



ASPIRA

SPA™

at The Osthoff Resort



Nestled among the surrounding cedar trees and spring-fed waters of crystal-clear Elkhart Lake, Aspira Spa at The Osthoff Resort offers guests a natural approach to the spa experience. Created with the intention of giving and receiving from earth, Aspira Spa is a place to ground, connect and nourish yourself. Offering experiences that align with these intentions, our goal is to provide natural wellness for all guests to take a proactive approach to self-care.



# YOUR ASPIRA SPA EXPERIENCE

## APPOINTMENTS

To book your spa treatment, please call 920-876-5843. We encourage spa treatments to be booked at least one week in advance.

## ARRIVAL TIME

Please arrive 30 minutes before your service begins to allow time to change into a robe and sandals, and for quiet relaxation before your service. If you arrive after your service time is scheduled, the length of your session will be shortened, thus decreasing its effectiveness and relaxation. The full value of your treatment will be charged.

## ENVIRONMENT

In order to preserve the tranquility of your spa experience, Aspira Spa is a cell phone-free environment. We strongly discourage alcohol consumption prior to spa treatments, and sunbathing directly after skincare services. Spa services are provided for individuals 18 years of age and older.

## SERVICE CHARGE

A 20% service charge will be included in your service bill for your service professionals. Additional gratuities may be added at your discretion. Prices and services are subject to change.

## CANCELLATION POLICY

We require a 24-hour notice if you need to cancel or reschedule your appointment. For a cancellation with less than 24 hours' notice, or for no-shows, guests will be charged 100% of the treatment fee.







# MASSAGE

All massage treatments are provided for your individual and specific needs to restore the body's balance and energy. Each service uses warm towels and essential oils throughout the treatment for comfort and relaxation.

## CUSTOM MASSAGE

This massage delivers tailored techniques from various modalities to meet your body's restorative needs. Therapist's pressure ranges from light to medium.

50 min \$185

80 min \$235

## CBD MASSAGE

This custom massage incorporates the healing benefits of hemp-derived CBD oil for targeting joint inflammation, anxiety, and pain regulation. CBD works on the endocannabinoid system in your body to help support immune function for health and well-being.

50 min \$190

80 min \$240

## CEDARS MASSAGE EXPERIENCE

Elkhart Lake is surrounded by ancient cedar trees that have existed for centuries. Cedar is known to purify and protect, and this experience uses fresh sprigs of local cedar. You will enjoy a soothing massage with Zents Earth oil and craniosacral techniques for your head and neck. You will then be wrapped in a weighted blanket filled with native cedar while your therapist performs reiki to ground and balance you.

80 min \$265

## SACRED WATERS HYDRATING MASSAGE

According to an ancient legend, the water of Elkhart Lake has the power to heal. This special service is designed to harmonize your body, mind, and spirit. You will experience a soothing massage with Zents Water oil, which nourishes your skin and hair. Then, you will receive a gentle placement of sacred pouches filled with the pure water from the lake, which will activate your energy centers and calm your nerves.

80 min \$265

## HIMALAYAN HOT STONE MASSAGE

Himalayan Salt Stone massage is unique because it balances and neutralizes the effects of the toxic frequencies we live with every day by lightly exfoliating, alkalizing, replenishing, and nourishing your skin and body with 80-plus trace minerals. The warmth of the stones placed on key areas of the body help relax the muscles and support the release of toxins. This service is good for both you and the earth, as it falls in alignment with Aspira's natural wellness mission.

50 min \$205 • 80 min \$255



# MASSAGE

## DEEP TISSUE MASSAGE

This service is for the individual who is familiar with regular massage therapy. Techniques such as trigger point, myofascial release, firm pressure and slow strokes allow for a deeper release of the muscle fibers and connective tissue. The therapist will adjust pressure according to the body's response to this treatment.

