

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, \$490 per couple\**

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.

## TOWER LOUNGE RESERVATION

*1 hour, \$100\**

Escape to the heights of tranquility in our exclusive Tower Lounge, a serene retreat suspended above the world below. Reserved by the hour, this private sanctuary offers sweeping views of the surrounding mountains, where clouds drift lazily and sunlight dances across the peaks. Sip on sparkling waters and artisanal teas as you unwind in peaceful luxury. Let time slow, breathe deeply, and soak in the magic of the moment. For an elevated experience, enhance your visit with optional food and beverage selections delivered to your tower hideaway. A hidden haven of stillness and splendor—the Tower Lounge awaits.



# 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**

*80 minutes, \$195\**

A refining red clay mask with micro-pumice finely exfoliates to unveil smooth, polished skin. You're then luxuriously enveloped in a cooling peat mud and matcha mask rich in bioactive plant matter and minerals to detoxify, soothe, and replenish. A warm drizzle of honey, aloe, and papaya serum melts into the skin before a final application of Agave Nectar Body Oil leaves the body deeply hydrated, radiant, and renewed.

## **HEAD IN THE CLOUDS SCALP RITUAL**

*20 minutes, \$75\**

Drift into deep relaxation with this focused crown ritual, featuring a restorative serum-and-oil infusion massage. Designed to nourish the scalp, calm the mind, and melt away tension, it is perfect as a serene escape or paired with your favorite treatment for added tranquility. Enhance the experience with our Rainbow Maker Dual-Phase Warming CBD Oil (+\$10).

## **VINE VITALITY TREATMENT**

*50 minutes, \$155\**

Restore your skin's vitality with this antioxidant-rich body ritual. A concentrated recovery serum crafted from winery grapes, healing gotu kola, and green tea is smoothed over the body to replenish nutrients and support natural renewal. An application of hydrating Agave Nectar Body Oil follows, sealing in moisture and leaving the skin deeply nourished, radiant, and comforted by nature's purest elements.

## **HYDRATING DEW BODY POLISH**

*50 minutes, \$165\**

Warm, vitamin-infused water softens skin, melting away tension while preparing the body for a decadent sweet cream sea salt exfoliation. An intentional application of nourishing Dew Ritual Triple Lipid Body Oil seals in moisture for a total transformation.

## **TRANQUIL SLUMBER BODY RITUAL**

*50 minutes, \$165\**

Unwind and prepare for a restful night's sleep with this calming full-body treatment featuring our Rainbow Maker CBD Oil. Made with watermelon extract and botanical oils rich in antioxidants, including Hi-Bio fast-absorbing, full-spectrum hemp oil, this warming experience soothes tired muscles and promotes relaxation with a 100mg dose of skin-loving CBD. The light, neutral, earthy scent of black currant and neroli enhances the experience, calming the senses. Your feet are then pampered with buttermilk-lavender-steeped hot towels and wrapped to deeply hydrate and relax. This treatment is ideal for soothing the body, calming the mind, and preparing for a rejuvenating, peaceful sleep.

