

THE SAGE SPA AT DOUBLE DEER

THE SAGE EXPERIENCE

We welcome you to the Sage Spa and invite you to experience a tradition of healing and relaxation. Your journey begins in a private luxury suite, equipped with a shower, changing area and treatment room all-in-one. Choose from a variety of teas to enjoy as you soak in your surroundings. We encourage you to set your intention for this bodywork session, to create a positive path toward relaxation and healing of body, mind, and spirit.

Customize each experience by adding a foot soak or decompression time to your treatment.

Each service must be scheduled at time of booking.

Ashi Foot Soak - Complimentary service (optional)

Submerge your feet in a therapeutic, mineral soak and refreshing mimosa algae wash. Your service provider will rinse the feet and dry with a warm towel. This will assist in relaxation throughout the body, resulting in overall wellness.

Ashi Foot CBD Soak - \$15

Upgrade our complimentary soak with Nature's Root Citrus Tranquility CBD Foot Soak. This delicate and effective blend detoxes, relaxes, and relieves with a splash of fizz to tingle your senses and reduce pain.

Decompression Time - 15 minutes \$15

Reserve additional time in the treatment room for privacy to shower and decompress prior to and/or after your service.

SPA SUITE USE: Each Spa Suite is equipped with a shower, restroom, sink and changing area.

Use of the restroom, sink and changing area are available for your use and are included in your service.

Decompression Time includes shower use and extra relaxation time. This is **not** included in the service time frame and is an additional cost.

MASSAGE THERAPY

The use of a warm clay pack for deep soothing muscle therapy is included in each massage service unless otherwise specified.

Sabai Sage Massage - 60 Minutes \$160 | 90 Minutes \$220

Sabai; to relax and be comfortable. Light, medium or deep pressure available

Alpine Arnica Therapeutic Massage - 60 Minutes \$170 | 90 Minutes \$230

Therapeutic massage designed to help soothe sore muscles, tendons and stiff joints with the use of Arnica, Sweet Birch and Magnesium

Himalayan Hot Stone - 90 Minutes \$230

An elegant massage using smooth salt stones to promote deep relaxation and a grounding experience

Prenatal Rest and Renewal Massage - 60 Minutes \$165 | 90 Minutes \$225

Suggested after 1st trimester

Soul Connect Couples Massage - 60 Minutes \$340 | 90 Minutes \$460

Sabai Sage massage for two

Sarga Bodywork - 90 Minutes \$240 | 120 Minutes \$300

A luxuriously slow and meditative barefoot massage method that delivers therapeutic myofascial and deep tissue techniques using the broad contact surface of the foot to facilitate less restrictions in the body. The use of an elegant silk strap fastened to the massage table will provide stability and leverage to deliver a firm but relaxing session. *Therapist availability is limited.*

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BODY RITUALS

Sole Therapy - 20 minutes \$75

This purifying foot treatment starts with a detoxifying scrub and ends with a relaxing and revitalizing foot massage.

Lemongrass Mimosa Body Exfoliation - 30 minutes \$100

This refreshing body scrub hydrates and brightens dull skin. Micronized Walnut shells exfoliate, while Mimosa and Bamboo extracts create lasting softness. Sparkling notes of Lemongrass combined with seductive floral aromas of Jasmine and Ylang Ylang stimulate the senses for total relaxation.

Rosemary Citron Sea Salt Exfoliation - 30 minutes \$100

Mineral-rich sea salts are blended with spicy Rosemary and citrus essential oils to stimulate circulation and slough away dull, flaky skin. This invigorating scrub will soften the skin, leaving the surface smooth and polished.

Espresso Mud Detoxifying Body Wrap - 60 minutes \$150

Remineralize your skin while drawing out impurities. This detoxifying treatment starts with a vigorous exfoliation using volcanic Pumice and Coffee Arabica to stimulate circulation, followed by a warm wrap with mineral-rich Black Silt Clay and herbal extracts of Indian Sarsaparilla and honey to help smooth and firm the skin.

Moisture Drench Skin Ritual - 60 minutes \$165

The ultimate skin conditioning treatment for the body. This session begins with a hypnotic massage, stimulating the nervous system to prepare the mind and body to be wrapped in a mineral rich Seaweed infused with aromatic Japanese Ume Plum extract to revitalize the skin. Detailed effleurage using sea fennel massage wax will deeply seal in moisture for a silky, satin finish.

PACKAGES

REJUVENATION

Lemongrass Mimosa Body Exfoliation | 60-minute massage of choice
90 minutes \$235

VITALITY

Nature's Root CBD foot soak | 60-minute massage of choice | Espresso Mud Detoxifying Body Wrap
125 minutes \$295

TRANQUILITY

90-minute massage of choice | Alpine Arnica Muscle Relief Oil | Wild Lime Scalp Ritual | Sole Therapy
120 minutes \$325

ADD-ONS

24-hour reservation required

Migraine Relief w/ Marble Stones - 15 minutes \$40

Wild Lime Scalp Ritual - 10 minutes \$35

Alpine Arnica Muscle Relief oil - \$30

Cupping (Focus Session) - \$30

Nature's Root CBD oil - \$30

Naturopathica was founded on the belief that herbalism, naturopathic medicine, and holistic wellness should be coupled with cutting edge science to offer deeper beauty to all. To address concerns, they consider the skin itself but also understand it as a reflection of the body's interior health. With their herbal remedies, tinctures, aromatherapies, and highly efficient topical treatments, they improve skin's function and appearance at a deeper, more efficacious level.

To book your treatment please contact us at spa@promontoryclub.com
or 435-333-4210

