

Spa@
The Chrysalis



*Chrysalis: noun | chry·a·lis |
“a protecting covering: a sheltered
state or stage of being or growth.”*

*The Spa at The Chrysalis strives to indulge you
in a transformational experience and our
expert team will see to your every need.*

To book appointments

360.392.5515

www.spaatthechrysalisinn.com



Hours of Operation:

Tuesday-Sunday.....9:00 AM to 8:00 PM

SPA PACKAGES FOR TWO

ULTIMATE COUPLES PACKAGE	\$550
2 60 min Swedish Massages 30 min Relax space 2 Organic Facials	
COUPLES EXCLUSIVE MASSAGE	\$272/352
2 60/90 Swedish Massages 30 min Relax Space	
EMINENCE BIODYNAMIC FACIAL	\$300
2 60 min Facials 30 min Relax Space	
COUPLES RETREAT PACKAGE	\$475
2 60 min Massages 30 min Relax Space 2 45 min Australian Skin Renewal	

CUSTOM PACKAGE

Create your own customized spa journey and choose the treatments that make you the most relaxed, revitalized and renewed. Come early to enjoy the steam room, showers, and relaxation lounge that overlooks our outdoor ponds and waterfalls. Enjoy three or more one hour treatments on the same day and receive our special package discount of 10%.

MASSAGE

CHRYSALIS SIGNATURE SWEDISH MASSAGE

This classic technique promotes relaxation, relieves tension and stress, improves circulation and soothes aching muscles. Our Practitioners adapt their diverse advanced techniques, using light to medium pressure, to cater to your needs. This full body massage includes aromatherapy and added touches exclusive to our signature massage.

60/90 MINUTES

\$120/\$162

DEEP TISSUE MASSAGE

Designed to release tight, fatigued muscles and joints, this specialized massage focuses on detailed therapeutic muscle work by using stronger pressure on specific areas and working the deeper layers of muscle tissue. Includes a pain relief topical treatment to provide the most benefit during and after your massage.

60/90 MINUTES

\$132/\$175

SOAK AND SWEDISH MASSAGE COMBO

After 20 minutes privately soaking in warm water infused with aromatherapy Dead Sea salts to soothe tension and ease aching muscles, your Therapist will return for a 60 or 90 minute Massage.

60 MINUTE MASSAGE & SOAK

\$166

90 MINUTE MASSAGE & SOAK

\$208

HOT STONE MASSAGE

Experience true relaxation as heated, smoothed basalt river stones are expertly glided over your body. The heat penetrates deeply as essential oils help to soothe and relax while relieving stress, releasing toxins, alleviating pain and improving circulation.

60/90 MINUTES

\$132/\$175

CBD MASSAGE

We use the Vital Body CBD Oil and Muscle & Joint Cream to boost the calming and pain relieving effects of your massage.

Deep Tissue add on available.

60/90 MINUTES

\$130/\$175

TROPICAL OASIS MASSAGE & SCALP TREATMENT

Enjoy the healing properties of locally owned Barlean's 100% Organic Coconut Oil in your full body massage and a luxurious heated oil hair & scalp treatment. With many health benefits, coconut oil is used in traditional medicine around the world. Massage is 75 minutes with an added 15 minute hair & scalp treatment.

90 MINUTES

\$179

PRENATAL MASSAGE

Focusing on areas of stress – lower back, neck, hips, legs and feet, much needed relaxation and physical relief is given to nurture both mother and baby. Our body cushions support the mother and cradles the tummy, alleviating discomfort.

60/90 MINUTES

\$132/\$175

COUPLES MASSAGE

Spend some relaxing time with your partner or a friend and enjoy your choice of our massage experiences in an adjoining room.

SPECIALTY SERVICES

The following services require advanced training and are performed by a select few Therapists. Must call to book.

ASHIATSU BAREFOOT MASSAGE

From the Japanese words “ashi” (foot), and “atsu” (pressure), this ultimate deep-massage therapy is performed with bare feet. As the Practitioner uses overhead bars for balance, their feet apply soothing strokes and deep pressure to offer relief to chronic pain and stress. This massage induces relaxation, releases sore and tight muscles and stimulates the circulatory system.

60/90 MINUTES

\$132/\$175

LOMI LOMI

Enter the world of ancient sacred healing, the tradition of Hawaiian lomi lomi. To the healers of old Hawaii, lomi lomi was much more than massage. It nurtures and connects the body, mind and heart. Fluid motion, like the ocean waves, and graceful movements lead you into blissful tranquility providing deep relaxation.

