

MOUNTAIN VIEW
GRAND
— RESORT & SPA —



Tower Spa

TOWER SPA

Surrender to the healing power of nature

Immersed in the majestic beauty of the White Mountains, we draw inspiration from the pristine landscape that surrounds us. Nestled within more than 1,700 acres of natural splendor, Tower Spa harnesses the healing properties of the earth's clay and the nurturing essence of the plants flourishing in our gardens. Here, every experience is woven from the rich tapestry of Mother Nature's healing powers. Discover a sanctuary where ancient wisdom blends seamlessly with modern techniques. From restorative facials, massages, and more, each experience is crafted to nurture your well-being.

THE GRAND TOWER EXPERIENCE

2 hours, \$450 per couple (*\$530 per couple on Friday and Saturday, except Nov. 1 – Dec. 15)*

Embark on an exclusive journey for two, where our tower becomes your own private sanctuary. Unwind in your secluded lounge, surrounded by breathtaking mountain vistas. Then, retreat to the Tower treatment room for a blissful 50-minute Swedish massage for two. After your restorative session, return to the lounge with your partner, enveloped in serenity and newfound relaxation.

The Tower is our most unique and iconic setting. If you would like to make your time in the Tower truly unforgettable, contact the Spa to assist in customizing your experience with a variety of food and beverages, service upgrades, and gift add-ons.



Signature Earth Healing Therapies

We believe in the importance of cultivating a deep reverence for the earth, recognizing that our own well-being is intricately connected to the health of the planet. Our signature Earth Healing Therapies draw inspiration from the natural world, utilizing botanicals, minerals, and energy from the earth to nourish, rejuvenate, and restore vitality.

PURIFYING EARTH WRAP

50 minutes, \$150 (*additional \$40 on Friday and Saturday, except Nov. 1 – Dec. 15)*

Immerse yourself in the healing embrace of the earth's bounty with this deeply detoxifying body wrap designed to release muscular tension while replenishing vital moisture. A brightening renewal body mask, crafted with nature's most nourishing ingredients, imparts a fresh and vibrant glow. To conclude this luxurious experience, surrender to the bliss of a soothing scalp massage, harmonizing body and spirit for complete rejuvenation.

ZEN GARDEN CBD ESCAPE

50 minutes, \$170 (*additional \$40 on Friday and Saturday, except Nov. 1 – Dec. 15)*

Revel in the transformative benefits of CBD with a luxurious blend of nutrient-rich oils, therapeutic plant extracts, and a potent dose of 400mg of locally sourced CBD. This powerful antioxidant not only nourishes and rejuvenates skin but also boasts remarkable anti-inflammatory properties, leaving your skin glowing with health and radiance.

MOUNTAIN MEADOW GLOW

50 minutes, \$135 (*additional \$40 on Friday and Saturday, except Nov. 1 – Dec. 15)*

Awaken your senses with this invigorating treatment designed to cleanse, exfoliate, and tone the skin. It promotes cellular renewal and enhances elasticity and firmness. Crafted with natural ingredients, it draws on the earth's healing properties to energize the body and restore the skin.

HYDRATING DEW BODY RITUAL

50 minutes, \$135; 80 minutes, \$175*
(*additional \$40 on Friday and Saturday, except Nov. 1 – Dec. 15)*

Drench the skin in moisture with an indulgent application of firming moisturizer and a soothing balm. This deeply hydrating treatment, infused with natural elements from the earth, sculpts, tones, and nourishes the body, boosting circulation and leaving you with a radiant and revitalized glow from head to toe.

FOREST ESSENCE SCRUB

50 minutes, \$155 (*additional \$20 on Friday and Saturday, except Nov. 1 – Dec. 15)*

A scrub of healing sea salts leaves the skin soft and hydrated, followed by an application of nourishing body oil. Infused with earthy, woody aromas, the treatment transports you to a serene forest, helping you to ground yourself and find balance.

HOLY BASIL SCALP RITUAL

25 minutes, \$65 (*additional \$20 on Friday and Saturday, except Nov. 1 – Dec. 15)*

This energizing scalp massage is a rejuvenating journey that invigorates the senses with an uplifting blend of pure essential oils including rosemary, lavender, peppermint, and holy basil. It relieves tension, leaving you feeling refreshed.

