



SPRINGS  ETERNAL  
SPA



*Experience* YOURSELF  
in a whole new *Light*

Sample the historic “Bedford Baths” using our signature indigenous product line inspired by local herbs and botanicals. Unwind with a soothing massage and beauty treatment or simply spend a few moments in our Serenity Garden to gather your thoughts on the day’s adventures.

# Massages & WRAPS

## Springs Eternal Therapeutic Massage

**60 / 75 MINUTES**

Indulge in a luxury experience designed just for you. Expert hands customize this full body massage, melting away tension and restoring harmony.

## Himalayan Salt Stone Massage

**60 / 75 MINUTES**

Experience the comfort of warm, hand-carved salt stones from the Himalayan Mountains as they massage the body, dissolve away stress and tension, and bring balance to the body, mind, and spirit.

## The Eternal Cure

**75 MINUTES**

Relax while skilled hands provide a gentle exfoliation of the back and feet, followed by warm towel compresses. Himalayan salt stones follow, incorporated into a full body massage providing soothing warmth and comfort to stress points.

## Prenatal Massage

**60 MINUTES**

This massage is thoughtfully designed to support the developing needs of mother and baby, providing the nurturing care and relaxation you both deserve. \*Guest must be in their second or third trimester.

### Serenity Massage

**60 / 75 MINUTES**

After a gentle, dry body exfoliation, embark upon a skin-nourishing journey as your therapist provides a full-body massage with a skin-softening infusion of Coconut Oil, Vitamin E, and scent of your choice.

### Dr. Anderson's Deep Tissue Massage

**60 / 75 MINUTES**

Continuing Dr. Anderson's healing legacy with our expert therapy lotion, experience targeted relief and instant comfort. Warm salt stones ease tension, while cool stones reduce inflammation. Experience rejuvenation through skillful hands and restorative therapy.

### Allegheny Escape Massage

**60 MINUTES**

A luxurious full-body aromatherapy massage, emphasizing back work featuring our uplifting Zen scent. Your provider will artfully customize the experience, blending soothing aromas for a truly therapeutic escape that revitalizes your body and mind.

### Island Retreat Massage

**60 MINUTES**

Experience the embrace of a Lomi Lomi-inspired massage, where the gentle rhythm of ocean waves inspires long, flowing strokes. Tropical scents accompany attentive hands as this treatment nurtures your body and soul, transporting you to serene shores.

### Magnesia Birch Wrap

**60 / 75 MINUTES**

After a stimulating massage, your body is cocooned in a heat-intensive wrap infused with natural magnesium. While cocooned, a magnesium-rich sweet birch gel is massaged into the neck and feet, relieving tension, and re-energizing the body.

### Antioxidant Wrap

**75 MINUTES**

A full-body massage with deeply hydrating vitamin-rich clementine oil begins this treatment before a warm wrap cocoons the body. Expert hands will ease your mind during a soothing scalp massage to conclude this treatment.

### Buchanan Oasis Massage

**90 MINUTES**

Indulge in this relaxing massage with pleasant notes of coconut and lime, enhanced by the calming warmth of heated bamboo tools. A green tea wrap will cocoon your body while your head, neck, and shoulders are expertly massaged and tension melts away.

### Stone and Birch Muscle Renewal

**90 MINUTES**

A therapeutic full-body stone massage tailored for those seeking deeper therapeutic work, this service incorporates both warm and cool stones to release tension and restore balance. This treatment features an exfoliating back and foot scrub followed by the therapeutic birch rub targeting areas of stress for optimal relief with aromas of rosemary and mint.

# MASSAGE

## Enhancements

Complement your massage by purchasing one of the enhancements below. These personalized additions are included within your scheduled treatment time.

### Honey Lavender Foot or Back Exfoliation

Appreciate the benefits of relaxation-inducing lavender in this fine, natural sea salt foot or back exfoliation and massage.

### Citrus Scalp Massage

Our antioxidant-rich citrus scalp massage provides your mind with a quiet moment.

### CBD Oil Enhancement

Signature CBD oil is incorporated into treatment, infused with the muscle-soothing benefits of Arnica.

### CBD Foot or Back Exfoliation

Refreshing cucumber and mint CBD and arnica lotion provides comfort to stress points after gentle exfoliation.

