



# läka SPA

Inspired by Nordic traditions, Läka Spa brings healing nature from the outside in, to the spa treatment rooms. Spa treatments feature earth friendly ingredients and incorporate techniques to bring overall well-being to mind, body and spirit.

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**MENU OF SERVICES**

# LÄKA SPA SIGNATURE SERVICES

## **NORDIC RADIANCE FACIAL** 80 MIN | \$165

A luxurious treatment that delivers instant skin rejuvenation, accelerating cellular respiration and bringing overstressed skin back to life, increasing both the quantity of the collagen and creating a healthy skin barrier that locks in moisture.

## **NATUR HEALING MASSAGE** 80 MIN | \$165

A custom massage that starts with an aromatherapy steam shower. This treatment will leave you rested and restored while reducing stress, boosting immune function, and soothing discomfort.

## **NORDIC EXPERIENCE BODY TREATMENT** 110 MIN | \$215

Experience our full-body spa rejuvenation featuring mesmerizing scents from the flowers and herbs of Nordic descent. Enjoy an Arctic Body Scrub, aromatherapy steam shower, and invigorating massage.

## **HARMONIC INTENTIONS COUPLES MASSAGE** 110 MIN | \$430

Experience a special time of relaxation and bonding with your partner. Enjoy your choice of aromatherapy steam shower or bath cure, followed by a massage tailored to your body's needs. Includes a warm conditioning mask treatment for hands and feet.

# MASSAGE ESSENTIALS

Our therapeutic massages incorporate a variety of techniques to help promote relaxation, increase circulation and reduce stress. Whether your preference is a gentle full-body massage, or a massage with extra attention paid to areas that require focused deeper work, our experienced massage therapists will tailor your treatment to best accommodate your needs.

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## **SWEDISH MASSAGE** 50/80 MIN | \$110/\$150

This soothing massage will help reduce tension, increase circulation and induce relaxation. Your therapist will utilize smooth long strokes, with light to moderate pressure to manipulate the surface layers of the muscles. A Swedish massage may also incorporate gentle stretches, compression, lifting, kneading, friction, and tapotement strokes.

## **DEEP TISSUE MASSAGE** 50/80 MIN | \$110/\$150

A more therapeutic technique of bodywork incorporating slower strokes to work deeper layers of muscle fibers, this massage includes moderate to deep focused pressure in areas of deeply held muscle tension and trigger points. Deep Tissue massage will help release chronic patterns of tension that create painful conditions and structural misalignment.

## **ALPINE RECOVERY MASSAGE** 50/80 MIN | \$110/\$150

This performance enhancing sports massage combines stretching, compressions and deep tissue techniques, to restore mobility and body comfort. Heat therapy and a soothing herbal arnica gel delivers relief to the affected areas.

## **MESSAGE ESSENTIALS (CONT.)**

### **RIVER ROCK STONE MASSAGE 80 MIN | \$160**

This treatment blends the therapeutic properties of heated Basalt stones with Swedish massage strokes to deeply penetrate tight muscles, improve circulation and promote a deep sense of well-being. Basalt is the preferred stone for heated stone massages due to its high iron content.

### **PRE-NATAL 50 MIN | \$110**

Offered for expectant mothers in the second and third trimester of pregnancy. Pre-natal massage may help alleviate the aches and pains you may be experiencing, due to postural changes associated with your pregnancy. Special, gentle massage techniques and pregnancy support cushions will be used to help you relax, and care safely for both you and your baby. Your pre-natal massage will include a special blend of mother and baby safe organic aromatherapy oils designed to relax mind and body. A massage oil formulation will be used to help to reduce the appearance of stretch marks.

### **SOLE RENEWAL 25 MIN | \$55**

Tired soles are revived with a reflex zone foot massage that will leave you feeling grounded and connected. Your sole renewal begins with an exfoliating foot polish to detoxify and smooth sore feet. An Arnica salve provides anti-inflammatory properties and enhances a deep massage for tired legs and feet.

