

spa NORDSTROM

SPA ON-THE-SPOT SERVICES

On-the-Spot Facial (30 minutes) — This quick, deep-cleansing facial treatment includes steam, exfoliation and extractions if needed.

On-the-Spot Microderm* (30 minutes) — This procedure includes makeup removal, light skin cleansing and microderm treatment, followed by a serum, moisturizer and sunscreen.

On-the-Spot Massage (30 minutes) — Give some TLC to your neck, shoulders and upper back for quick stress relief on a busy schedule, or as maintenance in between full-massage treatments.

On-the-Spot Pedicure (30 minutes) — Refresh your feet quickly with a foot soak, nail shaping, cuticle cleanup and callus care, followed by a polish application.

FACIAL TREATMENTS

ANTI-AGING & HYDRATING

Fountain of Youth Facial (1 hour) — Slow down the aging process for a radiant, firmer complexion with this treatment.

Oxygen Infusion Facial (1 hour) — This facial stimulates new cell growth, as well as elastin and collagen production, which plumps the skin and produces immediate and visible results.

Alpha Beta Hydroxy Restorative Peel & Facial (1 hour) — This treatment combines alpha and beta hydroxy, creating a powerful exfoliant that sloughs off dead skin, making room for healthier new skin to emerge.

Deluxe Collagen Velvet Facial (1 hour) — This combination of pure marine-soluble collagen and protein-rich extract is the perfect solution when your skin needs to look its absolute best—fast.

Epidermabrasion Skin Renewal Facial* (1 hour) — This progressive, noninvasive cosmetic procedure removes the superficial skin layer without damaging the skin's integrity.

Advanced Hydrating Facial (1 hour) — A truly cleansing experience in skin rejuvenation and hydration, featuring marine active ingredients that stimulate cellular regeneration.

*Service available at selected spas.

SPECIALTY

Retinol Wrinkle Recovery Peel Facial (1 hour) — Ideal for advanced signs of aging, this highly exfoliating and skin-renewing facial treatment targets hyperpigmentation and wrinkles, and retexturizes the skin. Safe for all skin types.

Skin Perfecting Peel Facial (1 hour) — Featuring a professional-grade chemical peel, this advanced corrective facial treatment is customized to the unique needs of your skin. Effective for even the most stubborn skin concerns, including fine lines and wrinkles, sun damage, dark spots and breakouts, this treatment will lead to dramatic results. Included with facial treatment is a take-home post-care kit (a \$38 value).

100% Natural Cellular Awakening Luxury Facial (1 hour) — Incorporating bio-nutrient technology, this treatment transforms your skin, giving you a healthy, luminous glow. Through powerful masks and anti-aging facial massage, your skin is renewed from within, allowing lines, wrinkles and sagging to disappear.

CORRECTIVE

Acne Facial (1 hour) — This treatment begins with steam and extractions, followed by a deep-cleansing facial to unclog and refine your pores, and a customized acne program from a Spa Nordstrom therapist.

Brightening Facial* (1 hour) — This unique facial is completely chemical free, highly effective and powerful. It uses a natural fruit enzyme peel to deeply exfoliate and promote the production of collagen and elastin, leaving your skin deeply cleansed and glowing.

Resurfacing Peel Facial (1 hour) — Pharmaceutical-grade products and advanced peel technology (good for all skin types) reduce fine lines and provide deep exfoliation to produce more collagen.

MASSAGE

Spa Nordstrom Massage — Our highly acclaimed signature massage combines classic Swedish massage techniques adapted to your needs to help increase circulation, relieve muscular tension, smooth away stress and encourage the body's natural healing ability.

Healing Hot Stone Massage — We use basalt stones that are heated and then placed in your hands, along your back, at your feet and various chakra points.

Himalayan Salt Stone Massage — This relaxing massage remineralizes the body using warm Himalayan salt stones. The stones balance your central nervous system and nourish depleted cells with 84 naturally occurring minerals essential to optimal health.

Deep Tissue Massage — Using slow strokes and deep pressure, this massage targets specific areas of concern and is not recommended for a first-time massage.

*Service available at selected spas.

Sport Massage — A vigorous massage using compression and cross-fiber friction techniques, designed with attention to sports-specific muscle groups.

Prenatal Massage — Specially trained therapists work to relieve pain associated with backaches, leg cramps, headaches and sinus congestion. Designed for pregnant women past their first trimester.

Couples Massage*

BODY WRAPS, TREATMENTS & SPECIALTIES

Detoxifying Algae Wrap (1 hour) — A relaxing full-body exfoliation is followed by a warm body mask and a conditioning scalp treatment.

Aromatherapy Body Wrap (1 hour) — This luxurious treatment features a warm, aromatic body crème enveloping your body, plus an out-of-this-world head and scalp massage.

