




solace spa
BOYNE MOUNTAIN



Deer Lake at Boyne Mountain

TRANQUILITY AWAITS

Take a step to change your life at Michigan's premier destination spa. Experience an inspiring program led by a top wellness teacher. Hike along our wooded paths or strap on the snowshoes and hit the trails. Kayak on the resort's lake or adventure across our terrain on a mountain bike. Over 5,000 acres offer the perfect setting to awaken your spirit and enjoy northern living at its finest!

Solace Spa's relaxed and luxurious surroundings feature soothing whirlpools, cedar saunas, purifying steam rooms, indoor/outdoor pool, state-of-the-art fitness and training facilities, and a beautifully appointed salon.

Chaos disappears.

Noise fades away.

Balance is restored.

Start living.



EUROPEAN SPA BATHING RITUAL

Prepare your body and mind for total relaxation in traditional European style. We recommend our self-guided circuit of dry and wet amenities to stimulate your body, using cycles of heating and cooling experiences prior to your treatment.

- Begin by relaxing in our warm and soothing whirlpool, then enjoy a stimulating cool shower.
- Next, refresh with an aromatherapy spritzer in our cedar sauna, followed by a stimulating cool shower.
- Complete the relaxation circuit by enjoying a purifying steam with a moist cool towel, finishing with a stimulating cool shower.





GENERAL SPA INFORMATION

Daily Spa admission includes access to relaxation lounges, locker, robe and sandals, whirlpool, steam room and cedar sauna, spa pool courtyard, state-of-the-art fitness facilities, and group exercise classes.

Spa Etiquette

Please arrive at least 30 minutes prior to your spa appointment time. To ensure a serene environment for guests, we ask that you please turn cell phones off before arrival.

To preserve the tranquility of your Solace Spa experience, smoking is not permitted and the facility is reserved for guests ages 16 and up. Salon services are available for all ages.

Gratuities/Service Fee

For your convenience a 15% spa gratuity and 5% service fee will be added to all treatments. Individual gratuities for superior service are always appreciated.

24-Hour Cancellation Policy

Cancellations must be made 24 hours prior to appointment to avoid being charged in full.

Gift Cards

To order a spa gift card, please call spa reservations at 231.549.7946.

Group Events & Weddings

It would be our pleasure to host a private spa event or special occasion. Please call 231.549.7948.



DAY SPA JOURNEYS

Day of Solace

25 minute Exfoliation
50 minute Traditions Massage
25 minute Scalp Ritual
50 minute Epicuren Customized Facial
50 minute Traditions Pedicure
Plush Keepsake Spa Robe

Romantic Journey

80 minute Twice as Nice Massage (Two People)
50 minute Grand European Facial for Her
50 minute Gentlemen's Hot Towel Facial
Split of Sparkling Wine

Northern Escape

50 minute Traditions Massage
50 minute Water Lily Wrap
50 minute Grand European Facial

Classic

50 minute Traditions Massage
50 minute Grand European Facial

Grand Retreat

50 minute Grand European Facial
or 50 minute Traditions Massage
50 minute Traditions Manicure
50 minute Traditions Pedicure

Mom-to-Be

50 minute Kneading Mom Massage
50 minute Grand European Facial
50 minute Traditions Pedicure
Solace Spa Keepsake Teddy Bear

Discovery (your choice of three)

25 minute Exfoliation
25 minute Reflexology
25 minute Scalp Ritual
25 minute Neck and Shoulder Massage
25 minute Back and Leg Massage
25 minute Quick Pick-Me-Up Facial

Day Spa Admission is included in all Day Spa Journeys

 Signature Treatment



BODY TREATMENTS

Lavender Fields 145 minute

Enjoy a gentle exfoliating salt scrub infused with lavender essential oil followed by an exotic lavender wrap that nourishes and soothes your skin. Your journey continues with a lavender lotion massage to induce a state of deep relaxation. Your experience concludes with a scalp ritual that nourishes and conditions your hair. This decadent treatment leaves your skin radiant and soft and your mind in a state of nirvana.