### CBD Focus Treatment

Therapeutic focus work with our signature CBD salve and cool stones.

### Specialized Muscle Therapy Duo

Muscle Therapy cooling lotion is coupled with inflammation reducing cool stones.

### Himalayan Salt Stone

Upgrade to a new level of relaxation or deep tissue work as your therapist uses warm, hand-carved salt stones from the Himalayan Mountains for your massage.

# Focused THERAPY

## Evitt's Trail Retreat

### **30 MINUTES**

Named after our expert level hiking trail, this service begins with a gentle foot exfoliation before a thoughtful massage relieves tired muscles below the knees and throughout the feet.

## Quiet Mind

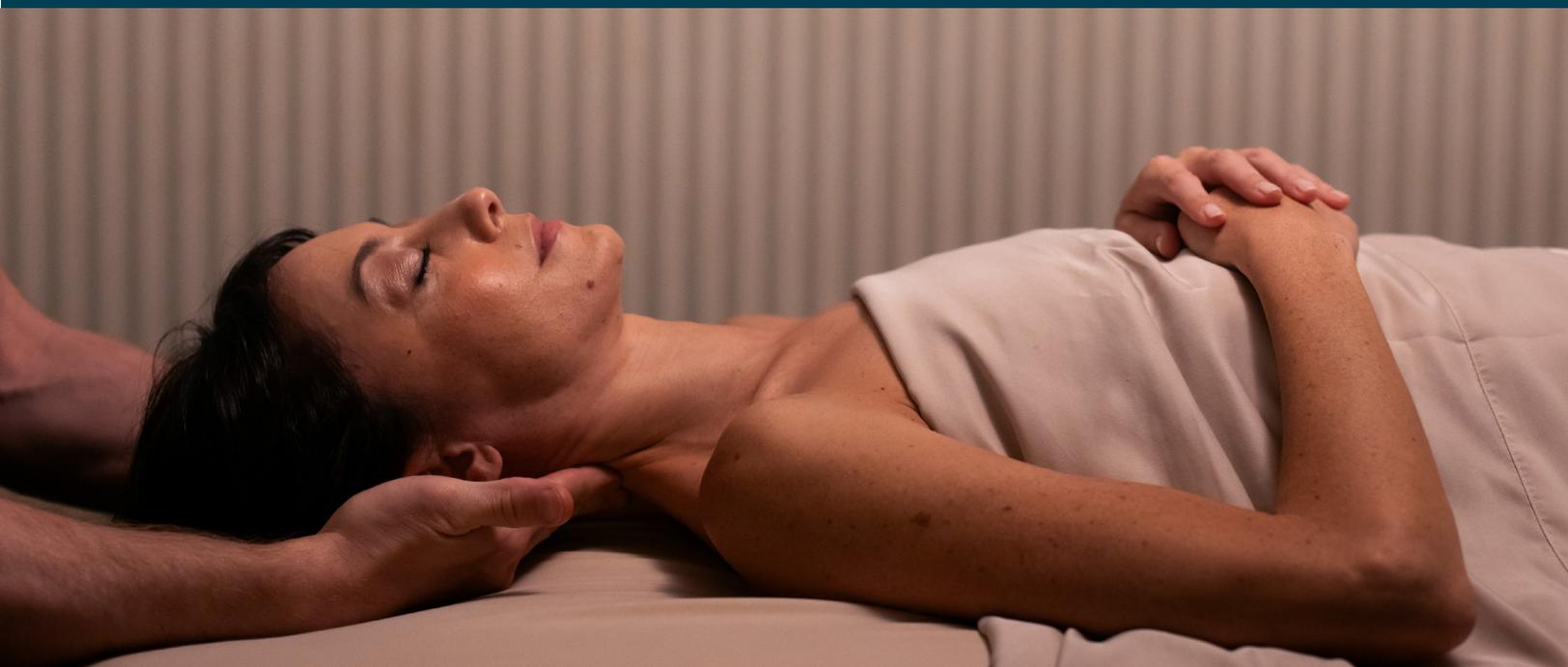
### **30 MINUTES**

Quiet your mind and release tension with this neck, head, and shoulder massage featuring gentle notes of clementine and lime.

