Cascade Spa & Salon

SPA DAYS ARE BETTER AT THE LAKE

Cascade Spa . Mill Falls at the Lake . Meredith, NH . millfalls.com
“We had plenty of privacy for conversations on the sofa, relaxation in the steam room, muscle tension relief via massages, and so much more. No other place compares.”

“The Luxury BABOR Experience has it all! My skin was soft for two days after the massage, and the facial was one of the best I have ever had, amazing!”

“We are so fortunate to have a spa of this caliber in our area.”

“I was impressed with the soothing atmosphere and amiable staff. It was apparent upon our arrival that the start to my sister’s wedding day would be stress free.”
The Sea Creation Luxurious Experience
The combination of specially selected active ingredients from the depths of the ocean and our perfect exclusive treatment lends skin an incomparably smooth, firm, and youthful appearance. At the same time, the treatment bestows complete inner balance and a feeling of grace while activating the body’s energy systems for radiant beauty. $295 (80 minutes)

Reversive Experience
Turn back time. Utilizing the revolutionary time-reverse technology of the BABOR Re-Youth complex, this innovative, luxury facial treatment retains and extends skin cell lifespan, reactivates the skin’s own anti-aging mechanism, and reclaims lost radiance as it visibly smooths fine lines and wrinkles. The lifting effects of this treatment are further intensified by the exclusive, deeply relaxing massage techniques. $175 (50 minutes), $225 (80 minutes)

Lifting RX Therapy
The ultimate plumping and lifting treatment. Highly concentrated actives and peptides work to boost collagen and elastin resulting in firmer contours and a more youthful appearance. $175 (50 minutes)

HSK Lifting Anti-Aging Facial
Using Nobel Prize–winning discoveries, HSR deluxe is a deep lifting treatment that will help lengthen the life of your skin’s DNA and slow down the natural aging process by stopping the glycation of your collagen and elastin, resulting in a reduction of lines and wrinkles. $150 (50 minutes)

Vitamin C Anti-Aging Facial
This signature age-defying treatment fights fine lines and wrinkles using Derma Cellular Ultimate Vitamin C Booster Concentrate and Detoxifying Vitamin Cream. Your skin will glow. $135 (50 minutes)

Vita Detox Facial
Skin detoxification is essential for cellular regeneration. This blend of Retinew A 16 and Retinyl Palmitate (vitamin A) will treat the skin and neutralize harmful substances that induce aging from the inside out. The resulting detoxification will allow nutrient revitalization, which is vital for maintaining youthful skin. $150 (50 minutes)

Grand Cru Facial
A highly effective Grand Cru BABOR Rose treatment utilizing the most effective ampoules of all time. This luxurious facial will result in an ultimate anti-aging effect. The rose fleece mask & rose ampoules will enhance the holistic approach to impart a more even, youthfully radiant complexion. The damask rose instantly reduces the depth of fine lines and wrinkles. $150 (50 minutes)
Sensational Eyes
Open your eyes to the transformative power of Sensational Eyes. After a relaxing anti-aging eye massage, your skin will be treated to BABOR's signature cooling and calming eye pads, resulting in bright, youthful eyes. $20

Anti-Aging Lip Treatment
A rich treatment, providing ultimate hydration and lip plumping. A creamy fruit exfoliation is applied, preparing your lips to absorb the most active ingredients for the best anti-aging effect. Peptides, soy proteins, and amino acids, power packed in a silky foam mask, will stimulate the production of collagen, smooth out the lips, and diminish fine lines. $20

*All enhancements are incorporated into facial duration. Swimming and steaming are not recommended immediately prior to or after facial treatments.
Gentleman’s Vital Aktiv Facial
Cleansing, clarifying, and boosting energy will be the forefront of this facial. Customized to the needs of male skin and their daily rituals, this treatment provides vitality and enhanced energy while soothing irritation from shaving and moisturizing the skin for long-lasting results. $135 (50 minutes)

Gentleman’s Back Facial
Designed just for him, this back facial will leave the back feeling clean and revitalized. $135 (50 minutes)

Back Waxing
$60 (50 minutes)

“Man”ly Massage
Using arnica-based pain reliever, this concentrated therapy is designed to ease tired muscles using deep massage techniques. This deep-tissue therapy will enhance relaxation and release deep muscle tension. $115 (50 minutes), $150 (80 minutes)

Polished Man Pedi-Cure
For the well-being of your feet using Gehwol German-based technology, this service will aid in the prevention and alleviation of foot ailments. This therapeutic, invigorating pedicure begins with a soothing foot bath in herbal salts to refresh and relax the feet. Our technician will focus on the three Cs of wear and tear: calluses, corns, and cracked dry skin. The health of your feet and nails will be restored. Includes polish, if desired. $60 (50 minutes). Manicures available.