Hot Toddy for the Body 80 minute

Warm yourself from the outside in with this delicious treat for your skin (and senses). Your journey starts with a gentle cinnamon and vanilla exfoliation to soothe sore and tired muscles. A chai soy mud mask that promotes circulation and reduces inflammation envelops your skin as you receive a soothing scalp massage. Our vanilla bean lotion application softens your skin and leaves you relaxed and rejuvenated.

Green Tea Coffee Wrap 80 minute

A full body experience that not only energizes but also tightens and tones. Our green tea coffee wrap slims and firms as you enjoy a relaxing scalp massage. A finishing massage application of body cream leaves you hydrated and recharged.

Tropical Mist 50 minute

Pamper yourself with our deeply moisturizing Brazilian Rainforest Propolis wrap and a soothing scalp massage. Complete your treatment with a warm coconut milk body drench.

Water Lily Wrap 50 minute

This soothing body treatment is great for regenerating stressed skin following a day in the sun or on the slopes. After showering off the fresh scented Silky Skin body exfoliant, you are wrapped in the sweet aroma of white lily combined with healing powers of aloe and green tea extracts. This treatment leaves you feeling refreshed and revitalized.

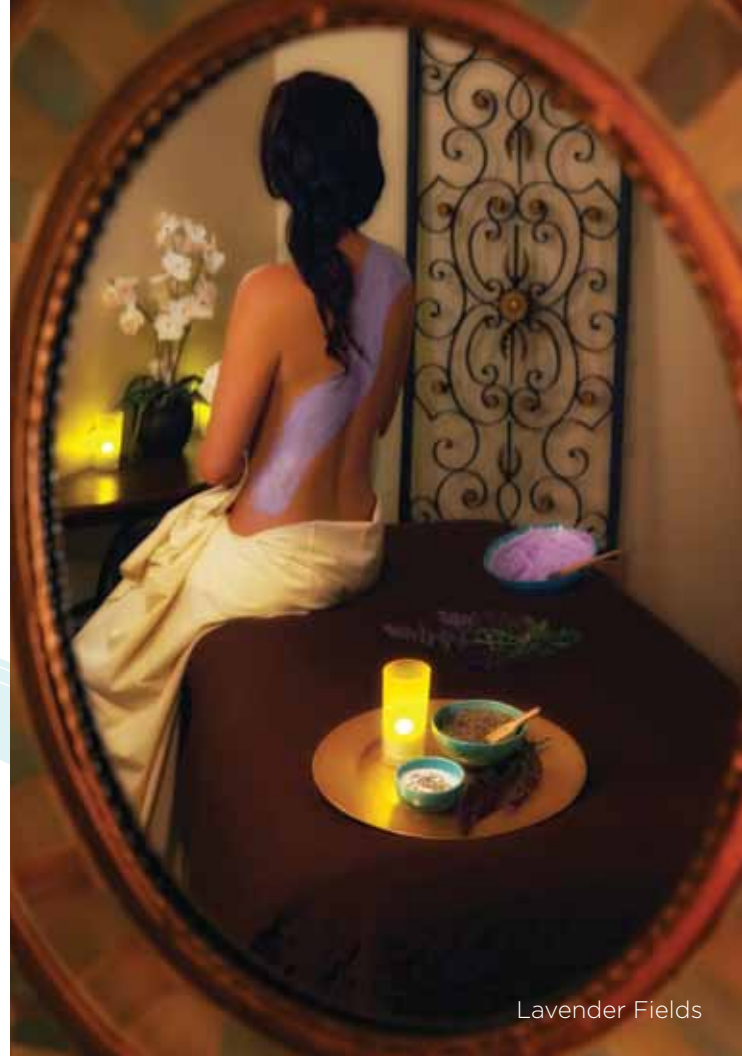
Exfoliation 25 minute

Indulge in this invigorating exfoliation on its own or combine with any massage treatment. Our moisturizing body scrub leaves your skin not only smooth, but hydrated. Your choice of aromatherapy includes: Papaya Pineapple, Cinnamon Vanilla Brown Sugar, or Old World Scrub.