60/90 MINUTES

\$132/\$175

REFLEXOLOGY

Pressure point massage techniques that correspond to various areas of the body are applied to hands and feet in this popular alternative therapy. Each pressure point relates to another area of the body to encourage healing in this 5,000 year old therapeutic practice. Benefits include reduced stress, tension and pain.

30 MINUTES (HANDS OR FEET)

\$72

60 MINUTES (HANDS & FEET)

\$132

CRANIOSACRAL

Craniosacral therapy induces a deep relaxing calm and sense of well-being. The Practitioner uses a gentle, light touch to relax the soft tissues surrounding the Central Nervous System which enhances the body's natural healing processes. This unique therapy may help alleviate a wide range of issues including chronic pain, migraines, physical dysfunction, fatigue, emotional imbalance and nervous tension.

60/90 MINUTES

\$132/\$175

CONNECTIVE TISSUE UNWINDING

Connective Tissue Unwinding helps treat chronic pain and restriction of motion by releasing the fascial network which overlays and wraps the tissues of the body. Using minimal oil, the Practitioner will perform specific movements that help to release toxins, chronic pain, and trigger points by creating space in the body for the tissues to move freely.

60/90 MINUTES

\$132/\$175

ENHANCEMENTS TO MASSAGE

These enhancements may be incorporated into any massage to create a personalized experience and most do not require additional time.

BACK SCRUB

\$20

The back is an often overlooked area that can always use some special attention. Enjoy an invigorating exfoliation followed by a nourishing moisturizer.

SOOTHING TOUCH

\$10

This locally made blend of Coconut Oil, Avocado oil, Shea Butter and other natural ingredients leaves your skin hydrated and soothed.

FOOT SCRUB

\$10

Your feet will be treated to a stimulating foot exfoliation followed by warm towels and a soothing lotion massage.



HAND SCRUB **\$10**

Treat your hard-working hands with a healing, softening sugar scrub and lotion massage. Features natural ingredients freshly blended in Bellingham.

NOURISHING SCALP MASSAGE ENHANCEMENT

Enjoy a stimulating scalp massage while hydrating and restoring shine to your hair. Heated organic coconut oil is drizzled on your scalp and gently massaged in. Relax while your head is wrapped in soothing warm towels as massage eases tension in your shoulders, neck, and arms.

15 MINUTES **\$45**

DRY BRUSH TREATMENT

Added to any massage or body treatment, dry brushing stimulates circulation and lymphatic flow.

15 MINUTES **\$25**

BODY TREATMENTS

AUSTRALIAN SKIN RENEWAL

This gentle full body exfoliation will leave your skin silky smooth. Followed by a hydrating and nourishing macadamia lotion application.

45 MINUTES **\$98**

SKIN RENEWAL SCRUB WITH MASSAGE

60 MINUTES **\$131**

SEA SALT GLOW

Warm, scented oil and cool sea salts are used to exfoliate, creating the sensation of a cool rain shower cascading over your body. Luxurious heated towels and warm lotion leave your skin smooth and glowing. Add a 45 minute massage for the perfect finish to this amazing treatment.

45 MINUTES **\$98**

90 MINUTES WITH MASSAGE **\$167**



GREAT EXPECTATIONS PRENATAL MASSAGE & BODY TREATMENT

Treat yourself to well deserved rest and relaxation during your pregnancy. A perfect combination of gentle exfoliation, prenatal massage and ultimate hydration leave you feeling renewed and relaxed.

60 MINUTES

\$131

STONE CROP BODY WRAP

The Stone Crop plant has been used for centuries for hydration, healing and hyperpigmentation. This body treatment reduces stress, smooths skin, and promotes healing from head to toe. And it smells heavenly.

60 MINUTES

\$143

CBD BODY WRAP

Introducing our CBD Body wrap. This treatment is ultra-hydrating and will ease tension and sore muscles.

60 MINUTES

\$149



FACIALS

All treatments are based on a careful analysis of your skin along with addressing personal needs and concerns. Your esthetician will recommend a highly effective and simple to use home care program to maintain the long lasting benefits of your facial.

EMINENCE ORGANIC FACIAL

This customized, award winning facial contains the highest levels of organically grown herbs, fruits and flowers. Extremely concentrated and active, it offers dramatic results as these organic ingredients enhance the regenerative power of your skin.

Products used change with the seasons to maximize the benefits of nature's bounty.

60 MINUTES

\$135

WITH HAND TREATMENT 75 MINUTES

\$156

ARCTIC BERRY ILLUMINATING PEEL ADD-ON

\$30

SKIN C FACIAL

This facial will infuse the skin with concentrated Vitamin C and antioxidants. SkinCeuticals Antioxidants strengthen skin's internal defense against environmental aggressors, allowing skin to self-repair for visible anti-aging correction. You will experience improved skin firmness, reduction in wrinkles, and a brightened complexion. These medical grade products are also designed to treat rosacea, acne, hyperpigmentation and other skin conditions.

