



TRILLIUM  
SPA

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# TRILLIUM SPA

# MASSAGE

**Massage** is one of the oldest, most simple forms of therapy and is a system of stroking, pressing and kneading different areas of the body to relieve pain, relax and invigorate the body. Massage is a soft tissue manipulation that creates many benefits to the body including the circulatory, muscular and nervous systems.

## Signature Trillium Massage

Our signature massage treatment. Your massage therapist will combine the use of calming aromatic oils, warm compresses and dry brush exfoliation to the hard-to-reach areas of your back for a truly unique massage experience.

## Warm Stone Massage

Our warm stone massage is a specialty Swedish massage incorporating smooth heated basalt stones to encourage deep relaxation. This selection is a deeply soothing, relaxing form of massage that will help release tight muscles, allowing your whole body to relax like never before.



## Swedish Massage

Designed to focus on relaxation, our therapists use long and gliding strokes to restore balance in your mind and body. Perfect for the novice spa guest, this traditional full body massage uses light to medium pressure.

## Deep Tissue Massage

This massage technique works deeply into the muscles to benefit areas of chronic discomfort. We recommend this service for those who have previously had massage therapy and are looking for a moderate to firm massage.

## Four Hands Harmony Massage

Imagine two massage therapists working in tandem to provide a perfect Swedish massage for the ultimate in indulgence. This session is ideal for the avid spa-goer who is comfortable having two areas undraped simultaneously.

## Sports Massage

During this massage, specific muscle groups are stretched to soothe or invigorate targeted muscles before or after sports activity. This massage helps to accelerate your recovery time and increase your range of motion for peak performance. Excellent in conjunction with hydrotherapy for maximum results.

# MASSAGE

## Motherhood Massage ✨

With this nurturing massage, your body and baby will appreciate this much needed care. Your therapist will focus on positioning that best meets the comforts of you and your baby.

For mothers beginning in the second trimester until the end of the pregnancy only.

## Precision Massage ✨

This concentrated Swedish massage will hone solely on the lower or upper body to ease stress away. Upper body massage to the neck, back and shoulders remains a popular favorite.

## Reflexology Massage ✨

Reflexology is an ancient Asian therapy that uses gentle pressure on the feet and hands to support full body wellness and to ease tension.



## Massage Enhancements\*

\*These enhancements are designed to supplement your massage therapies.

### Aromatic Oils

Customize your massage with an aromatic oil blend of your choice.

### Invigorating

Scalp Pressure Point Massage.

### Hydrotherapy

Choice of Soak or Springs Rain Shower.

# COUPLES MASSAGE

**Enjoy** and relax in our exclusively designed couples spa suite with a partner or a friend. The Trillium Spa Couples Suite features side-by-side hydrotherapy soaking tubs, fireplace, in-room shower and cozy massage tables. This popular favorite has many variations. Allow our spa reservationist to elaborate on our complete menu of couples offerings to create a special memory.

## Escape

(Couples Suite Blend)

Choice of Hydrotherapy Soak or Springs Rain Shower

Signature Trillium Massage

Invigorating Scalp Pressure Point Massage

## Beloved

(Couples Suite Blend)

Choice of Hydrotherapy Soak or Springs Rain Shower

Choice of Body Exfoliation Polish

Signature Trillium Massage

Invigorating Scalp Pressure Point Massage



## Couples Treatments Enhancements\*

## Bliss

(Couples Suite Blend)

Choice of Hydrotherapy Soak or Springs Rain Shower

Choice of Body Exfoliation Polish

Choice of Body Wrap

Signature Trillium Massage

Invigorating Scalp Pressure Point Massage

## Couples Warm Stone Massage and Couples Massage

For your convenience, all of our individual massage services can be arranged for a couples session. To customize your special couples massage service, please call our reservationists at (800) 452-2223, ext. 7123.

\*These enhancements are designed to supplement your session.

### Aromatic Oils

Customize your massage with to an aromatic oil blend of your choice.

