





## A DAY AT ASCEND

Every day we need different things to help keep us balanced and centered. At Ascend, we want you to choose what these are. Let us help you create the perfect day or half day based on your needs. We'll meet you where you are and create a day that allows you to feed your soul and relax your mind. Choose a minimum of any three services, per person, and receive a 15% savings on all your services.

## SIGNATURE JOURNEYS

### ESCAPE | RADICAL RELAXATION | 80MIN

This transformative experience blends ancient Japanese wisdom with modern techniques in an immersive nature soundscape for deep relaxation. Combining dry body brushing to enhance lymphatic circulation, nourishing Mushroom Ki Oil—featuring Maitake, Reishi, Cordyceps, and Chaga to reduce inflammation, myofascial release to alleviate spinal tension, and shiatsu to realign energy.

### BLISS | WELLNESS JOURNEY | 80MIN

Embark on the ultimate wellness journey, starting with a soothing CBD elixir that gently relaxes your central nervous system, allowing you to unwind even before your treatment begins. Follow this with a rejuvenating body scrub and a full-body massage, infused with CBD, leaving your mind and body in a state of pure bliss.

### SOAR | MAGNESIUM RECOVERY | 80MIN

Experience the healing power of nature with our seed to soil inspired body wrap and full-body massage, designed to promote relaxation and connection to the earth. A warm botanical repair oil wrap, with arnica to nourish skin and reduce inflammation, complemented by a soothing blend of lavender, palo santo, and geranium. For muscle recovery, A recovery balm with magnesium and arnica eases soreness for tired muscles and supports healing.

### THRIVE | ILLUMINATING BODY FACIAL | 80MIN

A facial for your body, this full-body treatment uses natural, sugar-cane glycolic exfoliators to remove dry skin, boost cell turnover, and stimulate collagen. A rejuvenating mask replenishes the skin with antioxidants, nourishing clays, and avocado oil, plus Vitamin D for protection against environmental damage. The treatment concludes with a nourishing cream infused with Jasmine, Sage, and Citrus.





## MASSAGE & BODY WORK

### ASCEND CUSTOM MASSAGE | 50MIN/80MIN

Experience a personalized massage, tailored to meet your body's specific needs. Choose your desired pressure level—relaxing, medium, deep tissue, or a combination of all three. This thoughtful approach ensures a rejuvenating experience that promotes deep relaxation.

### KINOKO KI MUSHROOM MASSAGE | 50MIN

A unique experience integrating myofascial release, shiatsu and traditional massage techniques using nourishing Mushroom Ki Oil. This combination reduces inflammation, alleviates spinal tension, realigns energy and enhances lymphatic circulation.

### SUMMIT SALT STONE | 50MIN/80MIN

A massage and healing technique using warm salt stones to ground and balance the body's electromagnetic field, central nervous system, and meridians. Gently soothe away an accumulation of stress, tension, and pollutants, bringing the mind, body and spirit into balance.

### PEAK THERAPEUTIC SPORTS | 50MIN/80MIN

Focuses on the muscles and connective tissues that are most engaged during physical activities. Reach peak performance through a variety of techniques, including deep tissue manipulation, stretching, and trigger point therapy.

### VITA GLOW MASSAGE | 50MIN/80MIN

Elevating experience delivering a boost of vitamin D to provide immune support and prevent skin damage from environmental aggressors. Includes a gentle, sugar cane-based exfoliation, nourishing and anti-inflammatory oils quench and repair the moisture barrier, and finishes with SkinSuit™ for complete environmental protection and SPF 50.

### ROCKY MOUNTAIN REFLEXOLOGY | 25MIN

Rooted in the ancient Chinese concept of qi, reflexology uses pressure point techniques that corresponds to different organs and systems, releasing blockages and toxins while enhancing the flow of vital energy for a renewed sense of balance.

### DUO MASSAGE | 50MIN/80MIN

Enjoy your choice of massage in a room for two.

