



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."

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, relaxation lounges, all while nourishing yourself in our spa cafe.

\$45 / Based upon availability

YOUR ELKHART LAKE SPA EXPERIENCE

APPOINTMENTS

To book your spa treatment, please call 920-876-5843. We encourage spa treatments to be booked at least a week in advance. Appointment times will be staggered to allow for adequate sterilization and disinfecting procedures between guests and services. Providers will wear masks upon guest request.

ARRIVAL TIME

Please arrive 15-20 minutes before your service starts. 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 16 years of age and older. (16-17 years of age will need a signed waiver by parent or guardian.)

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 TREATMENTS

All massage treatments are provided for your individual and specific needs to restore the body's balance and energy. Each service uses warm towels 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 firm.

50 min \$175

80 min \$210

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 \$185

80 min \$220

CEDARS MASSAGE EXPERIENCE

Ancient cedar trees have wrapped Elkhart Lake for centuries. Known for its purification and protection benefits, this experience uses the local fresh native cedar sprigs. Experience craniosacral head and neck massage techniques while wrapped in a native cedar sprig weighted blanket. This one-of-a-kind unique offering will bring forth ground and balance.

80 min \$245

SACRED WATERS ENERGY MASSAGE

This service provides a balancing of mind, body, and spirit. Using light pressure, muscle tension is released from the back of the body, letting go of past tensions. Sacred native pouches, hold the healing crystal-clear Elkhart Lake water, are placed on the body's energy centers to restore a grounding flow of energy to the chakra system.

50 min \$195

MASSAGE TREATMENTS

HIMALAYAN HOT STONE MASSAGE

Himalayan Salt Stone massage is unique in that 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 you and the earth, as it falls within alignment with Aspira's natural wellness mission.

50 min \$185

80 min \$215

DEEP TISSUE MASSAGE

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

50 min \$195

80 min \$225

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 massage your therapist will use warm implements to aid and enhance tissue vitality.

This detoxifying treatment concludes with foot reflexology enhanced with an acuball tool for foot relieving conditions.

100 min \$295

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 \$165

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 \$210

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 \$175

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. Perfect for the most sensitive skin types.

50 min \$185

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

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 consist 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 custom massage using warm Zents Ore Oil concludes this truly unique ritual.

105 min \$305

BODY QUENCH WRAP FOR THE SEASON

Embracing the four seasons of Wisconsin, this quenching wrap addresses your skin's unique seasonal needs. 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 \$165

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. While the mask heals and nourishes, your therapist will provide reflexology to promote relaxation.

The final layer of this soothing foot-and-leg treatment includes lavender-infused oil, foot balm, head and scalp massage.

50 min \$165

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 \$165





SPA TOGETHER

ASPIRA SPASUITE COUPLES JOURNEY

Enjoy a 30-minute soothing whirlpool bath infused with arnica Epsom and Himalayan salt for tired muscles, followed with a 50-minute massage (light to medium pressure only) or facial for each person. This journey will bring complete relaxation during your shared time together.

\$440 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 \$350 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.

25 min \$65

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.

Add natural nail finish.

50 min \$75

MEN'S HAIRCUT

25 min \$25



LAYERS OF WELLNESS ENHANCEMENTS

Add to any Massage, Facial or Body Treatment.

Scalp Quench\$30

Hand and/or Foot Quench.....\$30

FACIAL WAXING

Add to any Body or Facial Treatment.

Brow Perfection\$35

Lip or Chin.....\$25

Lip and Chin.....\$45

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.

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 \$65

NAIL SERVICES, continued PEDICURES

ASPIRA SIGNATURE PEDICURE

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

50 min \$85

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 a CBD oil application.

50 min \$95

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 \$145

SCALP AND HAIR TREATMENTS

MOROCCAN RESTORATIVE SCALP AND HAIR TREATMENT

After a scalp analysis, a suggested treatment for dry or oily scalp is recommended. We awaken the scalp with a stimulating dry brush technique followed by your specific scalp balancing treatment for dry, oily, or normal conditions. Relax with a warm neck roll while your hands and feet are wrapped in a moisturizing body butter. (This time frame does not include shampoo or style.)

50 min \$95

80 min (includes shampoo/style) \$115

HAIR

Women's Haircut and Style	\$55
Women's Shampoo and Style	\$45
Children – Under 12 years	\$25

MAKEUP

Makeup Application only	\$65
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Inhale. Exhale. Relax.

Aspira Spa's Salt Therapy Room

Relax in our new Salt Therapy (halotherapy) room. You will breathe in air of 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. 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 minutes \$45



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