



HAIR AND NAIL SERVICES

Performance Manicure/Pedicure

Nails are trimmed neat, cuticles tidied, skin softened, and moisturized. Tired aching feet are buffed and smoothed with our mask, making a lasting impression. For a unique experience and true pampering, add a hot stone foot massage to your 1-hour pedicure.

Perfect Manicure/Pedicure

Perfect for those on the go and a great addition to any treatment. A condensed version of the performance. A simple cuticle clean up and moisturizer finishing with a polish change.

Teens and In-betweens

Enjoy a specialty treat of your own—a manicure and pedicure duo. You choose the nail color and style and we take care of the rest.

Essential Additions:

- Oasis Scalp therapy
- Hot Stone foot massage
- Paraffin treatment for hands/feet

Spa Advisors can assist with the following services:

- Hair cuts and styling
- Hair color and highlights
- Waxing
- Bridal Services
- Make Up

Cancellations and Changes:

We ask that you provide us with 12 hours advance notice if you need to change or cancel your appointment. Without notification, you will be charged in full.

STILLWATERS SPA
AT

TETON SPRINGS 



Contact us for Reservations
208.787.7250

Email: stillwatersspa@tetonspringslodge.com

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MASSAGE THERAPIES

Rosemary, Sage & Eucalyptus Alpine Massage

Penetrating, fresh and invigorating, our muscle ointment possesses pain relieving properties. When used in combination with warm stones and our signature massage techniques, general aches and pains caused by overexertion from skiing, hiking, biking or general strenuous activity can be alleviated.

Hot Stone Massage

Smooth local river stones are heated and used in combination with our penetrating oils to relax over worked muscles. This is a great treatment to raise your core temperature and eliminate toxins.

Swedish Massage

Light to medium massage pressure is applied making this a perfect choice for those new to the spa experience. This massage provides gentle therapy to enhance overall well-being and to increase general circulation.

Deep Tissue/Therapeutic Massage

Long a favorite among spa enthusiasts and athletes, deep tissue massage successfully releases chronic muscle tension. Utilizing slow strokes and more direct pressure, your therapist works deep into tight muscles to alleviate stress and soothe muscle soreness.

Pre-Natal Massage

Specialized massage techniques provide gentle relief to tense muscles and aching joints while creating a synergy and increased energy levels. Available during the second and third trimester.

½ Hour Specific Massage

Our miniature massage is perfect for those on the go and gives immediate relief to sore areas.

Reflexology Massage

Reflexology can help alleviate ailments throughout the body by simply working the points on the feet. A great treatment for someone that might have an acute injury, but also a great addition to any treatment.

In Room Massage

Enjoy a select offering of our massage services in the privacy and comfort of your own guest room. Available during spa hours only and please allow 12 hours advance notice.

BODY TREATMENTS

Hydraquench Body Wrap

Indulge in the senses with this three-in-one body wrap using 100% natural whipped shea butters and aromatic botanicals. Skin is gently buffed, slathered with moisture rich shea butter, and gently wrapped in a warm herbal cocoon. Complemented with a warm

Custom Mud Wrap

Our custom mud treatment is designed for dry climates, using mud from Sedona, Arizona that is enriched with kaolin, glycerine, and bentonite. You then have the personal option to customize your treatment, choosing green tea for a higher level of detoxification or rose hips for extra moisture. You're gently wrapped while receiving a warm stone foot massage, cooling stones on the face, and stress relieving neck work.

Body Polish

Reveal soft, smooth, and silky skin with our exquisite body exfoliation incorporating blends of grapefruit, orange, and tangerine oils. Our whipped shea butter and jojoba oil leave chapped skin feeling soft and supple.

Hot Herbal Wrap

A wonderful addition to any massage or facial. Egyptian linen soaked in a herbal blend of lavender, chamomile, and rose hips. You're gently wrapped while receiving a hot stone foot massage, cold stones on the face, and neck work.

FACIALS AND SKINCARE

Sweet Milk and Lavender Bud Facial

Experience a delightfully refined organic facial treatment which deeply relaxes and wholly hydrates the skin. Using a protein infusion of powerful antioxidants and natural nutrients, skin texture and tone are corrected eliminating visible stress and tiredness while illuminating a luscious and visibly brightened skin.

Splendor Rejuvenating Facial

Feel the glow of a young, healthy complexion! Calendula and Vitamin C deeply recondition and rebalance the skin to combat the signs of aging. Elasticity and tone are restored as products bestow skin with renewed silkiness and splendor.

Active Pureness Facial

Get a fresh start! Appropriate for all ages, this effective herbal facial focuses on decongestion and purifying skin's blemishes and imperfections. After a deep cleanse and exfoliation, nature's perfect mask of clay, rosehips and peppermint will help restore balance and settle any skin irritation.

Teen Clean Balance Facial

Our knowledgeable estheticians are here to assist and teach. This instructional facial is designed for teenagers looking for guidance and direction when choosing skin care products for their particular skin type, practicing proper skin care techniques, and using products correctly.

STILLWATERS SPA

Settled within glorious, alpine surroundings, the spa at Teton Springs Lodge is created to provide you with an infinity of sensory experiences within a tranquil retreat—a place you may never wish to leave. We invite you to enjoy the finest quality of spa offerings, many of which are inspired by the majesty of the glaciers, the beauty of our natural surroundings, and our pure, clean mountain air.

