



SPRINGS ETERNAL
SPA





Experience YOURSELF
in a whole new *Light*

Sample the historic “Bedford Baths” using our signature indigenous product line inspired by local herbs and botanicals. Unwind with a soothing massage and beauty treatment or simply spend a few moments in our Serenity Garden to gather your thoughts on the day’s adventures.

Massages & WRAPS

Springs Eternal Therapeutic Massage

60 / 75 MINUTES

Allow your Springs Eternal Spa professional to pamper you with a customized full-body massage based on your preference of Swedish, Deep Tissue, or a combination of techniques.

Himalayan Salt Stone Massage

60 / 75 MINUTES

Warm, hand-carved salt stones from the Himalayan Mountains massage the body, soothe away stress and tension, and bring balance to the body, mind, and spirit.

The Eternal Cure

75 MINUTES

Relax while skilled hands perform a back and foot exfoliation using a gentle scrub and warm towel compresses. Himalayan salt stones are then incorporated into a Swedish massage, offering warmth and comfort to stress points.

Prenatal Massage

60 MINUTES

This massage is designed to answer the developing needs of mother and baby and to give the nurturing treatment you both deserve. *Guest must be in their second or third trimester.

Serenity Massage

60 / 75 MINUTES

After a gentle, dry body exfoliation, embark upon a skin-nourishing journey as your therapist provides a full-body Swedish massage with a skin-softening infusion of Coconut Oil and Vitamin E and scent of your choice.

Dr. Anderson's Muscle Therapy Massage

60 / 75 MINUTES

Allow Dr. Anderson's curative legacy to continue as skillful hands and muscle mending therapy lotion provide targeted relief to problem areas, providing instant comfort. Warm Salt stones are used to ease tense muscles while cool stones assist with inflammation.

Aromatic Journey Massage

60 MINUTES

Create your own aromatic journey during this full body aromatherapy massage. Your provider will thoughtfully announce new aromas through inhalation, building an experience of either uplifting Zen or calming relaxation.

Island Retreat Massage

60 MINUTES

Reminiscent of waves rolling over the body, experience a lomi lomi inspired massage from the islands of Hawaii. Tropical scents accompany long, continuous, flowing strokes, while caring hands address the full body and mind.

Bamboo Fusion

60 / 75 MINUTES

Therapeutic massage integrates warmed bamboo throughout this full body massage, while promoting relaxation through deep breaths of lavender and eucalyptus.

Magnesia Birch Wrap

60 / 75 MINUTES

After a stimulating massage, your body is cocooned in a heat-intensive wrap infused with natural magnesium. While cocooned, a magnesium-rich sweet birch gel is massaged into the neck and feet, relieving tension, and re-energizing the body.

Antioxidant Wrap

75 MINUTES

A full-body massage with deeply hydrating vitamin-rich clementine oil begins this treatment before a warm, local blackberry tea wrap cocoons the body. Expert hands will ease your mind during a soothing scalp massage to conclude this treatment.

MASSAGE

Enhancements

Complement any 60 or 75 minute massage by purchasing one of the below enhancements. These personalized additions are included within your scheduled treatment time.

Citrus Scalp Massage

Our antioxidant-rich citrus scalp massage provides your mind a quiet moment.

Honey Lavender Foot or Back Exfoliation

Appreciate the benefits of relaxation-inducing lavender in this fine, natural sea salt foot or back exfoliation and massage.

CBD Oil

Signature CBD oil is incorporated into service, infused with the muscle-soothing benefits of arnica.

CBD Focus Treatment

Therapeutic focus work with our signature CBD salve and cool stones.

Specialized Muscle Therapy Duo

Muscle Therapy cooling lotion is coupled with inflammation reducing cool stones.

