

# At Caribou Highlands Resort

**Welcome to Superior Waters Spa and Wellness Center.** We value your special time with us, for rest, reflection and renewal. Services at Superior Waters are provided by members of an association of experienced wellness professionals who work cooperatively at select north shore locations. You may view information about the association and its individual members at: [NSmassagetherapy.com](http://NSmassagetherapy.com). Services are provided in a homey atmosphere surrounded by the calming, soothing beauty of nature, on the shores of magnificent Lake Superior.

## THERAPIES

### DEEP TISSUE MASSAGE

Deep Tissue Massage is a method using focused, slow-paced pressure to affect deeper layers of soft tissue. The session is not a general full body session; but a session in which the therapist directs attention to specific areas you have helped identify. Optimal pressure is determined by client preference and therapist skill, experience and judgement. Deep Tissue Massage may be combined with other services listed in this brochure. A frequently requested combination is Deep Tissue Massage using heated stones combined with a Relaxation Massage.

**60 minutes - \$79** (\$94 with heated stones)  
**90 minutes - \$118<sup>50</sup>** (\$133<sup>50</sup> with heated stones)  
**120 minutes - \$158** (\$173 with heated stones)

### PRENATAL MASSAGE

Safe, healthy and helpful massage specifically for expectant mothers. A relaxing, comforting session with careful consideration of specific soft tissue changes associated with pregnancy. A soothing experience for mother and baby. *Heated stones are not used with Prenatal Massage.*

**60 minutes - \$79**  
**90 minutes - \$118<sup>50</sup>**  
**120 minutes - \$158**

### RELAXATION MASSAGE

A 60-minute Relaxation Massage is a general full body session with little or no focus on specific areas. The primary intention is to create a quiet mini-retreat that relaxes muscles, soothes the spirit and allows recipients to gather their thoughts and get in touch with the present moment. If a client wishes to add focused work on specific areas in addition to their full body massage, a 90 or 120-minute session is recommended. A relaxation session may be enhanced with the use of heated stones or choice of aromas.

**60 minutes - \$79** (\$94 with heated stones)  
**90 minutes - \$118<sup>50</sup>** (\$133<sup>50</sup> with heated stones)  
**120 minutes - \$158** (\$173 with heated stones)

### MASSAGE OF SCALP, FACE, NECK AND SHOULDERS

An exquisite, delightful session including massage of scalp, face, neck, shoulders, arms and hands using essential oils of your choice and light, replenishing creams (no oils or creams are used on scalp or hair). Massage focused on these very important areas of stress will relax your entire body.

**60 minutes - \$79** (\$94 with heated stones)  
**90 minutes - \$118<sup>50</sup>** (\$133<sup>50</sup> with heated stones)  
**120 minutes - \$158** (\$173 with heated stones)

### A MINI-RETREAT™

A full-body session blending elements of relaxation massage, comfortable pressure on deeper tissues of shoulders and back, warm towel wrap and intuitive massage. The session includes a relaxing Feet Treat (see description). This session flows from one therapy form to another like gentle streams flowing into rivers. It is especially for those who love extra time spent on foot massage, in addition to a full-body massage.

**90 minutes—Partial Feet Treat included - \$127<sup>50</sup>**  
(\$142<sup>50</sup> with heated stones)  
**120 minutes—Full Feet Treat included - \$170**  
(\$185 with heated stones)

### MYOFASCIAL RELEASE

A gentle, manual technique for releasing restrictions between fascia and other soft tissues of the body. The goal is to diminish or eliminate pain and increase range of motion. Fascia is a network of tough connective tissue covering and connecting muscles, organs, and skeletal structures of the body. Injuries, stress, trauma, inflammation and poor posture can cause restriction to fascia. Manipulation of fascia during myofascial release allows connective tissue fibers to align in a more flexible, functional manner.

**60 minutes - \$85** (\$100 with heated stones)  
**90 minutes - \$127<sup>50</sup>** (\$142<sup>50</sup> with heated stones)  
**120 minutes - \$170** (\$185 with heated stones)

### AROMATIC WARM TOWEL WRAP WITH MASSAGE

The ultimate in soothing, comforting massage sessions. Warm towels are scented with essential oils of your choice and wrapped on hands, feet, back and neck. The wrap is combined with full body massage using scented lotions in a relaxing session that will remain in your memory. *Heated stones are not offered with this service.*

**60 minutes - \$85**  
**90 minutes - \$127<sup>50</sup>**  
**120 minutes - \$170**

### REIKI

Reiki is a form of laying-on-of-hands. It is based on the theory that universal life-force (Ki in Japanese) can be channeled for healing. Practitioners of Reiki use subtle touch or holding of specific points to harmonize the flow of energy through the recipient's body and stimulate their innate healing capacity. *Heated stones and add-ons are not options used with this therapy.*

**60 minutes - \$79** (Limited availability)



**APPOINTMENTS: 1-800-642-6036** (Caribou Highlands Resort)

E-mail: [aspen@boreal.org](mailto:aspen@boreal.org) • Online: [www.NSmassagetherapy.com](http://www.NSmassagetherapy.com)