Men’s Shampoo, Cut, And Style
$30
Cascade Spa Chakra Massage
Using Chakra Wellness Aromatherapy oils and crystals, this massage will create balance and harmony in your life and promote wellness within the body and spirit. $175 (80 minutes)

Lake Stone Radiance
This Native American-inspired tradition uses the healing energies of stones. Your body absorbs the comfort of smooth, heated stones used in conjunction with Swedish massage strokes to deeply penetrate muscles, melt tension, and promote well-being. $120 (50 minutes) $160 (80 minutes)

Bamboo Massage
Bamboo massage is a technique that incorporates warmed bamboo stalks of varying lengths and diameters to provide deep-tissue work. The massage itself promotes circulation, sensory nerve perception, and lymphatic drainage to provide a deep sense of relaxation and well-being. $150 (80 minutes)

Accu-point Massage
This therapeutic deep tissue massage begins with your therapist stimulating specific points along the meridians utilizing an all natural anti-inflammatory Helios aromatherapy spot treatment oil. The use of the Aroma Therapy Massage & Body Oil personalizes your massage to address your specific muscle pain, tension and tenderness. The pleasure of soothing touch with Helios ultra-lite oil and the flower essences further accentuates positive feelings thus creating a real memorable, experience. $125 (50 minutes), $165 (80 minutes)

Deep Tissue Massage
This highly therapeutic massage uses deep pressure to ease muscle soreness and relieve tension associated with chronic muscular problems. $115 (50 minutes), $150 (80 minutes)

Tranquil Waters Massage
This traditional Swedish style, full-body relaxation massage uses gentle to moderate pressure with long, soothing strokes. Relieves stress and improves circulation. $100 (50 minutes), $140 (80 minutes)

Cascade Massage For Two
Enjoy relaxation with a loved one or friend in our Couples Spa Suite, where two therapists work simultaneously leaving you both in a state of bliss. Available for 50 or 80 minutes. Price varies with massage chosen.

Aromatherapy
Take yourself on a “Scent” journey by choosing from our elegant sampling of aromatherapy blends. Soothing essences relax the body and stimulate your senses. $10

*All enhancements are incorporated into massage duration.
**MAMA’S TOUCH**

**PREGNANCY SPA TREATMENTS**

**Mellow Mama**
A completely relaxing full-body massage using safe and effective pre-natal techniques, coupled with omega massage oil to relax those specific lower back muscles that are carrying that beautiful bump and help you maintain fit skin throughout your pregnancy. $100 (50 minutes), $140 (80 minutes)

**4th Trimester Healing Hour**
Your baby is here, and you are in need of a little rejuvenation. This restorative massage treatment using omega massage oil helps your body realign as you remember how to be one person again. This is the perfect present for new mamas! $115 (50 minutes)

**SIGNATURE BODY TREATMENTS**

**Babor Spa Relaxing Lavender Mint Body Experience**
Soothe your skin for a calming feeling of total inner peace. Stem cell extracts from the champagne pear protect even the most sensitive skin while delicate lavender-mint essences wrap the body in a sense of true comfort and well-being. $160 (80 minutes)

**Babor Spa Shaping Aktiv Peeling + Body Cocoon Scrub And Firm**
Softer, smoother, firmer skin is achieved from this deep-body exfoliation, utilizing refined mineral salts and fragrant shape enhancing oil followed by a warm and creamy body wrap. $135 (50 minutes)
Himalayan Salt Stone Thermo Therapy Massage Treatment
Hand-carved salt massage stones from the Himalayan Mountains are used in a strategic sequence, utilizing meridians, energy centers, and Swedish massage strokes to ground, nourish, and balance the central nervous system. This treatment is beneficial for deep relaxation, reducing inflammation, detoxification, improving sleep and nervous disorders, and an overall sense of well-being. $160 (80 minutes)

Tibetan Sound Therapy Treatment
Originating in Tibet more than 3,900 years ago, the effects of the KU-NYE massage movements and techniques that include kneading, rubbing, digital pressure, and the sound of the “singing bowls” can remain within the body for up to 72 hours and have a great rebalancing and harmonizing effect. This unique treatment helps to remove mental and physical tensions, increase vitality, encourage detoxification, and reduce anxiety and sleep problems. $160 (80 minutes)

