The Indigo Spa
Relax and Recover
Our Signature Services & Rituals, specifically designed for The Indigo Spa®, were created to assist in healing and deep relaxation. Choose one of our signature services for an experience exclusive to our guests.

Please be aware that our cancellation policy is 7pm the night before. For your convenience an automatic 20% service charge accompanies all spa services. Should you wish to leave something different, our Spa Receptionist will be happy to assist you.
Swedish Massage: 50/80 Minutes
Unwind your body and mind with a gentle, relaxing full body massage.

Sore Muscle Deep Tissue Massage: 50/80 Minutes
Our deep pressure massage is beneficial in releasing chronic tension, reducing soreness, and loosening tight muscles.

Arnica and Warm Towel Massage: 50/80 Minutes
Your sinuses open to a steaming bowl of hot water and eucalyptus oil as this firm therapeutic massage penetrates your tight muscles. Hot towels and heat packs will be applied as Arnica Oil is massaged into your sore body, reducing inflammation and creating all-natural pain relief. As a special treat for your tired feet our Mighty Mint Rescue Cream stimulates circulation and calms strained muscles.

Indigo Custom Massage: 50/80 Minutes
Whether you’re in need of deep tissue work or just to relax, this service is perfect for you. Choose one of our natural therapeutic oils and your therapist will customize your massage to suit your individual needs. To assist with healing, this signature service includes a cool, smooth amethyst crystal face massage.

Oil Options/Benefits

**French Lavender** - promotes relaxation, helps with insomnia and anxiety; relieves burned or irritated skin

**Ocean** - opens lungs, reduces inflammation and soreness, provides a cooling effect

**Cardamom Amber** - warming, penetrates deeply into sore muscles

**Essential Omega Fresh Berry** - boosts hydration, high in omegas, promotes healing

**Arnica** - all natural pain relief and anti-inflammatory, reduces bruising

**Apricot** - highly hydrating and moisturizing, anti-aging, tightening, firming & decreases the appearance of stretch marks

**Unscented** - for those with allergies, this is a nut free, unscented oil

Warm Stone Massage: 50/80 Minutes
Warm stones and Cardamom Amber Oil are used to melt away tension and loosen stiff muscles.

Couples Massage: 50/80 Minutes
Pick your favorite massage and enjoy being pampered with a loved one by your side.

*Massages must be the same length of time.*
MIX & MATCH

Customize your spa experience by combining two or more services below, or use as an add-on to enhance your massage, body, or facial service.

**Scalp and Neck Massage:**
25 Minutes
Relax the mind, encourage circulation and reduce stress. A relaxing addition to any massage, body or facial service.

**Foot Treatment:**
25 Minutes
A soothing and exfoliating sugar scrub followed by reflexology, a natural healing art that incorporates the use of pressure on specific reflex points in the feet. Both relaxing and therapeutic, this service promotes wellness and is a great addition to your massage or facial.

**Fit & Firm Express Facial:**
20 Minutes
Mimicking our 50 minute transformational facial, this compressed treatment will resurface and remove dead skin layers to minimize lines, reduce breakouts, and brighten skin. Your skin is left feeling smoother and more youthful, with a clear, healthy appearance.

**Back Facial:**
20 Minutes
Our back facial exfoliates dead, dry skin cells and removes excess oil. Skin Authority’s Glycolic Resurfacer will work deep into the skin to cleanse and disinfect congested pores to help prevent future breakouts and oil buildup.
Relax with one of our luxurious and personalized facials, sourced from world-renowned skin care companies **Skin Authority** and **Eminence Organic Skin Care**.

**Fit & Firm Transformational Facial:**  
50 Minutes  
This results driven **Skin Authority** treatment will resurface and remove dead skin layers, while repairing individual conditions related to acne, aging, hyper-pigmentation and sensitive skin. A powerful dose of antioxidant Super C Serum is applied to fight damage and protect your skin for a more vibrant youthful look. While a personalized mask sets, enjoy a tranquil arm and hand massage. Skin tone is instantly brighter, fine lines and wrinkles are softer and smoother, and collagen is stimulated after one treatment.

