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SPA SHIKI

WELCOME TO SPA SHIKI

Spa Shiki has been described as a gem in the Ozarks, a full-service resort spa located at the beautiful Lodge of Four Seasons on Missouri's Lake of the Ozarks. Delivering a world-class spa experience, Spa Shiki features Japanese and American spa treatments performed by knowledgeable and caring therapists. An intimate place, an elegant setting, Spa Shiki provides the needed space to achieve a new sense of self and well-being.

Spa Shiki was established in 2000. Shiki, which means four seasons in Japanese, was derived from the ever-changing Ozark seasons. The Japanese-theme spa follows the passion for Asian culture held by Harold Koplak, founder of The Lodge of Four Seasons.

OUR MISSION

To enlighten guests to the ritual of spa,
the beauty of rejuvenation.

By empowering our treatment staff with the highest levels of education available in the spa industry today, we pass on excellence and knowledge to our guests that will help them enhance their everyday lives. Spa Shiki educates not only its hands-on staff, but equips and trains every staff member to create a consistency of service and an atmosphere of health and knowledge that is then shared with guests. Your therapist or technician will advise you about activities and products, specific to your health, personality and needs, that will help you maintain a state of wellness and relaxation year-round.

GUIDE TO SPA SHIKI

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For first-time spa guests, the service descriptions provided in this guide provide a brief look at each treatment, and our receptionists are trained to answer questions and help you get the most out of your spa visit.

For veteran spa guests, please remember that, while different spas may offer services with the same name, no two treatments will be identical. Our receptionists will help explain Spa Shiki’s signature treatments and provide any guidance that you need.

For answers to frequently asked questions, visit www.spashiki.com. We will also be happy to answer questions when you call to make an appointment. Providing the full treatment to improve your health and well-being, we hope all of our guests become long-time friends of Spa Shiki.



GENERAL SPA INFORMATION

Spa Reservations

Personal services are limited; please make your appointments by calling 573.365.8108 prior to your arrival at the resort. We suggest making reservations one to two weeks in advance, depending upon the season. Hotel guests may dial 8108.

Facilities

Facilities include the indoor/outdoor swimming pool, men's and women's steam and infrared sauna, a co-ed whirlpool, meditation area and fitness center. If you are receiving spa services, a spa staff member will lead you to the men's or women's locker room where you will be given a locker, robe and slippers. Personal amenities are also available for guests receiving spa treatments. Complimentary fruit and a variety of teas are available. A swimsuit is required for the co-ed whirlpool or swimming pool and if you receive hydrotherapy services.

Facility Use

Guests receiving spa services may enjoy full use of the facilities on the day of their treatment. If you are solely receiving a pedicure, manicure or other salon treatment, you may enjoy access to all spa facilities for a nominal fee, pending facility availability. All guests may enjoy the meditation/resting lounge and complimentary fruit and teas. Resort guests not receiving treatments may also enjoy the spa facilities for a nominal daily fee, pending facility availability. The spa is an adult environment where our guests are 18 years of age or older. We welcome our younger guests to utilize our salon services.

Appointment Times

As a courtesy to all guests, please be prompt for your appointment. We recommend arriving at least 20 minutes early to prepare for your relaxing day, and we suggest you begin the experience with a cleansing cup of tea and steam or sauna. If you are late, we will try to accommodate you but cannot promise your full service time.

Cancellations

Cancellations or changes require 24-hour advance notice. Because appointments are reserved especially for you, cancellations within six hours of your scheduled treatment time are charged at full value. Same-day appointments are non-cancelable and also charged at full value. "No shows" are charged at full value. A credit card is required to guarantee reservations.

Draping Policy

All Spa Shiki therapists are trained to follow a draping policy that ensures the comfort and safety of all guests. Only the specific area of the body being worked on will be exposed.

Service Charge

An 18 percent service charge will be automatically added to all services and packages. Your therapist or technician will receive 15 percent; the remaining 3 percent is rewarded to support staff and any staff that exceed the guest's expectations.

