

# ABOUT YOUR SPRINGS ETERNAL SPA VISIT

## RESERVATIONS

To ensure the best selection of spa services, we highly recommend that you make your spa reservations prior to your arrival. A credit card is needed to secure the spa reservation. We have both male and female service providers, and you will be scheduled with either unless you state your preference.

## CANCELLATIONS/CHANGES

We value your business and appreciate your cooperation with our cancellation guidelines. If you must cancel or change your spa reservation, please notify us at least 24 hours prior to your scheduled appointment time to avoid a cancellation charge. Cancellations made with less than a 24-hour notice will be charged full value of the service. No-shows will be charged in full. Any service changes requested with less than a 24-hour notice will be charged a \$50.00 change fee.

## ARRIVAL AND CHECK-IN PROCEDURE

Please arrive at least 30 minutes prior to your spa service. We highly recommend that you allow yourself one hour prior to your spa service to enjoy the Bedford Bath Ritual. If you are a guest of the resort, we encourage you to leave valuables and personal belongings in the security of your guest suite.

Please bear in mind that arriving late will simply limit the time for your treatment, lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time, so that the next guest will not be delayed. The full value of your treatment will be charged.

## SPECIAL CONSIDERATIONS

Guests who have high blood pressure or heart conditions, or any other medical complications, are advised to consult with their physicians prior to reserving any spa appointments. Please make your service provider aware of any medical condition. Expectant mothers may be restricted to specific types of treatment or receive modified treatments, depending on their stage of pregnancy. Men having facials should shave no less than two hours prior to their facial for ultimate comfort.

## SPA ETIQUETTE

For the optimal spa experience for all of our guests, we respectfully ask that you leave cell phones turned off while in the spa. The Relaxation Lounge is a "Spa Tone Only" zone; please be considerate of other guests who are napping or relaxing before or after treatments. Bathing suits are required in the Bedford Bath Ritual area. The Springs Eternal Spa and Spa Garden are smoke-free environments.

## SPRINGS ETERNAL SPA BOUTIQUE

Our signature body care line has been designed using the ancient art of aromatherapy, naturopathy and botanicals indigenous to the mountains around Bedford. We use only the purest ingredients with botanical product recommendations from our Spa Boutique, so you can take the spa experience home and continue to feel the benefits of your treatment. Shipping is available for your selections.

## GRATUITIES

Gratuities are not included in the price of the services but are greatly appreciated by service providers and support staff. A customary service charge is 20% but is completely at the discretion of the spa guest.

## REFUNDS, CHECK-OUT AND PAYMENTS

We request that you stop by the spa desk to check out, authorize your spa treatments and receive your spa product recommendations. All spa treatments, packages or products are non-refundable, non-transferable and non-exchangeable once purchased. We accept cash, checks and all major credit cards. For your convenience, you may also bill your spa charges to your guest room. Prices are subject to change without notice.

## RESTRICTIONS

Guests of the Springs Eternal Spa must be at least 18 years of age to have a private spa service.

OMNI BEDFORD SPRINGS RESORT & SPA • 2138 BUSINESS 220 BEDFORD, PA 15522

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# SPA MENU PRICING

Where two prices are listed, the first amount is the traditional rate offered for services received Tuesday through Thursday. The second amount listed is for services received Friday through Monday.