**Farmers Market Custom Organic Facial:**  
50 Minutes  
Relax while one of our highly trained estheticians customizes a lavish treatment that will bring out the best in your skin. Based on your skin care concerns, our **Eminence Organic Skin Care** line has products that will assist in clearing, calming and brightening your skin.

**Indigo Organic Signature Facial:**  
80 Minutes  
Start with a seasonal sugar scrub and Apricot Oil application on your back to relax and exfoliate. Gently turn upright and continue the experience with our Farmers Market Custom Organic Facial. Based on your skin care concerns, our **Eminence Organic Skin Care** line has products that will assist in clearing, calming and brightening your skin.
The 5 Minute Eye Lift:
This instant eye lift will tighten and firm the delicate skin tissue around your eyes while smoothing lines and wrinkles, brightening tired, dark eyes.

Firming Neck & Décolleté Treatment:
Reverse signs of aging on an over-exposed neck and décolleté. This unique treatment resurfaces dry skin cells while smoothing fine lines and wrinkles to give an even skin tone that is clearer and brighter.

Fit and Firm Eye & Lip Treatment:
This intensive booster treatment provides immediate results in minutes. Designed to help strengthen sagging, slack eyelids, minimize crow’s feet and reduce puffy, dark circles around the eyes. It also reduces fine lines and wrinkles around the mouth while softening, smoothing and plumping the lips with a boost of collagen-stimulating ingredients.

Brow, Lip or Chin Wax
Brow or Lash Tint
Warm Paraffin Hand or Foot Treatment
Naturally Slimming Ritual

Reveal truly healthy, toned and youthful skin in this Red Flower body ritual. Start with a vigorous exfoliation of coffee, olive stone and lemon which helps tone and contour to reduce the appearance of cellulite and varicose veins. Next, a Lymphatic Masque is applied, designed to reduce water tension and increase lymph flow. While your skin is absorbing the masque, enjoy a scalp and face acupressure massage. Rinse off your masque in a warm shower and finish with a full body massage.

Healing Ocean Escape

Awaken the senses, open the lungs and inhale the East Coast in this Red Flower body ritual that exfoliates, hydrates and releases muscle tension. Begin with a sea mineral salt exfoliation to smooth skin, followed by a soothing Lymphatic Masque. After a warm shower, eucalyptus oil and a cooling Ocean Lotion complements your full body massage.

Nature Ritual

During this Red Flower body treatment, your skin is nourished and purified with a Bioactive Berry White Peat Exfoliant. A Lymphatic Masque is applied followed by an Ionizing Mist to help tone and revitalize. After a warm shower, this ritual closes with a full body massage using Essential Omega Fresh Berry Oil and an application of Arctic Cloudberry Cream to promote youthful skin.

Soul to Sole Ritual

Drift to sleep with our luxurious Skin Authority body and face experience. A body exfoliation, conditioning hair treatment, soothing foot ritual and relaxing mini facial will hydrate and nourish while firming and toning your skin. You will leave feeling rejuvenated from the inside out.

Lymphatic Wrap

Start with a warm shower using our Yuzu Mimosa Sea Algae Wash to help hydrate and calm your skin. Next, enjoy a soothing full body wrap that will profoundly nourish and repair dry and damaged skin while assisting with lymphatic flow. Finish with a cooling application of our Ocean Lotion. This Red Flower service is great for reducing the effects of and healing a sunburn.

Farmers Market Custom Organic Body Service

Using our Eminence Organic Skin Care line, we offer a new organic body service with each season! Ask an Indigo Spa associate what is being offered during your visit.
Cool Stone Peppermint Lower Leg Treatment: 35 Minutes
Relax your feet in an ice bath of our Hinoki Mint foot soak which assists with recovery. Your feet and lower legs will then be treated to a cold stone massage with essential oils that relieve muscle tension and inflammation. A cold peppermint towel wrap follows with a cool, soothing Ocean Lotion to finish with a deeply hydrating touch.