Gift Certificates

Our gift certificates make an ideal, year-round gift for any special occasion or thank-you gift. To order, call 573.365.8108, visit our spa reception desk, or purchase at **www.spashiki.com**.

Treatment Provider Certification

Spa Shiki has made a commitment to the level of professionalism and qualifications in our spa environment. Every treatment provider is certified or licensed by law, and Spa Shiki brings in national educators to provide staff with the highest level of learning in the industry, including post-graduate level instruction from the American Spa Therapy Education & Certification Council (www.astecc.com). Training is year-round; therapists receive national CEUs.

Spa Shiki is a member of the International Spa Association (ISPA). Visit www.experienceispa.com for more information.

SPA CAFE

Guests may purchase nutritional and delicious smoothies and fruit and vegetable juices, freshly juiced at the spa, available during spa hours. You may also order freshly prepared spa cuisine lunch to enjoy within the privacy of the spa. Our chefs and nutritionists have collaborated to create a menu rich in flavor and nourishing foods for our active, weight-conscious, and vegetarian guests. Spa cuisine items are also available at HK's and Breezes restaurants within The Lodge of Four Seasons.

YOUR SPA EXPERIENCE

- Please arrive at least 20 minutes prior to your appointment for any services, allowing you time to check in and prepare for your service.
- If receiving spa treatments, you will be welcomed by a spa receptionist and led to the women's or men's locker room where you will change into a robe and slippers. Your spa therapist will meet you in the locker room's lounge area or the sitting area behind the front desk.
- For a full body massage, most people undress completely. Only the specific body area being worked upon is exposed, and all therapists are trained to follow an established draping policy.
- Bring your bathing suit if you would like to enjoy our co-ed whirlpool or indoor/outdoor swimming pools, or if you are receiving a hydrotherapy treatment. You may also bring workout attire to enjoy our fitness center.
- Drink plenty of water two hours before and after exercise or heat treatments. Spa Shiki provides ionized alkaline drinking water to refresh, hydrate and nourish guests (pregnant women should request purified water). Alcohol is not recommended before, during or after any spa treatments.
- Whirlpool or steam room use should not exceed 10 minutes.
- Spa Shiki features a far infrared sauna. In comparison to the superficial heat penetration (only a few millimeters) from conventional saunas, infrared saunas heat the body rather than the air, resulting in penetration that is more than one and a half inches deep. This type of heat heals tissue and releases toxins, penetrating deeply into joints, muscles and tissues, speeding oxygen flow, increasing circulation and detoxifying the body. A daily session of no more than 30 minutes can remove up to 20 percent of the body's toxins. Since toxicity is a major cause of disease, by reducing toxic load, saunas help to prevent and reverse diseases of every description.
- Services are designed to complement each other. Please consult a spa coordinator for service combination suggestions.

- Health experts recommend only one heat treatment per day. Pregnant women and individuals with varicose veins should avoid heat treatments. It is important that you rest and not participate in any vigorous activity for at least one hour after a heat treatment.
- We request that you disclose any medical conditions and/or prescription medication you are taking as some services may be contra-indicated.

SPA BOUTIQUE

Visit our spa boutique for soothing spa music, aromatherapy products and spa apparel, including robes, sandals and other casual wear. A full array of facial, body and hair care products, carefully chosen for their quality and results, are available to help you look and feel your best. A Spa Shiki staff member can advise you about products, specific to your health, personality and needs, that will help you maintain a state of wellness and relaxation year-round. Products are also available for purchase at www.spashiki.com.

Spa Shiki carefully researches the top product lines to bring you the most effective at-home treatments for skin, body and overall wellness. Featured product lines include ...

Spa Technologies: Founded by Dan Fryda. Products formulated by blending natural active ingredients into a 70 percent food grade seaweed base. Algae known for healing and hydrating properties (very rich in magnesium, potassium, and phosphorous).

