



## MASSAGES

### GAGE SIGNATURE

**60 minutes \$140 | 90 minutes \$200 | 120 minutes \$260**

This Gage guest favorite uses Swedish strokes, healing botanicals, warm compresses, and gentle stretches to help relieve tension. Your therapist will customize a relaxing session just for you. Perfect for those new to bodywork and massage.

### MLD

**60 minutes \$140 | 90 minutes \$200**

Manual Lymphatic Drainage uses gentle techniques to manually assist the lymphatic system in eliminating toxins from the body. Great for addressing post surgery swelling and chronic conditions that require a sensitive touch.

### MOTHER-TO-BE

**60 minutes \$140 | 90 minutes \$200**

This gentle massage is tailored to the needs of expectant mothers, special pillows and bolsters make this a soothing and relaxing experience. This massage uses side-lying techniques to help with circulation and relieve weight-bearing muscle tension.

Nourishing Jojoba oil is used throughout this offering.

\*must be at least 12 weeks pregnant at time of appointment.

### DEEP TISSUE

**60 minutes \$160 | 90 minutes \$230 | 120 minutes \$300**

Customized to your specific concerns and focusing on the deeper layers of muscle. Our Deep Tissue combines firm pressure with pain-relieving techniques to relieve tension, ease chronic pain and loosen stiff muscles.

### WARM STONE

**90 minutes \$240 | 120 minutes \$300**

Heated basalt stones are combined with Swedish massage techniques to create a deeply relaxing and restorative experience.

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## FACIALS

All facials are tailored to client's individual skin care needs and always include the following:

- Cleansing with facial massage
- Exfoliation
- Treatment Mask
- Toning
- Skin Balancing with serums
- Moisturizer
- SPF
- Hand & Arm Massage and upper body massage

### GAGE SIGNATURE FACIAL

**60 minutes \$160 | 90 minutes \$230**

A classic facial focusing on hydrating the skin and maintaining general wellness. Water based products are used in this classic facial to ensure maximum absorption. Excellent for all skin types

### UV RECOVERY | SENSITIVE SKIN FACIAL

**60 minutes \$160 | 90 minutes \$230**

Tailored to those with very sensitive or thin skin, this facial focuses on brightening and replenishing. Plant extracts from Chamomile, Aloe, and Calendula are used to help soothe irritation and calm redness. Perfect for overexposure to the elements.

### ACNE PRONE | OILY SKIN

**60 minutes \$160 | 90 minutes \$230**

For those who struggle with frequent breakouts and overproduction of sebum, this facial focuses on purifying and cleansing the skin.

Oil free products and salicylic acid are used in this treatment.

Extractions of inflamed pores are included while also soothing and replenishing your skins natural protective barrier with Pumpkin enzymes and Rosemary antioxidants.

### MATURE | DEHYDRATED SKIN

**60 minutes \$180 | 90 minutes \$240**

The anti-aging properties of Marshmallow, Gotu kola, and Echinacea combine to help restore elasticity and reduce the prominence of fine lines. Facial massage and Plant Stem Cell serums target areas where fine lines and wrinkles are most prominent.

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## WAXING

\*Facial Waxing must accompany a facial appointment.

### FACE

#### FULL FACE

Combined with Service | \$45

#### BROWS

Combined with Service | \$20

#### LIP AND CHIN

Combined with Service | \$10

### BODY

#### HANDS

\$20

#### HALF ARM

\$30

#### FULL ARM

\$50

#### Underarm

\$25

#### CHEST

\$40

#### BACK WAXING

\$75

#### HALF LEG

\$50

#### FULL LEG

\$85

#### BIKINI

\$50

#### BRAZILIAN

\$75

## BODYWRAPS

### WATER LILY RECOVERY WRAP

60 minutes \$180

Our Recovery Wrap uses Green Tea, Chamomile, and White-Water Lily to assist with redness and irritation due to overexposure. Cool, soothe, and calm your skin while being cocooned in a bodywrap, complete with scalp massage and gentle neck stretches.

\*due to skin sensitivity to overexposure, massage is omitted from this treatment.

### CACTUS & AGAVE BODYWRAP+MASSAGE

90 minutes \$260

A repairing blend of Prickly Pear and Blue Agave promote overall skin health and hydration as you are wrapped in warmth. A therapeutic massage and application of Marine Magnesium will complete this treatment.

### RESTORE BODYWRAP+MASSAGE

90 minutes \$260

Our Restore wrap+massage uses Longan fruit and Marine Collagen to deeply hydrate and smooth dry skin. A Swedish massage compliments this moisturizing body treatment.

### CBD BODYWRAP+MASSAGE

90 minutes \$260

CBD infused creams and oils will help to ease muscle tension and joint pain as you are wrapped in warm linens to promote good absorption of the healing properties in CBD, followed by a therapeutic massage to allow guests to fully experience the benefits of this treatment.

## SCRUBS

### LAVENDER GLOW

**60 minutes \$180**

Experience the soothing and calming power of Lavender with this sugar scrub body treatment. Designed to envelop your senses, relax your body, and leave your skin feeling nourished.

### AGAVE GLOW

**60 minutes \$180**

Your skin will be left toned and glowing with our salt scrub and body wrap. A Citrus Grass Scrub and a toning Cactus Wrap will lead the way for your senses to be calmed as you are wrapped in layers of linens - drift into relaxation with a scalp massage and gentle neck stretches, followed by a Swedish massage using warmed Agave Nectar.

### HAND+FOOT RENEWAL

**45 minutes \$100**

Revitalize hands and feet with an invigorating Lemongrass-Mimosa scrub and herbal wrap+massage. Aromatherapy and gentle neck stretches complete this treatment.