<b>BEDFORD BATH RITUAL</b>	<b>TU-TH</b> \$50	<b>F&amp;SU</b> \$65	<b>MASSAGE SERVICES TU-TH</b>	<b>F-M</b>
			<b>NATIVE ESSENCE</b> \$220	\$235
			80 minutes	
<b>BODY RITUALS</b>	<b>TU-TH</b>	<b>F-M</b>	<b>DR. JOHN ANDERSON'S FUSION</b> \$325	\$340
*Vichy shower upgrade \$50 based upon availability.			110 minutes	
<b>PEPPERMINT LAVENDER REFRESHER</b>	\$160	\$175	<b>HYDROSSAGE VICHY SHOWER EXPERIENCE</b>	\$235 \$250
50 minutes			80 minutes	
<b>SUGAR MAPLE GLOW</b>	\$135	\$150	<b>WARRIOR'S MASSAGE</b>	\$195 \$210
50 minutes			80 minutes	
<b>INDIGENOUS HONEYSUCKLE GINGER DEW</b>	\$135	\$150	<b>ETERNAL SERENITY MASSAGE</b>	\$185 \$200
50 minutes			80 minutes	
<b>DETOXIFYING THERMAL MUD WRAP</b>	\$170	\$185	<b>SPRINGS ETERNAL THERAPEUTIC MASSAGE</b>	
80 minutes			50 minutes \$145	\$160
			80 minutes \$200	\$215
			110 minutes \$280	\$295
			<b>AROMATHERAPY MASSAGE</b>	\$150 \$165
			50 minutes	
<b>BATHS</b>	<b>TU-TH</b> \$65	<b>F-M</b> \$85	<b>SHOBER'S STONE MASSAGE</b>	\$210 \$225
20 minutes (single baths are not available on Saturdays)			80 minutes	
<b>MASSAGE SERVICES TU-TH</b>		<b>F-M</b>	<b>5 POINT MASSAGE</b>	\$145 \$155
<b>COUPLES MASSAGE</b>	\$290+	\$320+	50 minutes	
50/80/110 minutes			*Add intuitive touch for 30 minutes for an additional \$85.	
<b>HERBAL BODY CURE</b>	\$175	\$190	<b>MOTHER TO BE MASSAGE</b>	\$145 \$160
80 minutes			50 minutes	
<b>THE ETERNAL CURE</b>			<b>OLDHAM &amp; ROSS WARM UP SESSION</b>	\$85 \$100
50 minutes \$160	\$175		25 minutes	
80 minutes \$235	\$250		<b>MASSAGE UPGRADES</b>	\$85 \$100
110 minutes \$310	\$325		Hiker's Delight, Smartphone Detox, Scalp Massage	

<b>SPECIALTY SERVICES TU-TH</b>		<b>F-M</b>
<b>INTUITIVE TOUCH</b>	<b>\$125</b>	<b>\$140</b>
50 minutes		
<b>SHAMANIC AND REIKI HEALING</b>	<b>\$165</b>	<b>\$165</b>
50 minutes		
<b>ACUTONICS</b>		
25 minutes	\$80	\$80
50 minutes	\$165	\$165

<b>FACIAL SERVICES TU-TH</b>		<b>F-M</b>
<b>VITAMIN C</b>	<b>\$185</b>	<b>\$205</b>
80 minutes		
<b>LIFT AND GLOW</b>	<b>\$165</b>	<b>\$185</b>
50 minutes		
<b>GENTLEMEN'S CURE</b>	<b>\$145</b>	<b>\$160</b>
50 minutes		
<b>COLLAGEN FACIAL</b>	<b>\$190</b>	<b>\$205</b>
80 minutes		
<b>TIMELESS EUROPEAN FACIAL</b>	<b>\$145</b>	<b>\$160</b>
50 minutes		
<b>MOTHER-TO-BE FACIAL</b>	<b>\$145</b>	<b>\$160</b>
50 minutes		
<b>FIRST LADY FACIAL</b>	<b>\$310</b>	<b>\$325</b>
110 minutes		
<b>WAXING</b>		<b>\$20+</b>

<b>MANICURES TU-TH</b>		<b>F-M</b>
<b>SPRINGS ETERNAL LUXURY MANI-CURE</b>	<b>\$65</b>	<b>\$75</b>
50 minute service		
*Add a Classic French Manicure for \$10.		
<b>SPRINGS ETERNAL EXPRESS MANICURE</b>	<b>\$45</b>	<b>\$60</b>
30 minutes		
<b>GENTLEMEN'S MANICURE</b>	<b>\$60</b>	<b>\$70</b>
50 minutes		

<b>PEDICURES TU-TH</b>		<b>F-M</b>
<b>SPRINGS ETERNAL SPA PEDICURE</b>	<b>\$75</b>	<b>\$85</b>
50 minutes		
<b>SPRINGS ETERNAL LUXURY PEDI-CURE</b>	<b>\$95</b>	<b>\$110</b>
65 minutes		
*Add a Classic French Pedicure for \$10.		
<b>SPRINGS ETERNAL EXPRESS PEDICURE</b>	<b>\$50</b>	<b>\$65</b>
30 minutes		
<b>GENTLEMEN'S PEDICURE</b>	<b>\$75</b>	<b>\$85</b>
50 minutes		