50 min \$205

80 min \$255

## CRYSTAL HEALING EXPERIENCE

Crystals can harmonize the vibrational field of the body by clearing and redirecting blocked energy. This service offers a deep healing experience at the molecular level to enhance your well-being by activating your body's natural healing energy. You will lie on a crystal mat with gemstones on your chakra energy centers, while your therapist works on the reflex points on your hands and feet to balance the energy and improve the function of your internal organs.

50 min \$205

## DEEP TISSUE MASSAGE WITH DETOX BATH

Your immersion begins with a warm, therapeutic salt bath designed to detox, relax, and prepare the body for the releasing effects of deep tissue massage. During your massage your therapist will use warm implements to aid and enhance tissue vitality. This detoxifying treatment incorporates foot reflexology enhanced with an acuball tool for relieving foot conditions.

100 min \$305

## PRENATAL MASSAGE

Available for the mom-to-be after the first trimester. Your therapist will use magnesium oil to reduce symptoms of nausea, muscle aches, headaches, and insomnia. The properties of magnesium support relaxation and soothing of the muscle fibers, like a bath.

50 min \$195

## MASSAGE ENHANCEMENTS

Can be incorporated into any massage for added wellness and relaxation (no additional time added) ~ \$35

Zents Scalp Quench | Zents Hand and Foot Quench | Cupping | Joint and Muscle Relief Balm

# FACIALS

Each facial includes a personal analysis of your skin care needs. Facials include cleansing, toning, exfoliation, optional extractions as well as hand, foot, and scalp massage.

## ASPIRA CHROMA LIFT FACIAL

Our signature facial is based on ancient healing modalities of color therapy. The application of a natural mask, along with lymphatic stimulation, tones and uplifts the contours of the face, eyes, and neck. Color therapy, with lymphatic drainage, stimulates the reflex points for visible results after the first treatment.

80 min \$235

## CUSTOM FACIAL

This treatment is custom to the guest's needs. It includes exfoliation, extractions, a custom peel and masque, and gentle massage for the face, neck, shoulders, hands, arm and décolleté.

50 min \$185

80 min \$225

## DR. DENNIS GROSS STRESS RECOVERY FACIAL

When "life happens", the effects of stress are revealed on the skin using a potent skin-strengthening treatment featuring concentrated superfoods. Enhanced by our ultra-gentle exfoliating treatment, this facial gently smooths texture while reducing redness and boosting the skin's immunity. It alleviates stressors such as dullness, worry lines, flare ups and patchy roughness. A collagen-building light therapy treatment is a special component of the facial.

50 min \$185

## DR. DENNIS GROSS ANTI-AGING RETINOL FACIAL

This retinol anti-aging facial helps repair signs of aging, sun damage, fades dark spots, and reduces the appearance of pores. This facial includes a collagen-building light therapy treatment for the face. It's perfect for the most sensitive skin types.

50 min \$185

## DR. DENNIS GROSS VITAMIN C FACIAL

Supercharge your skin with vitamin C - nature's most potent - and proven - skin brightening treatment. Combined with our signature Alpha Beta® Professional Peel System, this high-performance facial is the go-to for combatting sun damage, reversing signs of aging, and restoring luminosity for firmer, brighter skin. This facial includes a collagen-building light therapy treatment for the face.

50 min \$185



# FACIALS

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## DERMAPLANING FACIAL

This is a method of exfoliation that gently removes the top layer of dead skin cells and the fine soft facial hair to reveal a smoother, brighter complexion. Dermaplaning can be used for any skin type. This treatment concludes with a custom express facial.

50 min \$185

## GROUNDING HOT STONE FACIAL

Elevate your spa experience with our unique facial treatment, where the warmth of hot stones is harnessed to gently soothe facial muscles and instill a profound sense of inner peace. At the outset of the session, balancing color therapy stimulates your skin while lymphatic drainage sculpts your face to perfection. Healing crystals are thoughtfully placed on your chakra points, fostering alignment and equilibrium within your body's primary energy centers. This purposeful fusion of grounding techniques not only nurtures a sense of stability but also enhances the natural vibrance of your face. As you luxuriate in the benefits of a complete facial treatment, this transformative experience concludes, leaving you with an unmistakable sense of grounded calm that lingers long after your visit.