B. Kamins: Skincare line created by chemist Benjamin Kaminski who originally created line to help heal his family's facial issues, including a moisturizer to help re-hydrate his wife's skin during menopause and products to heal his own rosacea. Signature Bio-Maple compound rehydrates, exfoliates and protects.

MD Skincare: Created by dermatologist Dr. Dennis Gross. Only medical grade ingredients are used. Features chelators to transform hard metals in water into trace elements that are absorbed and used by skin.

Phytomer: Recognized by professionals worldwide as an undisputed leader of marine-based beauty therapy. Original treatment collections are comprised of the best active elements, produced by research on similarities between the skin and the sea.

Ahava: All ingredients are from the Dead Sea, the richest source of minerals in the world.

BODY MASSAGE THERAPY

Spa Shiki therapists use specialized, signature protocol when providing massage services. Spa Shiki provides continual training for its staff, bringing nationally recognized educators to the spa to expand therapists' skills. Treatment protocols have been carefully prepared, reviewed and established in order to achieve the highest levels of relaxation for each guest and exceed guest expectations.

Spa Shiki Signature Swedish Massage

Following a specialized routine using the five different strokes of Swedish massage, this massage relaxes the muscles, sedates the nervous system and induces total relaxation. **50 or 80 minutes.**

Cupping Massage — New in 2008

Massage cupping has been used in traditional Chinese medicine (TCM) practices for several thousand years. Practitioners create a vacuum in a small cup; the cup is then placed in a stationary position upon the body or moved using gliding strokes, depending on the client's needs. Massage cupping is ideal for performing deep-tissue massage and helps to drain toxins, loosen adhesions, facilitate blood flow, and stimulate the body. Cupping may produce a warm, tingling sensation, and the cups may temporarily leave a suction mark (resembling a light bruise) on the body. **25 or 50 minutes.**

Neck & Shoulder Massage

The five Swedish massage strokes (used with light to medium touch) loosen, relax and unwind the muscles in the neck, shoulder and lower back. **25 minutes.**

Japanese Stone Massage

The ultimate in peace and relaxation. Smooth Japanese river stones are heated, dipped in essential oils and applied using long fluid strokes. The heat penetrates your muscles, leaving you relaxed and tension free. Cold stones are applied to face and toes. **50 or 80 minutes.**

Aromatherapy Massage

A Spa Shiki signature treatment. Rhythmical, light touch, lymphatic drainage style massage (no muscular manipulation) and a custom blend of pure, natural essential oils (chosen based on your specific constitution and personality) sedate the nervous system and induce a high state of relaxation. A complete therapeutic treatment; no heat treatments should follow. The 80-minute service includes reflexology to enhance whole body health. **50 or 80 minutes.**

BODY MASSAGE THERAPY

Deep Tissue Massage

Using varied techniques and pressure, your therapist will customize this massage to your specific areas of concern to relieve your aches and pains. Leaves the body relaxed, stretched and tension free. **25, 50 or 80 minutes.**

Golfer's Delight

A massage designed specifically for a golfer's concerns. The neck, back and shoulders are concentrated on to relieve discomfort. Work on the low back and hamstrings create the proper balance and flexibility. A relaxed golfer emerges. **50 or 80 minutes.**

Reflexology

Based on ancient Oriental theory that different zones of the feet correspond to individual parts of the body. Performed using specific technique and form, pressure point nerve stimulation on the feet rebalances and relaxes the entire body. **25 or 50 minutes.**

Couples Massage

For couples that wish to share treatment together. Includes an aromatic blend of essences selected for their relaxing, soothing and mood-enhancing properties: ylang ylang, bergamot, lavender, armoise and geranium. **50 minutes.**

Prenatal Massage

A special synergy of oils specific to the needs of pregnancy and a specially designed body cushion to cradle the belly create a relaxing, stress-relieving massage. Recommended in the second and third trimesters. **50 minutes.**

Request a thalasso upgrade for your massage ...