## Birch Back Therapy

### **30 MINUTES**

Experience relief with this therapeutic back treatment. Nourishing Birch Rub helps alleviate tension, while a gentle exfoliation and warm towels pamper hard-to-reach areas. A therapeutic stretch further eases muscle stiffness, restoring flexibility and promoting deep relaxation.



# BODY SCRUBS & *Treatments*

## Botanical Balance Ritual

### **60 MINUTES**

Find harmony in the body and mind with this grounding, nature-inspired ritual. A gently fragrant polish featuring notes of ginger and orange awakens the senses, while soothing notes of lavender and rosemary restore calm and clarity. Nourishing ingredients leave the skin radiant and soft. A treatment centered in balance: this ritual provides a harmonious journey that uplifts and renews.

## Cashmere Body Quench

### **60 MINUTES**

After a full-body dry exfoliation, quench dry skin through an uplifting blend of moisturizing coconut oil and sunflower oil. This treatment includes a foot exfoliation along with a scalp massage.

## Seaweed Serenity Wrap

### **75 MINUTES**

After a dry body brushing for the full body, seaweed gel, highly concentrated in natural algae, kelp, and minerals, is applied over the body in a velvety layer. While calming and nourishing properties take effect, a neck, shoulder, and scalp massage follow. After the product is removed with warm towels, a hydrating oil infused with rosemary and mint is gently applied.

## Warm Herbal Springs Cocoon

### **60 / 75 MINUTES**

After a full-body dry exfoliation and cucumber honeysuckle body butter application, a signature blackberry wrap warmly cocoons the body. While wrapped, a neck, shoulder, and scalp massage allow your mind a quiet moment. Enjoy a custom curated tea after treatment.

## BODY TREATMENT

# Enhancements

Complement your body treatment by purchasing one of the enhancements below. These personalized additions are included within your scheduled treatment time.

### Citrus Scalp Massage

Our antioxidant-rich citrus scalp massage provides your mind a quiet moment.

### Gua Sha

Incorporate traditional Chinese methods to reduce inflammation, tone, and brighten complexion with the use of a smooth Gua Sha stone.

### Focused Hydration

Remedy dry areas by paying special attention to heels, knees, and elbows.

### CBD Oil Enhancement

Signature CBD oil is incorporated into treatment, infused with the muscle-soothing benefits of Arnica.



# Facials

## Springs Eternal Facial

### **60 MINUTES**

A classic and timeless treatment, our Springs Eternal Facial is expertly customized to address your skin's specific needs. Featuring results-driven products, allow your esthetician to design a personalized treatment to restore the skin.

## Advanced Springs Eternal Facial

### **75 MINUTES**

An expertly crafted, advanced facial designed to cater to your skin's individual needs, this treatment focuses on targeted anti-aging solutions. Through personalized techniques and active ingredients, this facial effectively promotes a smoother, firmer, and more radiant complexion.

## Luminous Glow NanoFacial

### **75 MINUTES**

Creating micro-channels in the skin's surface, this facial allows potent products and nutrients to deeply penetrate the dermal layer, where collagen stimulation occurs. This treatment enhances hydration, plumps the skin, reduces fine lines and wrinkles, and improves overall tone and texture, leaving the skin visibly firmer and more radiant.

## Eternal Youth Facial

### **90 MINUTES**

Indulge in our signature luxury facial, designed to elevate your skincare experience. This treatment includes an enzyme mask, a hydrating hydrojelly mask, and nourishing hand and feet treatments, complemented by a relaxing massage for the face, neck, shoulders, scalp, hands, and arms. Crafted with active ingredients and expert lifting massage techniques, this facial will leave you glowing, with the timeless radiance of Eternal Youth.

## Luxurious Glo2

### **60 MINUTES**

Allow your skin to achieve the glow you have always wanted! Bubbly rich oxygenating exfoliation is followed by micro-vibrations to instantly smooth and enhance nutrient absorption. A warm, calming lymphatic massage sculpts and lifts the face all while instantly reducing facial tension. Steam, extractions, and a heated hand treatment add all the perfect extra touches to allow you to achieve instant radiance with no downtime.