Mind-Body Fusion Therapies

At Tower Spa, we embrace the idea of the transformative power of energy work and sensory experiences. We understand that by engaging the senses and facilitating the flow of energy within the body, we can elevate well-being to new heights and unlock the body's natural healing potential.

REIKI

50 minutes, \$115*; 80 minutes, \$165*

(*additional \$20 on Friday and Saturday, except Nov. 1 – Dec. 15)

Experience the rejuvenating power of Reiki, a Japanese method of healing that uses energy to balance the mind and body. During this soothing treatment, a skilled practitioner will gently place their hands over various parts of the body, channeling energy to promote harmony and balance. Feel tension melt away as energy is released, nurturing a deep sense of tranquility, mental clarity, and renewed vitality. **Please note that this treatment uses holding points and rocking motions.*

FACIAL ENHANCEMENTS

PolyPeptide Collagel+ Lip Mask \$8

PolyPeptide Collagel+ Eye Mask \$8

O2 Instant Brightening Treatment \$12

Brighten and Glow Jelly Mask \$12

Moisture Infusion Mask \$12

Cryoglobes \$15

Oil Scalp Massage \$20

CBD Serum \$25

Neck & Décolleté Treatment \$45

Facials

From nutrient-rich plant extracts to mineral-rich clays, our facial treatments are thoughtfully curated to deliver the purest form of skincare. A holistic journey that connects us to the earth and its grounding properties, our skincare services nurture the skin from within, revealing its innate beauty.

ADVANCED REPAIR FACIAL

50 minutes, \$165* (additional \$20 on Friday and Saturday, except Nov. 1 – Dec. 15)

Elevate your skincare routine with this restorative facial, designed to deliver exfoliation and rejuvenation to the skin. Our apple stem cell resurfacing treatment leaves your skin smooth and refreshed without any downtime. Infusing the skin with HydroPeptide's Hydrostem Facial Serum, the Advanced Repair Facial relies on rejuvenating peptides and DNA repair enzymes to guard against pollution and UV damage. Nature and science come together to in this innovative treatment, revealing radiant and youthful skin.

COLLAGEN BOOSTING FACIAL

50 minutes, \$155* (additional \$20 on Friday and Saturday, except Nov. 1 – Dec. 15)

Restoring a youthful glow to the skin, this rejuvenating facial harnesses the power of HydroPeptide's Nimni Day Cream, formulated with a patented collagen support complex. It works to support collagen production, enhancing skin fullness and elasticity. Hydropeptide's Polypeptide Collagen+ Mask infuses skin with glow-boosting peptides and antioxidants, providing a lifting effect and deeply hydrating the skin.

UPLIFTING POWER FACIAL

80 minutes, \$265* (*additional \$20 on Friday and Saturday, except Nov. 1 – Dec. 15)

This age-defying facial harmonizes inside and out. Our a-firming facial massage lifts and revitalizes the skin, smoothing away the stresses of the day and revealing a more youthful complexion. Using a patented vitamin C mask and an innovative cryo-sculpting technique, your esthetician will brighten and sculpt your face, restoring balance and vitality to the skin.



PURE RESULTS FACIAL

*50 minutes, \$155**

*(*additional \$20 on Friday and Saturday, except Nov. 1 – Dec. 15)*

Your journey to luminous, healthy skin begins with a comprehensive analysis to understand your unique needs. From a gentle exfoliation to targeted extractions, every step is tailored to rejuvenate and revitalize your complexion. Indulge in a luxurious facial massage that enhances circulation and promotes relaxation. With a customized blend of products, your therapist will address your skin's specific concerns, ensuring you achieve pure, radiant results.

VITAMIN C25 BRIGHTENING FACIAL

*50 minutes, \$260**

*(*additional \$20 on Friday and Saturday, except Nov. 1 – Dec. 15)*

Sun damage and environmental stressors can take their toll on skin, but this transformative treatment is here to restore and replenish. Featuring a professional-strength peel, vitamin C ampoule, and skin-clarifying modeling mask, this facial works to reverse the signs of damage, leaving you with a radiant glow.

TIME-RESIST FACIAL

50 minutes, \$220* (*additional \$20 on Friday and Saturday, except Nov. 1 – Dec. 15)

This age-defying treatment diminishes the look of wrinkles by plumping and smoothing skin. A professional-strength peel, a freshly prepared modeling mask, and skin-enhancing rituals stimulate skin regeneration.