Upon request, your therapist will use laminaria oil, a specially formulated massage oil with 100 percent seaweed, fortified with essential oils of ylang ylang, geranium, bergamot and lavender. Laminaria oil restores nutrients and gently improves skin tone and vitality.

Your skin will immediately respond, and your body will reap the benefits all day.

FACIAL TREATMENTS

Spa Shiki presents a carefully selected menu of facials designed to address your specific skin care needs. Choose a European Deep Cleansing Facial for a classic treatment, or select a more specialized facial to address more specific concerns or beauty goals, such as the Beyond Botox facial or the Salt-A-Peel Macrodermabrasion for maintaining a youthful appearance. Spa Shiki continually searches out the top facial products and technology to produce the best results for you.

Beyond Botox Facial — New in 2008

This sophisticated, results-oriented, anti-aging treatment rejuvenates, refines and lifts fatigued and sallow complexions resulting from chronological and environmental skin aging. Powerful antioxidants combat free radicals to smooth wrinkles and firm skin. No injections or Botox chemicals – just results! **50 minutes.**

Acne Facial — New in 2008

Treats blemishes and blackheads, improves skin texture and appearance. Two unique machines deep clean and stimulate cellular activity and kill bacteria and reduce excessive oil production. Extremely beneficial for all adult acne skin types including problematic skin and occasional breakouts. **25 or 50 minutes.**

Rosacea Facial — New in 2008

For rosacea, redness and extremely sensitive skin. Special ingredients gently cleanse, cool and calm skin and maintain hydration. Visibly reduces redness and inflammation without aggravation. **50 minutes.**

Mini-Facial

Introduces the basics of good skin care. Includes cleansing, toning and mask to complement your skin type. **25 minutes.**

European Deep Cleansing Facial

Deep cleansing techniques, including steam, extractions and a purifying mask, thoroughly cleanse the skin and tighten pores during this relaxing treatment. **50 minutes.**

Alpha Beta Professional Peel

This patented facial peel utilizes a synergistic blend of alpha and beta hydroxy acids to improve skin's texture, firmness and radiance. Reduces fine lines and enlarged pores. Helps control acne, pigmentation and rosacea. Super results with little to no downtime. **25 or 50 minutes.**

FACIAL TREATMENTS

Salt-A-Peel Macrodermabrasion

Rejuvenate your skin with this effective facial treatment. Dermabrasion through positive pressure (no vacuum) using salt exfoliates and enhances the skin. The skin benefits from the salt's mineral-rich content. First session must be at least 50 minutes.

25 or 50 minutes. Add-on to your macrodermabrasion. Ultrasound delivers a unique vitamin-enriched masque inter-dermally for immediate results. **Salt-A-Peel with ultrasound, 50 or 80 minutes.**

Seaweed Rejuvenation Facial

This comprehensive treatment adds immediate, uplifting benefits to the skin. Acupressure point stimulation and the use of essential oils and seaweed lifts, tones and balances the delicate skin of the face. Vitality that looks youthful and feels toned. **80 minutes.**

Cranberry Facial

This facial uses Dr. Vodder manual lymphatic drainage strokes that greatly benefit puffy eyes, dark circles or any sinus issues by purging the skin of any water or waste congestion. This treatment exfoliates, hydrates and firms to immediately leave the skin radiant. *Not for sensitive skin.* **80 minutes.**

Vitamin C/Paraffin Facial

This rejuvenating, hydrating facial uses a cherry-like fruit from Central America known to possess the highest Vitamin C levels combat free-radical scavengers. To provide the ultimate absorption for the skin, a stabilized Vitamin C powder is activated with a special solution for each facial. A warm, antioxidant wax applied over the Vitamin C maximizes hydration and relaxation. **50 minutes.**

Oxygen Marine Facial

Experience cellular nutrition through oxygenation. Oxygen is blown on the face for instant results; inhalation also aids oxygen absorption. Skin responds immediately with vitality, hydration and very natural glow. **25, 50 or 80 minutes.**

Gentleman's Facial

Relaxing, deep pore-cleaning facial designed to remove impurities and reduce roughness of the skin surface. Warm towels help remove impurities, and a relaxing massage to the face, neck and shoulders ensures total relaxation. **50 minutes.**

FACIAL TREATMENTS

Asian Shave

An exclusive shaving cream with shea butter softens and smooths the skin for the closest shave possible. This unique, refreshing treatment includes warm towels and a massage. **50 minutes.**

During your facial, you may add the following...