Himalayan Salt Stone

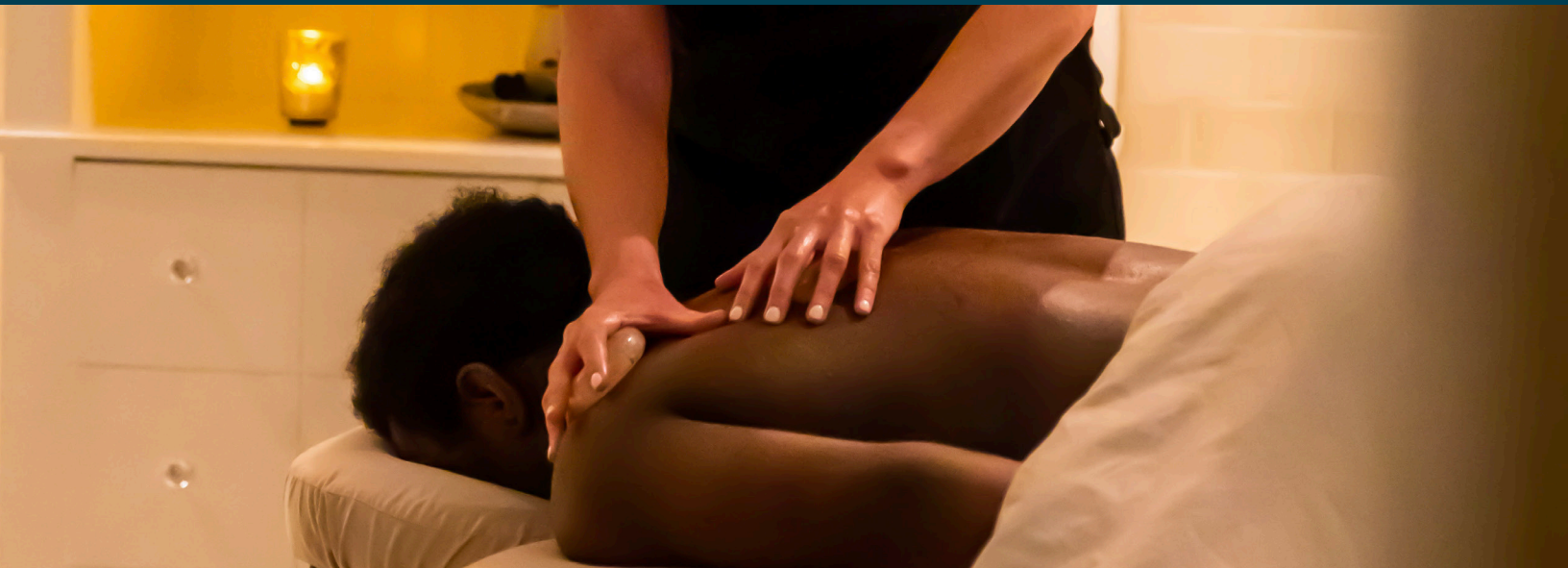
Upgrade to a new level of relaxation as your therapist uses warm, hand-carved salt stones from the Himalayan Mountains for your massage.

Dry Body Exfoliation

Dry body brush exfoliation for the full body.

CBD Foot or Back Exfoliation

Refreshing cucumber and mint CBD and arnica lotion provides comfort to stress points after gentle exfoliation.



BODY SCRUBS & *Treatments*

Indigenous Honeysuckle Sugar Scrub

60 MINUTES

Allow your body to be treated to an exfoliation with our Cucumber Honeysuckle sugar scrub. After a therapeutic rinse, a hydrating application of our cucumber honeysuckle body butter will follow.

Pure Radiance Body Scrub

60 MINUTES

A delicate pineapple sugar and herb-infused scrub exfoliates the skin, leaving skin smooth and glowing. After a warm mineral rinse, expert hands apply a hydrating body butter, exuding notes of fresh pineapple and coconut.

Cashmere Body Quench

60 MINUTES

After a full-body dry exfoliation, quench dry skin through an uplifting blend of moisturizing coconut oil and sunflower oil. This treatment includes a foot exfoliation and citrus scalp massage.

Warm Herbal Springs Cocoon

60 MINUTES

After a full-body dry exfoliation and cucumber honeysuckle body butter application, a signature blackberry wrap warmly cocoons the body. While wrapped, a neck, shoulder, and scalp massage allow your mind a quiet moment. Enjoy a custom curated tea after treatment.

Mindful Essence Polish

60 MINUTES

Allow the fragrance you choose to direct the intention for this treatment, allowing the memory evoked from your chosen scent to create a journey of mindfulness throughout a gentle body exfoliation and hydrating oil application.

Herbal Therapeutics Body Polish

60 MINUTES

Infused with hemp-seed oil and essential oils of sweet basil, rosemary, and lime, this all-natural sugar scrub will gently exfoliate the skin. After a warm rinse, a hydrating body butter rich in coconut oil and hemp seed oil will be gently applied.

SeaMud Cocoon

75 MINUTES

After a dry body brushing for the full body, dead sea mud, highly concentrated in natural salts and minerals, is applied over the body in a velvety layer. While calming and anti-inflammatory properties take effect, a gentle face and scalp massage follow. After a mineral rinse, a moisturizing lotion is gently applied.

CBD Balance Hydrator

75 MINUTES

An elevated wellness experience, this treatment begins with a full body exfoliation before a balancing CBD oil is applied to the skin. Once warmly cocooned, allow the benefits of CBD oil to begin while enjoying a gentle face and scalp massage. Skin will be left dewy with a hydrated and luxurious sheen.

