



ASCEND

SPA & WELLNESS

A DAY AT ASCEND



Every day, your body and mind ask for something different. At Ascend, we honor that.

Design a personalized wellness journey tailored entirely to you. Whether you are seeking deep relaxation, restoration, or renewal, our team will curate a seamless experience that meets you exactly where you are. Create your perfect half or full day by selecting any three or more services and enjoy 15% savings on your customized experience.

This is your time to reset, restore, and reconnect.

Offer valid for one guest. Services must be enjoyed by a single individual in one day and cannot be combined with other promotions or discounts.

ASCEND WELLNESS EXPERIENCE

Wellness extends beyond the treatment room here. Continue your renewal through movement, mindfulness, and recovery experiences designed to restore both body and mind. Pair your spa service with morning yoga, Zumba, sound bath or guided wellness walks to create a fully personalized day of restoration.

Local guests enjoying spa services also receive complimentary access to the outdoor pool and fitness center, allowing you to linger longer and immerse yourself in a complete wellness experience. Wellness classes are available at an additional cost.



SIGNATURE JOURNEYS



SOAR | RADICAL RECOVERY | 80 MIN

Experience powerful full-body recovery through this therapeutic sports massage designed to reduce inflammation, release deep muscular tension, and restore mobility. Targeted bodywork, stretching, trigger point therapy, and invigorating hot and cold contrast techniques deliver profound relief for sore, overworked muscles. Choose between a CBD-enhanced treatment featuring organically grown whole-plant hemp extract infused with rose, a sun-grown superfood rich in antioxidants and free-radical fighting botanicals that leave skin healthy and radiant, or a non-CBD Arnica and Magnesium botanical recovery treatment. This deeply restorative experience leaves the body renewed, grounded, and ready to perform at its peak.

ESCAPE | INNER CALM | 80 MIN

Surrender into a deeply calming full-body journey featuring the botanical healing of Gülçin Botanicals, thoughtfully designed to quiet the mind and restore balance. A customized massage releases tension, followed by a warm exfoliating back scrub and nurturing wrap that invites you to drift into complete stillness. As you rest, a soothing foot treatment and scalp massage melt away lingering stress, leaving you grounded, softened, and replenished.

Your experience concludes with a curated Chakra Bracelet, a wearable reminder of balance, presence, and the energy you have restored.

For a complete full-body experience: pair with a 25-minute Target Massage to extend your journey to 105 minutes of total restoration.

ELEVATE | WELLNESS JOURNEY | 80MIN

Embark on the ultimate wellness journey that gently relaxes your central nervous system, allowing you to completely unwind. A rejuvenating body scrub and a full-body massage, infused with CBD, leaving your mind and body in a state of elevated well-being.

BLISS | CLOUD 9 CONTOUR | 80 MIN

Drift into smoothing hydration with this luxurious body and face experience designed to visibly firm, soften, and illuminate the skin. A detoxifying dry brush exfoliation prepares the body for Pevonia's silky Crêpe No More body mask, helping improve texture while delivering satin softness and lasting hydration. The experience continues with a restorative facial featuring a Hyaluronic Acid treatment and cooling Hydra Cloud mask to visibly plump, soothe, and enhance luminosity. Skin feels smoother, firmer, and beautifully radiant.

SIGNATURE JOURNEYS



THRIVE | ILLUMINATING BODY FACIAL | 80 MIN

A facial for your body, this smoothing, hydrating body treatment is designed to improve skin function and support the body's natural recovery systems. A sugarcane-based exfoliating cream dissolves dull, depleted skin, restoring softness and luminosity. A rejuvenating body mask replenishes antioxidants and moisture to fortify the skin and promote long-term resilience. Infused with Vitamin D3, this treatment enhances skin immune function, supports healthy inflammatory response, stimulates circulation, and encourages natural recovery. While the body is cocooned for maximum absorption, a de-stressing face and scalp massage with aromatic oils eases tension and promotes relaxation. Skin is left feeling revived, deeply hydrated, and remarkably smooth.



MASSAGE & BODY WORK



ASCEND CUSTOM MASSAGE | 50 MIN/ 80 MIN

Experience a personalized massage, tailored to meet your body's specific needs. Choose your desired pressure level — relaxing, medium, deep muscle, or a combination of all three. This thoughtful approach ensures a rejuvenating experience that promotes deep relaxation.