Eye Contour Treatment

Marine eye contour pads restore firm, youthful appearance around eyes. Reduces puffiness and fine lines.

Neck Treatment

Marine modeling mask applied over revitalizing cell complex ensures deep skin penetration on the neck's surface. Firms and hydrates.

Exfoliating Peel

Your esthetician will recommend the peel (such as alpha hydroxy, beta hydroxy, glycolic, salicylic and others) most appropriate for your skin type.

Lip Treatment

Alpha hydroxy acids specially formulated for the lips keeps them supple. Reduces feathering, dehydration and lines around the lips. A finishing application of vitamins especially for the lip completely hydrates.

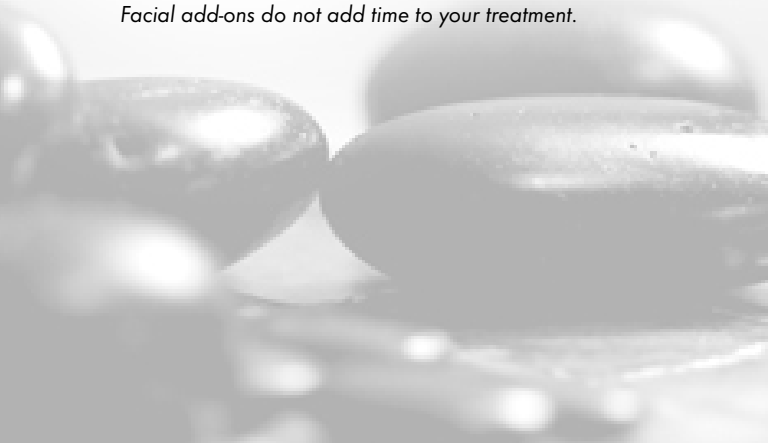
Ultrasonic Machine

Tones facial muscles, increases collagen production, softens tissues and increases skin metabolism for skin rejuvenation. Also promotes product absorption to maximize benefits.

Enzyme Peel

Simultaneously removes dead skin and hydrates.

Facial add-ons do not add time to your treatment.



BODY TREATMENTS

Body treatments care for your body's largest organ, your skin, but also go beyond the surface. Body treatments can detoxify, boost the lymphatic system and metabolism, and tighten and soften the skin. Some benefits may not be immediately evident, but positively address the body's toxins and interstitial fluids to improve your overall health. Body treatments can feel like a whole-body facial – cleansing, exfoliating and hydrating - to keep your skin youthful-looking and enhance whole body wellness. Spa Shiki has carefully selected the ingredients for each of its body treatments to ensure you benefit from the most pure and powerful elements.

Marine Body Polish – New in 2008

This full-body, skin-nourishing treatment leaves you glowing. Treatment begins with full body exfoliation using a body polish rich in seaweed and karite (shea) butter, jojoba oil and pumice, infused with grapefruit, jasmine and lemongrass essential oils. After rinsing off, an oil of laminaria application provides the immediate benefits of the sea to improve skin tone and restore skin's vitality. A relaxing foot massage completes service. **50 minutes.**

Seaweed Detox Body Mask

Throughout Europe, seaweed has been known for rebalancing effects on the body. This detoxifying and nourishing mask is rich in white and green laminaria, known to promote cellular metabolism, rebalance, re-mineralize the skin and activate circulation. Spa Shiki uses the highest quality, food-grade seaweed with no added fillers. **50 minutes.**

The Benefits of Seaweed

Spa Shiki uses only the highest quality, food-grade seaweed in its treatments. Seaweed is dense with the same minerals found within, and needed by, the body, such as sodium, magnesium, calcium, phosphorous and more.

