



*Enter the sanctuary of **Crimzen** and embark on a relaxing, holistic spa journey that will soothe your mind, body, and spirit. **Crimzen's** spa staff will be delighted to help you choose the perfect experience.*

*Each **Crimzen** service has been thoughtfully designed and uses essential oils to delight your senses and touch your soul.*

Spa Specialties

Crimzen Luxury.... Pamper yourself in the luxury of Crimzen's signature full body massage service. A combination of uniquely blended essential oils will relax the senses and calm you from within. This service begins at the feet and seamlessly works each muscle group in the body using a harmonious variety of soothing massage techniques. An experience that is unsurpassed.

Crimzen Heat.... Hot towels steeped in eucalyptus clear the senses and envelop your body in warmth. A vigorous full body massage using Swedish and deep tissue techniques unravel tension bound muscles while rejuvenating the mind and body.

Crimzen Harmony.... Two therapists work together in unison to create an experience that inspires a harmony of the senses. Synchronized hands flow seamlessly over the body using aromatic essential oils to soothe and de-stress. The treatment concludes with simultaneous massage to both head and feet.

The Stones of Crimzen.... A gentle, full body massages incorporating black basalt river stones and essential oils. Hot stones are placed on targeted parts of the body to stimulate and balance vital energy point. Stress is alleviated while the body succumbs to an overwhelming aura of wellness and relaxation.

Crimzen Foot Therapy.... In Oriental philosophy, the soles of the feet are considered to mirror the systems and functions of the body. In this treatment, the feet will be gently exfoliated and wrapped in warm towels. Hot stones are used to massage the lower legs and sole of the foot. The stimulation of pressure points to the foot and ankle release tension and raise natural energy. The service concludes with an invigorating application of peppermint cream.

Crimzen Services

A Crimzen Moment.... A short, relaxing Swedish massage that targets the back, shoulder, and neck areas. This service is ideal for quick stress relief or for a first time massage.

Aromatherapy.... Healing, aromatic essential oils create an experience specific to your body's needs. Aroma choices are:

Tranquility – long, relaxing strokes combined with gentle rocking motions soothe the body. A blend of essential oils including lavender, blue tansy, ylang ylang, chamomile and patchouli help to bring balance to the energy centers of the body.

Exhilarate – invigorating motions and massage techniques awaken the body. A blend of essential oils including eucalyptus, peppermint and lemon uplift and rejuvenate your senses.

Energize – stimulating movements boost blood circulation and set energy flowing. A blend of essential oils including lemon, grapefruit, sweet orange and spearmint bring sensations of joy and well being.

Relieve – deep tissue massage is combined with a blend of warming essential oils including spruce, rosewood and frankincense to calm nerves and soothe muscles and joints.

Crimzen Season – a special blend of essential oils formulated by our therapists unique to the time of year. Speak with a spa representative for more detail.

Crimzen Ice.... Perfect for the guest who has been overexposed to the sun, this service uses the cool aloe and essential oils gently applied to the skin to soothe the burn. Instant relief and comfort!

Deep Tissue.... Deep tissue massage using the elbows and forearms, and other massage techniques ease discomfort, fluid retention, and muscular fatigue.

Maternity Massage.... A massage designed specifically for expectant mothers administered anytime between the 13th week of pregnancy and six weeks postpartum. A soft massage technique soothes and relaxes muscles in the neck, shoulders, and lower back. A special gift is presented at the conclusion of the service. A physician's approval may be required.

Reflexology.... An ancient healing art based on the belief that the feet serve as microcosms of the entire body. Pressure point massage is performed on the reflex points on the soles of the feet to improve circulation, reduce fatigue, and enhance balance throughout the body.

Sport.... Designed for the physically active guest after the big event, deep tissue techniques with range of motion movements promote healing and injury preventions. The therapist will address specific areas of need to release and relax tired muscles using essential oils.

Swedish.... The classic Swedish full body massage uses long, soothing strokes and effleurage movements to reduce stress, comfort, and return the body to a state of balance.

Chair Massage.... An informal service to quickly ease the strain of tense, tired muscles in the neck, shoulders, and back.

About your visit

Appointments.... Appointments may be made at the spa reception desk or by calling 800-777-1177. We strongly recommend booking your appointment as far in advance as possible to ensure that your preferred time and service is available. A contact telephone number and credit card account number are required to guarantee your appointment.

Cancellations.... If you must cancel or reschedule an appointment, as a courtesy to other guests and our therapists, please give us at least 24 hours notice to avoid a 100% charge of all reserved services. Appointments must be cancelled by speaking directly with a spa representative.

Spa Arrival.... We suggest that you register at Spa Reception at least 20 minutes prior to your scheduled appointment. This will allow time for a brief orientation to the facility and will give you ample time to prepare for your service. If you are running late, a telephone call is always appreciated. Your arrival time will determine the length of your treatment time which will end as scheduled so that the next guest may begin promptly. In this case, you will be charged the full amount of your originally scheduled service.

Spa Admission.... All guests have complimentary use of the spa and fitness equipment with the purchase of a spa treatment on the day of the service. If a treatment is not arranged, the fee for use of the spa and fitness equipment is \$10.00 per guest.

Age Requirements.... The minimum age for spa services or for access to the fitness area is 21 years old. Persons under 21 years of age must be accompanied by a responsible adult of at least 21 years old to use the pool or recreation deck.

Attire.... As you will be draped during treatments, suggested dress for massages is simply a robe and slippers which are provided for your use. Undergarments may be worn if preferred.

Requests.... Although every effort will be made to satisfy our guest's requests, we cannot guarantee the availability of any particular therapist. All of our therapists are properly trained to ensure your comfort at all times.

Health Conditions.... Please advise us of any health considerations, allergies, or injuries in advance of having your service either at the time of booking or during registration.

Loss or Damage.... We regret that we cannot be responsible for the loss or damage of personal articles during your visit. Please keep all valuables stored in the safe in your room. For the protection of your clothing, please wear the robe and sandals provided to you.

True Fitness Equipment....

The Crimzen Spa has been designed with a fitness area for all guests to enjoy. The equipment is manufactured by True Fitness Technology, who produce the most innovate and cutting-edge products in the industry. Cardio equipment includes treadmills, elliptical cross trainers, an upright cycle, and a recumbent cycle all with built-in LCD television panels and MP3 adaptors.

A four – stack total body system gym offers a complete circuit workout for the chest, arms, back, shoulders, and legs. Utility benches and free weights round out your workout.