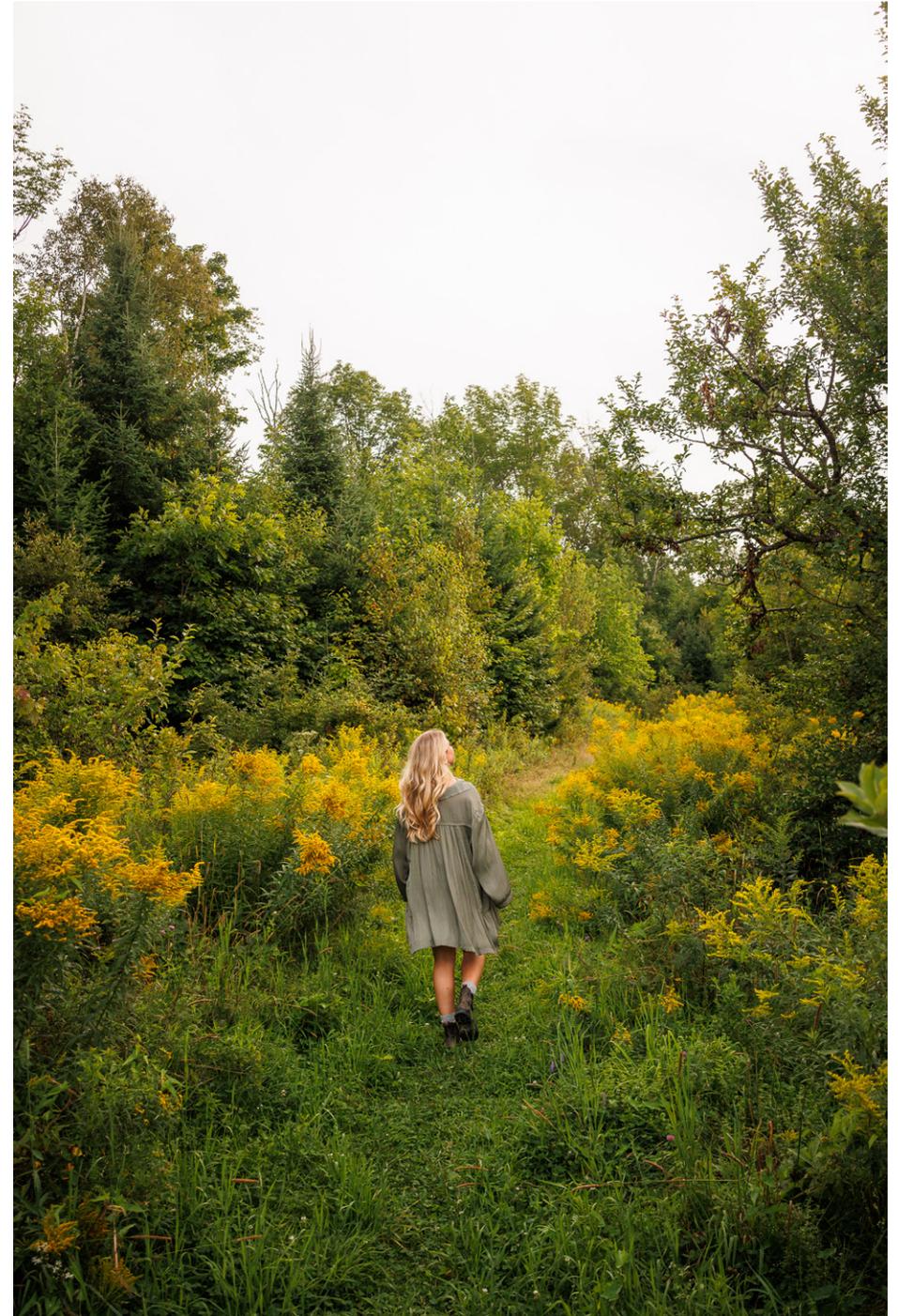
# Mind-Body Fusion Therapies

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

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.*



# 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.

## **HYDROLUXE OXYGEN FACIAL**

*50 minutes, \$195\**

The ultimate customizable experience for radiant skin on demand, featuring our specialized oxygenation technique to boost circulation and reveal a luminous, even-toned glow. Suitable for every skin type and tone and any event or occasion, all year round.

## **LIFT & SCULPT FACIAL**

*50 minutes, \$175\**

This rejuvenating, contouring facial helps address loss of volume and elasticity for maximum youth-restoring results. A powerful combination of age-defying peptides boosts firmness for a sculpted look with long-term reparative benefits.

## **MOISTURE INFUSION FACIAL**

*50 minutes, \$155\**

This hydrating facial quickly replenishes moisture while restoring skin's natural barrier. Triple-weight hyaluronic acid and our patented peptide technology work together to bring skin back to balance while plumping, improving moisture retention, and increasing radiance.

## **COMPLEXION CLARIFYING FACIAL\***

*50 minutes, \$155\**

This high-performance refining facial quickly addresses skin texture and tone concerns without compromising the natural moisture barrier. A potent dose of acne-targeted salicylic acid (2%), antioxidants, and our patented peptide technology instantly smooths dullness and increases the absorption and efficacy of active treatments. \*Not recommended for women pregnant or nursing.

## **GRAND ESSENTIALS FACIAL**

*20 minutes, \$85\**

A quick yet effective skin refresh for moments when you need instant renewal. This treatment focuses on gentle cleansing, exfoliation, and hydration to restore natural radiance.

