***Chrysalis: noun*** *l chrys·a·lis l*
*"a protecting covering: a sheltered state or stage of being or growth."*

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*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:**

Sunday..... 9:00 AM to 8:00 PM
Monday..... 9:00 AM to 6:00 PM
Tuesday - Thursday.....9:00 AM to 8:00 PM
Friday & Saturday .....9:00 AM to 9:00 PM

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## SPA PACKAGES

**CHRYSALIS SIGNATURE TRIO**
A symphony for your senses awaits with our three most popular treatments: A 60 minute Signature Swedish Massage, relaxing 60 minute Organic Facial and 60 minute Hydrating Pedicure.
**3 HOURS AND 15 MINUTES** **$259**

**SOOTHING SENSATIONS**
Enjoy a soothing 60 minute Swedish Massage and a Hydrating Manicure and Pedicure. This is the favorite package for gift givers to surprise someone who would
love a relaxing spa day.
**2 HOURS AND 45 MINUTES** **$190**

**GREAT EXPECTATIONS PRENATAL PACKAGE**
The perfect combination of nurturing and care for mother and baby. Relax with our Great Expectations Body Treatment for a gentle exfoliation with prenatal massage followed by a Hydrating Pedicure.
**2 HOURS** **$165**

**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 your choice of essential oil and added touches exclusive to our signature massage.
**60/90 MINUTES** **$108/$143**

**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** **$118/$153**

**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** **$149**
**90 MINUTE MASSAGE & SOAK** **$185**

**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** **$118/$154**

**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** **$159**

**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** **$118/$154**

**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** **$118/$154**

**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)** **$65**
**60 MINUTES (HANDS & FEET)** **$110**

**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** **$118/$154**

**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** **$118/$154**

**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** **$115/$146**

**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** **$125**

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

**HOTEL ROOM MASSAGE**
Hotel guests can indulge in a relaxing massage without leaving the comfort of their room.

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| **SWEDISH MASSAGE** | **60 MINUTES** | **$120** |
| **SWEDISH MASSAGE** | **90 MINUTES** | **$170** |
| **DEEP TISSUE MASSAGE** | **60 MINUTES** | **$140** |
| **DEEP TISSUE MASSAGE** | **90 MINUTES** | **$190** |
| **IN-ROOM CHAIR MASSAGE** | **30 MINUTES** | **$60** |

**(18% gratuity will be added to all in room services)**

# 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** **$91**

**SKIN RENEWAL SCRUB WITH MASSAGE**
**60 MINUTES** **$122**

**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** **$91**
**90 MINUTES WITH MASSAGE** **$155**

**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** **$133**

**CBD BODY WRAP**
Introducing our CBD Body wrap. This treatment is ultra-hydrating and will ease tension and sore muscles.
**60 MINUTES** **$139**

# 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.

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| **60 MINUTES** | **$124** |
| **WITH HAND TREATMENT 75 MINUTES** | **$143** |
| **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.

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| **1 HOUR** | **$129** |

**SKIN C PEEL**

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

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| **30 MINUTES** | **$68** |

**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.

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| **75 MINUTES** | **$159** |
| **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** **$900**

**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 ALA CARTE.**

**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** **$89**

**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** **$89**

**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** **$78**

## 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**

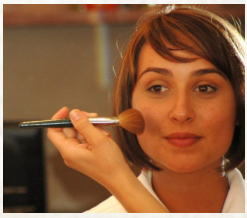
**FOOT SCRUB**
Your feet will be treated to a stimulating foot exfoliation followed by a soothing lotion massage. Your feet will feel fabulous!
**$10**

**HAND SCRUB**
Treat your hard-working hands with a healing, softening sugar scrub and lotion massage. Features seasonal ingredients freshly blended in Bellingham.
**$10**

# MAKEUP

Jane Iredale mineral makeup, "the skin care makeup", uses quality formulas with skin care benefits. Using the highest quality ingredients available ensures satisfaction with performance, coverage, application and texture. Minerals conform to the most current technology that ensures broad spectrum sun protection. Attention to quality extends to the vitamins and antioxidants which are pharmaceutical grade and certified organic where available.

**BASIC APPLICATION & CONSULTATION**
Get a personalized look to enhance your natural beauty.
**30 MINUTES** **$45**



# MANICURES & PEDICURES

**THE CHRYSALIS HYDRATING MANICURE OR PEDICURE**
Hydrating manicures and pedicures include an exfoliating scrub, massage, cuticle work, nail shaping and a warm eco moisturizing treatment made with 100% plant-based emollients and pure essential oils. Choose from an array of our beautiful nail colors or a natural nail buffing.
**MANICURE 60 MINUTES** **$54**
**PEDICURE 60 MINUTES** **$59**

**SPORTS PEDICURE**
This specialized treatment revitalizes while improving the condition of athletic feet. Runners, hikers, and other athletes who are hard on their feet need extra care to keep them healthy. Designed to give special attention to nails while providing relief for cracked heels and calluses.
**60 MINUTES** **$60**

**SHELLAC MANICURE**
Our Gel polish uses the latest technology for lasting nail color and dries instantly using an LED light. Experience high-gloss nail color that is applied like regular polish and may last up to two weeks or longer.

**60 MINUTES** **$60**
**90 MINUTES FOR REMOVAL AND REAPPLICATION** **$85**

**GEL POLISH REMOVAL**
A professional approach to help maintain the health of your natural nail as Gel polish cannot be removed as simply and quickly as regular polish.

**30 MINUTES** **$30**

**EXPRESS MANICURE OR PEDICURE**
For a quick touch-up, this is perfect for healthy nail maintenance between manicures to keep your nails looking their best. Does not include soak.

**30 MINUTES** **$36**

## ENHANCEMENTS

Add these enhancements to any Manicure or Pedicure.

**SIMPLY SANGRIA** **$10**
Savor a delicious seasonal Sangria beverage (also available in a nonalcoholic version) while enjoying our fabulous sangria bath soak and Dead Sea salt scrub followed by an ultra hydrating shea butter lotion to treat your feet.

**SOAK-A-MOCHA** **$10**
Indulge your feet in a Turkish mocha bath soak, scrub and lotion, complimented with your choice of a coffee or chocolate beverage.

**FRENCH POLISH** **$10**
As a style of manicure or pedicure that is simple yet elegant, the French polish features white tips that are accentuated by a natural looking base.

**NAIL ART** **$6**
Customize your nails with beautiful sparkles or flowers.

**MOISTURE SEAL TREATMENT FOR HANDS OR FEET** **$12**
A warm, nourishing treatment made with 100% plant-based emollients and pure essential oils. This treatment promotes circulation and relaxation and leaves skin softer, firmer and more hydrated.

# 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.

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| **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** **$69**

**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** **$69**

**REFLEXOLOGY**
Pressure point massage techniques that correspond to various areas of the body are applied to hands or 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)** **$69**

**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** **$78**

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**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** **$69**

# –SPA POLICIES–

**CHECK-IN**

Please arrive 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 male or female therapist, however, we cannot guarantee the availability of any particular therapist or gender. All of our licensed therapists are properly 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.

**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. Minors 10 to 13 can have nail treatments with signed consent and a parent present.

**CHILDREN UNDER 10 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.**

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804 10th St Bellingham, WA 98225

360.392.5515

**www.spaatthechrysalisinn.com**