

SHANGRI-LA

RESORT + GOLF CLUB

# Spa Menu



# Welcome to The Spa at Shangri-La

Restore your rhythm in the  
natural spirit of the lake

Tucked away on scenic Monkey Island—a storied peninsula surrounded by the tranquil waters of Grand Lake—The Spa at Shangri-La is a sanctuary where the land’s legacy and the body’s rhythms meet. Here, wellness isn’t a routine. It’s a remembrance of what grounds us.

Our spa philosophy is rooted in the energy and balance of this place—where wind, water, sun, and soil shape every experience. We blend nature-based therapies with modern science to calm the nervous system, restore alignment, and reawaken joy from within.

Guests enjoy access to a full suite of amenities designed for holistic well-being, including a steam room, sauna, and indoor pool—all available with any spa service. Whether you’re soaking in silence or surrendering to a full-body renewal, wellness flows here, from sunrise meditation to twilight soaks.

# Facial Rituals

Nature-based skincare rooted in balance, breath, and renewal

## **Clear Waters Facial – \$115**

### **(AKA: Clear Skin Facial)**

A clarifying facial designed to deeply cleanse oily or acne-prone skin. This purifying ritual restores clarity, balances excess oil, and leaves skin calm and refreshed—like a still lake after the storm.

## **Calm Skin Facial – \$115**

Soothing and restorative, this facial was created for sensitive or allergy-prone skin. It calms irritation using gentle, plant-based ingredients that support the skin's natural defenses.

## **Firm Skin Facial – \$115**

This hydrating treatment infuses moisture deep into the skin, softening fine lines and restoring elasticity. Ideal for dry or aging skin seeking to regain its supple glow.

## **Gentlemen's Facial – \$115**

A botanical cleanse and moisture-rich mask tailored for men's skin. Refines texture, minimizes pores, and leaves skin refreshed and ready for the day.

## **Bright Skin Facial – \$115**

Designed for sun-damaged or dull complexions, this brightening facial encourages radiance with targeted ingredients that bring back your natural glow.



## **Deluxe Facial Journey – \$165**

This full-sensory experience combines a custom facial with a relaxing massage of the scalp, neck, shoulders, hands, and legs. It's a head-to-toe immersion in rest and renewal.

## **The Fassage – \$115**

A spa favorite that blends our signature facial with a neck, shoulder, hand, and foot massage. Crafted for those seeking both results and complete relaxation.

## **Back Facial – \$85**

A targeted treatment for the often-neglected back. Includes deep cleansing, exfoliation, and hydration to reveal smooth, radiant skin.



# Advanced Skin Therapies

Modern treatments to restore skin's natural rhythm

## **DMK Enzyme Therapy – \$200**

This powerful treatment uses enzymes to remove cellular buildup, increase oxygenation, boost collagen, and flush out toxins—reviving skin from within.

## **DMK Muscle Banding – \$240**

A firming protocol that enhances the effects of enzyme therapy while strengthening facial muscles and delicate capillaries for visibly lifted, youthful skin.

## **Microneedling – \$200**

Stimulates collagen and improves skin texture by encouraging the skin's natural repair process—minimizing fine lines, scarring, and signs of aging.

## **Medical Chemical Peel – \$100–\$200**

A professional-grade peel designed to gently remove dead skin, improve texture, and target hyperpigmentation, fine lines, and sun damage.

## **Dermaplaning – \$50 (Add-On)**

A manual exfoliation technique that removes dead skin cells and fine facial hair, leaving skin ultra-smooth and increasing the effectiveness of any facial.

## **Full Face Extractions – \$15 (Add-On)**

Add deep, targeted pore extractions to any facial for a clearer, cleaner finish.



# Massage & Body Therapies

Restore your rhythm in the natural spirit of the lake

## **Tranquil Waters Massage (Swedish Massage)**

**30 min \$90 / 60 min \$130 / 90 min \$195**

Couples Add-On – \$20

Let go of tension with gentle, flowing strokes designed to warm the muscles and calm the nervous system. This light-to-medium pressure massage eases stress and encourages deep relaxation.

## **Deep Current Massage (Deep Tissue Massage)**

**60 min \$140 / 90 min \$205**

Target chronic tension and restore mobility with a deeper massage focused on specific muscle groups. This therapy works beneath the surface to release built-up adhesions and rebalance your body's flow.

## **Lymphatic Massage**

**30 min \$130 / 60 min \$170 / 90 min \$235**

A gentle, rhythmic massage designed to stimulate the body's lymphatic system, helping to reduce swelling, support detoxification, and boost circulation. This relaxing treatment leaves you feeling lighter, refreshed, and more revitalized.

## **Stone Crop Renewal Ritual – 90 min \$230 / 120 min \$260**

Begin with a grounding massage, then choose between a hydrating body wrap or a full-body exfoliating scrub—both infused with healing stone crop. A complete lake-to-land renewal experience.

## **Earth & Salt Body Polish – \$95**

A customized full-body scrub or wrap to reveal luminous skin. Choose exfoliation to slough away dry layers or hydration to nourish and replenish with mineral-rich botanicals.

## **Ritual Extension Time – \$15**

Ease back into the world after your treatment with 15 minutes of uninterrupted quiet in your spa room. Time to nap, meditate, or simply breathe.



## **MASSAGE ENHANCEMENTS**

Layer your ritual with these elemental add-ons:

- **Cupping  
Therapy – \$20**
- **Aromatherapy  
Oils – \$10**





# Wellness in Every Moment

Restore. Recenter. Reconnect.

At The Spa at Shangri-La, wellness is thoughtfully woven into every detail, from our restorative treatments to the serene spaces, harmonious design, and natural rhythm of Grand Lake that surrounds you. Whether you're seeking stillness, movement, or meaningful time to unplug, our lakeside retreat invites you to experience a more intentional way to unwind. Step outside and find space to breathe—with outdoor areas ideal for yoga, meditation, or quiet reflection. Inside, soothing interiors and expert therapists welcome you into a space of deep restoration and care.



# Spa Facilities & Amenities

Your lakeside sanctuary awaits.

Designed for comfort and calm, The Spa at Shangri-La offers elevated amenities that enhance every stage of your wellness journey.

## OUR FACILITIES INCLUDE:

- Luxuriously appointed men's and women's locker rooms with personal lockers and vanity areas
- An intimate space to pause between treatments
- Wet and dry areas, including a rejuvenating steam room and dry sauna
- Five private treatment rooms, including an intimate couple's suite
- A curated boutique featuring skincare, wellness offerings, and resort apparel
- A fitness center and an indoor pool

Beyond the Spa, our expansive fitness center includes state-of-the-art cardio and strength training equipment, Peloton bikes, and functional movement zones. After your session, take time to reflect, hydrate, and ease back into your day feeling centered, refreshed, and ready for whatever comes next.

**For reservations, call 918.257.4204 or visit [shangrilaok.com/spa](https://shangrilaok.com/spa).**



# A Restorative Retreat on Monkey Island

WHERE WIND, WATER, SUN,  
AND SOIL GUIDE YOUR  
PATH TO RENEWAL.

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