Seaweed helps to ...

- Improve circulation and speed up local metabolism.
- Flush out toxins and by-products of metabolism.
- Fortify the immune system.
- Fight off free radicals through anti-oxidants.
- Detoxify the body.

Spa Shiki seaweed is harvested from Brittany, the westernmost peninsula of France, an area with one of the richest concentrations of marine vegetation in the world.

BODY TREATMENTS

Antioxidant Body Wrap

Whole-body skin rejuvenation and detoxification. Addresses cellulite by stimulating metabolism and promoting drainage of toxins via the lymph system. The powerful, naturally occurring antioxidant asthaxanthin from porphyra red algae replenishes the skin and body. Six different types of algae combine to create an effective antioxidant blend, moisturizing, skin-toning and anti-inflammatory. Flower acids from hibiscus and green tea provide additional rejuvenation. **50 minutes.**

Anti-Stress Back Treatment

Moor mud, renowned for its powerful, natural active ingredients, is applied warm to the back, neck and shoulders to relieve stress and soothe muscle soreness, aches and pains. Cooling gel is then applied to reduce tension and hydrate the skin. **25 minutes.**

Green Tea Wrap

Known for its antioxidant properties, green tea provides the body with powerful detoxifying effects. Applied through long strokes to the body, this wrap exfoliates the skin mildly to mobilize trapped toxins. The skin is left nourished and hydrated. **50 minutes.**

Contour Treatment

Addresses sluggish lymphatics that are congested, stagnated and blocked thus forming a dipping effect on surface of hamstrings, thigh, buttocks and stomach. An essential oil blend specific to cellulite and moving cupping techniques (no cupping on stomach) decongests fluids in specific areas. Varying hot and cold temperatures stimulate the areas being worked. *Home care recommended for lasting results.* **50 minutes.**

HEALING WATERS

Hydrotherapy, or water therapy, is the primal essence of the best spas in the world. These treatments are based on the origin of word *spa* (*sanitas per aqua*), which means health via water. Amazing levels of relaxation can be discovered using the principals of thermalism (varying hot and cold temperatures), hydrostatic pressure and the use of elements in the water, such as essential oils. Combining a state-of-the-art hydrotherapy tub with hydrotherapy practices that have been used for centuries, Spa Shiki creates essential spa experiences to enhance your physical and mental wellness.

The Japanese Cleansing Ritual, The Five Elements

A *Spa Shiki* signature treatment. Experience a full body scrub using marine body polish to regenerate, activate circulation to, and re-mineralize the skin. *Please bring a bathing suit for this treatment.* A soothing, 25-minute hydrotherapy tub soak in a luxurious blend of essential oils – complemented by fiber-optic color light therapy – precedes a deeply relaxing, detoxifying aromatherapy massage. Total tranquility. *No additional heat treatments should follow this service.* **110 minutes.**

Hydro & Massage Duet

Blissfully soak in a unique blend of anti-stress essential oils in our hydrotherapy tub, featuring more than 200 air and water jets that target six body zones. You will enjoy fiber-optic color light therapy especially designed to calm and soothe. A neck and shoulder massage completes the treatment to induce total relaxation. *Please wear a bathing suit for this treatment.* **50 minutes.**

The Healing Power of Essential Oils

Used in aromatherapy to promote healing of body and mind, essential oils are the most potent and concentrated extracts of various parts of flowers, fruits, leaves, spices, roots, and woods. The plant's essence molecules are five to 100 times more concentrated as essential oil than in the dried plant.