### Invigorating

Scalp Pressure Point Massage.

### Hydrotherapy

Choice of Soak or Springs Rain Shower.

# FACIALS

## Trillium Universal Facial ✨

Our personalized signature facial is recommended for all skin types. Includes cleansing, skin analysis, exfoliation, facial masque, warming mitts, steamy mist and moisturizing treatments using our finest quality skin care.

## Gentlemen's Facial ✨

This vitalizing facial addresses the specific needs of men. This facial combats the effects of daily shaving by deep cleansing and hydrating the skin. A men's specific product line is used in this facial.

*Gentlemen, we ask that you do not shave prior to this service.*

## Caviar and Collagen Facial ✨

An intensive program that pampers the skin in total luxury. Caviar extract promotes skin vitality and resilience giving it a refined, more even and fresh look. With its anti-aging properties, collagen will restore a more youthful glow to your skin.

## Warm Stone Facial ✨

Includes all elements of a traditional facial with a warm twist. The benefits of warmed stones gliding over your face during the facial massage will soothe you and bring an added bonus of deep relaxation.

## Mineral Masque Facial ✨

During this treatment, you will feel the energy of thermal springs begin to bubble and provide a regenerating effect of our self-warming mask. This unique hardening mask will stimulate your skin's metabolism and lymph activity along with the elements of a classic facial.

## Relaxation Facial ✨

A facial designed to revive the skin, mind and spirit. Relaxing fragrance-free skin care is used for the most sensitive skin guests. Modified steamy mist and extractions are optional.



## Facial Enhancements\*

\*Please inquire regarding details and current pricing prior to appointment. Available in spa with a facial and not as a single session.

Increased Exfoliation | Natural Enzyme Peel

Increased Exfoliation | Manual Microderm

Age Defying | Collagen Veil

Age Defying | Eye and Lip Renewal

Advanced Hydration | Cozy Paraffin for Hands and Feet

Targeted Attention | Solo Ampoules

Targeted Attention | High Tech with Ampoules

Targeted Attention | Back Facial

Make-Up Application | Touch Up

Make-Up Application | Full Application

Depilatory | Face and Body

Choice of Hydrotherapy | Soak or Springs Rain Shower

# BODY TREATMENTS

## Saltmousse Foaming Polish

Dry Brush | Scrub | Springs Rain Shower | Moisturizers

Enriched with squaline oil, papaya and pineapple fruit, this gentle exfoliation transforms to a fluffy lather, which slowly dissolves. Your skin will emerge visibly brightened and smooth to the touch.

## My Silky Glow

Dry Brush | Scrub | Springs Rain Shower | Moisturizers

Choose between our scented oils or seasonal offerings to create your own full-body exfoliation. Our silky scrub can be a different journey with every visit. Please inquire with our spa reservationists regarding availability and details.

## Tropical Escape

Dry Brush | Scrub | Springs Rain Shower | Moisturizers

Featuring papaya and pineapple fruit extracts, this nourishing and repairing treatment counteracts pre-mature aging and sun damage. Potent anti-aging ingredients such as collagen and elastin work together with natural shea butter, vitamins A, C and E to smooth appearance of body fines lines. Highly recommended with Saltmousse Foaming Polish.

## Aromatic Moor Mud Wrap

Dry Brush | Wrap | Springs Rain Shower | Moisturizers

This scientifically-proven, holistic healing, black mud dates back to ancient civilizations. A warm moor mud, rich in natural vitamins, minerals and enzymes, is generously applied to your entire body. Sore muscles, aches and pains are soothed as your body's circulation is stimulated and stress is reduced. Ideal for those prone to muscle pain or fatigue, rheumatism \ arthritis and post-sports injuries.



## Marine Algae Wrap

Dry Brush | Wrap | Springs Rain Shower | Moisturizers

A multi-purpose body treatment using highly concentrated sea mud and algae to support body detoxification. Combined with weight-loss efforts, this wrap enhances the removal of toxins, stimulates circulation, and improves skin tone. Complete with our body firming gel application.

