



## MASSAGE

### **Tranquil Bliss** 50/75 minutes \$125/\$155

Traditional Swedish massage using light to moderate pressure this treatment will help eliminate muscle fatigue, relieve tension, and improve circulation.

### **Deep Tissue** 50/75 minutes \$155/\$180

Works the deeper structures of the muscles to alleviate knots and tension. Ideal massage for individuals wanting more detailed work on specific muscle groups or areas of chronic pain.

### **Reflexology** 25 minutes \$80

Specialized pressure point massage on hands or feet stimulates over 7,000 nerve endings, releasing tension and restoring energy flow for enhanced well-being.

### **Himalayan Salt Stone Massage** 75 minutes \$180

Uses warm hand-carved salt stones rich in 84 natural minerals and elements. This massage is effective towards normalizing your minerals, pH, oxidative stress, and hydration within your body.

### **Hot Stone Massage** 75 minutes \$180

This treatment blends the therapeutic properties of heated basalt stones with Swedish massage techniques to penetrate tight muscles, improve circulation and promote a sense of well-being.

### **Pregnancy Massage** 50 minutes \$135

Prenatal massage is a nurturing massage that focuses on the special needs of mothers-to-be during pregnancy. Positioning, pillows, and cushions are used to enhance support, decrease pressure, and increase relaxation for both the body and mind.

### **Heads Up Scalp Massage** 25 minutes \$55

Experience an indulgent scalp massage combined with specific trigger point therapy and stretches to release tension in the neck and shoulders

### **Dual Massage** 50 minutes \$260

Tranquil Bliss traditional Swedish massage for two people, done in the same room, using light to moderate pressure this treatment will help eliminate muscle fatigue, relieve tension, and improve circulation.

### **Thai Yoga Acupressure Body Work** 50 minutes \$150

Gently stretched and aligned into full range of motion yoga poses while receiving gently guided acupressure pressing along your energy lines, that reverses aging and leaves a feeling of rejuvenation to relieve pain and stiffness. A fully clothed assisted yoga body work.

### **CBD Oil Massage Enhancement** \$20 add-on

Helps relieve minor aches and pains.

### **Dry-Brush Enhancement** \$20 add-on

Add the service of dry brushing to any of your massage or body treatments to improve circulation throughout the lymphatic system.

### **Arnica Enhancement** \$20 add-on

Cold therapy pain relieving gel treatment.

### **Aromatherapy Enhancement** \$10 add-on

A personalized blend of oils, created especially for you that are massaged into your skin, enhancing your state of mind and your body.



## PACKAGES

### **Flight of Fancy** 4 hours \$350

Our fancy spa indulgence takes flight with our 50-minute Tranquil Bliss massage, followed by our 50-minute Radiant Glow signature facial. Then visit the salon for our signature Bee Pampered Manicure and our Sweet Feet Pedicure, both 50 minutes in duration.

### **Blissful Retreat** 2 hours \$225

Retreat in total bliss with The Spa's best! Begin your day with our signature 50-minute Tranquil Bliss massage and put the icing on your cake – a 50-minute Radiant Glow signature facial including exfoliation, soothing masque, and moisture balance – for that baby face you were born with!

### **Immunity Boost** 45 minutes \$100

Start with a 15-minute session in our dry salt therapy room to ease respiratory issues and reduce stress. Then, enjoy 25 minutes in the infrared sauna blanket to detoxify, relax, and enhance your skin, paired with a soothing scalp massage. Finish with a refreshing drink to close your journey towards a more renewed and invigorated self.

## SALT CHAMBER

### **Salt Chamber Session** 15 minutes \$25

Experience the benefits of dry salt therapy in our salt chamber. Inhale air infused with fine salt particles, known to support relief from asthma, coughs, colds, allergies, COPD, snoring, and other various conditions.

## EXTRA

### **Day Pass** \$25

Includes use of our whirlpools, steam rooms, and saunas.

## EXPERIENCE THE SPA

Take a well-deserved break from the hustle and bustle of life and experience rejuvenation like never before at The Spa at Little River.

Many of our services harness the healing power of honey, celebrated for its rich antioxidants and natural energy-boosting properties. Whether you're seeking relaxation or revitalization, we offer an array of treatments designed to refresh your mind and body.

Escape for an hour or longer to enjoy our luxurious amenities, including whirlpools, steam rooms, and saunas.

*Little River*  
CASINO RESORT

P.O. Box 417 Manistee, MI 49660 | 1 (888) 568-2244 [lrcr.com](http://lrcr.com)

the  
spa  
at Little River





## BODY TREATMENTS

**Milk and Honey Detox** 50 minutes \$130  
This hydrating and anti-aging experience that starts with a gentle dry brush to boost the lymphatic system. Wrapped in a cozy cocoon of warm milk and honey to sooth and detoxify the skin. Then, while absorbing the skin-healing goodness of a full body wrap, you're treated to a soothing scalp massage, rinsed in the Vichy shower.

**Sugar Scrub** 25 minutes \$70  
Offers a hydrating exfoliation utilizing the glycolic action of sugar. Enjoy the even skin tone and vital nutrients provided with this treatment, to leave your skin supple and refined. The sugar is gently showered away in our Vichy shower.

**Salt Glow** 25 minutes \$70  
A luxurious salt exfoliation that cleanses and tones your skin. The purpose of this treatment is to deep clean and exfoliate the skin of the entire body while providing minerals to the skin. Showered away in our Vichy shower, leaving your skin rejuvenated.