BODY TREATMENT

Enhancements

Citrus Scalp Massage

Our antioxidant-rich citrus scalp massage provides your mind a quiet moment.

Gua Sha

Incorporate traditional Chinese methods to reduce inflammation, tone, and brighten complexion with the use of a smooth Gua Sha stone.

Focused Hydration

Remedy dry areas by paying special care to heels, knees, and elbows.





Focused THERAPY

Evitt's Trail Retreat

30 MINUTES

Named after our expert level hiking trail, this service is designed to relieve tired muscles below the knee and throughout the feet using gentle exfoliation and massage.

Healing Hands

30 MINUTES

Allow your hands a luxurious text-free moment of therapy. Hands and forearms will be gently exfoliated in this treatment, followed by a warm towel compresses and therapeutic massage.

Quiet Mind

30 MINUTES

Quiet your mind and release tension with this neck, head, and shoulder massage featuring gentle notes of clementine and lime.

Facials

Springs Eternal Facial

60 / 75 MINUTES

A classic and timeless treatment, our Springs Eternal Facial is customized to address your skin's specific needs.

Advanced Springs Eternal Facial

75 MINUTES

A facial designed to focus on your skin's specific needs, this advanced facial targets your specific anti-aging skincare goals.

Dermaplaning Facial

60 MINUTES

Our dermaplaning facial is a results-driven manual exfoliation treatment that improves the overall texture and tone of the skin.

Luxury HydraFacial

60 MINUTES

An invigorating treatment that includes all the essentials of the Signature HydraFacial while addressing specific skin concerns with a booster customized on your skin goals. This treatment concludes with LED light therapy.

Signature HydraFacial

30 MINUTES

This treatment deeply cleanses, exfoliates, extracts, and hydrates the skin utilizing super serums filled with antioxidants, peptides, and hyaluronic acid.

Elite HydraFacial

75 MINUTES

The ultimate HydraFacial experience! This facial includes all the steps of our Luxury HydraFacial with added benefits of Lymphatic Drainage through the incorporation of Gua Sha techniques.

PERSONALIZE YOUR *Hydrfacial*

Complement any Luxury or Elite HydraFacial by purchasing one of the below enhancements. These personalized additions are included within your scheduled treatment time.

Lip Perk

A refreshing treatment that revitalizes the lips through an enzyme exfoliation – this enhancement is sure to leave your lips refreshed, hydrated and lightly plumped. Comes with a take home lip serum.

Eye Perk

Treatment designed to treat the most sensitive skin on the face, by providing gentle ingredients such as arnica, green tea, citric acid and peptides to reduce fine lines, wrinkles, puffiness and dark circles. Comes with a 30-day take home regimen.

Neck And Décolleté

Proprietary botanical extracts, derived from chia and grape seeds, revitalize the neckline and target signs of aging.



Kira

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FACIAL

Enhancements

Complement any 60 or 75 minute facial by purchasing one of the below enhancements. These personalized additions are included within your scheduled treatment time.

Gua Sha

Incorporate traditional Chinese methods to reduce inflammation, tone, and brighten complexion with the use of a smooth Gua Sha stone.

Collagen Eye or Lip Treatment

Treat the delicate lip or eye area by restoring hydration with these nourishing and brightening collagen masks.

Collagen Gemclinical Experience

A facial enhancement infused with active serums and hyaluronic acid, a luxurious collagen mask plumps and brightens the skin. Finish the enhancement with a customized gemstone booster serum, inclusive of a take home serum to continue self-care at home.

Collagen Neck and Décolleté Treatment

Allow collagen masks to blanket the delicate neck and décolleté area, resulting in a post-treatment glow.

LED

Provide therapeutic treatment through red or blue light therapy to calm redness, promote even skin tone, and destroy acne causing bacteria.

Peptide Peel

This peel lightens skin, refines appearance of fine lines, and stimulates collagen – designed to enhance the effectiveness of your facial.

Pumpkin Enzyme

Pumpkin pulp enzyme combined with essential oils and natural extracts deep clean and decongest pores, leaving the skin healthy and vibrant.

Manicures

We provide quality nail services using a unique polish line that delivers an advanced performance. Our long lasting, nontoxic, and quick-drying polish is designed to improve nail health over time, and is not compatible with acrylics, gels, or dip polish.

Springs Eternal Luxury Manicure

50 MINUTES

A warm soak, gentle sugar scrub exfoliation, and warm oil treatment with massage make this manicure the luxury service your hands and nails desire. Complete your treatment with the option of a Buff and Shine, Clear Coat, or Performance Polish.