### PRE-NATAL MASSAGE | 50MIN

Nurture your body and uplift your spirit with a relaxing massage using pure organic oils and an advanced body positioning pillow system designed specifically for mothers-to-be in their second or third trimester.



### HYDRATING HAND, SCALP & FOOT MASSAGE | 50MIN

An intentional ritual designed to hydrate and heal your dry and over washed hands, relieve your aching feet, and alleviate tension in your head and scalp.

### TARGET MASSAGE | 25MIN

When time is precious, and wellness is a priority – find relief for yourself with this target area massage.

## BODY RITUALS

### CBD SLEEP RITUAL | 50MIN

Prepare for a good night's sleep with a rejuvenating CBD body scrub and target massage.

### JOY | HONEY & LAVENDER RITUAL | 50MIN

Indulge in a warm honey drip that is gently massaged into your skin and wrapped for deep hydration. This soothing experience is enhanced with a delicate layer of fresh lavender cream, leaving your skin nourished and alive.

### GOLDEN EARTH TO SKY RITUAL | 50MIN

Immerse yourself in the healing power of nature with a warm botanical repair oil wrap infused with arnica to nourish the skin and reduce inflammation, complemented by a calming blend of lavender, palo santo, and geranium.



## MASSAGE ENHANCEMENTS

### CBD

Helps to reduce inflammation and reduces aches and pains

### ARNICA | MAGNESIUM RELIEF

Powerful Recovery Balm is packed with magnesium and arnica to help combat muscle soreness and help aide in recovery.

### HYDRATING HAND RITUAL

Warm shea butter, jojoba, sustainably farmed palm oil, essential oils, and extracts for hydration and skin recovery.

### RECOVERY FOOT RITUAL

Invigorate and refresh tired legs and feet with a cooling stimulating foot mask and massage.

### DE-STRESS SCALP THERAPY

Revitalizes the scalp and protects hair follicles from damage caused by pollutants and environmental exposure.

### DRY BRUSH EXFOLIATION

Invigorating exfoliation to boost circulation.

### HYPERVOLT

Targeted percussion therapy for muscle relief.

## SKINCARE

### TRANSFORMATION SIGNATURE FACIAL | 50MIN/80MIN

Customized to address skin conditions related to acne, aging, hyperpigmentation and dry or sensitive skin. A non-inflammatory exfoliant dissolves dead skin layers, while restorative antioxidants and clay-based mask are applied to fight free radical damage, detoxify, and repair the skin's protective barrier. Skin is visibly improved and left smoother with a translucent glow. \*80-minute version includes D-Stress Scalp Therapy and extended masking time.

### SKIN IMMUNI-D BOOST FACIAL | 50MIN/80MIN

Enhances skin tone and texture, reduces inflammation, and fades imperfections, resulting in a radiant and hydrated look. Utilizing advanced Enviro-D immune-boosting technology, it offers essential support to prevent skin concerns and protect nutrients. A potent infusion of Vitamins B5, C, D, E, and K, along with peptides and restorative oils, promotes barrier repair and boosts collagen, elastin, and hyaluronic acid production. \*80-minute version includes D-Stress Scalp Therapy and extended masking time.

### BEAUTY INFUSION SUPERFOOD FACIAL | 50MIN

Powerful superfood extracts restore vibrancy and skin texture while visibly minimizing the appearance of lines and dark spots. An infusion of specially selected key superfoods, natural actives, probiotics, and dry oils to restore hydration, brightness, clarity, and natural glow. A spirulina mask, rich in amino acids and minerals, lifts, and firms the skin for a naturally flawless, refined appearance.





#### AFTER GLOW FACIAL | 50MIN

Tackles the aging effects of UV and digital overload with nourishing superfoods and probiotics to restore vibrancy and reduce dehydration from sun exposure while minimizing the appearance of lines and dark spots. A rejuvenating mask rich in essential fatty acids, aloe and antioxidants soothes and replenishes depleted skin.

