



TRILLIUM  
SPA

menu



# SPA SERVICES

Just as the graceful trillium is a rarity, Seven Springs' Trillium Spa is a sanctuary unlike any other. Ideal for first-time and veteran spa-goers, Trillium is the perfect place to escape the stress and commotion of everyday life. Inspired by the beauty, delicacy and rarity of this exceptional flower, Trillium is the place to relax, unwind and renew. Come up and rejuvenate your mind, body and spirit. Embrace the ultimate in relaxation and immerse yourself in the tranquil surroundings. After indulging in the luxurious intuitive care menu, you will be refreshed and re-energized.

MASSAGE

COUPLES MASSAGE

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TRILLIUM

# MASSAGE

**Massage** is one of the oldest, most simple forms of therapy and is a system of stroking, pressing and kneading different areas of the body, relieving pain and relaxing and invigorating the muscles through soft tissue manipulation. Massage creates many benefits to the body, including the circulatory, muscular and nervous systems.

## Signature Trillium Massage

Our signature massage treatment. Your massage therapist will combine the use of calming aromatic oils, warm compresses and dry brush exfoliation to the hard-to-reach areas of your back for a truly unique massage experience.

50 Minutes | \$165

80 Minutes | \$240

## Warm Stone Massage

Our warm stone massage is a specialty Swedish massage incorporating smooth heated basalt stones to encourage deep relaxation. This selection is a deeply soothing, relaxing form of massage that will help release tight muscles, allowing your whole body to relax like never before.

80 Minutes | \$250



## Deep Tissue Massage

This massage technique works deeply into the muscles to benefit areas of chronic discomfort. We recommend this service for those who have previously had massage therapy and are looking for a moderate to firm massage.

50 Minutes | \$170

80 Minutes | \$250

## Swedish Massage

Designed to focus on relaxation, our therapists use long and gliding strokes to restore balance in your mind and body. Perfect for the novice spa guest, this traditional full body massage uses light to medium pressure.

50 Minutes | \$160

80 Minutes | \$235

## Four Hands Harmony Massage

Imagine two massage therapists working in tandem to provide a perfect Swedish massage for the ultimate in indulgence. This session is ideal for the avid spa-goer who is comfortable having two areas undraped simultaneously.

50 Minutes | \$330

## Sports Massage

During this massage, specific muscle groups are stretched to soothe or invigorate targeted muscles before or after sports activity. This massage helps to accelerate your recovery time and increase your range of motion for peak performance. Excellent in conjunction with hydrotherapy for maximum results.

50 Minutes | \$170

80 Minutes | \$250

# MASSAGE

## Cupping Massage

Cupping massage therapy is effective for pain management, body contouring and inflammatory conditions. Cupping creates a suction and negative pressure effect. The therapy is often used to soften tight muscles, loosen adhesions and lift connective tissue. It also brings hydration and blood flow to body tissues and drains excess fluids and toxins by opening lymphatic pathways.

80 Minutes | \$250

## Motherhood Massage

With this nurturing massage, your body and baby will appreciate this much needed care. Your therapist will focus on positioning that best meets the comforts of you and your baby.

50 Minutes | \$160

## Precision Massage

This concentrated Swedish massage will hone solely on the lower or upper body to ease stress away. Upper body massage to the neck, back and shoulders remains a popular favorite.

50 Minutes | \$160

## Bamboo Massage

This exotic full-body massage is performed with warm bamboo sticks of varying shapes and sizes. Pressure is adjusted to your personal level of comfort, from a blissful relaxation to therapeutic deep tissue massage. The massage begins with an application of rich moisturizing cream or oil to your skin. Your therapist will knead, roll and tap bamboo sticks along your body, freeing your muscles of tension and stimulating circulation.

80 Minutes | \$250

## Reflexology Massage

Reflexology is an ancient Asian therapy that uses gentle pressure on the feet and hands to support full body wellness and to ease tension.

50 Minutes | \$160

## Couples Massage Treatments

### COUPLES MASSAGE

50 Minutes | starting at \$330

80 Minutes | starting at \$470

### COUPLES WARM STONE MASSAGE

80 Minutes, per couple | \$500

### ESCAPE

90 Minutes\*, per couple | \$395

### BELOVED

150 Minutes\*, per couple | \$650

\* Times are approximate



# FACIALS

## Trillium Universal Facial

Our personalized signature facial is recommended for all skin types. Includes cleansing, skin analysis, exfoliation, facial masque, warming mitts, steamy mist and moisturizing treatments using our finest quality skin care.