### CBD HAND+FOOT RENEWAL

**45 minutes \$120**

Sooth tired hands and feet with a Palo Santo-Orange scrub and CBD infused wrap+massage. Aromatherapy and gentle neck stretches complete this treatment.

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## SPECIALTIES

### ASHIATSU

**60 minutes \$160 | 90 minutes \$230**

Ashiatsu is a barefoot massage technique in which the therapist delivers broad and consistent pressure while utilizing their feet and body weight. Perfect for those seeking both a deeply therapeutic and relaxing experience.

### AQUATIC BODYWORK

**75 minutes \$160**

This transformative offering eases tight muscles with Thai stretches, bodywork, and a warm water float. Eye shields block all light as your therapist guides you through subtle stretches, sending your mind on an inner journey.

\*Swimsuit required | weather permitting.

### ORTHOPEDIC CUPPING

**60 minutes \$160 | 90 minutes \$230**

Cupping therapy provides negative pressure to help release stubborn muscle tension through the application of specialized cups. This modality compliments techniques used in Swedish, Deep Tissue, and Sports massage - your therapist will discuss your goals to design the perfect session to best highlight orthopedic cupping during your massage.

\*Light bruising may occur.

### KINESIO TAPING

**30 minutes \$45**

Kinesio Taping provides support and stability to muscles and joints without affecting range of motion and movement. Tape is applied over muscles to reduce pain and inflammation, relax overused or tired muscles, and support movement on a 24 hour a day basis. From simple structural support to sports performance and recovery, taping plays a role in encouraging balance in the body.

Session includes structural assessment and mini-stretch session.

\*Taping application usually last 3-5 days.

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## PACKAGES

### SPORT AND PERFORMANCE

#### 90 minute package \$220

Recovery plays a major role in athletic performance - make the most of your recovery time with a 60 minute Sports massage, Cupping Therapy add-on, and a Kinesio Taping session.

\*Light bruising may occur with Cupping | Taping application usually last 3-5 days.

### HIKERS RECOVERY

#### 90 minute package \$230

Conclude your journey with an herbal foot soak before enjoying a conditioning treatment for your hands and feet. Finally, settle in for a 60 minute Gage Deep Tissue massage to help in the recovery of fatigued and tight muscles.

### WEEKEND RENEWAL

#### massage + facial package \$280

Feel renewed with a 60 minute Signature Facial to begin your spa experience, followed by an herbal foot soak, and 60 minute Signature massage to unwind and recharge.

\*upgrade to a Deep Tissue massage or Mature|Dehydrated facial for a \$20 upgrade fee

### COUPLES GETAWAY

#### 60 minute massages \$320 | 90 minute massages \$440

Spend some well-deserved time together with either a 60 or 90 minute Gage Signature Massage in our Couples suite. Each guest will receive a massage, herbal foot soak, and complimentary wine and beverages to enjoy in our Couples lounge.

\*includes access to our private Spa House steam room.

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## ENHANCEMENTS

### SCALP TREATMENT

#### 15 minutes \$30

Add 15 minutes of time to your massage or body treatment with a scalp massage. Warmed Argan and Jojoba oils are used to condition hair, while a scalp massage will melt away mental stresses.

### THERAPEUTIC SOAK

#### Herbal \$30 | CBD \$40

Settle into your spa day with a warm, mineral rich foot bath. Soak in the therapeutic benefits of either our seasonal herbal soaks or a Lavender-Bergamot CBD soak.

### CUPPING

#### 15 minutes \$40

This modality compliments techniques used in Swedish, Deep Tissue, and Sports massage - your therapist will discuss your goals to design the perfect session to best highlight orthopedic cupping during your massage in this 15 minute add-on.

\*Light bruising may occur.

### DRY BRUSHING

#### 15 minutes \$40

Begin your massage with therapeutic dry brushing - an ancient practice, that when coupled with massage, will leave your skin feeling invigorated and nourished.

\*Guests will receive a complimentary dry brush and Jojoba oil gift set with this add-on option.

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## POLICIES

### HOURS

Gage Wellness is open 7 days a week  
Spa 9am- 5pm | Gym 6am - 10pm

### GRATUITIES

For your convenience a 20% gratuity will be added to all spa services.  
For an exceptional spa experience additional gratuity may be added during check-out.

### CANCELLATIONS

To cancel your appointment without penalty please call or text 432-244-7273  
All spa appointments are subject a 24 hour cancellation policy.  
All group spa bookings are subject to a 72 hour cancellation policy.  
Late cancellations will be charged the full service rate.

### SPA ENVIRONMENT

We desire to provide the most inviting environment possible and to ensure the serenity and well-being of you and our guests. For a disconnected and serene environment, we kindly ask that you turn off your mobile devices upon arrival. If you have reserved the courtyard for your group, personal music is allowed. If not, please be courteous of our other spa guests and use headphones/earbuds or enjoy the natural relaxing ambience. Gage Wellness is a No Smoking facility.

## FAQ

### Can I reserve the spa courtyard amenities?

All spa appointments include access to our courtyard amenities - steam room and heated pool. A stand-alone courtyard reservation can be made - 60 minutes \$60  
If your appointment is scheduled late afternoon, you may wish to arrive beforehand to fully enjoy the courtyard amenities. Gage Wellness hours are 9am-5pm  
\*swimsuits are required in our co ed courtyard spaces.

### How early should I arrive?

We recommend arriving 10-15 minutes before your scheduled appointment.

### Do I need an appointment / do you accept walk-in appointments?

Although we can usually schedule walk-in appointments, it is recommended that you schedule your spa services as early as possible to reserve your time at Gage Wellness. Appointments may be booked online through our booking portal at [gagehotel.com](http://gagehotel.com) or by calling 432-244-7273 to speak with a spa specialist.