80 min \$235

## FACIAL ENHANCEMENTS

Can be incorporated into any massage for added wellness and relaxation (no additional time added) ~ \$35

Zents Scalp Quench | Zents Hand and Foot Quench | Anti-Aging Eye Treatment



# BODY TREATMENTS

## HAMMAM

This special treatment is adapted from a centuries-old ritual for purifying and relaxing through steam, body cleansing and massage. After an aromatic steam with the scents of cinnamon, eucalyptus, and clove, known to boost immunity, your therapist will exfoliate your skin by stimulating blood and lymph flow. This eliminates toxins to promote cellular regeneration. Your body, face and scalp cleansing consists of 100% natural African Black Soap known to relieve acne and prevent dry, itchy scalp. After you are nourished from head to toe, your therapist will offer a warm rinse continuing to stimulate the lymphatic system for additional healing. A hydrating massage and scalp quench using warm Zents Ore Oil concludes this truly unique ritual.

105 min \$315

## BODY QUENCH WRAP

Embracing the four seasons of Wisconsin, this quenching wrap addresses your skin's unique seasonal needs. This service includes a loofah body exfoliation, warm towel body wrap, hydrating quench application, and hot oil scalp massage. Ideal for seasonal skin needs for dry, dehydrated skin.

50 min \$175

## ZENTS REJUVENATING BODY SCRUB

The healing elements of Zents Salt and Sugar scrub are used to invigorate and replenish your skin. Shea butter and sunflower oil provide essential hydrating and soothing effects on dry and/or sun-exposed skin. Combined with your favorite Zents scent, this body treatment is blissful.

50 min \$175

## BALNEOTHERAPY BATH IN THE CHROMATUB

This effective treatment increases blood flow lymphatic circulation and promotes detoxification. 270 jets stimulate and relax the muscles. Chromotherapy (color bath therapy) is used to bring the body back to balance. Red is for circulation, orange is toning/firming, yellow is for water retention, green is calming/soothing, blue is detoxing, purple is healing. It can bring the cells into synchronization with the color frequency. Aromatherapy, scalp massage, under water massage using water jets, and cold-water effusion on hands and feet are all components of the service, leaving you feeling in a state of relaxation. \*A bathing suit is required for this service.

25 min \$115



# BODY TREATMENTS

## ANCIENT CEDAR PEDISSAGE

Beginning with a scrub of purifying cedar, your feet and legs are cleansed. A nourishing mask of Aztec Healing Clay with tea tree essential oil is applied. Following the clay mask, Zents hydrating quench and cedar essential oil nourish, while reflexology is provided to promote balance. The final layer of this soothing foot-and-leg treatment includes lavender-infused oil, foot balm, head and scalp massage.