50 Minutes | \$170

## Skin Boosting Facial Treatment

Resurfaces your skin using our glycolic, lactic & fruit acid peel. The best part is: No down time, you can get back to your daily routine immediately. This Medical-grade treatment includes a cooling algae masque to sooth and hydrate your skin instantly.

50 Minutes | \$180

## Gentleman's Vitality Facial

This vitalizing facial addresses the specific needs of men. This facial combats the effects of daily shaving by deep cleansing and hydrating the skin. Gentlemen, we ask that you do not shave prior to this service.

50 Minutes | \$170

## Warm Stone Facial

Includes all elements of our Trillium Universal Facial with a warm twist. The benefits of warm stones gliding over your face during the facial massage will soothe you and bring an added bonus of deep relaxation.

80 Minutes | \$245

## Anti-age Cell Facial

Counteract visible signs of aging with our anti-age cell treatment. This facial will target the reduction of lines and wrinkles while increasing elasticity and firmness.

80 Minutes | \$280

## Replenishing Moisture Facial

Experience our replenishing moisture treatment for a demanding drier skin. Our Nobel-prize winning moisturizing ingredients will balance the skins lipid and moisture content for an even complexion full of radiance. This unique treatment imparts pure moisture and freshness to moisture-deficient skin.

50 Minutes | \$180

## Golden Caviar Age Reverse Facial

Turn back the hands of time with our precious, food-grade caviar. This ultimate caviar age reverse treatment acts as a fountain of youth, combined with the experience of pure luxury and relaxation.

80 Minutes | \$290

## The Luxury Lotus Facial

Fine wrinkles are a thing of the past. Your skin will be enchanted by our luxury lotus treatment with its premium extract and blossoms to unique perfection and purity. This treatment embodies a variety of masques, including a collagen veil and massages. Fine lines and wrinkles will be diminished instantly. Awaken your skin to complete beauty, you deserve it!

110 Minutes | \$340

## Facial Enhancements\*

Please inquire regarding details and current pricing prior to appointment.

\*Available in spa with a facial and not as a single session.

**Increased Exfoliation** | Natural Enzyme Peel\* - \$20

**Increased Exfoliation** | Manual Microderm\* - \$20

**Age Defying** | Collagen Veil\* - \$35

**Age Defying** | Collagen eye and lip renewal\* - \$30

**Targeted Attention** | Back Facial - \$85

**Make Up Application** | Full - \$105 Touch-up - \$75

# BODY TREATMENTS

## Aromatic Moor Mud Wrap

Dry Brush | Wrap | Springs Rain Shower | Moisturizers

This scientifically-proven, holistic healing, black mud dates back to ancient civilizations. A warm moor mud, rich in natural vitamins, minerals and enzymes, is generously applied to your entire body. Sore muscles, aches and pains are soothed as your body's circulation is stimulated and stress is reduced. Ideal for those prone to muscle pain or fatigue, rheumatism / arthritis and post-sports injuries.

50 Minutes | \$165

## Sundae's Best Wrap

Dry Brush | Wrap | Springs Rain Shower | Moisturizers | Fragrance Free

This mask is chocolate full of powerhouse enzymes that soften skin, while helping protect and revitalize from the inside CoQ10, along with Ginseng extracts and live carrot cells, absorb quickly into the skin, improving softness as their powerful antioxidants help boost your body's natural defenses against wrinkles, sagging, and dryness. Coconut oil, honey and cocoa gently soothe along with Almond, Jojoba and Macadamia oils.

50 Minutes | \$165

## Marine Algae Wrap

Dry Brush | Wrap | Springs Rain Shower | Moisturizers

A multi-purpose body treatment using highly concentrated sea mud and algae to support body detoxification. Helps remove impurities and rough skin and activates blood circulation without harming fine capillaries.

50 Minutes | \$165

## Silk and Avocado Wrap

Dry Brush | Wrap | Springs Rain Shower | Moisturizers

This indulgent treatment uses algae extract and avocado oil to pamper the skin, providing moisture and reducing fine lines. This wrap has an anti-inflammatory effect on the skin and protects it from premature aging.

50 Minutes | \$165

## Motherhood Scrub

Dry Brush | Wrap | Springs Rain Shower | Moisturizers

For expectant mothers.