Slimming & Toning Body Treatment (1 hour) — This high-performance treatment tackles cellulite and stubborn unwanted fat deposits, infusing pure oxygen deep into skin cells to detoxify and encourage the release and elimination of stored fat. Cellulite-targeting massage techniques are used to tighten and tone the skin.

Java Lulur Body Wrap* (1 hour) — Start with a relaxing foot soak, then a complete body exfoliation with a blend of spice, jasmine and mineral powder. Finish with a honey and yogurt wrap for a moisturizing, tropical glow.

Two Hours in Heaven (2 hours) — Achieve complete relaxation with a full-body massage, a cocoon wrap, and foot, scalp and facial pressure-point massages.

Organic Eastern Ayurvedic Therapy* (2 hours) — Combining the spa's most popular treatments into one divine experience, this treatment is based on the Ayurvedic principle that combines an herbal body treatment with Shirodhara.

Acupuncture* (1 hour) — This treatment involves the insertion of extremely thin needles into your skin at strategic points on your body to improve energy flow and rebalance the body.

Raindrop Essential Oil Therapy* (1 hour) — This treatment is excellent for boosting the immune system, releasing muscle spasms, calming inflammation, relieving emotional swings, increasing energy levels and detoxifying.

Shirodhara — Journey to Serenity* (1 hour) — The Ayurvedic therapist first applies a warm stream of oil to your forehead and massages it into the hair and scalp to nourish and condition. This is followed by a relaxing shoulder, neck, hand and foot massage.

*Service available at selected spas.

Reflexology of Hands & Feet* (1 hour) — Reflexology helps your body rebalance itself through the release of blocked energy and toxins. It also improves circulation and the delivery of oxygen and nutrients to the entire body for better health. It is not recommended for pregnant women.

A Beautiful Back Treatment (1 hour) — Treat your back to a rebalancing treatment that includes deep cleansing, exfoliation, an anti-stress neck, shoulder and back massage, and a rebalancing detoxifying mask.

Body Renewal Treatment (1 hour) — This treatment features aromatherapy exfoliation, plus a neck and shoulder massage using an application of body butter to improve circulation and vitality.

Body Sculpture Treatment* (20 minutes) — SmoothSculpt is a clinically proven approach to smoothing and contouring the skin without using injections or chemicals. The results are lasting and there's no downtime.

Moroccanoil Buff and Glow Body Treatment (1 hour) — This treatment stimulates skin while gently polishing away dead cells. Simultaneously, your skin is infused with a unique blend of oils to add moisture. While you're enveloped in warm towels, unique stretches will relieve deep tensions and renew your overworked mind and body. Soothed by the deep hydration of Moroccanoil Body Soufflé, your skin will be left soft and supple.

HAND TREATMENTS

Spa Manicure — This manicure consists of nail shaping and filing, cuticle attention, hand and arm massage, high-gloss buffing of the natural nails and a paraffin dip to seal in moisture. Includes polish if you'd like.

Essential Manicure — During this classic manicure, nails are expertly shaped and groomed, cuticles are tended, and hands are moisturized and massaged.

Anti-Aging AHA Regenerating Hand Treatment & Manicure — Indulge in a Spa Manicure, an Alpha Beta Hydroxy Peel, a special age-defying concentrate, hand and arm massage, hydrating mask and paraffin dip.

Deluxe Manicure — 100% Arabica coffee beans and pure cane sugar gently exfoliate and awaken youthful skin. Shea butter and aloe vera-infused body butter nourish and deeply moisturize, leaving hands deliciously soft and radiant.

Moroccanoil Spa Manicure — This service revitalizes your skin and stimulates your senses, leaving your hands soft and supple.

Gel Lacquer Manicure — Achieve nail protection with a resilient mirror finish that resists dullness and chipping, with zero drying time.

*Service available at selected spas.

FOOT TREATMENTS

Spa Pedicure — Relax as we bathe and scrub your feet, file and buff your toenails, massage your calves and feet, then dip your feet in paraffin.

Essential Pedicure — This treatment is a Spa Pedicure with an exfoliating lotion application, plus an application of polish.

Deluxe Pedicure — Select your scent and experience deluxe pampering for your feet. Indulge with a luxurious foot soak, and let 100% Arabica coffee beans and pure cane sugar gently exfoliate and awaken youthful skin. Shea butter and aloe vera-infused body butter nourish and deeply hydrate, leaving your feet deliciously soft and glowing.

Ultimate Deluxe Pedicure — All the benefits of a Deluxe Pedicure, plus a paraffin foot treatment to seal in moisture for ultimate hydration.

Moroccanoil Spa Pedicure — This pedicure revitalizes your skin and stimulates your senses, leaving your feet soft and rejuvenated.

Royal Milk Paraffin Pedicure — Enjoy an aromatic foot bath of lavender and warm milk protein, an intensive foot and lower leg exfoliation, followed by a massage. Feet are then enveloped in a warm paraffin mask.