Massage Cupping
In this ancient clinical technique, a massage cup is used to create suction and increase local blood supply to the muscles and skin, thereby producing nourishment and allowing toxins to be carried away via the veins. The action on the nervous system is sedating, sending you into a profound state of relaxation. You may experience deep warmth and tingling sensations long after your treatment has ended. May leave “cupping” kisses. $160 (80 minutes)

Reflexology
This form of bodywork focuses primarily on the feet applying pressure to reflex areas that can promote health in the corresponding organs through energetic pathways. It promotes relaxation, improves circulation, reduces pain, soothes tired feet, and encourages overall healing. $100 (50 minutes)

Reiki
A Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by a Reiki Practitioner who utilizes hand placements that coincide with the seven major chakras or energy centers of the physical body. Balance your mind, body, and soul. $100 (50 minutes)
Focused Zen Massage
Concentrated bliss! Focused on the places you need it most. $65 (25 minutes)

Babor Express Facial
A facial for people on the go! This facial will give your skin an instant glow with a time-saving exfoliate, a highly concentrated serum and finishing cream. $75 (25 minutes)

Sole Touch Massage
Pressure with the thumbs and fingers is applied to the hands and feet to release blockages and re-establish the body’s energy flow. This treatment reduces fatigue and is a great lunchtime pick-me-up (no disrobing required). $60 (25 minutes)

For The Girl On The Go... Mini Mani
Need a quick fix? Fit yourself in for a 25-minute spa retreat. Includes soak, application of our deeply moisturizing lotion, cuticle removal, and polish. $35 (25 minutes)

For The Girl On The Go... Express Pedi
Need a quick fix? Fit yourself in for a 25-minute spa retreat. Includes soak, exfoliation, application of our deeply moisturizing lotion, cuticle removal, and polish. $40 (25 minutes) Please note, callus removal and lower leg massage are not included in this express service.
Luxury Babor Branded Experience
Start with BABOR's innovative, power-packed skin performance facial designed to protect your cell’s DNA with Alpine stem cells and OsmoTec, a molecular catalyst that delivers active ingredients to the heart of the skin cell for ultimate age-prevention results. Complete your experience as you envelope yourself in luxury with BABOR's age-prevention body scrub and wrap. Softer, smoother, firmer skin is achieved from this deep body exfoliation, utilizing refined mineral salts and fragrant shape-enhancing oil, followed by a warm and creamy body wrap. $220 (2 hours)

Girls Day Inn
Soothe away stress with a 50-minute Tranquil Waters Massage, followed by our Cascade Spa Signature Anti-Aging Manicure and Pedicure. $195 (3 hours)

Cascade Spa Signature Journey
Pamper yourself while restoring youth and vitality with our BABOR Skin Performance Facial, followed by our Cascade Spa Signature Anti-Aging Manicure and Pedicure. $210 (3 hours)

Ultimate Delight
Babor Skin Performance Facial tailored to your specific skin type followed by a relaxing Tranquil Waters Massage that is sure to relieve stress and leave you in a state of bliss. $190 (2 hours)

*All package times are approximate. No substitutions please. Please book a minimum of 24 hours in advance.
**Cascade Spa Signature Anti-Aging Manicure**
Essences of peach, melon, and apricot soothe and repair stressed hands and nails in this multi-phase treatment manicure. Providing exclusive anti-aging benefits, hands are left invigorated, renewed, and deeply conditioned. $55 (50 minutes)

**Shellac Manicure**
Shellac is a breakthrough, patent-pending UV3 technology that combines the ease of polish with the permanence of gels. No other products in the market can stand up to the claim – on like polish, wears like gel, off in minutes. $55 (50 minutes)

**Lake Stone Pedicure**
This relaxing foot facial softens and hydrates with exfoliation, shaping, callus treatment, paraffin mask, and the application of soothing foot cream as warm stones are used to gently massage your legs and feet. $85 (50 minutes)

**Cascade Spa Signature Anti-Aging Pedicure**
Exclusive rare plant stem cells and Aachen thermal spring water calm the skin, repair the vital lipid barrier, and revive tired, achy feet. An anti-aging exfoliation and a soothing balm massage pampers as it prevents dry skin and calluses. $60 (50 minutes)

**Himalayan Salt Stone for Hands And Feet**
Add the warming and detoxifying benefits of hand-carved Himalayan Salt Stones to any manicure or pedicure. Hands $20, Feet $20