Warm Stone Cardamom Lower Leg Treatment: 35 Minutes
Melt away in a warm Neroli foot soak for muscle ache relief. Warm stones and Cardamom Amber Oil are then massaged into your feet and lower legs, promoting improved circulation with a warming effect. Warm towels infused with Lavender are used to reduce stress, followed with our soothing Red Flower French Lavender Lotion.

Miracle Mint Lower Leg Treatment: 35 Minutes
This hot-cold therapy begins with a warm Hinoki Mint soak followed with a lower leg massage using Naturopathica’s Arnica Oil to reduce muscle pain. Your lower legs are enveloped with a Moroccan Mint Tea Silt Purifier to calm and soothe the skin and reduce swelling while your feet are treated to a massage with our cooling Mighty Mint Cream.

*An Express Pedicure may be added to any Lower Leg Treatment.

Thai Yoga: 50/80/110 Minutes
In this deeply relaxing experience, assisted yoga poses are used to direct the intensity of the stretch and pressure points applied by the practitioner in a combination of acupressure, gentle rocking, and spine mobilizations.

Reiki: 50/80 Minutes
Reiki is a Japanese technique for mental and spiritual healing, stress reduction and relaxation. It is based on the principle that the therapist can channel energy with the guest by means of light touch, to activate the natural healing process and restore physical and emotional well-being. To enhance the restoration of your spirit, a chakra stone will be gifted for you to bring home. Wearing loose fitting, comfortable clothes to this service is suggested.

To help customize your Reiki experience, let your licensed massage therapist know if you would like your service to include scalp and neck massage or a foot massage.
Mindful Manicure:  25 Minutes
This swift relaxing encounter includes a well-deserved hand massage with your nail care maintenance (cuticle care, shape, buff, polish, finish).

Indigo Manicure:  40 Minutes
Your hands and forearms are renewed with our Chinese Jasmine Sugar Scrub, followed with a detoxifying masque, while your nails are perfectly groomed and polished. Finish fully rejuvenated with our hand massage.

Gel Manicure:  60 Minutes
A true chip-free extended-wear color. Gel goes on like polish and lasts for up to two weeks. Service includes maintenance of the nail (cuticle care, shape, buff, polish, finish) and a soothing hand massage.

Mindful Pedicure:  40 Minutes
After a warm soak, your feet will be refreshed and conditioned along with complete nail care maintenance (cuticle care, shape, buff, polish, finish). Finish with our restorative calf and foot massage.

Indigo Pedicure:  60 Minutes
Start off with a warm foot soak, then treat your legs and feet to our Chinese Jasmine Sugar Scrub and detoxifying masque while your nails are perfectly groomed and polished. Our therapeutic calf and foot massage will leave you walking on clouds.

*Exposure to pool & salt water shortens the life of all manicures and pedicures.
While many skin care lines use marketing terms like health, science, and results, very few deliver the visible change to match. Consumers love the instant gratification of Skin Authority products which improve their appearance and overall skin health. Skin Authority offers a complete line of multi-purpose results oriented products and easy to use home care kits featuring simple routines.

**CORE SPA PRODUCTS**

Red Flower products are created around cultural body-care rituals from around the world. Red Flower offers an ever-evolving product line including body washes, lotions, shampoo and conditioners that are botanically based, 100% vegetarian and paraben-free. They also create organic perfumes, bath salts, candles, scrubs, oils and balms. The Indigo Spa proudly offers a variety of Red Flower body services and rituals.

Since their inception in 1958, Eminence has been using sustainable farming and green practices to create natural, organic and biodynamic products. In order to provide the best skin care products possible, all products are handmade and proudly free of parabens, sulfates, harmful fragrances and harsh chemicals. Eminence Organic Skin Care graciously plants a tree for every product sold at The Indigo Spa.

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