Shopper's Paradise Foot Massage — This treatment includes an aromatic foot soak and foot scrub, followed by a 40-minute foot and leg (up to the knee) massage, and ends with a hydrating paraffin dip.

SPA SERVICE ENHANCEMENTS

FACE

Ampoules — A concentration of active botanical extracts treats different in-depth skin conditions. Choose from moisturizing and firming, sensitive and nourishing, oily combination, oxygenating or revitalizing botanicals for correction.

Collagen Eye Treatment — Pure marine-soluble collagen combined with protein-rich extracts adds intense hydration to the delicate skin around your eyes, resulting in fewer lines and a more youthful appearance.

NuFACE — This microcurrent technology lifts and tones facial muscles, increases circulation, and promotes elastin and collagen production for noticeably younger, more vibrant skin.

Oxygen Infusion — A skin-brightening and smoothing treatment that targets the delicate neck and décolleté area, and can also be used around the eyes and lips for an immediate lift and radiance.

Alpha Beta Hydroxy Face Peel — Improves texture, vibrancy, clarity, radiance, enlarged pores, breakouts, acne, rosacea, bumps, keratinization, blackheads and hyperpigmentation. (Available in Regular, Extra Strength or Medi-Spa.)

BODY

Alpha Beta Hydroxy Back Peel — This vitamin-enriched peel deep cleanses and hydrates the back area where clogged pores and bacteria accumulate.

Bubbly Detoxifying Spine Treatment — This self-heating, effervescent algae pack is applied to the spinal column, providing instant relaxation, removal of toxins and an infusion of magnesium for strong bones.

Aromatherapy Essential Oil — Essential oils can turn your treatment into a heavenly indulgence. Ask your therapist about our selection.

Scalp Treatment — A scalp massage is more than relaxing—it improves circulation and promotes the growth of healthier hair.

Exfoliating Back Treatment — Refine, tone and smooth the texture of skin on this hard-to-reach area.

Décolleté Peel — This décolletage (neck and chest) treatment will give the skin an immediate silky texture, hydrate and smooth fine lines, balance oils and lighten hyperpigmentation, leaving the skin radiant.

HAND & FOOT

30-Minute Paradise Foot Massage — Add an additional 30 minutes of foot massage to your massage, body treatment or pedicure for an extra-relaxing treat.

Healing Hot Stones — For a warm treat, add heated basalt stones to your pedicure service.

Paraffin Dip — Restore hydration to excessively parched hands or feet.

Nail Art* — Personalize your polish with decorative embellishments.

French Polish — Add an elegant 'French' look to any manicure or pedicure.

SPA PACKAGES

Spa Sampler (2 hours) — Take a break to get pampered! Start with a Body Renewal Treatment—a full body exfoliation and half-hour neck, shoulder and back massage. Then our Advanced Hydrating Facial will cleanse, rejuvenate and hydrate your skin, featuring marine active ingredients that stimulate cellular regeneration. Lastly, a collagen eye treatment is applied to soothe and lift.

Spa Euphoria (2 hours) — Nurture your sense of well-being and harmony with a one-hour Himalayan Salt Stone Massage, followed by a Shirodhara hair and scalp treatment, awakening and balancing your senses.

Spa Indulgence Package (4 hours) — This popular package consists of a Deep Tissue Massage, an Advanced Hydrating Facial, and a Spa Manicure and Pedicure.

The Ultimate Day of Restoration & Relaxation (6 hours) — Escape the stress of daily life and enter a world of nurturing indulgence. Your journey includes a Body Renewal Treatment that offers exfoliation, a hydrotherapy bath* or a detoxifying algae body wrap with scalp treatment, a Himalayan Salt Stone Massage, an Advanced Hydrating Facial, a Spa Manicure and a Spa Pedicure. A delicious spa cuisine meal is included.

WAXING

Hair growth must be at least a quarter-inch long, but no longer than one-half inch, to receive hair-removal services. Please allow 48 hours before sunbathing or using a tanning bed after hair removal, as your skin may still be sensitive. These services cannot be performed on clients using Accutane, Retin-A or any antibiotic due to the sensitivity of the skin.

Brows	Brazilian Bikini*
Lip, Chin, Cheeks, Nose	Half Leg
Underarms	Half Leg with Bikini
Arms (hands included)	Full Leg
Bikini Line	Full Leg with Bikini
Extended Bikini Line	Back

BEAUTIFUL LASHES & BROW TINTING

Lash Tint*
Lash Extensions*
Lash Fill*
Lash Removal*
Brow Tint*

TANNING

Smooth Skin Airbrush Tan — Enjoy a year-round tan without harmful sun exposure. Your skin is prepared with a full-body exfoliation, followed by a professional application of our airbrush tanning.

Instant Glow Airbrush Tan — A bronzed, healthy glow is yours year-round with a professional application of our airbrush tanning.

*Service available at selected spas.