**Antioxidants Infusions**
The most luxurious heat you’ve ever felt! Your hands and feet are surrounded in your own paraffin-filled glove (not from a communal bath), locking in the skin’s natural moisture. This antioxidant infusion fights cellular aging and makes hands and feet look and feel younger with a unique blend of green and white tea, grape seed, and berry extracts. Hands $20, Feet $20

*Please note: We do not offer acrylic nail services. Swimming and steaming are not recommended after nail care services.*
Hair Services
Women’s shampoo, cut, and style $45
Men's shampoo, cut, and style $30
Children’s shampoo, cut, and style (12 & under) $30
Blow-dry set $45
Permanent color, with cut $100 & up
Permanent color, full head $70 & up
Full head foil $115 & up
Partial foil $85 & up
Special occasion hair $75
Bridal hair consultation $75
*Color correction priced upon consultation

Hair Service Add-Ons

Awapuhi Wild Ginger Treatment
The perfect hair service treatment add-on for anyone who has hair that is damaged from over processing, naturally thirsty, simply dry, or somewhere in between! Awaphui Wild Ginger offers a treatment with dramatic results in 10–15 minutes. You will love how your hair looks and feels! $30

Lip, Brow or Chin Wax Add-on
Add a lip, brow, or chin wax to your hair service $15

Clear Glaze Add-on
Add a clear glaze to your permanent color for the ultimate shine $20

Tinting Services
Eyelash $40, Eyebrow $30

Waxing
Half Leg $40, Full Leg $65
Bikini Line $35, Designer Bikini $60, Brazilian $80
Lip or Chin $15, Eyebrow $15
Full Face (lip, chin, and sides of face – does not include brows) $40
Half Arm $35, Full Arm $50, Full Back $60

Makeup
Application $60, Application and Lesson $75
Bridal Consultation $75
Spa Reservations
To ensure availability, we recommend that reservations for spa services be made as far in advance as possible. Please advise us in advance if you have a therapist preference. A credit card will be required to secure your reservation.

Medical Conditions
If you have high blood pressure, diabetes, history of a heart condition, you are pregnant, or have any physical injury or condition that has caused you any concern, please take all necessary precautions as outlined by your physician, and be sure to discuss your condition with your therapist. Massage will not be offered to guests during the first trimester of pregnancy.

How To Use The Spa
Please respect the right to privacy and a quiet atmosphere for all guests. We ask that you refrain from talking loudly and that you turn off cell phones. NH state law does not allow outside food and/or alcohol in the spa facility.

Arrival Time
Please arrive a minimum of 30 minutes in advance of a spa treatment to enjoy the steam room and relaxation lounge.

What To Wear
We will provide you with a robe and spa sandals. Disrobe to the level of your comfort. Our therapists are trained to drape a sheet over your body in a discreet manner so that you are covered to a level of your comfort. If you are uncomfortable at any time, please tell your therapist.

What To Bring
We provide all spa guests with the use of a robe, spa sandals, and all necessary towels. PLEASE DO NOT BRING VALUABLES OR JEWELRY TO THE SPA. The spa is not responsible for lost or stolen items.

Gift Cards
Gift cards are available for purchase at the reception desk.

Gratuity
For your convenience, an 18 percent gratuity charge will be automatically added to all services. Additional gratuity is at your discretion.

Cancellation Policy
We have reserved staff and space just for you. There is a 100 percent charge for any changes or cancellations with less than 24 hours notice. No-shows will be charged in full. As a courtesy to guests following your allotted time, late arrivals will only receive the remaining appointment time.

Children
With the exception of nail and hair care, spa treatments will not be permitted for children under the age of 18.

Additional Spa Amenities
We offer the use of our pool, Jacuzzi, and fitness center located one level below the spa on the first floor of Church Landing. Please bring a bathing suit to enjoy these amenities.
Features & Amenities
Signature Spa Treatments
Massage
Facials
Body Treatments
Deluxe Private Treatment Rooms
Steam Room
Relaxation Lounge
Manicures and Pedicures
Full-Service Salon

Hours Of Operation
Monday–Thursday: 9 a.m.–7 p.m.
Friday–Saturday: 9 a.m.–8 p.m.
Sunday: 9 a.m.–5 p.m.
Alternative appointment times may be available with advanced inquiry.

Location
Mill Falls at the Lake
281 Daniel Webster Highway, Meredith, NH
603.677.8620 • 866.719.0161
www.millfalls.com