

### *Packages*

Balance . . . . . \$130.50 (allow 2 ½ hours)

- Full Body Swedish Massage
- Classic Pedicure
- Classic Manicure

Renewal . . . . . \$130.50 (allow 2 ½ hours )

- Renewal Facial
- Classic Pedicures
- Classic Manicure

Body Bliss . . . . . \$199 (allow 2 hours )

- Body Wrap
- Purifying Facial
- Full Body Swedish Massage

Mother/Daughter . . . . . \$198 (allow 2 hours)

- 2 Classic Pedicures
- 2 Full Body Swedish Massages

Gentlemen's Retreat . . . . . \$112.50 (allow 2 hours)

- Full Body Swedish Massage
- Men's Renew Facial

Princess Line . . . . . \$40 (allow 1 hour)

(Must be accompanied by an adult)

Package includes: mini-manicure, mini-pedicure, glitter body rub (arms & legs) & a little gift.

### *Cancellation Policy*

To reschedule or cancel your treatment appointment, please let us know 24 hours in advance to avoid being charged for your scheduled appointment.

### *Age Restrictions*

Guests must be 18 years of age or older to book a spa service. A parent/guardian may book a spa service for you, and sign a release. We request that an adolescent remain supervised at all times.

### *Upon Arrival*

For Massages and Facial appointments please arrive 10 minutes prior to your appointment time to fill out necessary paperwork. Serene Woods Spa will provide robes, towels, sandals and shower facilities for spa sessions.

### *Hours*

Sunday-Monday: Closed  
Tuesday-Wednesday: 10am – 5pm  
Thursday-Saturday 10am – 6pm

\*\*Hours may vary according to season\*\*

\* To ensure availability please make your appointments in advance and prior to your arrival at Thumper Pond.

### *Payment Options*

We are a separate business entity from Thumper Pond, therefore please be prepared to pay for your service upon completion. We happily accept Visa, MasterCard, Check and Cash.



218|367-6511

*Thumper Pond Resort  
300 Thumper Lodge Road  
PO Box 69  
Ottetail, MN 56571  
www.thumperpond.com*

*Massage*

Our skilled therapists combine a variety of techniques to relax muscles and increase circulation. A soothing kneading of the muscles decreases stress and creates a feeling of well-being.

Swedish Massage:  
 30min \$48.09(tax included)  
 60min \$64.12(tax included)  
 90min \$96.19 (tax included)

Therapeutic Pain Management:  
 90min \$80.16 (tax included)

Sports Massage:  
 60min \$74.81(tax included)

Deep Tissue:  
 60min \$74.81 (tax included)  
 90min \$106.88 (tax included)

Neck, Back, and Shoulder Massage:  
 30min \$48.09 (tax included)  
 60min \$64.12 (tax included)

Pregnancy Massage:  
 Certified Pre- and Post- Natal Massage  
 60 min - \$74.81 (tax included)

Hot stone Massage:  
 60min \$90.84 (tax included)  
 90min \$128.25 (tax included)

Chair Massage: \$1.00 a minute + tax.

Add Essential Oils to any Massage . . . . . \$5  
 the addition of essential oils promotes harmony of the mind, body, and spirit.

*Spa Facial Treatments*

Express Facial . . . . . \$55  
 Renew Facial . . . . . \$65  
 Teen Facial . . . . . \$50  
 Cosmetic Application . . . . . \$25

*Nails*

Polish Change .(hands only).. . . . . \$15

*Manicures*

Classic Manicure . . . . . \$35  
 Spa Manicure w/ Paraffin or exfoliation w/scrub . . . . . \$45  
 Paraffin Hand Treatment . . . . . \$20  
 Hand mask or scrub. . . . . \$15

*Pedicure*

Classic Pedicure . . . . . \$50  
 Spa Pedicure w/ Paraffin or exfoliation w/scrub . . . . . \$60  
 Paraffin Foot Treatment . . . . . \$20  
 Foot mask or scrub. . . . . \$15

*Hair*

Hair Cut . . . . . \$17  
 Hair Cut Shampoo, & Styling. . . . . \$25  
 Shampoo & Style . . . . . From \$20  
 Moisture & Protein Treatments . . . . . From \$30  
 Malibu Treatments . . . . . From \$30  
 Color . . . . . From \$45  
 Touch-Up Color . . . . . From \$40  
 Highlights . . . . . From \$55  
 Per Foil . . . . . \$5

Corrective Color . . . . . Consultation  
 Perms. (Haircut extra) . . . . . From \$55  
 Special Occasion hair.. . . . From \$50

*Waxing*

Upper Lip . . . . . \$10  
 Eyebrow Design . . . . . \$12  
 Chin. . . . . \$12  
 Cheeks. . . . . \$25  
 Full Face. . . . . \$32  
 Underarms . . . . . \$20  
 Forearm. . . . . \$20  
 Legs(lower). . . . . \$45  
 Bikini wax. . . . . \$35  
 Back(lower). . . . . \$30

Earpiercing. (includes earrings). . . . . \$35

Tanning Prices:  
 by Minute

100 - \$30      200 - \$36  
 300 - \$42      400 - \$49  
 30 Day unlimited - \$45

By Session

1 Session - \$8      10 Sessions - \$34  
 15 Sessions - \$42      20 Sessions - \$49

\*Gift Certificates Available