## Rassoul Body Wrap

Dry Brush | Wrap | Springs Rain Shower | Moisturizers

Volcanic ash is recognized as a purifying source for skin cleansing and moisture retention. The warm mud application to you entire body will stimulate and release impurities. As your skin absorbs enriching minerals, your body radiates healthy purification and deep hydration for a delightful sense of renewal. It is highly recommended to receive a body exfoliation prior to this session.

## Milk and Honey Wrap

Dry Brush | Wrap | Springs Rain Shower | Moisturizers

This indulgent treatment is based on the Egyptian theory of pampering using milk proteins and natural acids with honey. Your skin is left feeling velvety smooth.

# HYDROTHERAPY

These in-treatment room private hydrotherapy options are available as an enhancement to such services as facials, massage or body treatments. Hydrotherapy is not a stand alone service and must be reserved along with another service or within a blend package. [A bathing suit is required.](#)

## Soak

Choose to remineralize, hydrate or restore balance with our selection of soaks. Immersed in Seven Springs waters with the gentle whirlpool jets, these luxurious tubs will help you melt your stress away.

## Springs Rain Shower

Enjoy the ultimate in Swiss showering here at Trillium Spa. Combined with our Seven Springs waters, these showers have twelve adjustable body jet shower heads and an overhead rain shower that provides an energizing shower treatment.

[Inquire about availability and rates.](#)



# SIGNATURE BLENDS

Seven spa packages created for our **individual** guests.

## Serenity

Choice of Body Scrub  
Signature Trillium Massage

## Mountain Springs Retreat

Choice of Hydrotherapy Soak  
Warm Stone Massage

## Sensational Synergy

Signature Trillium Massage  
Milk and Honey Wrap

## Muscle Soothing Elements

Moor Mud Hydrotherapy Soak  
Aromatic Moor Mud Wrap  
Sports Massage

## Invigorating Men's Renewal

Sports Massage  
Gentlemen's Facial  
Sports Pedicure

## Timeless Journey

Signature Trillium Massage  
Trillium Universal Facial  
Classic Manicure  
Classic Pedicure

## Seventh Heaven

Body Scrub  
Signature Trillium Massage  
Trillium Universal Facial  
Full Make-up Application  
Light Snack  
Classic Manicure  
Classic Pedicure

These Signature Trillium Blends are available Monday – Thursday. These packages are not subject to additional discounts. Please refer to couples treatments for our packages for couples.



# SALON SERVICES

Our salon menu is perfectly designed for those who are already visiting the spa and those who need a little pampering during their stay at Seven Springs Mountain Resort. Inside our salon, you will find three beautiful manicure stations and three pedicure thrones complete with music headphones, the SO sound system and a whirlpool tub for soaking your feet.

## Express Hands or Feet

Mini nail maintenance care, specifically nail shaping, for those who regularly care for nails or have limited time. Moisturizing, and hand massage ritual are included. Please note: Nail polish application is not included.

## Classic Manicure or Pedicure

Customized nail care for hands or feet using vegan and natural product lines infused with botanical essences. Our classic service includes: soak, exfoliation, nail shaping, cuticle care, massage to hands or feet, hydrating moisturizers, paraffin dip, and nail polish application.

## Warm Stone Pedicure

Immerse in the warmth of basalt stones as your feet are gently massaged and nurtured. This pedicure has all the inclusions of our Signature Trillium Pedicure, plus stones to soothe and revitalize.

## Signature Trillium Manicure or Pedicure

Nourishing classic nail service plus more attention with massage, callous care and a warm creamy mask is included.

## Sharing Memories

Especially created so you can spend time together, with your child or teen, this treatment has all that of a classic nail service, plus complimentary nail art.

We require the parent or guardian to be present throughout the entire service and that the child be at least 12 years old. Please arrange childcare for younger children, so that special attention can be given by parent and salon team to your child or teen.