#### NATURES BOUNTY PHYTOACTIVE ORGANIC FACIAL | 50MIN

A facial curated with a cornucopia of high potency plant actives that get to the root of beautiful skin. Grounded in SuperFlowers, SuperPlants and SuperFoods that Restore, Nourish, Soothe and Clarify revealing the brighter complexion you love, without all the bad things you don't.

#### OTO CBD FACIAL | 50MIN

Designed to rebalance tired, stressed skin and restore radiance both inside and out. Combines the power of CBD with OTO's skincare range formulated to revitalize and renew skin cells. Coupled with re-centering sound therapy, sculpting bamboo massage, lifting geothermal effect, and cleansing clear quartz crystal for a truly holistic experience.

#### EXPRESS FACIAL | 25MIN

Transform your skin in 25 minutes. This express treatment uses a Fear-Free Peel™ to minimize lines, brighten, and smooth skin texture with an infusion of vitamin C and A, and SkinSuit™ to prevent signs of aging.

#### ADVANCED SKINCARE

##### AQUABOOST HYDRODERMABRASION | 25MIN/50MIN

AquaBoost infuses the skin with hydrating serums, plumping cells below the surface to accelerate turnover of dead skin cells on the surface. Debris is swept away, and this gentle, natural exfoliation service closes with the cool, soothing feel of the CryoWand.

#### SKINCARE ENHANCEMENTS

##### DERMAPLANE

A gentle exfoliation process that removes dead skin cells and peach fuzz for a smoother complexion.

##### VITAMIN D BOOST

A concentrated Vitamin D serum provides essential protection from environmental damage, illuminates skin, and strengthens immune health.

##### LIP TREATMENT

Exfoliates, hydrates and plumps the lips to soften and smooth fine lines on the outer lip area for fuller look.



##### DE-STRESS SCALP THERAPY

Decadent scalp massage revitalizes the scalp and protects hair follicles from damage caused by pollutants and environmental exposure.

##### HYDRATING HAND RITUAL

Warm shea butter, jojoba, sustainably farmed palm oil, essential oils, and extracts for hydration and skin recovery.

##### GUA SHA FACE LIFT

A gentle facial massage using a smooth gemstone to lift, sculpt, and enhance circulation for a radiant glow.

##### LED RED LIGHT THERAPY FOR WRINKLES & ACNE

Boost collagen, reduce inflammation, and promote a youthful complexion.



## SPA ETIQUETTE AND POLICIES

### ARRIVALS

Your appointment time is pre-set for the time your treatment begins. Please arrive 15 minutes prior to your scheduled time to change and relax before your service. Late arrivals may result in a shortened service to accommodate the next guest on time.

### CANCELLATIONS

Your treatment reservations and selected appointment times are held exclusively for you. Please allow 24 hours' notice for cancellations or rescheduling of treatment to avoid a 100% charge.

### GRATUITY

A customary 20% gratuity is suggested for all services during your checkout experience.

### RELAXATION

Please consider other guest's space and privacy. Cell phone conversations are not allowed in any area of the spa and should be left in lockers. Please avoid taking pictures where other guests are present.

### SMOKING

The spa is a smoke-free environment.

### AGE RESTRICTIONS

All guests must be at least 18 years of age to receive massage and body treatments and at least 16 years of age to receive facial treatments.