CALMESSENCE FACIAL

50 minutes, \$220* (*additional \$20 on Friday and Saturday, except Nov. 1 – Dec. 15)

This rebalancing and soothing facial is designed for sensitive and reactive skin. It calms irritation and minimizes redness associated with a variety of inflammatory skin conditions, such as rosacea.

CLARIFYING FACIAL

50 minutes, \$200* (*additional \$20 on Friday and Saturday, except Nov. 1 – Dec. 15)

Eliminate toxins and impurities that contribute to congestion and breakouts. This deep-cleansing facial purges and controls bacteria, gently removes cellular buildup, and soothes irritation to encourage healing.

MASSAGE SERVICE ENHANCEMENTS

Hot Stone \$30

Himalayan Salt Stone \$20

Oil Scalp Massage \$20

RAD Rollers \$25

CBD Oil \$30

Aromatherapy Oils \$12

CBD Pain Cream \$25

Arnica Mountain Pain Gel \$13

Massage

We draw inspiration from the rhythms of nature, channeling its energy to harmonize the body, mind, and soul. Through mindful touch and intention, we seek to awaken the senses, release tension, and invite a sense of relaxation and renewal.

PEAK PERFORMANCE RECOVERY MESSAGE

80 minutes, \$215* (*additional \$40 on Friday and Saturday, except Nov. 1 – Dec. 15)

The perfect remedy after a strenuous hike or climb, this deep-tissue massage is designed to provide relief and relaxation when and where you need it most. Let our skilled therapists target your problem areas, using a blend of ginger oil, hot stones, stretching techniques, and arnica gel to ease tension. Whether you're seeking comfort after a challenging outdoor adventure or simply in need of a well-deserved break, this massage will leave you feeling revitalized and ready to tackle whatever comes your way.

ARNICA MESSAGE

50 minutes, \$145*; 80 minutes, \$185* (*additional \$40 on Friday and Saturday, except Nov. 1 – Dec. 15)

Arnica, a plant-based remedy used for centuries to reduce inflammation and ease muscle soreness, is the cornerstone of this massage, harnessing the power of nature to provide unparalleled relief and relaxation. Blending Russian massage, thought to be more relaxing; trigger-point therapy, targeting specific areas of tension; and myofascial release, addressing tightness in the connective tissues, this healing treatment offers a holistic approach to relieving muscle tension.

GINGER ROOT MESSAGE

80 minutes, \$195* (*additional \$40 on Friday and Saturday, except Nov. 1 – Dec. 15)

Embark on a sensory escape with this energizing massage, where the comforting aroma of ginger rejuvenates the senses. Feel your worries melt away as skilled hands work their magic, releasing tension and restoring balance to the body. With indulgent scalp and foot massages completing the experience, you'll emerge feeling refreshed and invigorated.

CLASSIC MOUNTAIN MASSAGE

25 minutes, \$80; 50 minutes; \$145*; 80 minutes; \$185**

*(*additional \$40 on Friday and Saturday, except Nov. 1 – Dec. 15)*

Personalized to your unique preferences, this therapeutic experience blends a variety of techniques and pressures to address your body's individual needs. Partner with your therapist to craft a massage that's uniquely yours.

DEEP TISSUE MASSAGE

50 minutes, \$145; 80 minutes, \$185**

*(*additional \$40 on Friday and Saturday, except Nov. 1 – Dec. 15)*

Feel the knots and tightness melt away as targeted deep-pressure techniques work muscles and connective tissues, promoting improved circulation and range of motion. This massage goes beyond the surface to provide relief that reaches deep into your body's core.

SWEDISH MASSAGE

50 minutes, \$125; 80 minutes, \$165**

*(*additional \$40 on Friday and Saturday, except Nov. 1 – Dec. 15)*

With its lighter pressure, this classic massage technique improves blood flow, reduces muscle tension, and promotes overall relaxation. Let the rhythmic motions of the gentle, flowing strokes ease away stress and restore your sense of well-being.

SUMMIT STONE MASSAGE

50 minutes, \$145; 80 minutes, \$185**

*(*additional \$40 on Friday and Saturday, except Nov. 1 – Dec. 15)*

Feel tension dissipate as smooth, warm stones are expertly placed and glided across your body. This soothing treatment combines the benefits of techniques designed to release muscle tension with the gentle pressure of heated stones, leaving you feeling deeply relaxed from head to toe.