50 min \$175

## DRY BRUSHING

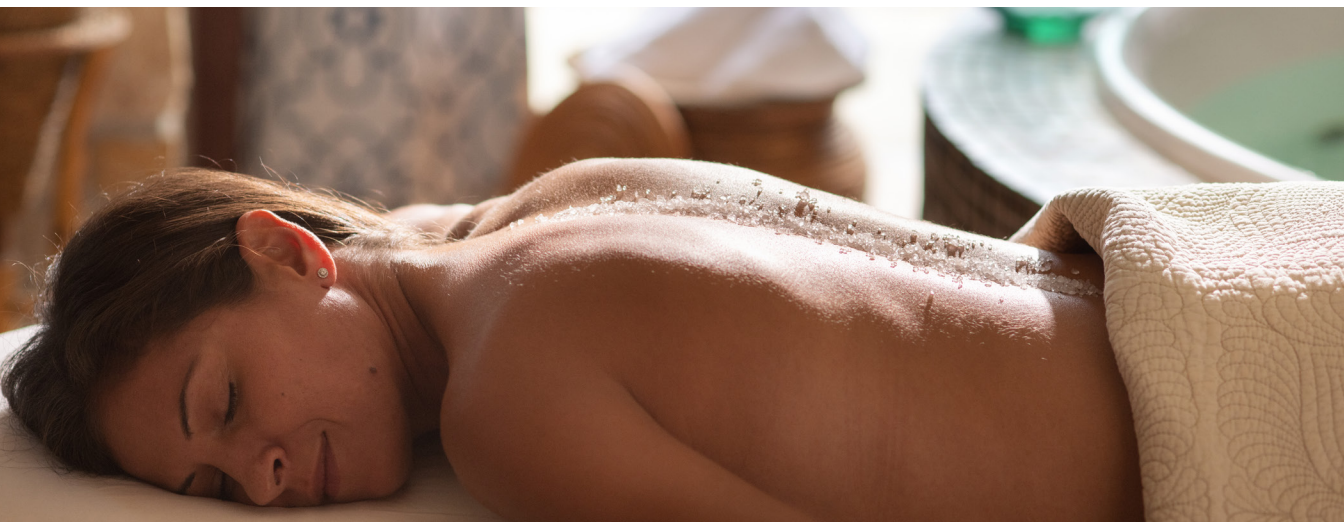
Dry brushing is a traditional Ayurvedic practice that helps to cleanse and rejuvenate the skin and the lymphatic system. Your therapist will gently brush your whole body to exfoliate the skin while balancing and soothing internal organs. Dry brushing can improve blood flow, activate the lymph nodes, enhance digestion, and eliminate toxins from your cells and body. A warm and soothing coconut oil hand and foot massage moisturizes dehydrated skin, leaving it looking and feeling refreshed after this treatment.

50 min \$185

## CBD BATH AND BODY TREATMENT

Begin your journey with a CBD salt scrub that invigorates your entire body. Then, retreat to a private whirlpool tub, where the soothing benefits of CBD embrace you. Your experience culminates with a full-body application of luxurious CBD shea butter, leaving you in a state of complete tranquility.

50 min \$175



# SPA TOGETHER

## ASPIRA SPASUITE COUPLES PREMIER EXPERIENCE

Indulge in the ultimate romantic retreat with the “Aspira Couple’s Premier Experience” at The Osthoff Resort. Escape to the opulent Premiere Couple SpaSuite, an exclusive haven at Aspira Spa, where you and your partner can immerse yourselves in a world of relaxation and luxury. This lavish SpaSuite promises a private sanctuary for both of you, complete with a delightful cheese and fruit board, a bottle of wine, and an 80-minute Couple’s Massage. Immerse yourselves in the serenity of the suite, taking advantage of the in-suite cascading shower and whirlpool, with bath amenities for an extra touch of bliss. Whether you seek to unwind, rejuvenate, or simply reconnect with your loved one, the Couple’s Premier Experience is the epitome of a perfect escape

180 min \$695 per couple

## COUPLES CUSTOMIZED MASSAGE

Couples of all kinds. Enjoy relaxation together with your sister, friend, or partner in our couple’s suite.

50 min \$380 per couple





## SPA FOR HIM

### GENTLEMEN'S FACIAL

Relax and unwind with our signature gentlemen's hot towel facial. This massage-focused, custom facial helps to resurface skin texture, brighten skin tone, hydrate and nourish for facial rejuvenation.

50 min \$165

### GENT'S MANICURE

Clean and shape with a natural nail buff finish or clear coat of polish.

