



For Physical, Mental and Spiritual renewal

The Spa at Meadow Lake is a place to get away from it all and escape reality! The premier spa facility in Northwest Montana featuring locker rooms, a relaxation room, individual and couples treatment rooms, and the only spa in the area to have a Vichy Shower.

The Spa also features a unique hammered copper soaking tub. The Spa at Meadow Lake is the ideal location to indulge in the ultimate relaxation experience.

The Spa at Meadow Lake offers a full menu of body, facial, and waxing treatments.

- Face Treatments
- Body Treatments
- Massage Therapy
- Hand and Foot Treatments
- Manicure and Pedicure
- Spa Products and Gifts

We also welcome the opportunity to help you organize your special occasion spa party

Check In

Please arrive 5-10 minutes prior to your appointment. By arriving early, you will be able to relax and enjoy your experience for the full time allotted just for you.

Payment

We accept Cash, Credit Cards and Room Charges

Gratuities

At your discretion, gratuities are graciously accepted by our Staff.

Cancellation and No-Show policy

Your appointment is very important to us.

As a courtesy to other guests and to our Therapists please give us at least 24 hour notice if you need to cancel a treatment. Should you fail to show or cancel an appointment there will be a flat fee of \$60.00 per service. This will be shown on your credit card or as a room charge. Please understand that our staff is impacted by late cancellations.

Each treatment duration includes time for dis-robing and in-room recovery time after the service.

Day	Hours
Monday	10:00am - 5:00pm
Tuesday	10:00am - 5:00pm
Wednesday	10:00am - 5:00pm
Thursday	10:00am - 5:00pm
Friday	10:00am - 5:00pm
Saturday	10:00am - 5:00pm
Sunday	11:00am - 4:00pm

You can now go to the spa website at <http://www.meadowlake.com/daySpa.cfm> and schedule your appointment online through MindBody. Or go to the Mindbody App and find us to make an appointment,



THE SPA

AT MEADOW LAKE

100 St. Andrews Drive
Columbia Falls, MT 59912
(406)892-8728
www.meadowlake.com



THE SPA

AT MEADOW LAKE

A Luxury Retreat



Email us at:

thespaatmeadowlake@yahoo.com

Escape Reality

Body Treatments

Desert Clay Detox Body Wrap
60 Min. \$125

Hydrating Body Wrap
60 Min \$125

Aromatherapy Scrub
30 Mon \$55

Moisture Scrub-Milk and Honey
30 Min \$55

Stimulating Scrub-Cocoa and Coffee
30 min \$55

Royal Bath Soak
30 min. \$30

Massage Treatments

**add mini foot scrub to any massage for additional \$15*

Swedish Massage
30 min \$45
60 min \$85
90 min \$110

Aromatherapy
30 min \$50
60 min \$90
90 min \$115

Deep Tissue
30 min \$50
60 min \$95
90 min \$125

Honey Massage
60 min \$95
90 min \$130

Thermal Palms
60 min \$100
90 min \$150

River Rock Massage
60 min \$100
90 min \$150

Prenatal
30 min \$45
60 min \$85

Sports Massage
60 min \$95
90 min \$125

Rockin Reflexology
60 min \$75
** includes hot stones, foot soak and scrub*

Reflexology
60 min \$65
90 min \$100

Craniosacral
90 min \$110

Face Treatments

(with no peels or extractions)

Gentleman's Mountain Lift Face
A relaxing treatment that targets overworked and over stressed muscles of the face and decrease stress lines look.
60 min \$85

Express Mountain Lift Face Massage
If you are short on time. Ideal to de- stress facial muscles, dull, tired skin that needs a pick me up. Includes 15 minutes of massage on the face muscles
30 min \$50

Mountain Lift Face Massage
Warm stone massage, cleansers so the massage starts with clean skin, honey lift and warm towels along with a 30 minute face massage decreases stress lines and relax facial muscles.
60 min \$85

Bellanina Facelift Massage
Firms sagging skin, stimulate oxygen flow to facial tissue, release toxins, soften lines, and increase lymphatic flow. Surface wrinkles are less visible and slow the formation of new ones. A technique used at neck area to assist in setting up the work completed on muscles. Also includes a warm stone lower leg massage.
90 min \$125

Cleansing Back Treatment
Pampering back treatment that includes a sugar scrub, massage, moisture or mud mask and a hydrating body cream to make your back silky smooth.
45 min \$50

LED Light Treatment
Light therapy uses flashing lights to stimulate specific responses in the body. There are different colors to create different responses. Our machine is covers a wide range of concerns.
\$45 per session or \$150.00 for package of 4 sessions

Gift Shop

Locally made products:
Pottery*Barn Wood Frames*Jewelry*Soy Fragrances

Meadow Lake Lotion, Shower Gel, Shampoo, and Conditioner

Spa Packages

The Flavor of the Seasons: \$199
60 Minute Mountain Lift Face Massage
30 minute Scrub
60 Minute Swedish Massage

Whole Body Rescue: \$160
30 Minute Mountain Lift Face Massage
60 minute Swedish Massage
Royal Tub Soak

Mountain Treat for Two: \$350
60 min Mountain Lift Facial
60 min Swedish Massage and a Royal Tub Soak
*Cheese/crackers and 2 Glasses of wine included

Glacier Mountain Massage: \$110
60 Minute Massage
Royal Tub Soak

**Or you can make your own special package*

Nail Services

Spa Manicure includes a soak, scrub, honey massage, polish** and lotion.
\$30

Spa Pedicure Treatment includes a soak, scrub, honey massage, polish** and lotion.
\$45

Mini Manicure-includes cuticle maintenance, file nails, buff and polish**
\$25

Mini Pedi Treatment includes cuticle maintenance, file nails, buff and polish**\$35

**Gel Polish add \$10 to any nail service

Gel Full Set \$55 Gel Fill \$30

Acrylic Full Set \$55 Acrylic Fill \$30

Structure Gel or Acrylic Removal \$30
Gel polish change \$30
Gel Polish removal \$15
Nail Art \$1 and up

We Welcome Spa Parties!!

Each body treatment and massage duration includes time for distroking and in-room recovery after the service