



The Spa at Meadowlake is a place to get away from it all... and feel at home!

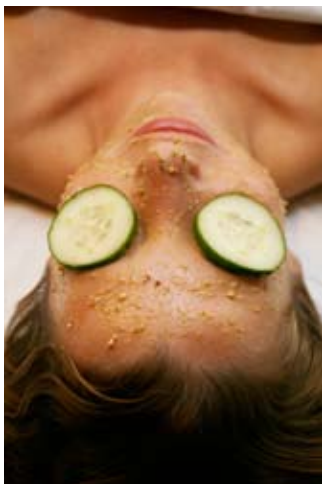
The premier Spa facility in Northwest Montana featuring four treatment rooms, including two couples rooms, locker rooms, and a relaxation room. It is the only Spa in the area to have a Vichy Shower, and also features a unique double slipper hammered copper soaking tub.

The greatest thing about the Spa at Meadowlake is the cozy and quaint atmosphere. It's a place you'll want to come back to time and time again.

We look forward to spoiling you!

**The Spa at Meadowlake Resort**

100 Saint Andrews Drive  
Columbia Falls, MT 59912  
406-892-8728  
[www.spameadowlake.com](http://www.spameadowlake.com)



**THE SPA**

at Meadow Lake Resort

**STARTERS (Body Treatments)**

Our body treatments are done in our state-of-the-art wet room with a Vichy Shower. After the scrubbing or wrapping is done, six warm showerheads are turned on over the table that cascade down over you... bliss!



**International Remedies**

**Montana**  
Rocky mountain wildflower seed scrub and a pure Montana mud mineral wrap.

**China**  
Crushed rice scrub and Green tea body wrap.

**Morocco**  
Crushed coriander scrub with ginger and Rhassoul Clay and yogurt body emulsion.

**Italy**  
Tuscan olive oil sugar scrub and Chardonnay infused spritzer. Followed by a moisturizing lime body cream.

**Africa**  
Tanzanian Peaberry Coffee Cellulite Scrub and Hand Harvested Shea Butter Melt.

**France**  
French lavender sugar scrub, whipped heavy cream & honey wrap.

**Iceland**  
Dry brush polish with volcanic lava stones, peppermint seaweed wrap.

**Traditional Remedies**

**Whipped Wrap**  
Whipping cream, honey and seaweed or clay. We whip it, heat it, and paint it all over you, then wrap you up and leave you to cook... aaah!

**The Whipped Wrap with Toppings**  
Add on a scalp and foot massage!

**The Great Hot Scrub Rub**  
Olive oil and your choice of grit: Salt, Sugar, or the Natural scrub. We heat it up and scrub, then Vichy Shower you off.

**The Firm**  
A coffee and grapefruit cellulite buster scrub, then an egg and honey mask. A herbal toner to finish, and you get to take home one of our cellulite loofah soaps!

**SpaQuil**  
The cure for the common cold! A 30 minute friction rub, then warm paraffin wax on your hands and feet. A sinus steam, face and scalp massage. Much better already!

**SAVING FACE (Facials)**

**Classic Essential Facial**  
Customized according to clients needs

**Purifying Deep Cleansing Facial**  
Removes impurities, deep detoxifying and cleansing, aids the healing process of acne

**Regenerative Anti-Aging**  
Focus on increased production of collagen, as well as assisting in the diminished appearance of fine lines.

**Refining Fruit Acid**  
A more holistic and gentle way of refining the skin. Great for smoothing out, ideal for pigmentation.

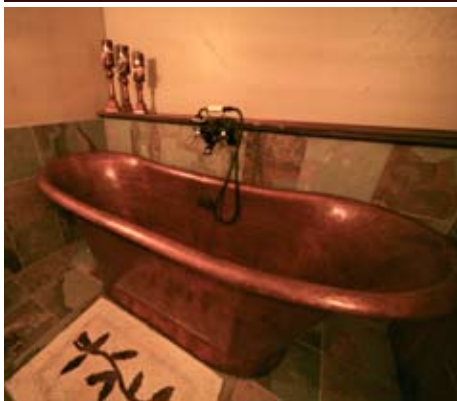
**Gentleman's Facial**  
Tips for looking your best!

**Eye contour wrap**  
Designed to brighten eye area, reduce the signs of aging and reduce puffiness.

**Bamboo and Ginseng Back Facial**  
Removes impurities and refines the skin.

**Waxing**  
Available upon request.

*All facials include foot and hand massage. USPA Skincare products are natural based with many organic properties.*



**MAIN COURSE (Massage)**

Each and every massage is custom made for you! We have several couples rooms so you can be pampered next to a friend or loved one. We strive to ensure sure that your massage here is one of the best one you've ever had!

**Signature Massage**  
Our classic Swedish but with a personalized twist.

**The BNS: Back, Neck, and Shoulders**  
This work is a bit deeper, targeting all those knots and working them out.



**The Body Buster**  
The deep tissue get-in-there-and-work-it-out-rub is the answer to those nagging aches and pains.

**Glacier Hot River Rock Massage**  
Hot Rock massages are downright addicting, especially because we focus on the massage part of it all. The rocks are used to rub and placed strategically to heat... divine!

**Mother's Sanctuary**  
A massage designed to spoil the one who spoils everyone else!

**Growing Pains Massage**  
For a special treat, or for sore muscles, this one will get them going again.

**The Quick Fix**  
Specific, short, and deep, this will get you going again!

**Couples Massage Class**  
This private class is for couples or friends, effectively teaching 2 people how to relax and loosen each others muscles. Each guest spends about 45 minutes receiving massage. A great gift idea!

*Any Massage Service is available in-room for an additional fee.*

**SOAKS**

The ultimate beginning or end to any day at the Spa is a soak in our incredible hammered copper double slipper tub. Indulge yourself in the ultimate water therapy!

**Seaweed Mineral Soak  
Mud Soak  
Clay Citrus Soak**

**Garden Party Soak  
Herbal Soak  
Cream and Honey Soak**

**EXTREMITIES (Hands and Feet)**

**Classic Spa Manicure/Pedicure**  
For those in need of attention: an infusion of Italian mandarin and Indonesian ginger.

**Crown of the Continent**  
For those in need of calm: crushed lavender and Egyptian geranium.

**Camas Journey Signature**  
For those in need of royal treatment: true indulgence!

**Gentleman's Man-A-Cure and Man-A-Ped**  
For the boys: the essential good grooming treatment.

**Plain and Simple**  
For those on the go: the rapid rejuvenator for those who need to look polished in a few minutes.



**Paraffin Hand and Foot Treatment**  
Soak, scrub and paraffin wax for the hands and feet.

**Hand Vacation**  
Soak, whipped cream and sugar scrub and massage for tired hands!

**Honey and Cream Hot Rock Foot Rub**  
Luxuriate as we pour warm cream and honey over your lower legs and feet and massage it in... bliss!

**Mountaineers Survival for the Feet**  
A soak, scrub, wrap and massage for the feet... the perfect end to a day in the mountains!

**The 19th Hole**  
A well deserved treat after a day on the course! Soak, scrub and clay mask. We finish off with a good rub... ahhh!