SUMMIT SALT STONE | 50 MIN/ 80 MIN

A deeply grounding experience using heated Himalayan salt stones, formed from ancient sea beds and rich in 84 trace minerals, to support natural detoxification and energetic alignment. Smooth, warmed stones glide across the body to release built-up strain, encourage circulation, and quiet internal systems, creating a profound sense of ease and clarity.

PEAK THERAPEUTIC SPORTS | 50 MIN/ 80 MIN

Focuses on the muscles and connective tissues that are most engaged during physical activities. Reach peak performance through a variety of techniques, including deep muscle manipulation, stretching, and trigger point therapy.

SUNSMART D3 MASSAGE | 50 MIN/80 MIN

Delivering a boost of vitamin D to provide immune support and prevent skin damage from environmental aggressors. Includes a gentle, sugar cane-based exfoliation, nourishing and anti-inflammatory oils quench and repair the moisture barrier, and finishes with SkinSuit™ for complete environmental protection and SPF 50.

HONEY DRIZZLE MASSAGE | 50 MIN/ 80 MIN

A therapeutic massage enhanced with a warm, honey-infused balm that softens the skin while easing muscle tension. Rich in antioxidants and naturally hydrating, this treatment leaves the body smooth, comforted, and deeply relaxed.

ROCKY MOUNTAIN SOLE RESET | 25 MIN

Melt away tension and restore balance with warm compresses and targeted reflex zone therapy for feet and lower calves. Arnica & Magnesium is used to calm sore muscles while stimulating key reflex points to support whole-body wellness. Ground your energy, improve circulation, and step back into your day feeling lighter and aligned.

MASSAGE & BODY WORK



DUO MASSAGE | 50 MIN/ 80 MIN

Enjoy your choice of massage in a room for two.

PRE-NATAL MASSAGE | 50 MIN

Nurture your body and uplift your spirit with a relaxing massage using pure organic oils and an advanced body positioning pillow system designed specifically for mothers-to-be in their second or third trimester.

TARGET MASSAGE | 25 MIN

When time is precious, and wellness is a priority – find relief for yourself with this target area massage.



BODY RITUALS



HYDRATING HAND, FOOT & SCALP RITUAL | 50 MIN

Restore comfort and ease from head to toe with this targeted renewal experience. Dry, overworked hands and tired feet are smoothed and deeply nourished, followed by a magnesium foot massage with arnica to release tension and support recovery. A calming scalp treatment melts away stress, while a restorative eye ritual refreshes delicate skin, leaving you rebalanced and renewed.

SLEEP RITUAL | 50 MIN

Drift into deep relaxation with this calming full-body exfoliation and hydration ritual. A gentle salt exfoliation smooths dull, dry skin while stimulating circulation and restoring softness. Finished with a nourishing body balm application, this soothing escape leaves skin silky, hydrated, and the body deeply relaxed. Choose between Lavender, CBD enhanced, or seasonal aromatherapy.

For a complete full-body experience: pair with a 25-minute Target Massage or Express Facial to extend your journey to 75 minutes of deep relaxation and restful renewal

MASSAGE ENHANCEMENTS

CBD

Experience the therapeutic benefits of Cause+Medic's premium broad-spectrum CBD collection. A targeted application of CBD Relief Cream provides cooling comfort for tired muscles and areas of tension, while CBD Body Oil nourishes the skin with antioxidant-rich botanicals and lasting hydration. Ideal for enhancing relaxation, supporting recovery, and promoting overall body wellness. Contains no THC.

ARNICA | MAGNESIUM RELIEF

This organic recovery balm blends magnesium, arnica, and botanical oils to help relieve muscle soreness, reduce tension, and support recovery while nourishing the skin. Your enhancement includes the remaining balm to take home for continued relief and recovery.

HYDRATING HAND OR FOOT TREATMENT

Choose a deeply hydrating hand or foot treatment featuring warm shea butter, jojoba, sustainably farmed palm oil, essential oils, and botanical extracts to nourish dry skin and support skin recovery.

DE-STRESS SCALP THERAPY

Scalp massage revitalizes the scalp and protects hair follicles from damage caused by pollutants and environmental exposure.