50 Minutes | \$155

## Watermelon Basil Vodkatini Scrub

Dry Brush | Springs Rain Shower | Moisturizers

This fresh cocktail body polish is a juicy slice of delight. Crafted with Square One organic vodka, basil and watermelon seed oil, sugar and rice bran oil - for a luscious and refreshing exfoliation that renews skin leaving softness and an absolutely tempting scent. The naturally sweet and herbal oils hydrate and soften skin, while the course sugar sloughs away dead skin cells.

50 Minutes | \$155

## One Fine Day Scrub

Dry Brush | Springs Rain Shower | Moisturizers | Fragrance Free

Help skin hit the reset button with this creamy, whipped, gentle cleanser that exfoliates and moisturizes all in one! One Fine Day gently sloughs old cells using micro sugar cleansers, and leaves skin instantly nourished as Shea butter's many vitamins quickly penetrate to hydrate outer layers. This special formula is effective without being harsh - it provides calming and nourishing relief for a healthy glow.

50 Minutes | \$155

## Warm Apple Bourbon Cider Body Wrap/Scrub

Shoulders, arms and legs are greeted with a hot apple cider soak - brimming with nutrients like vitamin E and coconut oil. Things get a bit spirited when a Kentucky whiskey infused scrub toasts away unwanted dry patches, leaving behind nothing but soft in its wake. Skin is then nestled into Texas Wildflower honey cocoon before finally receiving a deep drink of glow with a small batch bourbon & cocoa seed butter body oil.

80 Minutes | \$250



# HYDROTHERAPY

These in-treatment room private hydrotherapy options are available as an enhancement to such services as massage or body treatments. Hydrotherapy is not a stand alone service and must be reserved along with another service or within a blend package. **A bathing suit is required.**

## Soak

Choose to remineralize, hydrate or restore balance with our selection of soaks. Immersed in Seven Springs waters with the gentle whirlpool jets, these luxurious tubs will help you melt your stress away.

25 Minutes | \$55

## Springs Rain Shower

Enjoy the ultimate in Swiss showering here at Trillium Spa. Combined with our Seven Springs waters, these showers have twelve adjustable body jet shower heads and an overhead rain shower that provides an energizing shower treatment.

[Inquire about availability.](#)

25 Minutes | \$55



# SALON SERVICES

Our salon menu is perfectly designed for those who are already visiting the spa and those who need a little pampering during their stay at Seven Springs Mountain Resort. Inside our salon, you will find three beautiful manicure stations and three pedicure thrones and a whirlpool tub for soaking your feet.

## Signature Hydrating Pedicure

Nourishing classic nail service plus more attention with massage, callous care and a warm creamy mask is included.

80 Minutes | \$130

## Classic Manicure or Pedicure

Customized nail care for hands or feet using organic product lines infused with botanical essences. Our classic service includes: soak, exfoliation, nail shaping, cuticle care, massage to hands or feet, hydrating moisturizers, paraffin dip, and nail polish application.

Manicure - 50 Minutes | \$70

Shellac Manicure - 50 Minutes | \$75

Pedicure - 50 Minutes | \$80

## Express Hands or Feet

Mini nail maintenance care, specifically nail shaping, for those who regularly care for nails or have limited time. Nail shaping and moisturizing are included. Please note : nail polish application is not included.

Hands - 25 Minutes | \$45

Feet - 25 Minutes | \$45

## Warm Stone Pedicure

Immerse in the warmth of basalt stones as your feet are gently massaged and nurtured. This pedicure has all the inclusions of our Signature Trillium Pedicure, plus stones to soothe and revitalize.

80 Minutes | \$130

## Sports Manicure or Pedicure

Geared toward men who need to relax and find out what women are always raving about. Once you experience this revitalizing manicure or pedicure, you will appreciate how good your hands and feet can feel. Includes: foot or hand soak, scrub, nail grooming, foot or hand massage and super hydrating warm paraffin. Available for male guest only.

Manicure - 50 Minutes | \$65

Pedicure - 50 Minutes | \$75

## Detox Pedicure

A nourishing classic pedicure that is infused with black charcoal. The charcoal deep cleans and preps the feet while calming and revitalizing the skin. Black charcoal is a highly effective ingredient that absorbs impurities while leaving the feet polished and restored.

50 Minutes | \$80

## Reflexology Pedicure

The joy of having a pedicure and reflexology massage all in one. The relaxation of our classic pedicure that includes soak, exfoliation, nail shaping, cuticle care, and a reflexology massage on your feet: Reflexology is Asian art therapy that uses a gentle pressure and supports full body wellness to help ease tension. Followed by nail polish application, leaving your feet soft and pampered.