### PRE-NATAL

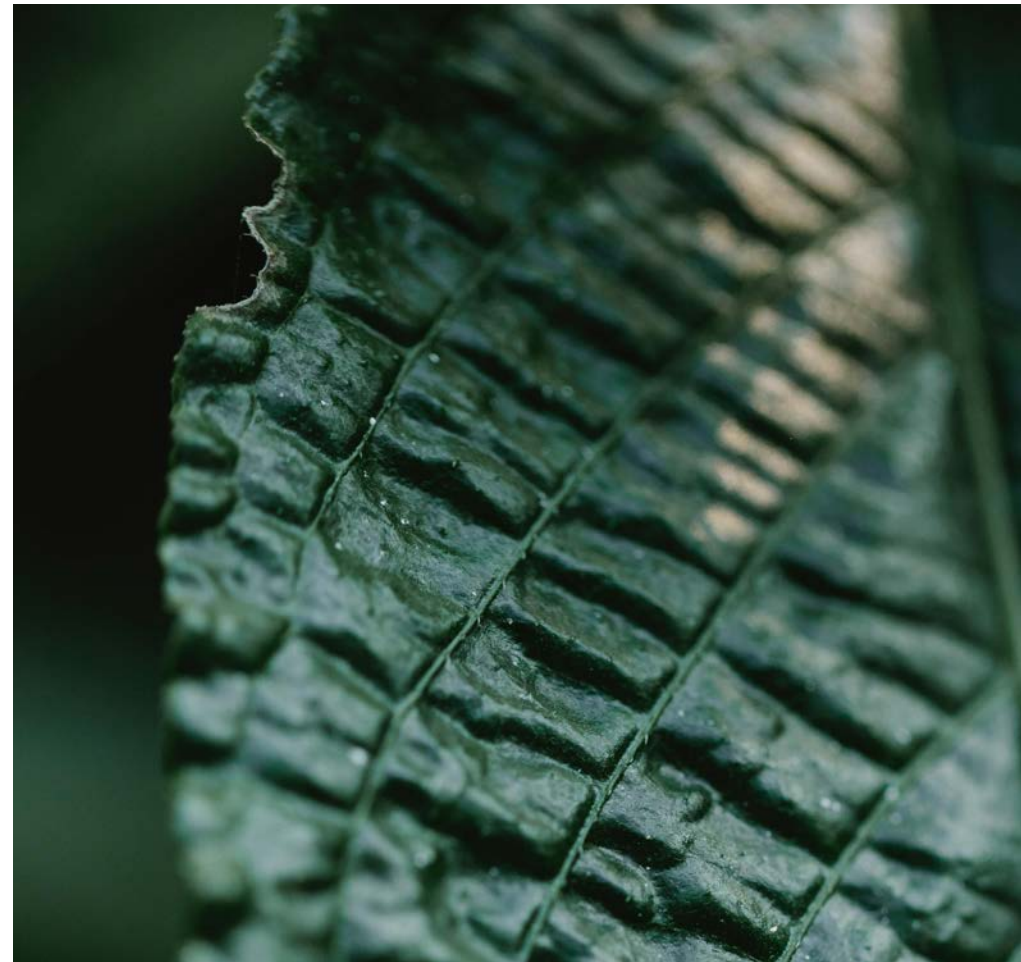
We require you to be past your first trimester for any massage service. Please consult your doctor prior to any visit.

### HEALTH

Please inform us of any allergies, health concerns or injuries that may make the treatment you have chosen unsafe or unsuitable. We can assist by offering alternatives at the time of making your reservation. Please note that management has the right to decline service if deemed necessary for the health of the guest or the therapist.

### VALUABLES

We recommend not wearing jewelry or bringing personal belongings to the spa. Management accepts no responsibility for the loss of valuables brought onto the spa premises.



### PAYMENT

We accept all forms of major credit cards. For security reasons, gift cards may not be used until after 48 hours from the date of purchase.

### FOOD & BEVERAGE

Outside food & beverage, including alcohol, are not permitted in the spa. Should you wish to bring a cake for a special celebration, please arrange this with our spa team in advance. Spa guests are welcome to dine at any of our food & beverage areas (should seating be available). Upon request, a glass of prosecco is available as part of your spa experience.

### DRUGS AND ALCOHOL

Drug and alcohol abuse will not be tolerated. For the safety of all, management has the right to refuse service or treatments to ensure the health and well-being of our guests.