MASSAGE ENHANCEMENTS



DRY BRUSH EXFOLIATION

Stimulate circulation, encourage lymphatic flow, and reveal smoother, softer skin with this invigorating full-body dry brush treatment. This energizing exfoliation helps remove dull surface skin while enhancing the benefits of your service. Includes a take-home dry brush so you can continue your wellness ritual at home.

7-MINUTE FACIAL MASK

A bubbling black oak charcoal mask infused with citrus, sugar cane, sugar maple, and comfrey to lift impurities, oxygenate the skin, and deliver instant clarity and hydration.

VITAMIN D BOOST

Nourishing topical Vitamin D treatment designed to support muscle recovery, relaxation, and overall wellness while helping calm tension and restore balance.

AROMATHERAPY

Personalized aromatherapy experience paired with a wellness intention bracelet to promote relaxation, balance, and lasting mindfulness beyond your treatment.



SKINCARE



ASCEND SIGNATURE FACIAL | 50 MIN/ 80 MIN

A fully customized facial designed to restore clarity, strength, and natural radiance. A gentle, non-inflammatory glycolic exfoliation removes damaged surface cells, followed by a targeted mask tailored to your skin's needs. Superfoods, natural actives, probiotics, and dry oils are infused to boost hydration, brightness, and balance. Antioxidants help detoxify, support barrier repair, and protect against environmental stress, finished with SkinSuit® protection. Skin is left smoother, balanced, and visibly revitalized.

BIO-GLOW FACIAL | 80 MIN

A transformative treatment designed to visibly refresh the skin in a single session. This results-driven experience deeply hydrates, plumps, and illuminates using the complete REOME ritual. The treatment incorporates a specialized buccal massage, working both inside and outside the mouth to release deep facial tension while stimulating circulation. Through targeted lymphatic drainage and bespoke acupuncture points, the massage helps reduce puffiness, sculpt facial contours, and encourage detoxification of the lymphatic system. A deeply relaxing scalp massage and restorative LED light therapy complete the experience, leaving skin plumped, radiant, and visibly revived.

ALTITUDE FACIAL | 80 MIN

A calming, contouring facial designed to restore harmony to stressed or sensitive skin. Pevonia's multilayer Plantomer treatment helps reduce redness, deeply hydrate, and visibly smooth while layers of relaxing massage ease facial tension. The signature alginate mask gently molds to the skin before lifting away to reveal a refreshed, luminous complexion. Includes scalp, shoulder, and neck massage.

JET SET GLASS FACIAL | 50 MIN

Reveal the look of luminous glass skin with Pevonia's deeply hydrating facial powered by fragmented Hyaluronic Acid and pure marine collagen. Skin is visibly plumped, smoothed, and refreshed with a dewy glow that feels effortlessly polished and runway ready.

ORGANIC SUPERFOOD FACIAL | 50 MIN/80 MIN

A facial curated with a cornucopia of high potency plant actives that get to the root of beautiful skin. Grounded in SuperFlowers, SuperPlants and SuperFoods that Restore, Nourish, Soothe and Clarify revealing the brighter complexion you love, without all the bad things you don't

SKINCARE



UV RELIEF FACIAL | 50 MIN/ 80 MIN

Soothe, replenish, and restore sun-exposed skin. Designed to counteract the visible effects of sun exposure, this soothing restorative treatment replenishes hydration, brightens discoloration, and repairs environmental stress. A gentle exfoliation removes dry, damaged, and discolored cells before the skin is infused with superfoods, probiotics, and nutrient-dense dry oils that enhance clarity, moisture, and brightness. A replenishing mask rich in essential fatty acids, aloe, and antioxidants calms irritation and restores suppleness. A tinted environmental protective finish leaves the skin hydrated, glowing, and visibly renewed.

MEN'S VITALITY FACIAL | 50 MIN/ 80 MIN

This high-performance treatment smooths rough texture, firms the skin, and reinforces barrier strength – essential for men experiencing daily stressors such as shaving, environmental exposure, and inflammation. Sugarcane exfoliation clears away dead skin and congestion while supporting recovery from shaving related redness and irritation. A detoxifying, black oak charcoal mask paired with restorative antioxidants, helps neutralize free radicals, purify pores, and strengthen overall skin wellness. The eye area is refreshed with a revitalizing blend of Arnica, green tea, and vitamin K to reduce fatigue and brighten. A nourishing hand and arm exfoliation and massage restores suppleness to dry, overworked skin.