PRENATAL REST & RENEW MASSAGE

50 minutes, \$125 (*additional \$40 on Friday and Saturday,*

except Nov. 1 – Dec. 15)

This soothing massage for expectant mothers is designed to ease tension, reduce stress, and enhance sleep. Featuring gentle strokes, it includes an application of Lavender Massage Oil and a firming lotion to help prevent stretch marks. The treatment concludes with a cooling massage to the feet. Please note: Massages are not recommended for the first trimester.

CBD SERENITY MASSAGE

50 minutes, \$155; 80 minutes, \$195**

*(*additional \$40 on Friday and Saturday, except Nov. 1 – Dec. 15)*

This muscle-relaxing massage incorporates Cause+Medic's premium CBD Massage Oil to reduce inflammation and calm the nervous system. It relies on powerful CBD properties and other natural botanicals to enrich the skin with antioxidants and essential fatty acids.

WARM CANDLE MASSAGE

50 minutes, \$155; 80 minutes, \$195**

*(*additional \$40 on Friday and Saturday, except Nov. 1 – Dec. 15)*

Experience a full-body massage with warm oil from our mango and shea butter candle, creating a luxurious texture on the skin. Infused with Siberian pine, cypress, cedar, and yellow mandarin essential oils, it leaves you with silky-soft skin.

AROMA-SCULPTING

50 minutes, \$125 (*additional \$40 on Friday and Saturday,*

except Nov. 1 – Dec. 15)

Indulge in a rejuvenating full-body massage infused with aromatic essences and enriched with the therapeutic benefits of Chinese bamboo sticks. Focusing on toning and sculpting, this treatment targets the lower body, expertly contouring the legs and glutes. Through gentle yet invigorating techniques, experience a revitalizing sensation that energizes and uplifts, leaving you feeling refreshed and invigorated from head to toe.

Nail Care

Prioritizing the use of gentle, nourishing products that promote nail health, our manicures and pedicures provide an indulgent experience for both the hands and feet.

SIGNATURE MANICURE

*50 minutes, \$70**

Elevate your manicure experience with this reparative service, which includes nail and cuticle care, a luxurious exfoliation and hand massage, a warm paraffin wax treatment, and an application of polish.

SIGNATURE PEDICURE

*50 minutes, \$90**

Pamper your feet from heel to toe with our Signature Pedicure. It features a warm foot bath, nail and foot care, a revitalizing scrub, a dip in warm paraffin wax, and an application of polish.

CLASSIC MANICURE

*35 minutes, \$60**

This timeless treat for the hands includes nail shaping, buffing, cuticle care, and a luxurious and hydrating hand massage. It finishes with an application of your favorite polish.

CLASSIC PEDICURE

*45 minutes, \$70**

Beginning with a warm foot bath to soothe tired feet, this traditional pedicure features nail and foot care, exfoliation, and a hydrating massage. Toes are then treated to your choice of polish.

STICKS AND STONES MANICURE

*80 minutes, \$90**

Transporting you to the lush landscapes of French Polynesia, this manicure involves a heated shoulder wrap, a warm hand bath, and a restorative scrub made with tiare flower and jasmine. You'll also be treated to a luxurious massage with Chinese bamboo sticks and Himalayan salt stones. In addition to nail and cuticle care, the service also features an application of hydrating citrus cream and a warm cucumber thyme paraffin treatment before concluding with the polish of your choice.

STICKS AND STONES PEDICURE

*80 minutes, \$110**

Incorporating a heated shoulder wrap, warm foot bath, and expert nail and foot care, this treatment includes a nourishing scrub infused with tiare flower and jasmine, followed by a signature massage using Chinese bamboo sticks and Himalayan salt stones to gently exfoliate the skin. A hydrating citrus cream and warm cucumber thyme paraffin treatment leaves the feet feeling refreshed, while an application of polish prepares them for the big reveal.

CHILDREN'S MANICURE

*30 minutes, \$50**

Treat your little ones to a pampering experience designed for the tiniest of fingers. This delightful service includes basic nail care and an application of hydrating lotion and polish of their choice. Ideal for children 10 and younger.