## CRANIO-SACRAL THERAPY

A gentle, manual therapy used to improve function of the cranio-sacral system. Practitioners use soft touch and subtle movement to ease restrictions and optimize movement of the cerebrospinal fluid. Cranio-Sacral Therapy complements the body's natural healing process. *Heated stones are not offered with this service.*

**60 minutes - \$85** (Limited availability)  
**90 minutes - \$127<sup>50</sup>** (Limited availability)

## SPORTS MASSAGE

You don't need to be an athlete to enjoy the benefits of sports massage. It's a massage modality for anyone seeking massage for injury, chronic pain or restricted joint range of motion as well as for those active in sports activities. We provide Post-Event, Rehabilitative and Restorative Sports Massage. We offer Pre-Event Sports Massage only on-site at sports events.

**60 minutes - \$79** (\$94 with heated stones)  
**90 minutes - \$118<sup>50</sup>** (\$133<sup>50</sup> with heated stones)  
**120 minutes - \$158** (\$173 with heated stones)

## A PERFECT COMBINATION™

A frequently requested service is a Perfect Combination combining focused deep tissue pressure on specific areas where many clients have need of deeper work such as shoulders and back combined with gentle, soothing relaxation techniques for other areas requiring less focused pressure. For example, a 60-minute Perfect Combination session allows time for deeper tissue therapy to shoulders and back combined with relaxation techniques for other areas. A 90 or 120-minute session allows additional time for focused deep tissue therapy to several areas of particular stress as well as additional time for a full-body relaxation massage. The areas of focused attention are individualized according to each client's specific stress patterns.

**60 minutes - \$79** (\$94 with heated stones)  
**90 minutes - \$118<sup>50</sup>** (\$133<sup>50</sup> with heated stones)  
**120 minutes - \$158** (\$173 with heated stones)

## HEATED STONE THERAPIES

Heated smooth Lake Superior stones may be used during a Deep Tissue Massage, Relaxation Massage or other service to enhance the session. This technique can aid release of tight muscles and promote a sense of calm and well being. A therapist may place stationary heated stones on areas to provide deep penetrating heat or use the stones as effective massage tools. Massage using heated stones is our most frequently requested service. It is a comforting, soothing, relaxing experience we highly recommend as the ultimate in stress reduction.

**Heated stones may be added to most massage sessions for an additional charge of \$15.**

## FEET TREAT™

Give your feet a session of pampering that relaxes your entire body. A session begins with removal of rough surface skin, continues with a wrap of warm towels, massage of ankles and lower legs, gentle pressure of acupressure points, and massage of feet. A final mixture of shea butter, jojoba and sunflower oils is used to hydrate skin and rejuvenate hard working feet.

**60 minutes - \$85** (\$100 with heated stones)

## EXCLUSIVELY FOR HANDS AND FEET

Hands and feet are massaged with revitalizing creams and lotions and wrapped in warm towels during this relaxing, comforting and rejuvenating session. Only removal of shoes and stockings is necessary.

**60 minutes - \$79** (\$100 with heated stones)

## ADD-ON SERVICES

Add-on services enhance and complement a session without adding additional time to a session. The add-on may be integrated throughout the session or be a separate phase within a session. The descriptions may be viewed online at [www.NSMassageTherapy.com](http://www.NSMassageTherapy.com).

- **Individualized aroma with sample - \$15**
- **Heated Stones - \$15**
- **Reiki - \$10**

## COUPLES MASSAGE

Couples receive personalized sessions in their choice of our couples room or separate rooms. Any service we offer may be received during a couples massage.

## OUR SERVICES

Scheduling at least two weeks in advance allows us to best meet your scheduling needs.

## GRATUITIES

Gratuities are not included in service fees, are solely at your discretion and are welcomed. 15%-20% is usual.

## OUR CANCELLATION POLICY

Your appointment time has been especially reserved for you. We regret that failure to show up for the appointment or cancellation within 24 hours prior to the appointment will result in a charge of the full fee for the appointment. This fee is waived if the appointment is filled. We're sorry; we cannot accept rescheduling the appointment as a replacement for a cancellation fee.

## GIFT CARDS

A gift card for our services may be purchased to give at special occasions such as birthdays, weddings, anniversaries or just as a special gift. Please contact Caribou Highlands Resort's guest services to purchase a card.

## Where We're Located

Superior Waters Spa and Wellness Center at Caribou Highlands Resort is located just 90 miles from Duluth along Lake Superior's North Shore. I-35W north out of Minneapolis takes you all the way through Duluth to Highway 61. Highway 61 north is followed to the entrance of Lutsen Mountains. Turn into the entrance and follow the Ski Hill Road to Caribou Highlands on the left.

## About Caribou Highlands

Caribou Highlands Resort is nestled in the boreal forest of Lake Superior's north shore surrounded by the Sawtooth Mountains. Guests of the resort have magnificent views of Lake Superior's unbroken horizon. The resort's close proximity to Lake Superior, Superior National Golf Course, Lutsen Mountain Ski Area, Superior Hiking Trail and other attractions offer activity possibilities of many kinds.

