

**Reflexology:**  
By applying pressure to specific points on the feet, hands and ears. Balance and healing is encouraged throughout and helps release stagnant toxins and restore subtle energy flow.

25 minutes    \$59\*  
50 minutes    \$89\*

**Motherhood:**  
A gentle pampering massage designed to support good health and well being during your pregnancy.

50 minutes    \$89\*

**Hot Stone Massage:**  
Our river rock stones were hand-picked from the North Shores of Lake Superior in Minnesota. These stones help penetrate heat deeper in the muscles for a more relaxing and therapeutic massage.

50 minutes    \$109\*  
80 minutes    \$139\*

**Couples Massage:**  
Enjoy a relaxation or deep tissue massage side-by-side in our dual massage room. Inquire about availability and pricing.

*\*Taxable Service.*

**MASSAGE ENHANCEMENTS**

These may be added to any massage treatment

**Sugar Scrub:**  
Healing and refining scrub gently exfoliates your skin and leaves it calm and buffed with the ultra healing scrub. This is a whole body exfoliation.

\$25

Back exfoliation

\$5

**Reflexology:**  
Add to any 50 or 80 minute massage

\$20\*



AT BEST WESTERN PREMIER  
THE LODGE ON LAKE DETROIT



1200 E Shore Dr.  
Detroit Lakes MN  
218-847-1895  
www.thespawithin.com  
information@thespawithin.com

**Spa Etiquette**  
Please arrive at least 30 minutes prior to your scheduled appointment to allow time to check in, enjoy a steam shower if desired, and to start the relaxation process. Please turn off cell phone upon entering the spa.

We require 24 hours cancellation notice. You will be charged 100% of total service scheduled for failing to attend your appointment without 24 hours notice.

Please note that due to popularity of some treatments they may not be available for your requested time. We strongly recommend that bookings be made 2-3 weeks in advance of your desired date and time. Walk-ins are welcome but not guaranteed.

We accept all major credit cards, debit cards and cash. We do not accept checks.

Gratuities are appreciated at your discretion. Standard gratuity is 15-20% of the original spa treatment price. For groups of 3 or more, 18% gratuity will be added for your convenience.

**HOURS**

Sunday (seasonally) 9-2  
Monday 10-5  
Tuesday – Friday 9-6  
Saturday 8-6

Advance reservation is recommended. Walk-ins welcome, but not guaranteed. Hours are subject to change and vary a little by season. Menu items and prices are subject to change.

**For Appointments Call:**  
**218-847-1895**

**Follow us on!**

Facebook: The Spa Within  
Twitter: TheSpaWithinDL  
Pinterest: TheSpaWithinDL



1200 East Shore Drive  
Detroit Lakes, MN 56501



AT BEST WESTERN PREMIER  
THE LODGE ON LAKE DETROIT



**AT BEST WESTERN PREMIER  
THE LODGE ON LAKE DETROIT**



**MENU OF SERVICES**

AN ECO-FRIENDLY WELLNESS SPA

FACIALS

The Spa Within offers Eminence handmade organic skin care and Jane Iredale mineral cosmetics. We use Clarisonic in all our facial treatments.

**Refresh Retreat:**  
A light yet invigorating exfoliation. An array of fruits and herbs will be blended specifically for your skin's needs and sensory delights.

25 minutes \$55

**Eminence Facial:**  
Eminence addresses a variety of skin concerns such as premature aging, sun damage, loss of vitality, tone and radiance. This special organic skin care treatment offers ingredients of various fresh fruits, vegetables and herbs that is customized to your skin concern.

50 minutes \$85

**Ultimate Facial:**  
This facial includes eye and lip treatments plus a take home kit tailored for your skin needs. This signature facial offers a wide spectrum of cleansers, toniques, exfoliants, masques, serums, eye creams, and moisturizers that you and your skin specialist will select to give you a customized facial.

80 minutes \$195

**Age Corrective:**  
Repair the visible signs of aging with the New Age corrective collection for immediate and lasting results. An exclusive clinically-proven Natural Retinol Alternative Complex lifts and tightens skin, erase wrinkles and crow's feet and increases collagen for skin that appears and acts naturally ageless.

80 minutes \$145

**Youth Shield:**  
Eminence's new Youth Shield Collection incorporates red currant, elderflower and magnolia bark. The Youth Shield Antioxidant Complex is designed to protect against the early signs of aging by hydrating while improving skin's vitality.