### **ENHANCE YOUR LUXURIOUS GLO2 FACIAL WITH A COLLAGEN NECK AND DÉCOLLETÉ TREATMENT**

## Glo2 & Go

### **30 MINUTES**

An express Glo2 featuring oxygenating exfoliation followed by micro-vibrations to instantly smooth and enhance nutrient absorption. Concluding with a warm, calming lymphatic massage, this facial will have you looking radiant and glowing.



## FACIAL *Enhancements*

Complement your facial treatment by purchasing one of the enhancements below. These personalized additions are included within your scheduled treatment time.

### Gua Sha

Incorporate traditional Chinese methods to reduce inflammation, tone, and brighten complexion with the use of a smooth Gua Sha stone.

### Collagen Eye or Lip Treatment

Treat the delicate lip or eye area by restoring hydration with these nourishing and brightening collagen masks.

### Collagen Neck and Décolleté Treatment

Allow collagen masks to blanket the delicate neck and décolleté area, resulting in a post-treatment glow.

### Luxe Sonic Exfoliation

Indulge in a refined exfoliation experience with this precision sonic treatment, designed to gently lift away dull surface cells and fine facial hair. Unveil a flawlessly smooth, radiant complexion while enhancing the absorption of high-performance skincare.

### Collagen GemClinical Experience

A facial enhancement infused with active serums and hyaluronic acid, a luxurious collagen mask plumps and brightens the skin. Finish the enhancement with a gemstone booster serum, inclusive of a take home serum to continue self-care at home.

### LED Therapy

Provide therapeutic treatment through red or blue light therapy to calm redness, promote even skin tone, and destroy acne causing bacteria.

### Peptide Peel

Intended for age management, this lactic acid peel features peptides and stem cells designed to enhance the effectiveness of your facial.



# HydraFacials

## Luxury HydraFacial

### **60 MINUTES**

An invigorating treatment that includes all the essentials of the Signature HydraFacial while addressing specific skin concerns with a Booster customized on your skin goals. This treatment concludes with LED Light Therapy.

## Signature HydraFacial

### **30 MINUTES**

This treatment deeply cleanses, exfoliates, extracts, and hydrates the skin utilizing super serums filled with antioxidants, peptides, and hyaluronic acid.

## Elite HydraFacial

### **75 MINUTES**

The ultimate HydraFacial experience! This facial includes all the steps of our Luxury HydraFacial with added benefits of Lymphatic Drainage through the incorporation of Gua Sha techniques.

## HYDRAFACIAL *Enhancements*

Complement your hydrafacial treatment by purchasing one of the enhancements below. These personalized additions are included within your scheduled treatment time.

### Lip Perk

A refreshing treatment that exfoliates, hydrates, and plumps the lips. Comes with a take home lip serum.

### Eye Perk

A brightening and refreshing treatment for the eye, the outer eye is toned, firmed, and hydrated. Comes with a take home eye serum.

### Neck and Décolleté

Proprietary botanical extracts derived from chia and grape seeds, revitalize the neckline and target signs of aging.

# Manicures & Pedicures

Our long lasting, nontoxic, and quick-drying polish is designed to improve nail health over time, and is not compatible with acrylics, gels, or dip polish.

## Springs Eternal Luxury Manicure

### **50 MINUTES**

A warm soak, gentle sugar scrub exfoliation, and warm cucumber honeysuckle oil treatment with massage make this manicure the luxury service your hands and nails desire. Complete your treatment with the option of a Buff and Shine, Clear Coat, or Performance Polish.

## Springs Eternal Express Manicure

### **30 MINUTES**

An express treatment to transform your nails, this service is completed with the option of a Buff and Shine, Clear Coat, or Performance Polish. This service focuses solely on nail care and doesn't include massage or exfoliation.

## Springs French Manicure

### **65 MINUTES**

A luxury manicure with a classic twist. This manicure is complete with the timeless French finish.

## Springs French Pedicure

### **65 MINUTES**

A luxury pedicure with a classic twist. This pedicure is complete with the timeless French finish.

## Springs Eternal Luxury Pedicure

### **50 MINUTES**

A warm soak, gentle sugar scrub exfoliation, and massage with cucumber honeysuckle body butter make this pedicure the luxury service your feet and nails desire. Complete your treatment with the option of a Buff and Shine, Clear Coat, or Performance Polish.

