



CRYSTAL LIFE™  
SPA

## AN EXCEPTIONAL JOURNEY TO WELL-BEING

Welcome to Crystal Life Spa™, a uniquely luxurious and thoughtfully curated experience designed to awaken the senses through delicate, holistic rituals. With expert finesse, Crystal's very own spa program takes you on an amazing spa journey with proven aesthetic techniques and progressive therapies that pamper the body and rejuvenate the spirit.

### LING | East meets West, Science meets Total Wellness

State-of-the-art ingredients merged with Asian beauty secrets for truly complete holistic wellness of skin, body, mind and spirit! Ling delivers visible results, inside and out.

### LEONOR GREYL

This extraordinary line of natural hair-care products was founded in Paris, France, by Leonor and Jean-Marie Greyl, two individuals passionate about beauty. Environmentally friendly, their vitamin-infused shampoos and conditioners make hair brighter, softer, stronger and more radiant.

### MARGARET DABBS LONDON

Provides innovative luxury for fabulous hands and feet. Founded by the internationally-renowned podiatrist, this brand specializes in products that the beauty and medical industries have embraced.

### ZENTS

What you'll find in our products are only the purest ingredient; ingredients we want to be using on our skin every day. Organic shea butter, sustainably hand harvested, along with soothing, nourishing botanicals like chamomile and green tea flood your skin with the healing powers of Mother Nature.





## BODY MESSAGES

### SWEDISH WELL-BEING MASSAGE | rebalancing

Treatment Time: 60/90 minutes | Price: \$150/\$190

Rebalance with this light pressure full body massage that leaves you feeling relaxed & renewed.

### DEEP TISSUE MASSAGE | rehabilitating

Treatment Time: 60/90 minutes | Price: \$165/\$225

Focus on realigning deeper layers of muscle with this firm pressure, full body massage that will ease your pain & tension.

### DEEP SLEEP MASSAGE | calming

Treatment Time: 60/90 minutes | Price: \$150/\$190

Unwind with our state of the art full body massage that incorporates a Tourmaline Crystal Wand for enhanced deep relaxation.

### COUPLE'S MASSAGE

Treatment Time: 60/90 minutes | Price: varies by type of massage

Escape & Unwind side-by-side with a couple's signature massage for two. A perfect date with a special someone, a friend or family member to be pampered & spend time together. Any of our massages can be turned into a couples massage. Our therapists provide treatments that are relaxing, therapeutic and satisfying for everyone.

### AROMATHERAPY ADD-ON | relaxing

Add to any of our Body Massages | Price: \$10

Begin your massage appointment by choosing a customized blend of fragrances & essential oils to maximize you relaxation.

# BODY TREATMENTS

## CASHMERE QUENCH BODY SCRUB

Treatment Time: 60 minutes | Price: \$150

This treatment begins with an invigorating scrub to gently polish the skin. Then, you'll step into our private shower to remove the mixture, preparing the skin for our creamy signature Shea Body Butter leaving your skin hydrated and as soft as cashmere.

## GEMSTONE MUD DETOXIFYING WRAP

Treatment Time: 90 minutes | Price: \$225

This warming service is designed to exfoliate, open the pores, stimulate circulation, detoxify, and tone and tighten the skin and includes a dry, full body exfoliation and application of our unique green Gemstone Clay before being wrapped to allow the clay to rid your skin of any toxins. While you're enveloped in this richness, your head, face and neck are massaged. The final indulgence - the remaining shea butter is massaged into the skin leaving skin hydrated and muscles soothed.

## CRYSTAL LUXE HYDRATING WRAP

Treatment Time: 90 minutes | Price: \$225

This service uses heat to detoxify the body and calm the mind. First, the therapist uses a combination of texturized gloves & dry body brushes to encourage circulation and lymphatic flow. Next, your body is enveloped in our Crystal Luxe Hydrating Wrap leaving skin perfectly restored and hydrated. You'll then step into our private shower to remove the mixture, preparing the skin for our creamy signature Shea Body Butter application allowing your skin to shine bright like a crystal.

---

# FINISHING TOUCHES

## TOTAL MANICURE

Treatment Time: 30 minutes | Price: \$55

## TOTAL PEDICURE

Treatment Time: 60 minutes | Price: \$75

## SUPREME SPA MANICURE

Treatment Time: 50 minutes | Price: \$80

## SUPREME SPA PEDICURE

Treatment Time: 65 minutes | Price: \$95

## SUPREME SPA MANI & PEDI BUNDLE

Treatment Time: 115 minutes | Price: \$165

## THE GENTLEMAN'S FOOT DETAIL

Treatment Time: 60 minutes | Price: \$75

## GEL POLISH REMOVAL

Treatment Time: 15 minutes | Price: \$15

## GEL POLISH APPLICATION ADD-ON

Treatment Time: 15 minutes | Price: \$15

## NAIL ART & FRENCH MANICURE DESIGN ADD-ON

Price: \$10

# FACIALS

## THE SIGNATURE CRYSTAL CUSTOM FACIAL

Treatment Time: 60/90 minutes | Price: \$150/\$225

Our Signature Custom Facial is a personalized experience which is tailored specifically based upon your skin's concerns and goals. Using custom blends of cleansers, exfoliation, masks and serums leaving your skin looking and feeling the best it ever has.

## THE GENTLEMAN'S FACIAL

Treatment Time: 60/90 minutes | Price: \$150/\$225

This detoxifying facial is geared for the specific needs that men's skin have. Your customized treatment includes a deep pore cleansing, hot towel application, exfoliation, a customized mask, and serums, followed with a hydrating moisturizer.

## REJUVENATING LIP & EYE TREATMENT ADD-ON

Add to any of our Custom Facials | Treatment Time: 30 minutes | Price: \$35

## DNA "DO NOT AGE" FACIAL

Treatment Time: 90 minutes | Price: \$225

Using LING's state of the art ingredients infused with peptides to create an innovative and potent anti-aging formula to reduce the appearance of fine lines and wrinkles. Our DNA Facial helps your complexion appear healthier, smoother, more even & youthful.

## WOW TRIPLE PEEL FACIAL

Treatment Time: 90 minutes | Price: \$225

State of the art ingredients meet Asian beauty secrets in this advanced formula of ingredients designed to exfoliate dead and unhealthy skin cells, unclog pores and smooth skin texture. Complexion is instantly renewed, allowing clearer and healthier skin cells to emerge.

## INSTANT LIFT FACEBAR

Treatment Time: 30 minutes | Price: \$85

This innovative facial incorporates the use of an Infrared Wand that has been proven to reverse signs of sun damage and acne scarring as well as a tightening and lifting effect of the skin.

---

# SPA HAIR CARE

## SHAMPOO & BLOW DRY

Treatment Time: 30-60 minutes | Price: starting at \$50\*

## SIMPLE UPDO

Treatment Time: 30-45 minutes | Price: starting at \$50\*

## SPECIAL OCCASION STYLING

Treatment Time: 45-60 minutes | Price: \$95

\*Prices based on length of hair.



# SPA HOURS

---

THURSDAY 10AM - 6PM | FRIDAY & SATURDAY 9AM - 8PM | SUNDAY 10AM - 6PM  
RESORTS WORLD CATSKILLS • 888 RESORTS WORLD DRIVE • MONTICELLO, NY 12701 • 845.428.7200 EXT. 2131