## **FACIAL ENHANCEMENTS**

PolyPeptide Collagel+ Lip Mask \$10

PolyPeptide Collagel+ Eye Mask \$10

O2 Instant Brightening Treatment \$12

Moisture Infusion Mask \$14

Cryoglobes \$15

Oil Scalp Massage \$20

Neck & Décolleté Treatment \$45



# 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 MASSAGE**

*80 minutes, \$235\**

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.

## **ALPINE ARNICA MASSAGE**

*50 minutes, \$165\*; 80 minutes, \$205\**

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.

### **CLASSIC MOUNTAIN MASSAGE**

*20 minutes, \$75\*; 50 minutes; \$165\*: 80 minutes; \$205\**

Personalized to your unique preferences, this therapeutic experience blends an overall light - medium pressure with a deeper pressure spot treatment to address your body's individual needs. Partner with your therapist to craft a massage that's uniquely yours

### **DEEP TISSUE MASSAGE**

*50 minutes, \$175\*; 80 minutes, \$215\**

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

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.

### **MOTHER-TO-BE MASSAGE**

*50 minutes, \$145\**

Nurturing and comforting from head to toe, this gentle prenatal massage uses a rich Marshmallow Melt body balm that softens and conditions the skin as flowing movements ease aches and promote relaxation. Hands and feet are treated with a soothing buttermilk-lavender cream to calm swelling and restore lightness. Designed to support the body's natural changes, this restorative service offers a serene moment of comfort for expectant mothers.

*\*Massages are not recommended during the first trimester.*

### **SUMMIT STONE MASSAGE**

*50 minutes, \$165\*; 80 minutes, \$205\**

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.

### **CBD SERENITY MASSAGE**

*50 minutes, \$175\*; 80 minutes, \$215\**

This muscle-relaxing massage incorporates Cause+Medic's premium CBD Massage Oil and Pain Cream 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.

### **MESSAGE SERVICE ENHANCEMENTS**

Hot Stone \$30

Himalayan Salt Stone \$30

Oil Scalp Massage \$20

RAD Rollers \$25

Aromatherapy Oils \$12

CBD Pain Cream \$25

Arnica Mountain Pain Gel \$13



# 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, \$75\**

A warm soak softens and soothes the hands before detailed nail care and a skin-refining body polish. A nutrient-rich serum calms and nourishes, followed by a moisturizing massage to melt away tension and finished with a warm paraffin treatment and your choice of polish.

## **SIGNATURE PEDICURE**

*50 minutes, \$95\**

This grounding foot ritual begins with a softening soak, followed by detailed nail care and a body polish exfoliation. A serum application deeply nourishes, and a moisturizing massage relieves tension from calves to toes, finished with a warm paraffin treatment and your choice of polish.

## **CLASSIC MANICURE**

*30 minutes, \$55\**

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**

*40 minutes, \$75\**

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 PEDICURE**

*80 minutes, \$115\**

Feet are softened, shaped, and smoothed with expert nail and cuticle work, a revitalizing scrub, and hydrating moisturizer. A soothing massage using warm Himalayan salt stones and bamboo sticks relieves built-up tension in the feet and calves, restoring comfort and leaving you grounded from the soles up.

## **LITTLE EXPLORER'S MANICURE**

*30 minutes, \$45\**

Little hands enjoy a fizzy, frothy bubble mask to nourish skin while a soothing cream moisturizes, finishing with a perfect polish of their choice.

## **LITTLE EXPLORER'S PEDICURE**

*40 minutes, \$65\**

Tiny toes are treated to a comforting soak, followed by a fine sea salt scrub to buff and brighten the feet. A bubbly, frothy mask brings giggles and glow before a soothing cream hydrates and refreshes. Finished with the polish color they love most.

## **MANI-I-CURE**

*30 minutes, \$55\**

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.

## **SHELLAC POLISH ENHANCEMENT \$5**

# Salon

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

## HAIR

Shampoo, Cut, and Style (80 minutes, \$95\*)

Women's Haircut (20 minutes, \$45\*)

Men's Haircut (20 minutes, \$40\*)

Beard Sculpting (20 minutes, \$20\*)

Blowout (50 minutes, \$65\*)

*\*Please call (603) 837-0080 to book **special event hair and makeup artistry.***

## WAXING

Brow Wax (10 minutes, \$20)

Brow Tint (20 minutes, \$55)

Brow Lamination (20 minutes, \$75)

*\*Service offerings and pricing may vary based on demand and availability.*



# Spa Etiquette

We recommend arriving at least 25 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.

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