## Sports Pedicure

Geared toward men who need to relax and find out what women are always raving about. Once you experience this revitalizing pedicure, you will appreciate how good your feet can feel. Includes: foot soak, scrub, nail grooming, foot massage and super hydrating warm paraffin. Available for male guest only.

## Salon Enhancements\*

[Embellish Me](#) | Nail Art

[Quick Fix](#) | Natural Nail Repair

[On the Go](#) | Polish Application Change

[Voilà](#) | French Polish Application

[Targeted Attention](#) | Solo Ampoules

[Nourishing](#) | Paraffin Dip

[Make-up](#) | Inquire regarding further details

# SPA POLICIES

## SPA POLICIES

### Trillium Spa Hours of Operation

9 a.m. – 7 p.m., Sunday-Thursday

9 a.m. – 8 p.m., Friday -Saturday

Phone: (800) 452-2223 ext. 7123

Spa hours may vary with season.  
Please inquire in advance about extended spa hours.

### Cell Phones

Please turn off your cell phones, beepers or other electronic devices upon entering the spa.

### Arrival and Check-in

Please prepare ahead for your spa relaxation time by arriving 20-30 minutes before your scheduled time of appointment to complete a short health form and change into a robe and slippers. Allow additional time if you would like to enjoy our locker room amenities including steam room, sauna or showers prior to your appointment. These amenities are for spa guests only.

Arriving late for your appointment will shorten the length of your session(s). We regret that we cannot extend your service into the next guest's appointment time. Full charges apply for the remaining portion of your session.

### Ski/Board Equipment

We ask that you refrain from bringing your skis or snowboard equipment and boots into the spa.

### Skin Condition

Massages and body treatments are not recommended on recently sunburned skin. We recommend that all ladies do not shave at least four hours prior to receiving a body treatment. We request that all male guests do not shave the same day as the Gentlemen's Facial.

### Children

**Please arrange for childcare in advance of your appointment to respect the quiet of our adult environment.** Seven Springs Mountain Resort is home to numerous activities for your child. Call the Guest Information Desk at ext. 7629 for information on daily activities, childcare and ski school availability. We offer a limited range of services for guests 17 and under and require parental supervision. Please inquire for more details.

### Salon Guests

Please arrive 10 minutes early for salon-only appointments. The locker room, sauna, steam and relaxation spaces are available for spa patrons only.

### Spa Tours

To respect the privacy of our guests receiving services, we provide tours to individuals and group leaders by advance reservation.

### During Your Visit

Upon arrival, you will be provided with a robe and slippers to change into before your service. Our private locker rooms have changing areas, grooming amenities, showers and sauna and steam rooms for your convenience. We recommend enjoying some tea or water before your session in our co-ed relaxation room where you will wait for your spa therapist to meet you. This area is for your quiet time before your session.

Next, for your session you will be escorted to your private treatment room and given instructions to disrobe to your level of comfort. Undergarments may be worn if preferred. Your spa therapist will leave as you prepare.

Your comfort is important to us. Our professional spa therapists will drape your body to unveil only the portion of the body that is being treated for every session. Professional draping is performed throughout the duration of the service for privacy. Draping is not optional at the Trillium Spa and this policy is followed with every session. However, we require that guests receiving a hydrotherapy tub service bring a bathing suit.

# SPA POLICIES

## Alcohol/Tobacco

Trillium Spa is a smoke-free facility. Alcohol is not permitted within the spa. For your health and safety, we do not recommend excessive consumption of alcohol before or after your massage, sauna, steam, or body treatments. The detoxifying effects of these services along with the dehydrating effects of excessive alcohol consumption are contraindicated.

## Reservations

We welcome vacationers, day visitors, hotel guests, home owners, and visiting groups. Advanced reservations are highly recommended to ensure the widest selection of treatments and appointment times. All services are subject to availability. Same day reservation requests are always welcome, based on availability.

