

# ASCEND

## SPA & WELLNESS

**Follow your True North.... Let your light shine...**

We all have our own True North. And when we prioritize our health and wellness, our North Starlight shines brighter and the path there gets wider. When it comes to Spa & Fitness, we want you to strive onward and upward towards your inner True North. Because whether you're reclining and relaxing or scaling a mountain trail, the goal is always to Ascend. Our spa and wellness destination is more than a respite; it's about building and maintaining vitality as the light of Polaris guides us on our journeys toward a more fulfilling life.

**We aim to better ourselves every day by letting our light shine.**

### Packages

#### 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. Allow us to assist you in creating the perfect day or half day based on your needs. We want to meet you where you are and create a day that allows you to feed your soul, relax your mind or to simply feel beautiful. Most importantly, we want you to slow down and enjoy the moment. Choose a minimum of any three services, per person, and receive a 15% savings on all of your services.

### Signature Journeys

#### 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. Your skin will feel revived, brighter, hydrated, and ultra-smooth.

### Massage & Body Work

#### Ascend Custom Massage **50min/80min**

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

#### 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. Using a variety of techniques, including deep tissue manipulation, stretching, and trigger point therapy, to release tension and improve overall muscle function. Ideal for pre-competition preparation or post-workout rejuvenation, helping prevent injuries and keeps you performing at your peak.

**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 to enjoy the rest of your day.

**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.

**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. All your areas that need extra attention.

**Target Massage** 25min

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

**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

**Under Eye Rescue Mask**

This refreshing eye mask depuffs, decongests, and hydrates the delicate eye area to restore a brighter, refreshed, and more lifted look.

### **De-Stress Scalp Therapy**

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

## **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 minutes includes scalp treatment and extended facial massage.*

### **Skin Immuni-D™ 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 minutes 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.

### **Express Facial** **25min**

Transform the skin in 25 minutes! This express treatment uses a Fear-Free Peel™ to minimize lines, brighten, and smooth skin texture with an infusion of Vitamins C and A, and SkinSuit™ to prevent signs of aging due to exposure to screens, wireless devices, UV, heat, and pollution. Skin is left radiant and hydrated.

## Skincare Enhancements

### Vitamin D Boost

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

### Under Eye Rescue Mask

This refreshing eye mask depuffs, decongests, and hydrates the delicate eye area to restore a brighter, refreshed, and more lifted look.

### 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.

## 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.

## Spa Etiquette and Policies

Welcome to Ascend Spa & Wellness! We invite you to find your True North.

To ensure a pleasant experience for everyone, please review our 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 or in the changing rooms.

### Smoking

The spa is a smoke-free environment.

### Age Restrictions

Guests must be 18 years of age.

### 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.

**Pre-Natal**

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

**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 champagne is available as part of your spa experience.

**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.

**SPA HOURS OF OPERATIONS**

Tuesday – Thursday 10am - 6pm

Friday – Sunday 10am – 7pm

Closed Mondays