Here are a few of the essential oils used at Spa Shiki:

Rose: Antibacterial, Antidepressant, Antiseptic, Antispasmodic, Astringent, Diuretic, Sedative

Lavender: Analgesic, Anti-inflammatory, Antiseptic, Diuretic, Insecticide, Sedative

Chamomile: Analgesic, Antibacterial, Antiseptic, Digestive Stimulant

HEALING WATERS

Hydro Tub Soak

Slip into serenity in our state-of-the-art hydrotherapy tub as more than 200 air and water jets target six body zones and fiber-optic color light therapy calms and soothes. The perfect prelude to a massage or soothing finish to your spa day. Select one of the following baths to address your body's specific needs. **25 minutes.**

Lavender Tranquility. Calming lavender soothes the soul.

Detox. Cinnamon, rosemary, sage, armoise, and ylang-ylang purify and activate circulation.

Drainage. Sage, cyprus, juniper, geranium and rosemary remove excess water from tissues and combat PMS symptoms.

Japanese Milk Bath. A luxurious milk bath leaves skin buttery smooth and soft. Vitamins E, D and A are added to the water to protect the skin's natural moisture balance.

Combine a Seaweed Detox Body Mask with hydro tub bath for a complete skin-nurturing experience. **75 minutes.**

SALON SERVICES

Special Treatments For Hands, Feet and Legs

Beyond pamper and polish, Spa Shiki offers special treatments to care for hands, feet and legs. Laminaria oil adds the benefits of seaweed as it is massaged into your skin, and warm paraffin infused with eleven vitamins, including A, C, E, D, B-5 and B-12, delivers warm therapy and nutrients vital for healthy skin. *All manicure/pedicure services include polish.*

Express Manicure

Nail shaping, cuticle pushing, cuticle oil application. **20 minutes.**

Spa Shiki Manicure

Do your hands need some TLC? This treatment starts with a gentle exfoliation to remove dead skin cells and even skin color and texture. Then a massage is performed with an intense hydration moisturizer. **45 minutes.**

SALON SERVICES

Special Treatments For Hands, Feet and Legs

Deluxe Manicure

A green laminaria seaweed mask warms joints and restores essential energy. Shiatsu (a traditional Japanese finger pressure massage technique, also known as acupressure) strokes relax the entire body through the hands, then hands are dipped in antioxidant wax for ultimate softness. **50 minutes.**

Express Pedicure

Nails are trimmed, filed, shaped. Cuticles are pushed back before polish. Laminaria Replenishing Extract adds deep hydration. **20 minutes.**

Basic Pedicure

A whirlpool soak revives feet, then a brief exfoliation reveals soft skin. Nails are shaped and cuticles pushed back. Polish and a relaxing massage using a deep hydrating lotion finish pedicure. **45 minutes.**

Spa Shiki Pedicure

Feet are soaked in essential oils to revitalize, then a unique blend of ingredients melts away stubborn calluses. Sea salts and seaweed oil exfoliate foot and leg. An intense moisturizing lotion and relaxing massage make the foot and leg feel and look great. **50 minutes.**

Sports Pedicure

Restores vitality. Following whirlpool soak, dead skin is gently exfoliated. Using a specific essential oil blend, feet are massaged with reflexology techniques to take aches and pains away. Cooling gel adds circulation to restore energy. **50 minutes.**

Deluxe Pedicure

The ultimate in relaxation. A pure green seaweed mask activates circulation and re-mineralizes skin. A reflexology massage using detoxifying essential oils give feet new life. Feet are dipped in antioxidant wax for ultimate hydration, warmth and softness. **80 minutes.**

Pedicure and Manicure Enhancements

(no time added to treatment)

- French manicure or pedicure.
- Dead Sea Salt & Laminaria Oil exfoliation for the foot and calf with pedicure.
- Reflexology for pedicure (abbreviated version).
- Antioxidant Paraffin Infusion for hands or feet.