50 minutes \$95

**Back Treatment (Back Facial):**  
This treatment will detoxify and smooth every inch of the back area. A massage with extract from the stone crop plant boosts hydration, the healing benefits of which will leave the skin silky and naturally beautiful.

50 minutes \$85



**Arctic Berry Peptide Peel:**  
This Eminence exclusive complex is formulated to reduce hyper pigmentation and inflammation, fight fine lines and wrinkles, soothe sensitive skin types and improve elasticity and tone. This is a natural alternative to Botox (Best results seen when performed in a series).

50 minutes \$115

FACIAL ENHANCEMENTS

Bright Eyes Treatment \$15  
Lip Plumping Treatment \$15  
Arm & Hand Exfoliation \$5

MAKEUP & TINTING

Eye Brow Tinting \$19  
Eye Lash Tinting \$19  
Makeup Application 45 minutes \$49  
Special Occasion Makeup 60 minutes \$59

WAXING

Remove unwanted hair leaving skin smooth.  
Eyebrow Design \$15  
Upper Lip \$10  
Chin \$10  
Underarm \$30  
Bikini Line \$39  
Half Leg \$40  
Full Leg \$65  
Chest \$45  
Full Back \$65

BODY

Delight your senses and relax your body, mind and soul. Choose from a selection of body treatments to purify, re-mineralize and firm your body. All body wraps include use of the Clarisonic.

**Seasonal Organic Body Wrap:**  
Mother Nature at her best! The Seasonal Organic body wrap brings together the finest fruits, vegetables and herbs of the season to deliver the most potent and active treatment around. Ask for more details.

75 minutes \$119

**Blueberry Bliss Slimming & Detox Wrap**  
This slimming and detoxifying wrap leaves skin firmer with increased elasticity while repairing and hydrating the skin. This wrap repairs and balances moisture levels leaving the skin soft, supple and glowing.

75 minutes \$129

HANDS & FEET

All times are approximate. In our luxurious pedicure thrones enjoy a bubbling, soothing and calming foot bath. Thrones are complete with heat, massage and more.

**Express Manicure or Pedicure**  
This maintenance treatment trims and shapes the nails and cuticles. Finished with a light moisturizing massage and polish application.

30 minute Manicure \$40 30 minute Pedicure \$50

**Essential Manicure or Pedicure**  
The Essential treatment begins with the trimming and shaping of the nails and cuticles. A dry skin exfoliation and double hydration mask with hot towel treatment deeply hydrates followed by a moisturizing massage and polish application.

45 minute Manicure \$55 45 minute Pedicure \$65

**Signature Manicure or Pedicure**  
This treatment begins with the trimming and shaping of the nails and cuticles. A dry skin exfoliation and double hydration mask with hot towel treatment hydrates followed by a moisturizing massage and hot paraffin wax treatment. Paraffin treatments help with cracked heels and dry skin by causing a deeper penetration of moisture. Ends with a polish application.

60 minute Manicure \$75 60 minute Pedicure \$85

**Upgrade ANY manicure to SHELLAC™**  
Gel polish applied to natural nails, no nicks, chips or smudges. Dries instantly! Up to 14 day wear. \$15

**RE-Shellac**  
This service can be added to any manicure. Includes removal and new application of your favorite SHELLAC™ color.

Add 20 minutes to your service \$20



HAND & FEET ENHANCEMNTS

French Polish \$15  
Polish Change for Hands \$15  
Paraffin treatment \$20  
Nail Art starting at \$3  
Arm & Hand Exfoliation \$5

MASSAGE

Essential oils and hot towels are incorporated into all our massages to help promote a deeper sense of relaxation and rejuvenation.

**Relaxation:**  
A light massage designed to heighten senses and induce a deep level of relaxation. Very therapeutic.

25 minutes \$55\*  
50 minutes \$85\*  
80 minutes \$115\*

**Deep Tissue:**  
This massage specifically focuses on relieving pain, stiffness and muscle soreness caused by injury or overuse.

25 minutes \$65\*  
50 minutes \$95\*  
80 minutes \$125\*



AT BEST WESTERN PREMIER  
THE LODGE ON LAKE DETROIT

Buy a product.  
Plant a tree.