Scalp Ritual 25 minute

The perfect addition to any treatment! This luxurious service starts with your own customized scent blended with a warm oil that nourishes and conditions your hair. As the warm oil is slowly poured on your hair a relaxing head, neck, and scalp massage completes this ritual. We recommend enjoying our steam or sauna to continue this state of bliss.

 *Signature Treatment*



Lavender Fields

MASSAGE

Traditions (Swedish) 50 or 80 minute

The benefits of healing the body, mind, and spirit through touch are a tradition within nearly every culture. Soothing therapeutic massage melts away stress and tension, leaving you refreshed and relaxed. This massage consists of light to medium pressure.

Deep Tissue 50 or 80 minute

This therapeutic treatment involves deep, slow strokes and pressure points to access the deeper layers of muscle and fascia. Benefits of deep tissue massage include relief of chronic pain and muscle tension.

Sports Massage 50 or 80 minute

Involving a combination of traditional Swedish massage, stretching and enhanced range of motion, this massage is most beneficial just before or after golfing and skiing.

Twice as Nice 50 or 80 minute

Have your partner by your side as two of our therapists provide calm, relaxing massages in the tranquility of our couples room.

○ Zen Trilogy 80 minute

Restore balance to your soul with our Asian inspired Bamboo Massage. A trio of techniques will ground your senses. Utilizing Swedish, Shiatsu, and Reflexology, your therapist kneads your stress and tension away and helps you to achieve total Zen. This signature treatment takes you to another state of relaxation as your therapist performs a scalp ritual to complete your Zen Trilogy.

○ Petoskey Hot Stone 80 minute

A collection of basalt and fossil stones found only in northern Michigan, are heated to comfortably penetrate tight and sore muscles. The combination of aromatherapy oils and warm stones melts away your tension and stress leaving your body in a state of deep relaxation.

Kneading Mom 50 minute

Prenatal massage is extremely effective in easing stress on your body during pregnancy. Relaxing your body helps to create a nurturing environment for your growing baby.

Reflexology 25 minute

Stimulating the reflex areas of your feet and hands sends a wave of relaxation throughout your body and restores energy and balance.