**Relaxation Body Treatment** 50/75 minutes \$120/\$150  
Take a deep breath and relax in a luxurious full body treatment, starting with agave oil to help you relax with light to moderate manipulation. Followed by an invigorating sugar scrub, exfoliating from your neck to your toes. Next your back will be brushed with a super antioxidant body serum to sooth all the worries and tension away. Indulge and relax in this full body oasis.

**Dry-Brush Enhancement** \$20 add-on  
Add the service of dry brushing to any of your massage or body treatments to improve circulation throughout the lymphatic system.

**Infrared Sauna Blanket** 25 minutes \$75  
Experience the benefits of a full-body detox with our advanced infrared blanket. Designed to boost blood flow, improve circulation, and enhance skin radiance.

## FACIALS

**Gentleman's Facial** 50 minutes \$105  
Designed specifically for the care of a man's skin, this treatment relieves shaving irritation while purifying, hydrating, softening and soothing.

**Radiant Glow** 50 minutes \$130  
This individually designed and customized treatment includes deep pore cleansing and dermal replenishment, utilizing our natural skin care products specifically selected for each skin type.

**Royal Luminating Treatment** 50 minutes \$135  
A hydrating treatment ideal for mature skin utilizing antioxidants, peptides, and retinol – specifically selected for their ability to revitalize, smooth, and enhance.

**Queen Bee Enzyme Facial** 50 minutes \$135  
Our specifically designed elixirs, combined with anti-oxidants, strengthen skin while removing bacteria to restore skin clarity, tone, and texture. This treatment is recommended for dull, dehydrated, oily and acned skin conditions.

**Jade Roller** \$20 add-on  
Reduce the appearance of fine lines and wrinkles by combining your favorite serum or moisturizer with this jade face roller. Jade rolling enhances skin care by de-puffing and enhancing the absorption of products into the skin. It's also great for facial massage, as it stimulates lymph nodes for lymphatic drainage. Its light pressure also relaxes facial muscles and encourages blood flow.

**Ice Roller** \$10 add-on  
Tones aging skin and reduces redness, irritation, and inflammation.

**Nuface® Microcurrent Mini Face Lift** \$45 add-on  
For clients who wish to attain and maintain a healthier, younger-looking appearance. Microcurrent at various outputs and waveforms has been clinically shown to:  
• Stimulate the recovery of damaged tissue  
• Temporarily improve local circulation  
• Aid in lymphatic drainage  
• Re-educate the muscles  
• Enhance product penetration  
• Improve muscle tone and  
• Reduce fine lines and wrinkles contour in the face/neck  
• Firm and tighten skin  
Featuring Farmhouse Fresh® Products

## HANDS AND FEET

**Bee Pampered Manicure** \$60  
**Gel Polish** \$15 add-on  
Sweet, buttery milk warms and softens skin before a sweet tea Shea scrub down. Famished hands are then glazed with a hot honey wrap and left steaming under fresh towels right before a steeped honey-chia massage nourishes skin on contact to end. Ooh la luxury! Finish with a polish of your choice.

**Sweet Feet Pedicure** 50 minutes \$75  
**Gel Polish** \$15 add-on  
This 3-step honey pedi that's dripping with goodness. A whipped honey fine salt scrub brings skin back to baby softness, followed by a warm honey-aloe-papaya fruit glaze, applied lavishly from knees to toes as you relax wrapped in a towel cocoon. A sweet cream body milk moisture massage completes this sweet retreat. You'll be raving about this luxurious treatment!

**Queen Bee Pedicure** 75 minutes \$100  
**Gel Polish** \$15 add-on  
Our deluxe service includes soak, scrub, cuticle attention, hot stone massage, an alpha-hydroxy age defying leg treatment, warm paraffin dip and warm neck pillow infused with aromatherapy to help further your relaxation. Finish with the polish of your choice.

## ADDITIONAL ADD-ONS

**Polish Change (Hands or Feet)** \$25  
Need to freshen up? We have the latest colors to show those hands and feet off with confidence.

**Paraffin Treatment (Hands or Feet)** \$25  
Add extra softness and moisture to your skin with this warming and conditioning treatment that will make you feel totally pampered and simply glamorous.

**French Polish** \$15  
French polish variation application add-on to any nail service.

**Gel Removal** \$15  
Gentle removal of shellac application.

**Nail Trim and Shaping** \$20  
**Gel Polish** \$30

**Gua-sha Stones Massage** \$20 add-on  
Unlock the benefits of Gua Sha in this modernized version, meant to be used over top of your usual moisturizing routine to help increase the benefits of the products. It perfectly stimulates the skin to assist in penetration and helps you get the vibrant results you've been looking for.



## WOMEN'S HAIR

**Hair Cut** \$45 and up  
**Blow-out Styling** \$35 and up  
**Thermal Styling** \$35  
**Formal Styling** \$40 and up  
**Olaplex® Stand Alone Treatment** \$35

## MEN'S HAIR

**Hair Cut** \$40  
**Just Clipper Cut** \$30  
**Beard & Mustache Trim** \$20 and up

## HAIR COLOR

**Root Touch up** \$75 and up  
**Permanent** \$105 and up  
**Toner or Gloss** \$30 and up  
**Partial Highlight** \$90 and up  
**Full Highlight** \$140 and up

## WAX

**Lip, Chin, or Eyebrow** \$20  
**Full Face** \$40