

# Nail Services

Please note: We do not offer acrylic, dip, or solar nail services, nor do we have the tools required to remove them. Gel nail polish from other salons requires an additional charge (\$25) to remove.

## Pedicures

### Monthly Special Pedicure

50-Minutes – \$75

### Anti-Aging Pedicure

50-Minutes – \$65

## Manicures

### Anti-Aging Manicure

50-Minutes – \$60

### Londontown Gel Manicure

50-Minutes – \$65

## Nail Enhancements

All enhancements are incorporated into the nail treatment duration.

### Antioxidants Infusions

Hands – \$20 | Feet – \$20

### French Tips

Manicure – \$10 | Pedicure – \$10



# Hair Services

Prices determined during in-salon consultation

Women's shampoo, cut and style .....\$ 55  
Men's shampoo, cut and style .....\$ 35  
Children's shampoo, cut and style .....\$ 30

Permanent Color .....\$ 100 & up  
Permanent Color with Cut .....\$140 & up  
Full Foil .....\$150 & up  
Partial Foil .....\$125 & up

Blow Dry Style .....\$ 45  
Special Occasion Hair .....\$ 85  
Bridal Hair Style.....\$ 95

## Hair Enhancements

All enhancements are incorporated into the hair treatment duration.

**Hair Glaze Add-On – \$35**

**Hair Cut Add-On – \$40**

**Deep Conditioning Mask – \$20**

**Olaplex Add-on – \$25**

## Hair Treatments

**Surface Awaken Scalp Facial** 50-Minutes – \$75

## Waxing

Lip or Chin .....\$ 15  
Brow Shaping .....\$20  
Full Face (excluding brows) .....\$40

## Makeup

Application .....\$75  
Application & Lesson .....\$100  
Bridal Makeup Application .....\$80

## Tinting

Eyelash Tinting .....\$40  
Eyebrow Tinting .....\$35



### Spa Reservations

To ensure availability, we recommend that reservation for spa services be made as far in advance as possible. Please advise us in advance if you have a therapist preference. A payment method will be required to secure your reservation.

### Medical Conditions

If you have high blood pressure, history of a heart condition, you are pregnant, or have any physical injury or condition that has caused you any concern, please take all necessary precautions as outlined by your physician. Be sure to discuss your condition with your therapist. Massage will not be offered to guests during the first trimester of pregnancy.

### How To Use The Spa

Please respect the right to privacy and a quiet atmosphere for all guests. We ask that you refrain from talking loudly and that you turn off cell phones. NH state law does not allow outside food and/or alcohol in the spa facility.

### Arrival Time

Please arrive a minimum of 20 minutes in advance of a spa treatment to enjoy the relaxation lounge and steam room.

### What To Wear

We will provide you with a robe and spa sandals. Disrobe to the level of your comfort. Our therapists are trained to drape a sheet over your body in a discreet manner so that you are covered to a level of your comfort. If you are uncomfortable at any time, please tell your therapist.

### What To Bring

We provide all spa guests with the use of a robe, spa sandals, and all necessary towels. You may wish to bring your own sandals. **Please do not bring jewelry or valuables to the spa.** The spa is not responsible for lost or stolen items.

### Gift Cards

Gift cards are available for purchase in-person at the reception desk, and over the phone.

### Gratuity

For your convenience, a 20 percent gratuity charge will be automatically added to all services. Additional gratuity is at your discretion.

### Cancellation Policy

We have reserved staff and space just for you. There is a 100 percent charge for any changes or cancellations with less than 24 hours notice. No-shows will be charged in full. As a courtesy to guests following your allotted time, late arrivals will only receive the remaining appointment time.

### Children

With the exception of children's hair cuts, spa treatments will not be permitted for guests under the age of 18.

### Additional Spa Amenities

In addition to our steam rooms, we offer the use of our pool, jacuzzi, and fitness center located one level below the spa on the first floor of Church Landing. Please bring a bathing suit to enjoy these amenities.

### Weekend Rates

Prices marked with a star ( \* ) indicate weekend rates, which apply on Fridays and Saturdays.

**Prices are Subject to Change.**



Open Daily 9:00 am – 5:00 pm  
603-677-8620 | 866-719-0161  
cascadespa@millfalls.com

Cascade Spa & Salon  
at Church Landing

Mill Falls at the Lake

281 DW Highway, Meredith NH

# HydraFacial®

HydraFacial® uses a patented technology to purify, nourish, and protect your skin. A series of vortex modalities are used to deeply cleanse, exfoliate, and treat all skin concerns

**Platinum HydraFacial®**  
80-Minutes – \$350 / \$360\*

**Deluxe HydraFacial®**  
50-Minutes – \$260 / \$270\*

**Signature HydraFacial®**  
25-Minutes – \$200 / \$210\*

**HydraFacial® Vitamin C**  
50-Minutes – \$275 / \$285\*

**HydraFacial® Vitamin C**  
80-Minutes – \$365 / \$375\*

**Clarifying Back HydraFacial®**  
50-Minutes – \$300 / \$310\*

## HydraFacial® Enhancements

All enhancements are incorporated into the facial duration.