Springs Eternal Express Manicure

30 MINUTES

An express treatment to transform your nails. Nails are perfectly shaped and manicured, and treatment completed with option of Buff and Shine, Clear Coat, or Performance Polish.

Springs French Manicure

65 MINUTES

A luxury manicure with a classic twist. This manicure is complete with the timeless French finish.

Shober's Run Manicure

65 MINUTES

Warm river rocks and crisp luxurious cashmere oil cohesively warm the muscles while creating a luminous sheen of hydration. Complete your treatment with option of Buff and Shine, Clear Coat, or Performance Polish.

Eternal Bliss Manicure

65 MINUTES

A warm soak followed by our signature bliss exfoliation and warm oil treatment. Enjoy a lower arm and hand massage using a balancing Kansa wand from India. Complete your treatment with option of Buff and Shine, Clear Coat, or Performance Polish.

Himalayan Salt Manicure

65 MINUTES

A heated Salt Therapy Dome provides 84 naturally occurring essential minerals and salts to nourish the skin. Himalayan salt scrub exfoliates skin, warm Himalayan salt stones massage and the scent of allure lingers.

Pedicures

We provide quality nail services using a unique polish line that delivers an advanced performance. Our long lasting, nontoxic, and quick-drying polish is designed to improve nail health over time, and is not compatible with acrylics, gels, or dip polish.

Springs Eternal Luxury Pedicure

50 MINUTES

A warm soak, gentle sugar scrub exfoliation, and rich body butter application and massage leaves skin soft and nourished. Complete your treatment with option of Buff and Shine, Clear Coat, or Performance Polish.

Springs Eternal Express Pedicure

30 MINUTES

An express treatment to transform your nails. Nails are perfectly shaped and manicured, and treatment completed with option of Buff and Shine, Clear Coat, or Performance Polish.

Shober's Run Pedicure

65 MINUTES

Warm river rocks and crisp luxurious cashmere oil cohesively warm the muscles while creating a luminous sheen of hydration. Complete your treatment with option of Buff and Shine, Clear Coat, or Performance Polish.

Springs French Pedicure

65 MINUTES

A luxury pedicure with a classic twist. This pedicure is complete with the timeless French finish.

Eternal Bliss Pedicure

65 MINUTES

A warm soak followed by our signature bliss exfoliation and warm oil treatment. Enjoy a lower leg and foot massage using a balancing Kansa wand from India. Complete your treatment with option of Buff and Shine, Clear Coat, or Performance Polish.

Himalayan Salt Pedicure

65 MINUTES

Beginning with a warm soak in 84 naturally occurring essential minerals and salts, Himalayan salt scrub exfoliates the skin, warm Himalayan salt stones massage the skin, and the scent of allure lingers.

Muscle Therapy Pedicure

65 MINUTES

The perfect treat for tired feet. After a warm soak and herbal exfoliation, cooling muscle-mending lotion is massaged into feet using cool stones, soothing tension, and providing instant comfort.



HAIR *Services*

Ladies Cut and Style

Sit back and relax with a rich, customized, shampoo and conditioning before our salon professional achieve your desired cut and finished style.

Gentleman's Cut and Style

Sit back and relax with a rich, customized, shampoo and conditioning before our salon professional achieve your desired cut and finished style.

Blow Dry and Style

Enjoy a shampoo and conditioning customized to your hair type, followed by professional blow out and style.

Special Occasion Hair

Achieve an elegant, formal look for a very special day. Includes styles with use of hot tools, up-do's, braids, and any style that would require pinning.

Herbal Hair Infusion & Scalp Ritual

Our most personalized hair treatment – this exclusive in-salon treatment delivers results instantly with no processing time. Each of the 24 possible hair infusions feature natural, active ingredients studied at the Davines Scientific Garden in Parma, and according to principles of regenerative organic agriculture.

MAKE-UP *Services*

Special Occasion Makeup

Let our makeup professionals get you ready for a night out! Whether you're looking for something natural and soft or a dramatic approach to your night, our makeup artists will have you looking beautiful and elegant. Add expertly applied 24-hour wear eyelash extensions.

SALON *Enhancements*

Complement your 50 or 65 minute salon service by purchasing an enhancement. These personalized additions are included within your scheduled treatment time.

Honey Heel Glaze

A honey-based serum is painted on the heels while warm towels envelop your feet. Aloe leaf juice and pineapple and papaya fruit extracts work together with Texas wildflower honey to seal in natural moisture and provide instant hydration.

Kansa Wand

Incorporate an ancient ayurvedic Kansa wand to your arm or leg massage to relieve tension and calm the mind.





Call Today to Make Your Spa Appointment

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