1 HOUR

\$140

SKIN C PEEL

Cleanse and prep followed by our SkinC medical grade 30% peel to be customized for your skin type.

30 MINUTES

\$82



OXYGEN REJUVENATION TREATMENT

This skin quenching treatment provides the ultimate in intense hydration. Perfect for all skin types, the Rejuvenate Serum contains vitamins and antioxidants that dramatically lift, tone and hydrate the skin. Results are not only instant but continue to improve in the following days.

75 MINUTES

\$170

ATOXELENE ADD-ON

\$50

OXYGEN BOOSTER

ADDED TO THE OXYGEN TREATMENT

\$15

OXYGEN REJUVENATION SERIES

The results of the Intraceuticals treatments are cumulative and continue to improve with repeated application. A course of six applications over six weeks is recommended to achieve optimum results. Following this and to maintain results, applications will only be required every four to six weeks.

(6) 75 MINUTE TREATMENTS

\$945

LIGHTSTIM LED FACIAL

The new, state of the art Lightstim LED panels radiate UV-free, beneficial light rays that energize cells and stimulate the body's natural process to build new proteins and regenerate cells similar to how plants benefit from sunlight. Results include increased collagen, smoothing out lines and wrinkles, minimizing hyperpigmentation and controlling acne. Cumulative results include an overall rejuvenation of the skin with increased ability to repair and rebuild healthy skin cells.

FACIAL WITH LED THERAPY 60 MINUTES \$179

LED TREATMENT ONLY 30 MINUTES \$99

CAN BE BOOKED AS AN ADD ON TO A FACIAL OR A LA CARTE.



GLO 2 FACIAL

This 3 step facial will nourish and transform your skin from the inside out and address most skincare concerns, giving your skin an instant radiant and revitalized glow. 'Oxfoliation' deeply exfoliates your skin while simultaneously oxygenating your skin cells. The warming ultrasound delivers intense moisture, smooths your skin, and increases your skincare absorption for days to come. Lastly, lymphatic massage infuses active ingredients deep within the skin. Enjoy the standard 30 minute service, or upgrade to the 60 minute service for a more extensive personalized experience.

30/60 MINUTES

\$175/\$245

TEEN FACIAL

Specifically created to address the changing skin conditions and skin care needs of teens. We provide skin care advice in a step by step customized regimen including how the skin works and why each step is essential in their daily routine. Learn how to effectively cleanse, exfoliate, moisturize, address acne and the importance of sun care. Specific skin concerns are addressed during the facial.

45 MINUTES

\$95

BACK FACIAL

Benefit from the same advanced skin care that leaves your face aglow. This treatment addresses tough to reach areas, targeting a variety of skin care needs such as clogged pores, back acne and dehydrated skin.

45 MINUTES

\$93

EXPRESS FACIAL

This quick, effective facial includes an exfoliating cleanse, tone, masque and moisturizer. Excludes extractions. The Express Facial is perfect for basic skin care maintenance of healthy skin.

30 MINUTES

\$82



ADD ON TREATMENTS FOR FACIALS

ATOXELENE TREATMENT

Using our Intraceuticals Oxygen system, this targeted treatment is the perfect non-surgical alternative to more invasive procedures. Added on to any Facial, this treatment's natural amino acids instantly firm, lift and plump your skin for a dramatically reduced appearance of fine lines and wrinkles.

15 MINUTES

\$50

NOURISHING SCALP MASSAGE

Enjoy a stimulating scalp massage while hydrating and restoring shine to your hair. Heated organic coconut oil is drizzled on your scalp and gently massaged in. Relax while your head is wrapped in soothing warm towels as massage eases tension in your shoulders, neck and arms.

15 MINUTES

\$45

FACIAL ENHANCEMENTS

These enhancements may be incorporated into any facial to create a personalized experience and do not require additional time.

SKIN C PEEL **\$30**

Cleanse and prep followed by our SkinC medical grade 30% exfoliating peel added to any Facial.

OXYGEN BOOSTER

Concentrated ingredients added to the treatment for stronger, more focused results.

ADDED TO THE OXYGEN TREATMENT **\$15**

SKIN C BIOCELLULOSE RESTORATIVE MASK **\$20**

Great for post procedure and intense hydration, this soothing masque creates a hydrophilic protective barrier to alleviate discomfort and provide immediate relief to compromised skin.