**Perk Eye** – \$35  
**Perk Lip** – \$35  
**Neck & Décolleté** – \$100  
**JLo Beauty Booster** – \$25



# BABOR Facials

Expert Skincare | Made in Germany

Babor develops highly effective, individualized solutions to meet the needs of every skin type. Confirmed by dermatological experts around the world.

**Collagen Lifting Facial** - Plump and densify your skin  
50-Minutes – \$185 / \$195\*  
80-Minutes – \$300 / \$310\*

**Vitamin C Radiant Facial** - Brighten and even skin tone  
50-Minutes – \$175 / \$185\*

**TheraPRO® Custom Facial** - Targeted solutions for skin concerns  
50-Minutes – \$175 / \$185\*

**HSR Lifting Facial** - Peptides stimulate collagen to firm and tone  
50-Minutes – \$185 / \$195\*  
80-Minutes – \$300 / \$310\*

**SeaCreation Facial** - Smooth and firm with exclusive deep-sea ingredients  
80-Minutes – \$325 / \$335\*

**Skinovage Revitalizing Facial** - Universally refreshing  
50-Minutes – \$150 / \$160\*

## BABOR Enhancements

All enhancements are incorporated into the facial duration.

**Silver Foil Lifting Mask** – \$30  
**Hydrating Bio-Cellulose Mask** – \$30  
**Sensational Eyes** – \$20  
**Lip Treatment** – \$20  
**Peel Upgrade** – \$30



# Massages

**Tranquility Massage** - Light, gentle, sweeping strokes create a relaxing experience  
50-Minutes – \$130 / \$140\*  
80-Minutes – \$215 / \$225\*

**Deep Tissue Massage** - Moderate to deep pressure eases muscle soreness  
50-Minutes – \$150 / \$160\*  
80-Minutes – \$245 / \$255\*

**Himalayan Salt Stone Massage** - Warm, remineralizing salt stones nourish depleted cells and target pressure points  
50-Minutes – \$175 / \$185\*  
80-Minutes – \$285 / \$295\*

**Bamboo Massage** - Warm bamboo stalks provide deep tissue work, and promote circulation and lymphatic drainage  
50-Minutes – \$175 / \$185\*  
80-Minutes – \$285 / \$295\*

**Prenatal Massage** - Full-body massage using safe pre-natal techniques. Not offered during the first trimester.  
50-Minutes – \$150 / \$160  
80-Minutes – \$245 / \$255\*

## Massage Enhancements

All enhancements are incorporated into the massage duration.

**Aromatherapy Enhancement** – \$10  
**Concreta® Enhancement** – \$20  
**Antara® CBD Enhancement** – \$30  
**Himalayan Stone Enhancement** – \$20  
**Bamboo Enhancement** – \$20

# Bodywork

**Reflexology** 50-Minutes – \$130 / \$140\*



# Body Treatments

**Pure Fiji Body Treatment**  
50-Minutes – \$140 / \$150\*  
**Guava** - Vitamin C  
**Noni** - Collagen  
**Coconut Milk & Honey** - Royal Jelly

## Rooftop Massages

All rooftop massages take place on our Cascade Spa Deck, and include aromatherapy.

**Elemental Bespoke Tranquility Massage**  
80-Minutes – \$250 / \$260

**Elemental Bespoke Deep Tissue Massage**  
80-Minutes – \$280 / \$290

**Zents® Love, Peace, and Gratitude Ritual**  
140-Minutes – \$550 / \$560

## Packages

**Pedicure Passport**  
Receive five pedicures; your sixth is complimentary.

**Manicure Passport**  
Receive five manicures; your sixth is complimentary.

**Facial Passport**  
After five BABOR facials, your sixth is 50% off with a complimentary add-on.

**BABOR Sampler Package - \$1058.40** - includes gratuity - 15% retail discount with service  
50-Minute TheraPRO® Facial  
50-Minute Collagen Lifting Facial  
50-Minute HSR Lifting Facial  
50-Minute Vitamin C Radiant Facial  
50-Minute Deluxe HydraFacial®

**Cascade Sampler Package - \$772.20** - includes gratuity - 15% retail discount with service  
50-Minute Awaken Scalp Treatment  
50-Minute Himalayan Salt Stone Massage  
50-Minute Pure Fiji Body Treatment  
50-Minute Pure Fiji Anti-Aging Pedicure  
50-Minute Deluxe HydraFacial

**Body Treatment & Vitamin C Radiant Bundle - \$340.20** - includes gratuity - special restrictions apply

**Tranquility Massage & Body Treatment Bundle - \$291.60** - includes gratuity - special restrictions apply