80 Minutes | \$130

# SALON SERVICES



## TRILLIUM SALON™

### Sharing Memories\*

Especially created so you can spend time together with your child, this treatment has all that of a classic nail service, plus complimentary nail art.

We require the parent or guardian to be present throughout the entire service, so that special attention can be given by parent and salon team to your child.

Manicure - 50 Minutes | \$60

Pedicure - 50 Minutes | \$65

\*per child under age 10

### Salon Enhancements

**Embellish** | Nail Art - \$5 per nail or \$35 per set

**Quick Fix** | Natural Nail Repair - \$5 per nail

**On the Go** | Polish Application Change - \$30

**Voilà** | French Polish Application - \$20 per set

**Nourish** | Paraffin Dip - \$30

**Take It Off** | Shellac or Gel Removal - \$20

### Bridal Services

Bridal Trial Run, Hair and Make-up - \$160

Bridal Day-Of Make-up - \$95

Bridal Day-Of Air Brush - \$115

Bridal Day-Of Hair - \$100

### Hair Services

Looking for a quick trim or hair style for a special event? Trillium Salon offers hair services for women, men and children, including styling and color services. We offer bridal make up consultation and application. Conveniently located in the Hotel Lobby.

#### HAIR SERVICES AT THE SALON

Ladies Cut | \$65

Gent's Cut | \$35

Children's Cut | \$25

Cuts include shampoo and style

#### STYLING SERVICES

Shampoo, Set and Blow Dry | \$55

Shampoo, Set and Flat Iron | \$65

Formal Style | from \$100

Child's Formal Style | \$65

Flower Girl | \$40

#### COLOR SERVICES

Single Process | \$90

Retouch Color | \$50

Highlights, Full | from \$150

Foils, Half Head | from \$95

Multi Color | from \$150

All Over Color with Foils | \$180

Shine Treatment | \$55

The "from" price depends on the length, thickness and desired styling of the hair

# SPA POLICIES

## Trillium Spa Hours of Operation

10 a.m. – 5 p.m., Sunday-Thursday

10 a.m. – 6 p.m., Friday -Saturday

Phone: (800) 452-2223 ext. 7123

Spa hours may vary with season.

Please inquire in advance about extended spa hours.

## Cell Phones

Please turn off your cell phones, beepers or other electronic devices upon entering the spa.

## Arrival and Check-in

Please prepare ahead for your spa relaxation time by arriving 20-30 minutes before your scheduled time of appointment to complete a short health form and change into a robe and slippers. Allow additional time if you would like to enjoy our locker room amenities including steam room, sauna or showers prior to your appointment. These amenities are for spa guests only. Arriving late for your appointment will shorten the length of your session(s). We regret that we cannot extend your service into the next guest's appointment time. Full charges apply for the remaining portion of your session.

## Ski/Board Equipment

We ask that you refrain from bringing your skis or snowboard equipment and boots into the spa.

## Skin Condition

Massages and body treatments are not recommended on recently sunburned skin. We recommend that all ladies do not shave at least four hours prior to receiving a body treatment. We request that all male guests do not shave the same day as the Gentleman's Facial.

## Salon Guests

Please arrive 10 minutes early for salon-only appointments. The locker room, sauna, steam and relaxation spaces are available for spa patrons only.

## Children

**Please arrange for childcare in advance of your appointment to respect the quiet of our adult environment.** Seven Springs Mountain Resort is home to numerous activities for your child. We offer a limited range of services for guests 17 and under and require parental supervision. Please inquire for more details.

## Spa Tours

To respect the privacy of our guests receiving services, we provide tours to individuals and group leaders by advance reservation.

## During Your Visit

Upon arrival, you will be provided with a robe and slippers to change into before your service. Our private locker rooms have changing areas, grooming amenities, showers and sauna and steam rooms for your convenience. We recommend enjoying some tea or water before your session in our co-ed relaxation room where you will wait for your spa therapist to meet you. This area is for your quiet time after your session also.

Next, for your session you will be escorted to your private treatment room and given instructions to disrobe to your level of comfort. Undergarments may be worn if preferred. Your spa therapist will leave as you prepare.