## Springs Eternal Express Pedicure

### **30 MINUTES**

An express treatment to transform your nails, this service is completed with the option of a Buff and Shine, Clear Coat, or Performance Polish. This service focuses solely on nail care and doesn't include massage or exfoliation.

## Eternal Indulgence Pedicure

### **75 MINUTES**

Sink into bliss with a warm aromatic soak, followed by a deeply hydrating heel treatment, expert nail shaping, and cuticle refinement. A luxe Pink Himalayan Salt exfoliation smooths and revitalizes, while a rich mask nourishes your feet and lower legs. Indulge in a warm oil treatment wrapped in plush booties, paired with a tension-melting massage using warm Himalayan Salt Spheres. Finish with your choice of Buff and Shine, Clear Coat, or Performance Polish for the perfect polished touch.

## Sole Serenity Treatment

### 50 MINUTES

Indulge in this revitalizing foot treatment, beginning with a softening heel glaze. Experience a refreshing scrub, warm oil treatment, and soothing massage. This experience concludes with the balancing touch of a Kansa wand, targeting pressure points for ultimate relaxation and natural buff and shine finish. Please note, this service does not include a polish.

## MANICURE & PEDICURE *Enhancements*

Complement your manicure or pedicure service by purchasing one of the enhancements below. These personalized additions are included within your scheduled treatment time.

### Honey Heel Glaze

A honey-based serum is painted on the heels while warm towels envelop your feet. Aloe leaf juice and pineapple and papaya fruit extracts work together with Texas wildflower honey to seal in natural moisture and provide instant hydration.

### Kansa Wand

Incorporate an ancient ayurvedic Kansa wand to your arm or leg massage to relieve tension and calm the mind.

### Himalayan Salt Spheres

Upgrade to a new level of relaxation with warm, hand-carved salt spheres from the Himalayan Mountains.



# HAIR *Services*

## Ladies Cut and Style

### **90 MINUTES**

Sit back and relax with a rich, customized, shampoo and conditioning before our salon professional achieves your desired cut and finished style.

## Gentleman's Cut and Style

### **45 MINUTES**

Sit back and relax with a rich, customized, shampoo and conditioning before our salon professional achieves your desired cut and finished style.

## Blow Dry and Style

### **SHORT HAIR - 50 MINUTES**

### **LONG HAIR - 65 MINUTES**

Enjoy a gentle shampoo and conditioning customized to your hair type, followed by professional blow out and style.

## Special Occasion Hair

### **50 MINUTES**

Achieve an elegant, formal look for a special day. Includes styles with use of hot tools, up-do's, braids, and any style that would require pinning.

## Eternal Hair Cure

### **SHORT HAIR - 75 MINUTES**

### **LONG HAIR - 90 MINUTES**

Our most tailored hair service – this exclusive in-salon treatment delivers instant results with no processing time. From your hydration to volumizing goals, allow your professional stylist to customize a treatment specifically for you featuring active botanical ingredients. During your treatment, indulge in a soothing scalp massage accompanied by a luxurious hydrating hand treatment, ensuring a truly pampering experience. This service concludes with a blow-out.

## Luminous Shine Treatment

### **SHORT HAIR - 75 MINUTES**

### **LONG HAIR - 90 MINUTES**

Indulge in the ultimate hair revival with our luxurious treatment designed to elevate your hair to new heights of brilliance and softness. Experience six times shinier hair that radiates health and vitality. To enhance your relaxation, indulge in a soothing scalp massage accompanied by a luxurious hydrating hand treatment, ensuring a truly pampering experience. This service concludes with a blow-out.

# MAKE-UP *Services*

## Special Occasion Makeup

### **60 MINUTES**

Let our makeup professionals assist in achieving your desired look. Whether you're looking for something natural and soft or a dramatic approach to your night, our makeup artists will ensure you're feeling your best. Upgrade during the reservation process, and our team will expertly apply 24-hour eyelash extensions.

## Elevate Your Beauty

### **75 MINUTES**

Enjoy a makeup application from a Springs Eternal Spa Salon professional. Learn essential tips and tricks for flawless application, color matching, and personalized product recommendations. This session will empower you with the skills and confidence to create stunning looks at home.





Call Today to Make Your Spa Appointment

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