EXPRESS FACIAL | 25MIN

Transform your skin in 25 minutes. This express treatment uses a Fear-Free Peel™ to minimize lines, brighten, and smooth skin texture with an infusion of vitamin C and A, and SkinSuit™ to prevent signs of aging.

ADVANCED SKINCARE

AQUABOOST HYDRODERMABRASION | 25 MIN/50 MIN

AquaBoost infuses the skin with hydrating serums, plumping cells below the surface to accelerate turnover of dead skin cells on the surface. Debris is swept away, and this gentle, natural exfoliation service closes with the cool, soothing feel of the CryoWand.

SKINCARE ENCHANCMENTS



DERMAPLANE

A gentle exfoliation process that removes dead skin cells and peach fuzz for a smoother complexion.

HYDRATE & PLUMP LIP TREATMENT

Exfoliates, hydrates, and visibly plumps lips while softening fine lines on the outer lip area for fuller look.

DE-STRESS SCALP THERAPY

Scalp massage revitalizes the scalp and protects hair follicles from damage caused by pollutants and environmental exposure.

HYDRATING HAND RITUAL

Warm shea butter, jojoba, sustainably farmed palm oil, essential oils, and extracts for hydration and skin recovery.

RADIANCE & FIRMING DOUBLE MASK RITUAL

Two-step treatment featuring an oxygenating charcoal mask and nutrient-rich spirulina peel-off mask to brighten, hydrate, and firm the skin.

GUA SHA FACE LIFT

Sculpting facial massage using smooth gemstones to lift, depuff, and boost circulation.

LED RED LIGHT THERAPY FOR WRINKLES & ACNE

Boosts collagen, reduces inflammation, and promote a youthful complexion.

CLEAR SKIN PORE REFINER

Focused extractions paired with ultrasonic pore cleansing and high-frequency technology to deeply clarify congestion, calm inflammation, reduce breakouts, and promote clearer, healthier-looking skin.

SPA ETIQUETE & POLICES



ARRIVAL

Your appointment time is pre-set for the time your treatment begins. Please arrive 15 minutes prior to your scheduled time to change and relax before your service. Late arrivals may result in a shortened service to accommodate the next guest on time.

CANCELLATIONS

Your treatment reservations and selected appointment times are held exclusively for you. Please allow 24 hours' notice for cancellations or rescheduling of treatment to avoid a 100% charge.

GRATUITY

A customary 20% gratuity is suggested for all services during your checkout experience

RELAXATION

Please consider other guest's space and privacy. Cell phone conversations are not allowed in any area of the spa and should be left in lockers. Please avoid taking pictures where other guests are present.

SMOKING

The spa is a smoke-free environment.

AGE RESTRICTIONS

All guests must be at least 18 years of age to receive massage and body treatments and at least 16 years of age to receive facial treatments

PRE-NATAL

We require you to be past your first trimester for any massage service. Please consult your doctor prior to any visit. HEALTH Please inform us of any allergies, health concerns or injuries that may make the treatment you have chosen unsafe or unsuitable. We can assist by offering alternatives at the time of making your reservation. Please note that management has the right to decline service if deemed necessary for the health of the guest or the therapist.

VALUABLES

We recommend not wearing jewelry or bringing personal belongings to the spa. Management accepts no responsibility for the loss of valuables brought onto the spa premises

SPA ETIQUETE & POLICES

PAYMENT

We accept all forms of major credit cards. For security reasons, gift cards may not be used until after 48 hours from the date of purchase.

FOOD & BEVERAGE

Outside food & beverage, including alcohol, are not permitted in the spa. Should you wish to bring a cake for a special celebration, please arrange this with our spa team in advance. Spa guests are welcome to dine at any of our food & beverage areas (should seating be available). Upon request, a glass of prosecco is available as part of your spa experience.

DRUGS AND ALCOHOL

Drug and alcohol abuse will not be tolerated. For the safety of all, management has the right to refuse service or treatments to ensure the health and well-being of our guests.