### **TENSION RELIEF MASSAGE 25 MIN | \$55**

Hectic schedules can wreak havoc on the body and the muscles of the head, neck and shoulders. When time is short, recharge with our 25-minute specialized massage geared to release tension in these areas.

## MASSAGE ENHANCEMENTS

### **INTENTIONAL ALCHEMY AROMA DESIGN 15 MIN | \$25**

With the aroma design bar, create a custom personalized blend from our selection of 25 different essential oils and botanical extracts. This is followed by your unique treatment to promote wellness of the body, mind and spirit.

### **LUMINOUS SCALP TREATMENT 25 MIN | \$45**

In this ultimate hair and scalp treatment, heated oil scented with organic essential oils of lavender, vetiver and ylang-ylang are massaged into the hair and scalp providing a hydrating and nourishing treatment and alleviating stress-related tension.

### **DEEP CONDITIONING HAND AND ARM TREATMENT 25 MIN | \$30**

Starts with a luxurious and effective sugar scrub drenched in natural oils of olive and avocado. Followed with a warm bee balm and coconut mask to deeply condition and nourish the skin.

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## BODY TREATMENTS

### **ARCTIC SCRUB 50 MIN | \$110**

Exfoliate the skin with wild rice buffing grains and mesmerizing scents from the flowers and herbs of Nordic descent. End your treatment with deep hydrating application of our Låka Spa signature scent body butter.

### **THERMAL MUD WRAP 50/80 MIN | \$110/\$150**

Known as “The Mud That Heals”; this clay treatment is a powerful detoxifier and provides essential nourishment to the skin. This treatment starts with a gentle dry brush followed by a rich thermal clay wrap and luminous scalp treatment. After a private shower, skin is deeply hydrated with our Låka Spa signature scent body butter.

## SKINCARE SERVICES

Experience the best of holistic skin care with proven botanicals, clean cosmeceuticals and herbal remedies that work with the skin's natural processes to promote healthy, radiant skin.

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### **PURE RESULTS FACIAL** 50/80 MIN | **\$115/\$165**

Experience dramatic results with this skin conditioning treatment designed to address inflammation, the primary cause of premature aging and most skin ailments. *Custom Tailored to address your skin's unique needs. Let our master estheticians choose the best treatment solution for you:*

- Moisture Drench
- Soothe and Restore
- Clarifying

### **NORTHERN BRIGHTENING FACIAL** 50/80 MIN | **\$145/\$195**

This treatment helps to reverse the effects of sun damage and premature aging. Potent antioxidants and corrective botanical extracts revitalize the skin. Featuring our clinically proven Vitamin C15 Wrinkle Repair Serum that helps firm, brighten and dramatically reduce the appearance of wrinkles. Treatment includes an enzyme power peel.

### **WRINKLE REPAIR TREATMENT FACIAL** 50/80 MIN | **\$145/\$195**

A reparative and regenerating treatment that combats the signs of aging. Our blend of active ingredients work together to help reduce fine lines and wrinkles while improving skin tone and firmness. Treatment includes glycolic acid peel.

### **MEN'S RECOVERY FACIAL** 50/80 MIN | **\$115/\$165**

Customized for men's skin care needs, this balancing facial effectively renews skin tone for smooth, radiant skin.

### **REFRESH FACIAL** 25 MIN | **\$65**

This express facial is great for all skin types. This is a refreshing introduction to facial treatments and includes skin analysis, cleansing, gentle exfoliation and a facial mask.

# FACIAL ENHANCEMENTS

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## **ENZYME POWER PEEL | \$30**

Professional strength herbal enzyme peels customized by your Esthetician to address specific skin concerns.

## **EYE AND LIP HYDRATING TREATMENT 15 MIN | \$45**

This intense eye treatment will reduce puffiness and the appearance of fine lines and deep wrinkles. Deeply moisturize lips for a smooth and supple look and feel.