Your comfort is important to us. Our professional spa therapists will drape your body to unveil only the portion of the body that is being treated for every session. Professional draping is performed throughout the duration of the service for privacy. Draping is not optional at the Trillium Spa and this policy is followed with every session. However, we require that guests receiving a hydrotherapy tub service bring a bathing suit.

# SPA POLICIES

## Alcohol/Tobacco

Trillium Spa is a smoke-free facility. Alcohol is not permitted within the spa. For your health and safety, we do not recommend excessive consumption of alcohol before or after your massage, sauna, steam, or body treatments. The detoxifying effects of these services along with the dehydrating effects of excessive alcohol consumption are contraindicated.

## Reservations

We welcome vacationers, day visitors, hotel guests, home owners, and visiting groups. Advanced reservations are highly recommended to ensure the widest selection of treatments and appointment times. All services are subject to availability. Same day reservation requests are always welcome, based on availability.

All reservations must be secured with a major credit card and telephone number. To schedule an appointment from outside of the resort, please call: (800) 452-2223. Seven Springs Mountain Resort Hotel Guests, call ext. 7123.

You may request a male or female therapist when making your reservation. However, we cannot guarantee the availability of a specific spa therapist. If you do not state a preference at reservation time, you may be scheduled for either a male or female spa therapist. Please note: all wet body treatments are done on the same gender.

## Groups

For groups interested in Saturday reservations, please call at least six weeks before desired date. Spa cancellation policy applies to groups. Please call the spa for more information and spa tour reservations.

## Prices/Gratuities

All prices and services subject to change without notice. For your convenience, a 20% service charge will be added to all services, also subject to change.

## Health

A brief health form and release must be completed prior to salon or spa services. This information assists our spa therapists to plan for your service and to assure your maximum safety and comfort. Please advise the reservationist in advance of any special medical or physical conditions such as allergies, pregnancy, high blood pressure, complicated health issues or special needs. We reserve the right to decline service to guests who have complicated medical issues that spa services may be contraindicated or those who have arrived visibly intoxicated.

## Cancellation Policy

All re-scheduling or cancellations must be received no later than the day before your appointment. With this adequate notice, no charges apply.

Your appointment is transferable to another designated guest, but is nonrefundable. All missed appointments will be responsible for 100% charge of total services reserved.

## Belongings

Spa lockers are available for our spa guests for clothing and shoes. Please do not bring valuables as Trillium Spa cannot be responsible for lost or stolen items. Bringing a bathing suit may be recommended or required for use with certain spa experiences. Bathing suits are not supplied by the spa.

## Spa Payments

We accept all major credit cards, resort room charges, and Seven Springs Mountain Resort gift cards. Payment will be accepted directly prior to appointment. All rates subject to applicable additional fees and taxes.

# SPA POLICIES

## Location and Parking

Seven Springs is located approximately one hour's drive southeast of Pittsburgh. It is easily accessible off exits 91 or 110 of the Pennsylvania Turnpike. Pittsburgh International Airport is the nearest metropolitan terminal. Pick-up from this airport is available by prior arrangement.

The Trillium Spa is located behind the Hotel Main Lodge and is not attached to the hotel. During blooming seasons, it is beautifully landscaped with White Trillium flowers to make your short walk from the Hotel or Center Lobby a pleasant journey.

For your first visit, we recommend allowing plenty of time to locate the spa. For every visit, please allow ample time to park and/or ride the resort shuttle in the event parking is not available. Designated parking will be available for spa guests during spa visit only. Trillium's front desk team will assist based on limited availability.

## Trillium Spa Boutique

Choose from our collection of soaks, lotions, deep hydrating balms, candles and facial care spa products to bring your spa memories home. We partner with only the finest product lines including: Biodroga Systems, Zents, Farm House Fresh and our exclusive cozy robes.

## Refunds

We strive to provide you with the best possible spa experience, therefore please let us know the day of your purchase or service if you have a concern or complaint. Services are non-refundable. Trillium Spa Boutique products may be returned for spa credit within 30 days of purchase, providing there is a proof of purchase and items are in the original packaging.

## Gift Cards

Gift cards are the perfect gift for anniversaries, birthdays, corporate incentives, holidays, thank you gift or for any year round gift giving. Please inquire at ext. 7123 for purchasing details. May be used for services, service charge or Trillium Spa Boutique items. Seven Springs Mountain Resort gift cards do not expire and may not be redeemed for cash. The spa cannot replace lost or stolen gift cards and actual gift card must be presented at the time of service.



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**7springs.com | 800.452.2223**