50 min \$75

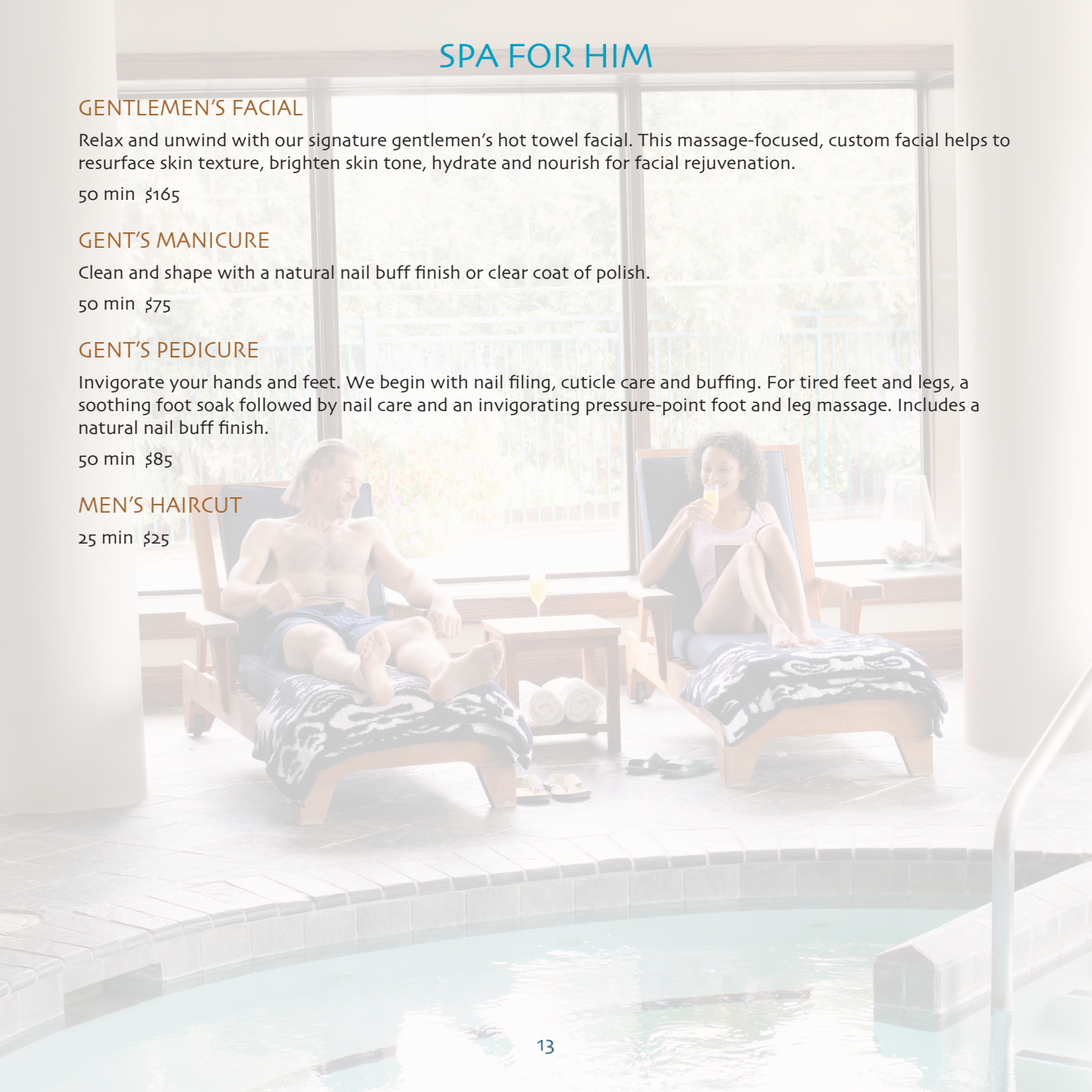
### GENT'S PEDICURE

Invigorate your hands and feet. We begin with nail filing, cuticle care and buffing. For tired feet and legs, a soothing foot soak followed by nail care and an invigorating pressure-point foot and leg massage. Includes a natural nail buff finish.