## **MATCHA BRIGHTENING HAND AND DÉCOLLETÉ TREATMENT 15 MIN | \$45**

A luxurious treatment featuring a powerful blend of antioxidants layered with Matcha Brightening Hand & Décolleté Cream to help boost skin's radiance and reduce signs of aging.

## **DEEP CONDITIONING HAND AND ARM TREATMENT 25 MIN | \$30**

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## **LUMINOUS SCALP TREATMENT 25 MIN | \$45**

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## HYDRO-THERAPY

### SWEET BIRCH MAGNESIUM HERBAL BATH CURE 25 MIN | \$45

A Magnesium bath that helps to refresh sore muscles and reduce overall fatigue. This bath cure features your choice of a warm bath (92-100°) to help with symptoms of fatigue or a hot, stimulating bath (100-110°) for sore muscles.

### AROMATHERAPY BATH CURE 25 MIN | \$45

Enjoy a warm bath with sea salt and minerals and your choice of aromatherapy blends to restore internal balance.

### STEAM SHOWER 25 MIN | \$30

Relax and enlighten your senses with an aromatic steam shower.

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## SPA PACKAGES

### LÄKA SPA SAMPLER 150 MIN | \$240

In this two-and-a-half-hour treatment, indulge in a head to toe pampering with a Pure Results facial, a Deep Tissue massage, and an invigorating Sole Renewal treatment. Includes a selection from the restaurant **ninetwentyfive** in-room dining menu.

### NATUR RENEWAL 210 MIN | \$370

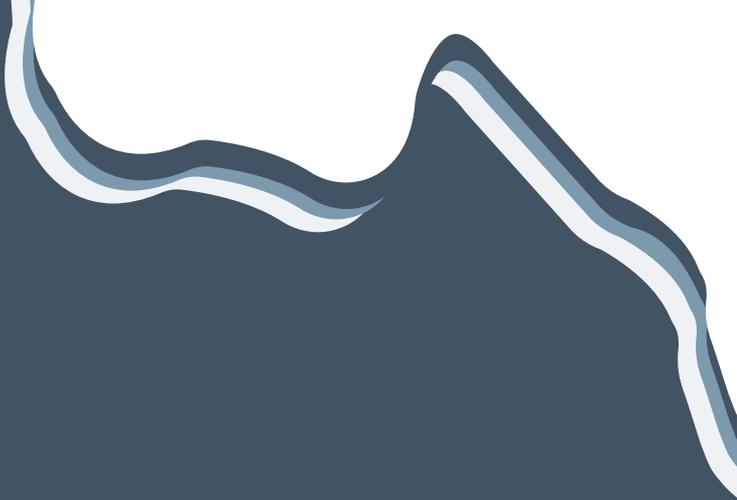
Take care of your mind and body with our luxurious three-and-a-half-hour healing treatment. Relish in an aromatherapy steam shower followed by an 80-minute Natur Healing massage and an 80-minute Nordic Radiance facial. Includes a selection from the restaurant **ninetwentyfive** in-room dining menu.

### CUSTOM COUPLES TREATMENTS | PRICES VARY

Pamper yourself and a loved one in a shared experience. Choose a combination of any hydro-therapy, skincare, massage or body treatment.

## WAXING SERVICES

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|--------------------------|------|
| Eyebrows                 | \$30 |
| Chin                     | \$20 |
| Lip                      | \$20 |
| Underarm                 | \$30 |
| Back                     | \$70 |
| Half Arm                 | \$40 |
| Full Arm                 | \$55 |
| Half Leg                 | \$50 |
| Full Leg                 | \$80 |
| Chest                    | \$70 |
| Bikini                   | \$40 |
| Brazilian                | \$60 |
| Maintenance<br>Brazilian | \$50 |



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612.356.5333

[HOTELLANDING.COM](http://HOTELLANDING.COM)

925 LAKE ST., WAYZATA, MN