CHILDREN'S PEDICURE

*30 minutes, \$60**

Indulge your little one's toes with this pampering treat for tiny feet. It features a warm foot bath, followed by gentle nail care. Next, a soothing lotion is applied to leave the skin soft and nourished before their favorite polish is applied. Ideal for children 10 and younger.

**additional \$5 on Friday and Saturday, except Nov. 1 – Dec. 15*



SHELLAC MANICURE

*50 minutes, \$70**

For a longer-lasting manicure, this treatment relies on a special gel-based polish, expertly applied, and set with a UV light for a flawless finish. It includes all the traditional nail care, including shaping and buffing nails to perfection. Please note: If you have Shellac or gel polish on at the time of service, there is an additional charge for the added time necessary to remove it.

MANI-I-CURE

*35 minutes, \$60**

Experience the ultimate treatment designed for men with tough and calloused hands. Our skilled technicians expertly shape and buff nails to perfection, while a luxurious hand massage works to soften and renew skin.

Salon

Our full-service salon offers an array of services, including hair, makeup, waxing, and more.

HAIR

Shampoo, Cut, and Style (60 minutes, \$60*)

Women's Haircut (30 minutes, \$40*)

Men's Haircut (30 minutes, \$30*)

Beard Sculpting (20 minutes, \$22*)

Blowout (50 minutes, \$55*)

SPECIAL EVENTS

Special Event Style (60 minutes, \$85*)

Children's Special Event Style (30 minutes, \$45*)

Special Event Blowout (50 minutes, \$70*)

Special Event Makeup Artistry (80 minutes, \$65*)

Consultation-Hair & Makeup (90 minutes, \$85*)

Consultation-Hair (30 minutes, \$60*)

Consultation-Makeup (30 minutes, \$60*)

Faux Lash Application (10 minutes, \$25*)

WAXING

Brow Wax (15 minutes, \$15*)

SPRAY TANNING

Versaspa Pro combines skincare science and tanning technology for a radiant glow. Voice-guided instructions and four positions ensure full-body coverage and an easy experience. Choose Instant or Gradual, with anti-orange undertones and a pH-adjusting formula for a natural tan. Infused with vitamins C and E, tomato fruit, and aloe vera for lasting color. Enjoy a nut allergy-free fragrance and no tanning odor. Go beyond tan.

Custom Shades: Instant or Gradual

Price: Basic \$25 per session; Signature \$40

(includes all enhancements)

SPRAY-TANNING ENHANCEMENTS

Pre-Tan eXmitt Body Buff (\$10)

Easy-to-use mitt that exfoliates, primes, and balances the skin's pH for maximum sunless results.

Wellfit Hydrate or Lift

(\$15, add to spray tan \$10, Hydrate + Lift Combo \$25)

Quick, full-body skincare in under two minutes. Hydrate with Triluronic Acid provides 24-hour moisture, while Lift's C-Lift Peptide Complex boosts collagen. Together, they mimic red-light therapy for healthier, plumper, and brighter skin. Available as standalone or combined treatments.

PACKAGES

Basic: 1 Month for \$75 | 3 Months for \$215 | 6 Months for \$400

Signature: 1 Month for \$120 | 3 Months for \$350 | 6 Months for \$675

Fitness Members: Get 25 percent off all services & packages!

* Peak Pricing: additional \$5 on Friday and Saturday, *except Nov. 1 – Dec. 15*)

Spa Etiquette

We recommend arriving at least 15 minutes prior to your appointment time to maximize your relaxation and ensure a timely start to your treatment. Please understand that arriving late may shorten your treatment session, though the full value of the treatment will apply.

To create a peaceful experience for all our guests, we kindly request that the use of technology be suspended while in the spa. Use of the facilities is for guests 16 years and older, unless accompanied by an adult.

Appointments

Upon arrival, you will be provided with a robe and slippers to wear between treatments, along with a locker for your personal belongings. We recommend leaving jewelry and valuables in your room. Please note, we are not responsible for items that are lost or left at the spa.

Cancellation policy – If you wish to cancel or reschedule an appointment, please notify us at least 24 hours in advance. Missed appointments without proper notice to spa reception are subject to a 100% charge for reserved services. Packages require 48-hour cancellation notice.

Gratuities – To provide a seamless experience for our guests, a 20% gratuity will be included on all spa experiences. This may be modified at your discretion.

101 Mountain View Road
Whitefield, New Hampshire 03598

855.837.2100
info@mountainviewgrand.com