MIN \$125

90MIN \$175

Lemon Verbena and gentle buffing grains blended with hydrating Aloe Vera and Shea Butter leave skin smooth, radiant and deeply nourished followed by luxurious body lotion application replenishing the skin.

Espresso Mud Detoxifying Wrap

60MIN \$125

90MIN \$175

This detoxifying, rich mud wrap blends sweet earthy notes of Indian tobacco and Sarsaparilla combined with volcanic Pumice and Arabica coffee to exfoliate the skin and help draw out impurities.

massage

Alpine Deep Tissue Massage

60MIN \$135

90MIN \$185

Especially for athletes and stress relief, this deep tissue treatment is designed to relax sore muscles, tendons and stiff joints with enhancements of Myofascial Release and Trigger Point Therapy and the best of Nature's Pharmacy: Arnica, Sweet Birch and Magnesium.

Soothing Currents Stress Relief

60MIN \$135

90MIN \$185

Aromatherapy massage using flowing strokes will unwind the body and re-boot the mind, transforming stress into balance. Choose from our exotic blends featuring ingredients such as grounding Cardamom, calming Neroli, clarifying Balsam Fir and energizing Basil.

body

Woodland Stream Skin Conditioning

60MIN \$135

90MIN \$185

Beginning with hypnotic massage using warm, mineral-rich seaweed serum infused with revitalizing Japanese plum extracts and followed by a detailed massage with our sea fennel massage wax to deeply seal in moisture.

River Falls Invigorating Treatment

60MIN \$135

90MIN \$185

Lemon Verbena and gentle buffing grains blended with Aloe Vera, Oat Protein and Shea butter promote smoothing hydration. A two-step body polish and hydrating wrap with a moisturizing scalp and stimulating foot treatment leaves the skin radiant and deeply nourished.

combination

Emerge Brighter Experience

90MIN \$185

Begin with Hot and cold salt stone massage to decongest sinuses and relieve muscle tension. Followed by herbal infused hot oil scalp stimulation and Mighty Mint foot rejuvenation as you are cocooned in moist heat.

Forest Roots Grounding Experience

90MIN \$185

Earthy Indian Tobacco and Sarsaparilla combined with Pumice will exfoliate the skin and draw out impurities. A revitalizing massage follows to ease muscles and joints.



escape
journey



NATUROPATHICA CLEAN. EFFECTIVE. HOLISTIC.

Nourishing body oils, remedy gels and balms with regionally indigenous botanicals like Birch and Balsam Fir restore sore muscles,

enhance vitality, and relieve stress. Naturopathica is a New York based company that believes in the healing power of plants,

with a commitment to clean, sustainable ingredients.

eforea spa at Tailwater Lodge

phone (315) 298-0720

web TailwaterLodge.com



TAKE TIME

Give yourself plenty of time to check-in and enjoy our private saunas, showers, co-ed outdoor whirlpool and relaxation lounge by arriving at least 30 minutes prior to your treatment time. This will relax and warm your muscles, aiding the therapeutic benefits of your services. Both in consideration of our other guests and in order for you to receive your full service, being on time for your appointment is greatly appreciated. Tardiness will result in a shorted service.

CANCELLATION POLICY

Please notify us at least 24 hours in advance to reschedule or cancel your appointment to avoid being charged 100% of your treatment fee. A credit card is required to hold your reservation at the time of booking your service.

ADMINISTRATIVE FEE

A 20% administrative fee will be automatically added to your service upon check out. 18% will be applied to your service provider as gratuity and 2% will cover administrative costs. You may choose to adjust the administrative fee at your discretion.

AGE REQUIREMENTS

Minimum age is 16 for all spa treatments and utilization of the locker room facilities. All guests from 16 to 18 must be accompanied by an adult.

COUPLES ROOM

Our Couples Room promotes relaxation, reconnection and rejuvenation. You are welcome to select a variety of our treatments to enjoy in this room.

SPA ATTIRE AND COMPLIMENTARY AMENITIES

Upon arrival to eforea spa, we will provide you with a robe, towel and sandals and you will gain access to our spa facilities that include lockers, showers, Finnish Cedar Sauna, co-ed whirlpool (bathing suits required) and co-ed relaxation lounge with tea, snacks and enhanced waters.

We recommend that you do not bring jewelry or other valuables. eforea spa will not be responsible for lost or stolen items or valuables.

CELL PHONES

Cell phones are not permitted within the spa and if brought in, we request that they be silenced and put away in your locker.

GIFT CERTIFICATES

Gift Certificates are available online or at the eforea spa reception desk.

SPA PARTIES AND WELLNESS EVENTS

The eforea spa team would love to coordinate your spa party or wellness event. We can facilitate spa parties, groups, and wellness events with mini-spa services, private reserved spa facility, boot camps, fun runs and fitness classes. Please call or email us with inquiries.