50 min \$85

### MEN'S HAIRCUT

25 min \$25



## NAIL SERVICES

All manicures and pedicures include filing, cuticle cleanup, nail shaping to your desired style, polish application, massage, and the use of warm towels during the service. Please arrive to your appointment with clean, unpolished nails. We are unable to remove any nail art, acrylic, shellac, or gel polish.

### MANICURES

#### ASPIRA SIGNATURE MANICURE

After choosing your favorite Zents scent, this manicure provides a hand and forearm rejuvenating exfoliation, and aromatic hand and arm massage.

50 min \$85 (Gel polish additional \$35)

### PEDICURES

#### ASPIRA SIGNATURE PEDICURE

After choosing your favorite Zents scent. A thorough foot and lower leg rejuvenation is done with an exfoliation, followed by a leg and foot massage with an aromatic oil.

50 min \$95

#### CBD PEDICURE

The healthy benefits and anti-inflammatory properties provided by CBD-hemp based products will revive your feet and bring topical relief to aches and pains. You will step into a Himalayan Sea Salt soak, followed by an exfoliating scrub and CBD oil application.

50 min \$105

#### REFLEXOLOGY PEDICURE

Foot and leg exfoliation leads to a therapeutic foot reflexology massage. Based on Eastern methods of strengthening the inner body systems through stimulation of the foot's pressure points, this pedicure will leave your feet and body feeling energized.

50 min \$155



## SPA DAY PASS

Whether for an hour or an entire day, relax and rejuvenate with a day pass to enjoy the spa's finest amenities. Relax in our indoor/outdoor whirlpools, meditation sanctuary, sauna, and relaxation lounges. Don't forget to check out our Spa Cafe! Enjoy carefully curated cuisine designed to help you on your wellness journey (additional costs apply).

\$55 / Based upon availability









# SALT THERAPY EXPERIENCE

## SALT THERAPY ROOM

Relax in our Salt Therapy (halotherapy) room. You will breathe in air containing dry microscopic salt particles to improve your overall wellness. Salt inhalation is a natural therapy that can help cleanse the airways and skin to relieve congestion, inflammation, allergies, and skin irritations. It can also help boost natural immunities, your mood, helps reduce stress, and improves sleep quality. Comfortable lounge chairs aid in helping you unwind while you rest, nap, or listen to music. A great add-on to a spa treatment or as a stand-alone experience. Space is limited per session. Reservations required.

45 min \$45



# CRYSTAL HEALING MAT EXPERIENCE

## CRYSTAL HEALING MAT

Embark on a journey of relaxation and holistic healing with our remarkable Crystal Healing Mat. Designed to provide a truly transformative experience with a touchless approach, this unique mat is infused with carefully selected crystals renowned for their therapeutic properties and utilizes PEMF Therapy. As you lie on the mat, you'll feel the comfortable warmth and gentle vibrations of the crystals harmonizing with your body's energy. Red light therapy, and magnetic properties all promote balance, rejuvenation, and overall well-being. The negative ions of the Crystal Healing Mat can help neutralize free radicals to assist in the reduction of stress, release of tension, and enhancement of the body's natural healing abilities with a "hands off" approach.

50 min \$90



## ASPIRA SPA CAFE

The Spa Cafe is a cozy and relaxing spot to enjoy a healthy and delicious meal or snack. Located inside the Aspira Spa at The Osthoff Resort, the cafe offers a variety of salads, grain bowls, smoothies, and beverages made with fresh ingredients. Whether you need a quick bite before or after your spa treatment, or you want to linger over a cup of tea and a pastry, the Spa Cafe will satisfy your appetite and nourish your body and soul.

The Aspira Spa Cafe is open daily at 11am.





at The Osthoff Resort

To reserve your Aspira Spa experience, call 877.SPA.2070 or 920.876.5843.

ALL SPA SERVICES ARE OPEN TO THE PUBLIC

101 Osthoff Avenue, Elkhart Lake, WI • [AspiraSpa.com](http://AspiraSpa.com)