

Gift Certificates

Okemo Gift Cards (The Okemo Card) are available through our Resort Services department by calling (802) 228-1601. These cards are also available at many retail locations around Okemo's base areas as well as our online store at www.okemo.com. The Okemo Card can be loaded in any amount and they are accepted anywhere at Okemo, including massage and spa services.



Parking

Please park in the designated public parking areas. During winter holiday periods, please allow additional time to park and ride our convenient shuttles to the Jackson Gore Inn for your appointment.

Cancellation Policy

Please arrive 15 minutes prior to your appointment. Please understand that late arrivals will result in a shortened treatment and that the full value will be charged.

Reservations are charged in full when booked and are non-refundable. Any change or cancellation requested within 2 days of the appointment date will be charged a fee of 20% of each reservation. Cancellations on the day of will result in a full forfeiture. All balances are good at Okemo for 1 calendar year and can be used around the resort except for culinary and lodging.

All prices are subject to change without notice.

(802) 228-1419

(802) 228-1600

Advance reservations are recommended at all times

All Okemo therapists have been trained at fully-accredited schools

We encourage tipping when the level of service has been satisfactory

OKEMO MOUNTAIN RESORT

S P A & M A S S A G E



Rates & Information



Après Indulgence Swedish Massage

\$100 for 50 minutes; \$145 for 80 minutes

Whether you've just finished an exhilarating day outdoors, or would prefer to remain inside while your family and friends venture out, Swedish massage will help you to relax and enjoy your time at Okemo. Swedish massage is characterized by a system of long strokes, kneading, and friction techniques on the more superficial layers of the muscles combined with active and passive movements of the joints. The Après Indulgence is a very relaxing full body massage.

Okemo Peaks and Valleys Deep Tissue Massage

\$110 for 50 minutes; \$160 for 80 minutes

Okemo has one of the largest vertical drops in Vermont and you'll really feel the peaks and valleys of your muscles after a rigorous day hiking the trails or hitting the slopes. Our Okemo Peaks and Valleys deep tissue treatment will release the chronic patterns of tension in your body through slow strokes and deep finger pressure on contracted muscle areas. These deep strokes either follow or cross the grain of muscles, tendons, and fascia. Deep tissue massage focuses on deeper layers of muscle tissue than Swedish massage technique.

Double Diamond Sports Massage

\$110 for 50 minutes; \$160 for 80 minutes

The Double Diamond Sports Massage treatment is specifically developed for adventurers and athletes that have spent the day participating in strenuous activity. While catering to your specific wants and needs, this therapy focuses on the muscle systems that are most commonly used and overworked. Skillfully applied sports massage is the most effective therapy for releasing muscle tension and restoring balance to the musculo-skeletal system. The skilled massage therapist will be able to detect variations in the soft tissues and, by using the correct techniques, help you maintain a much healthier physical state.

Green Mountain Essential Oil Massage

\$160 for 50 minutes

Pure essential oils are dispensed above the back followed by a variety of massage techniques including effleurage, vita-flex, reflexology on the feet, and the application of heat. This technique is designed to bring the body back into structural and electrical alignment using relaxing oils. This soothing therapy also balances the metabolism, calms, and relieves all areas of the body.

Okemo Signature Facial

\$110 for 50 minutes

The perfect combination of products to balance, revive, and renew. The Okemo Signature Facial is a treatment for any skin type which includes a gentle exfoliation to remove dull surface skin cells, a luxurious facial massage, and a masque to rejuvenate and nourish the skin. A foot massage completes this lavish experience.

Black Bear Hibernation Herbal Skin Wrap

\$160 for 50 minutes

This treatment is a delicious herbal experience that detoxifies the entire body. First, a sheet is soaked in an aromatic infusion of allspice, lavender, calendula petals, clove, eucalyptus, ginger root, and rosemary. The sheet is then wrapped around the body and the client is warmed for up to 30 minutes, relaxing as the mixture penetrates the body and draws out impurities.

Native Five Stone - Warm Stone Massage

\$120 for 50 minutes; \$170 for 80 minutes

The Abenaki tribes that inhabited this area of Vermont before the Europeans settled here use different words for counting one to five inanimate and animate objects. For instance, different words are used for "one" man and "one" stone. "Nonnenol senal" means five stones in the native Abenaki language. The Native Five Stone treatment is Swedish massage that utilizes warm round stones to help muscles release more quickly than traditional massage. Stones may be used to massage muscles or may be placed in key areas to help relax or improve energy flow.

Mountain Spring Revitalizing Facial

\$135 for 50 minutes

Cool mountain springs feed local rivers and create the inspirational swimming holes which dot the Okemo Valley. For the brave, a cold splash leaves the body feeling young and invigorated. This anti-aging facial is just as refreshing, without the hike and the cold water! The Mountain Spring Revitalizing Facial rejuvenates your visage by hydrating your skin with a wonderful collagen transdermal mask. This treatment plumps up fine lines and wrinkles leaving your face looking its best. Special care is given to delicate eye area and neck. A wonderful foot massage is also included in this age-defying treatment.

Bare Your Back Facial

\$110 for 50 minutes; \$160 for 80 minutes

A facial style treatment for the back is a necessity for a day of relaxation. This treatment combines relaxation with a deep cleansing/exfoliation and masking of the back. Treat your back to the same indulgent skin care that leaves your face glowing. This ultimate back facial provides a masque to cleanse, tone, treat, and hydrate the back. A relaxing lotion application completes this treatment leaving soft touchable skin.

Eye Lash & Brow Tinting

\$35 added to a 50-minute treatment

Lasts up to six weeks, making your lashes look longer and darker. Covers gray hair in your brow or enhances the natural color.

Waxing Services

Eye brows \$20; Upper lip \$15

Other waxing services available upon request