<b>HAIR SERVICES TU-TH</b>		<b>F-M</b>
<b>NOURISHING HAIR CURE</b>		
Short Hair	\$75	\$85
Long Hair	\$85	\$95
<b>RECONSTRUCTIVE MIRACLE HAIR CURE</b>		
Short Hair	\$85	\$95
Long Hair	\$95	\$105
<b>GLOSS TREATMENT</b>	<b>\$65</b>	<b>\$75</b>
<b>LADIES CUT AND STYLE</b>		<b>\$65</b>
<b>GENTLEMEN'S CUT AND STYLE</b>		<b>\$35</b>
<b>BLOW DRY AND STYLE</b>	<b>\$45</b>	<b>\$65</b>
<b>UP-DO</b>		<b>\$90</b>

<b>MAKE-UP SERVICES TU-TH</b>		<b>F-M</b>
<b>MAKE-UP APPLICATION</b>	<b>\$75</b>	<b>\$75</b>
<b>MAKE-UP LESSON</b>	<b>\$90</b>	<b>\$90</b>
<b>EYE LASH UPGRADE</b>	<b>\$20</b>	<b>\$20</b>

## BRIDAL PARTY HAIR AND MAKEUP SERVICES

CONTACT THE BRIDAL GROUP & WEDDING COORDINATOR FOR DETAILS, 814-624-5633.

Bridal Hair Consultation	\$75
Bridal Hair	\$100
Bridal Makeup Consultation	\$75
Bridal Makeup Application	\$100

## FITNESS SERVICES

Bedford Bath Ritual available for an additional fee.

### MORNING YOGA \$30

60 minutes, Thursday-Sunday, 8:30am and 10:00am  
(Advanced Reservations Required)

### PRIVATE YOGA \$75

(Available upon request)

### MEDITATION \$15

30 minutes, Saturday, 11:30am

### PRIVATE MEDITATION \$30

(Available upon request)

### PRIVATE MAT PILATES \$75

60 minutes

### ETERNAL SPRINGS GUIDED HIKE AND STRETCH \$65/HR

2-3 hours

### GUIDED MEDITATIVE HIKE \$65/HR

1-2 hours

## PACKAGES

### SPRINGS ETERNAL PACKAGE

TU-TH

F-M

\$430

\$480

Includes: a 50 minute Eternal Therapeutic Massage, 50 minute Timeless European Facial, Springs Eternal Spa Pedicure and Springs Eternal Luxury Spa Manicure

### FIRST LADY PACKAGE

\$655

\$710

Includes: a 110 minute First Lady Facial, 80 minute Eternal Serenity Massage, Springs Eternal Luxury Spa Pedicure and Springs Eternal Luxury Spa Manicure

### SPRINGS ETERNAL EXPRESS PACKAGE

\$265

\$325

Includes: a 25 minute Hiker's Delight, 20 minute Scalp Massage, 30 minute Express Manicure and 30 minute Express Pedicure

### BUNDLE OF JOY PACKAGE

\$430

\$480

Includes: a 50 minute Mother to be Massage, 50 minute Mother-To-Be Facial, Springs Eternal Spa Pedicure and Springs Eternal Luxury Spa Manicure

### ULTIMATE NUPTIAL PACKAGE \$495

\$550

Includes: a 50 minute Sugar Maple Glow, 80 minute Springs Eternal Therapeutic Massage, Springs Eternal Luxury Spa Pedicure and Springs Eternal Luxury Spa Manicure

### COUNTDOWN TO "I DO" PACKAGE

\$180

\$225

Includes: a 30 minute Springs Eternal Express Manicure, 30 minute Springs Eternal Express Pedicure and 20 minute Customized Massage

### GENTLEMEN'S PACKAGE

\$365

\$405

Includes: a 50 minute Eternal Therapeutic Massage, 50 minute Gentlemen's Cure Facial and Gentlemen's Pedicure

CALL TO MAKE YOUR RESERVATION, 814-624-5633.

Hours of operation may vary due to season or special event.