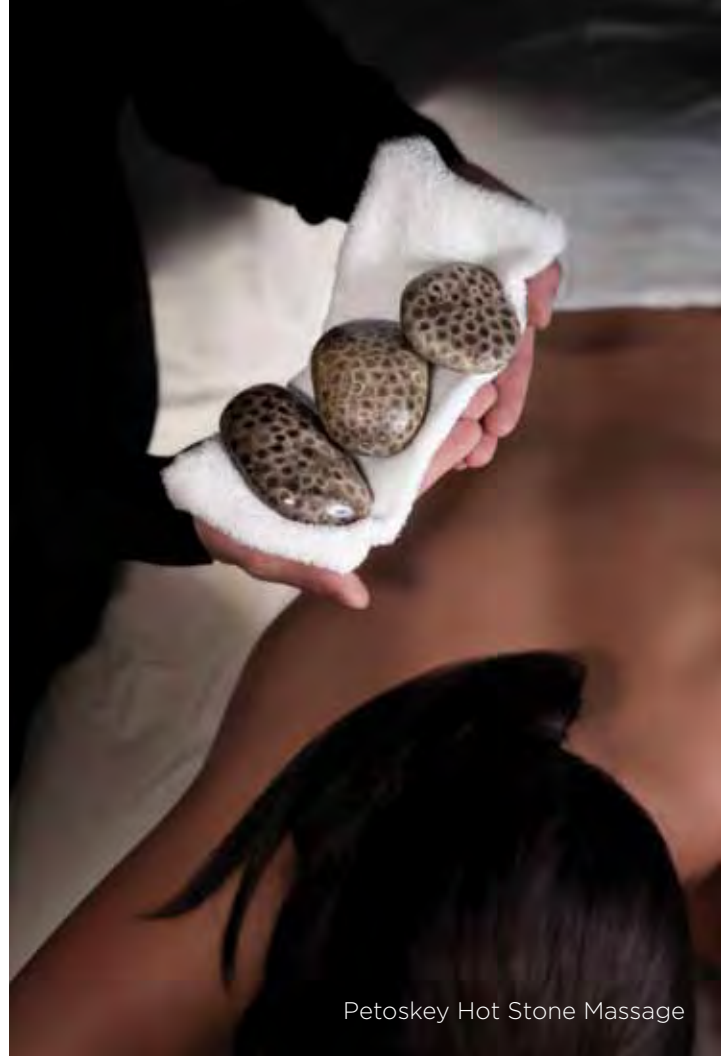
Neck and Shoulder Massage 25 minute

A concentrated massage for your neck and shoulders that relieves stress.

Back and Leg Massage 25 minute

This therapeutic service focuses on providing treatment to your back and legs.

 *Signature Treatment*



Petoskey Hot Stone Massage



FACIALS

Pevonia™ Caviar 80 minute

The most advanced defense against aging. This opulent anti-aging treatment lavishes your skin with pure Caviar Extract, Pearl Extract and Escutox® to deeply repair and replenish, improve elasticity, and dramatically smooth and reduce wrinkles. Includes a relaxing hand and foot massage.

Pevonia Eternal Spring 50 minute

Our remarkable Pevonia facial treatment is designed to reduce fine lines and restore a youthful appearance. Through the application of highly concentrated vitamin C and a peelable mask, you can see results instantly. Great for special occasions. Includes a relaxing hand or foot massage.

Pevonia Grand European 50 minute

By crafting the product mix to your specific needs, this Pevonia facial is great for all skin types. While the mask is setting, enjoy your choice of a hand or foot massage.

*Wonderful first time facial for teenagers!

 *Signature Treatment*

Epicuren™ Awakening 80 minute

Awaken your skin and bring back youth. This signature facial utilizes vitamins, complex proteins and metadermal enzymes that enhance your skin's appearance. After cleansing and a gentle exfoliation, a series of tightening masks are applied. These unique masks target the areas of your skin that need firming and toning while you receive a relaxing hand and foot massage.

Epicuren Customized Facial 50 minute

This classic facial allows our professional estheticians to customize specific Epicuren products to design a precise skincare treatment to meet your individual needs. Includes a hand or foot massage.

Epicuren Quick Pick-Me-Up 25 minute

An ideal facial for those on the go! Cleansing, exfoliation, and a mask.

Facial Enhancements

Pevonia:

Fine Line Eye Benefit

Puffiness Eye Benefit

Lumafirm

Lip Benefit

Epicuren:

Rejuvenating Eye Treatment



MEN'S SPECIALTIES

Traditions (Swedish) 50 or 80 minute

The benefits of healing the body, mind, and spirit through touch are a tradition within nearly every culture. Soothing therapeutic massage melts away stress and tension, leaving you refreshed and relaxed. This massage consists of light to medium pressure.

Deep Tissue 50 or 80 minute

This therapeutic treatment involves deep, slow strokes and pressure points to access the deeper layers of muscle and fascia. Benefits of deep tissue massage include relief of chronic pain and muscle tension.

Sports Massage 50 or 80 minute

Involving a combination of traditional Swedish massage, stretching and enhanced range of motion, this massage is most beneficial just before or after golfing and skiing.

Gentlemen's Hot Towel Facial 50 minute

Using Pevonia skin care products, this complete facial helps prevent razor burn and skin sensitivity. Includes a firming and toning facial massage and anti-stress hand or foot massage.