REJUVENATING EYE TREATMENT **\$12**

A refreshing eye treatment that gently but effectively treats your delicate eye area's fine lines, dark circles, and puffiness while hydrating and restoring elasticity.

ULTIMATE LIP TREATMENT **\$12**

Exfoliates and plumps your lip area, eliminating dryness and reducing the appearance of fine lines leaving you with a smooth, satiny finish.

MOISTURE SEAL TREATMENT FOR HANDS AND FEET

A warm, nourishing treatment made with 100% plant-based emollients and pure essential oils. This treatment promotes circulation and relaxation and leaves skin softer and intensely hydrated.

HANDS **\$12**

FEET **\$12**

FOOT SCRUB

Your feet will be treated to a stimulating foot exfoliation followed by a soothing lotion massage. Your feet will feel fabulous!

\$10

HAND SCRUB

Treat your hard-working hands with a healing, softening sugar scrub and lotion massage. Features seasonal ingredients freshly blended in Bellingham.

\$10



WAXING SERVICES

We care about your health and safety and want all aspects of your spa experience to be positive and relaxing. Some medications and products, such as Accutane, Retin A/tretinoin products, peels and other strong exfoliants, and antibiotics can cause skin thinning or sensitivity. Please inform us if you have used any preparation designed to peel/exfoliate the skin or treat acne within the last six months.

To perform a waxing service, hair length should be 1/4" or 3-4 weeks of hair growth. We also recommend that you wait 2-3 days before and 24 hours after waxing before sunbathing, tanning or swimming. Waxing is best performed 3-5 days before a special occasion or vacation.

BROW SHAPING	\$25
BROW TINTING	\$30
BROW WAX & TINT	\$50
UPPER LIP	\$20
CHIN	\$20
EARS	\$20
JAW LINE	\$20
FULL FACE (INCLUDES BROW)	\$70
UNDERARM	\$25
FULL ARM	\$40
FOREARM	\$25
BACK & SHOULDERS	\$80
CHEST	\$50
CHEST & ABDOMEN	\$90
BIKINI	\$50
BRAZILIAN	\$80
BRAZILIAN UPKEEP	\$65
HALF LEG	\$45
FULL LEG	\$80
FULL LEG AND BIKINI	\$110

SPA EXPRESS TREATMENTS

SWEDISH MASSAGE

This classic technique promotes relaxation, releases tension and stress, improves circulation and soothes aching muscles. For the most benefit in this shorter time frame, let your Practitioner know which areas of the body to focus on.

30 MINUTES

\$78

NECK, BACK & SHOULDER MASSAGE

This massage is designed to quickly relieve sore and tight muscles in the upper body. Includes a pain relief topical treatment to provide the most benefit during and after your massage.

30 MINUTES

\$78

EXPRESS FACIAL

This quick, effective facial includes an exfoliating cleanse, tone, masque and moisturizer. Excludes extractions. The Express Facial is perfect for basic skin care maintenance of healthy skin.

30 MINUTES

\$85

SKIN C PEEL

Cleanse and prep followed by our SkinC medical grade 30% peel to be customized for your skin type.

30 MINUTES

\$85

NOURISHING SCALP MASSAGE

Enjoy a stimulating scalp massage while hydrating and restoring shine to your hair. Heated organic coconut oil is drizzled on your scalp and gently massaged in. Relax while your head is wrapped in soothing warm towels as massage eases tension in your shoulders, neck, and arms.

30 MINUTES

\$85

–SPA POLICIES–

CHECK-IN

Please arrive 15-30 minutes prior to appointment to take full advantage of our facilities. Appointments begin promptly at the time scheduled. If you arrive late, the appointment will still end on time.

THERAPISTS

You may request a particular therapist or gender and we will do our best to accommodate. All of our therapists are licensed and trained to ensure your comfort at all times.

CANCELLATION POLICY

Cancellations and changes for treatments are accepted up to 24 hours prior to any appointment without incurring a charge. No shows and appointments canceled within this time frame are subject to a 50% charge.

GROUP POLICY

We are happy to accommodate groups of up to 4 on Friday-Sunday and larger groups on Tuesday-Thursday.

AGE GUIDELINES

Minors aged 16 to 18 can come to the Spa on their own with a parent's signed consent. Minors 13 to 15 can have a massage or facial with signed consent form and a parent on premises.

Children under 13 should not be in the Spa for any reason.

VALUABLES

Lockers are provided, but we recommend you do not bring valuables into the Spa.

Cell phones must be silenced and left in a locker.





804 10th St Bellingham, WA 98225

360.392.5515

- Prices as of Jan/2024 -

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