SALON SERVICES

Hair, Make-up, and Hair Removal

For a bridal party, special occasion or just to cap off your spa day, an appointment with a Spa Shiki stylist will leave you looking your absolute best. Our staff receives training in the four essential techniques for flawless, natural-looking makeup, and Spa Shiki exclusively uses a private label mineral makeup line to nourish your skin.

The Shiki Design Team

- Ladies', men's, or children's cut and style
- Special occasion style
- Shampoo and blow dry
- Blow dry & style or straightening
- Shampoo and set
- Color
- Highlighting and lowlighting

Hair Removal Services

Spa Shiki uses a soy-based, anti-microbial hair removal system that is safe, fast and gentle. It contains no wax, sugar or honey and is less painful than traditional waxing or sugaring. Developed by surgeons to remove hair from patients prior to surgery, it is the finest, most gentle hair removal process available. Since it is not a wax, it never sticks to the skin. Completely botanical and safe for the entire body. Treatments designed for both men and women.

Bridal Beauty

Bring yourself or your bridal party to spend a full- or half-day in our sanctuary. We will help you look your very best for your perfect day.

Make-up Applications

Let our make-up experts create the perfect look for you with our complete line of mineral make-up that replenishes the skin and gives a flawless look.

An 18 percent service charge is automatically added to all services.

HALF-DAY SPA PACKAGES

Spa Beginning

- Deep Cleansing Facial
- Neck & Shoulder Massage
- Reflexology

Japanese Unwinder

- Green Tea Facial
- Aromatherapy Massage
- Seaweed Detox Body Mask

Shiki Collection

- 50-minute Swedish Massage
- 25-min Alpha Beta Peel
- Pedicure

Sampler

- 25-min Mini Facial
- 25-min Neck & Shoulder Massage

Four Seasons

- Deep Cleansing Facial
- 50-minute Swedish Massage
- Pedicure
- Express Manicure

Especially for Men

- Golfer's Delight Massage
- Anti-Stress Back Treatment
- Sports Pedicure
- Gentleman's Facial

FULL-DAY SPA PACKAGES

Day of Beauty

- Vitamin C/Paraffin Facial ■ Swedish Massage
- Seaweed Detox Body Mask
- 25-min Hydro Tub Soak with fiber-optic color light therapy
- Shampoo & Style ■ Express Manicure
- Pedicure ■ Spa Cuisine Lunch

Shiki Bliss

- Green Tea Facial ■ 50-min Swedish Massage
- 25-min Reflexology ■ Seaweed Detox Body Mask
- 25-min Hydro Tub Soak with fiber-optic color light therapy
- Spa Shiki Pedicure ■ Spa Cuisine Lunch

Golfer's Getaway

- 50-min Golfer's Delight Massage
- Gentleman's Facial ■ Sports Pedicure
- 25-min Hydro Tub Soak with fiber-optic color light therapy
- Spa Cuisine Lunch ■ Unlimited Fitness Use

Seasonal Escape

- Deep-Cleansing Facial ■ 50-min Japanese Stone Massage
- 25-min Hydro Tub Soak with fiber-optic color light therapy
- Pedicure ■ Shampoo & Style
- Spa Cuisine Lunch

Aromatherapy Swept Away

- Aromatherapy Massage ■ 80-min Seaweed Rejuvenation Facial
- 25-min Hydro Tub Soak with fiber-optic color light therapy
- Pedicure ■ Shampoo & Style
- Spa Cuisine Lunch

A Whole New You

- 50-min Swedish Massage ■ Antioxidant Body Wrap
- 25-min Hydro Tub Soak with fiber-optic color light therapy
- 25-min Alpha Beta Peel ■ Hair Conditioning Treatment
- Shampoo & Style ■ Makeup Lesson with Application
- Spa Cuisine Lunch

**Additional services
may be added to packages
on an a la carte basis.**

**Gift certificates are available at
www.spashiki.com.**





ANOTHER FOUR SEASONS EXPERIENCE

For reservations...

(800) THE-LAKE or (573) 365-8108

www.spashiki.com