Exfoliation 25 minute

Indulge in this invigorating exfoliation on its own or combine with any massage treatment. Our moisturizing body scrub leaves your skin not only smooth, but hydrated. Your choice of aromatherapy includes: Papaya Pineapple, Cinnamon Vanilla Brown Sugar, or Old World Scrub.

Men's Sport Manicure or Pedicure 50 minute

Make a great first impression with well manicured nails. Kick back and relax with our traditional water soak, cuticle care, nail maintenance, and buffing. Invigorate with our rosemary massage focused on your tired and overworked joints.

Re-Energize 130 minute

80 minute Traditions Massage

50 minute Gentlemen's Hot Towel Facial

Salon Services

Men's Hair Cut | Chest Wax | Back Wax

 *Signature Treatment*





SALON SERVICES

Mini Manicure or Pedicure 25 minute

This “quick-fix” includes cuticle care, nail maintenance, lotion application, and polish.

Traditions Manicure or Pedicure 50 minute

Enjoy a revitalizing soak, cuticle and nail maintenance, exfoliation, mask, massage, and polish.

Lavender Manicure or Pedicure 50 minute

Life is sweet when you indulge in this luxurious treatment. Close your eyes and relax as the scent of lavender fills the air. A step-up from the Traditions, this treatment leaves you relaxed and restored.

Polish Change 15 minute

Manicure or Pedicure Enhancements

French Polish | Paraffin | Shellac™ Application
Shellac Removal

 *Signature Treatment*

Waxing

Waxing services for guests ages 16 and up.
Arm | Underarm | Half Leg | Full Leg | Lip | Chin | Brow

Hair Artistry

Shampoo/Style
Cut/Style
Bridal and Special Occasion Style

Color Artistry

Color Retouch
Basic Color
Foiling
Design Color

Finishing Touches

Keratin™ Smoothing Treatment | Malibu™ Treatment
Moroccanoil™ Scalp Treatments | Moroccanoil Conditioning
Treatments | Brow or Lash Tint

Jane Iredale™:

Make-up Application | Make-up Lesson
Faux Lash Application







FITNESS

Allow our professional fitness staff to tailor a program to your specific needs. Private personal fitness, yoga, and pilates apparatus training are available with advance reservations.

Our daily schedule of group fitness classes are available complimentary for all day spa guests to enjoy, along with our state-of-the-art fitness facilities. An updated schedule of group classes is available online at BOYNESPAS.com.

Solace Spa Membership

Have you ever dreamt of living at the spa? Make it reality with a membership to help you achieve a balanced and healthy lifestyle.

Experts estimate that upwards of 75% of disease is stress related. "Like water which can clearly mirror the sky and the trees only so long as its surface is undisturbed, the mind can only reflect the true image of the Self when it is tranquil and wholly relaxed." – Indra Devi, 20th Century American Writer

Membership Benefits:

- Unlimited member access to the state-of-the-art fitness facility complete with Matrix cardio/strength circuit and flat screen televisions
- Complimentary group fitness classes

- Separate women's and men's relaxation lounges and locker rooms, each with whirlpool, steam room, cedar sauna, and showers
- Complimentary spa refreshments in relaxation lounge
- Plush robe and spa sandals
- Limited number of complimentary guest passes
- Family access to the indoor/outdoor pool at the Mountain Grand Lodge
- Family access to outdoor tennis courts at Boyne Mountain
- Discounts on spa services and private fitness training
- Resort charging privileges
- Annual members have option to purchase private locker for a year (includes a nameplate on locker)

Memberships are available in 3-month, 6-month, and annual terms. Day Spa Passes or bundles of 10 passes are also available for purchase. To join, please call 231.549.7946.





Reservations: 231.549.7946

One Boyne Mountain Road
Boyne Falls, MI 49713
(Located inside the Mountain Grand Lodge)

www.BOYNEPAS.com