All reservations must be secured with a major credit card and telephone number. To schedule an appointment from outside of the resort, please call: (800) 452-2223. Seven Springs Mountain Resort Hotel Guests, call ext. 7123.

You may request a male or female therapist when making your reservation. However, we cannot guarantee the availability of a specific spa therapist. If you do not state a preference at reservation time, you may be scheduled for either a male or female spa therapist. Please note: all wet body treatments are done by a therapist of your same gender.

## Groups

All groups of five or more must be coordinated with our spa sales coordinator. For groups interested in Saturday reservations, please call at least six weeks before desired date. Spa cancellation policy applies to groups. Please call the spa for more information and spa tour reservations.

## Health

A brief health form and release must be completed prior to salon or spa services. This information assists our spa therapists to plan for your service and to assure your maximum safety and comfort. Please advise the reservationist in advance of any special medical or physical conditions such as allergies, pregnancy, high blood pressure, complicated health issues or special needs. We reserve the right to decline service to guests who are in the first stage of pregnancy, have complicated medical issues that spa services may be contraindicated or those who have arrived visibly intoxicated.

## Prices/Gratuities

All prices and services subject to change without notice. For your convenience, a 15% service charge will be added to all services at check in.

## Cancellation Policy

All re-scheduling or cancellations must be received no later than the day before your appointment. With this adequate notice, no charges apply.

Your appointment is transferable to another designated guest, but is nonrefundable. All no-show or missed appointments will be responsible for 50% charge of total services reserved.

## Spa Payments

We accept cash, all major credit cards, resort room charges, Seven Springs Mountain Resort gift cards, personal checks, Pass Cash and Gold Card. Payment will be accepted directly prior to appointment. All rates subject to applicable additional fees and taxes.

## Belongings

Spa lockers are available for our spa guests for clothing and shoes. Please do not bring valuables as Trillium Spa cannot be responsible for lost or stolen items. Bringing a bathing suit may be recommended or required for use with certain spa experiences. Bathing suits are not supplied by the spa.

# SPA POLICIES

## Location and Parking

Seven Springs is located approximately one hour's drive southeast of Pittsburgh. It is easily accessible off exits 91 or 110 of the Pennsylvania Turnpike. Pittsburgh International Airport is the nearest metropolitan terminal. Pick-up from this airport is available by prior arrangement.

The Trillium Spa is located behind the Hotel Main Lodge and is not attached to the hotel. During blooming seasons, it is beautifully landscaped with White Trillium flowers to make your short walk from the Hotel or Center Lobby a pleasant journey.

For your first visit, we recommend allowing plenty of time to locate the spa. For every visit, please allow ample time to park and/or ride the resort shuttle in the event parking is not available. Designated parking will be available for spa guests during spa visit only. Trillium's front desk team will assist based on limited availability.

## Trillium Spa Boutique

Choose from our collection of soaks, lotions, deep hydrating balms, candles and facial care spa products to bring your spa memories home. We partner with only the finest product lines including: Biodroga Systems, Zents, Pevonia Botanica, Spa Ritual, our exclusive cozy robes and relaxing candles.

## Refunds

We strive to provide you with the best possible spa experience, therefore please let us know the day of your purchase or service if you have a concern or complaint. Services are non-refundable. Trillium Spa Boutique products may be returned for spa credit within 30 days of purchase, providing there is a proof of purchase and items are in the original packaging. All make-up sales are final.

## Gift Cards

Gift cards are the perfect gift for anniversaries, birthdays, corporate incentives, holidays, thank you gift or for any year round gift giving. Please inquire at ext. 7975 or ext. 7123 for purchasing details. May be used for services, service charge or Trillium Spa Boutique items. Seven Springs Mountain Resort gift cards do not expire and may not be redeemed for cash. The spa cannot replace lost or stolen gift cards and actual gift card must be presented at the time of service.



TRILLIUM  
SPA

777 WATERWHEEL DRIVE | SEVEN SPRINGS, PA 15622-4007

**[www.7springs.com](http://www.7springs.com) | 800.452.2223**