



centrally located,
yet wonderfully removed
Relax... Breathe deeply... Exhale and
enter your own private oasis — The Spa
at Traditions. The perfect retreat where
you will discover the latest in beauty and
wellness treatments for body, mind and
soul. The perfect solution for a too-busy
world or a too-busy agenda...

Gratuities

Gratuities may be given at your discretion to show appreciation for exceptional service.

Gift Certificates

Gift Certificates are available for spa treatments.

What to bring

All amenities are included in our locker rooms. We provide robes and slippers for use in the spa. Lockers are provided for your personal belongings. Please leave all valuables at home as we are not responsible for lost or stolen personal belongings.

Spa Etiquette

To preserve the tranquility of the spa, we respectfully request that you turn off all cell phones and pagers.

Arrival

We encourage you to arrive 30 minutes prior to your scheduled appointment. Be reminded that your late arrival will determine the length of your treatment. As a courtesy to all guests, all appointments begin and end on time.

Hours of Operation

Mon - Sat: 9am-8pm, Sun: 11am-5pm

Directions

Route 17 to 201N (Exit #70)
Turn left at light onto Harry L. Drive - go approx. 1 mile
Turn right between the two large Traditions at the Glen
Resort and Conference center signs.
Follow signs to The Spa at Traditions



Cancellations

We strictly adhere to our cancellation policy: If you must cancel or reschedule your spa or salon reservations, kindly observe the twenty-four hour cancellation policy in order to avoid being charged in full for scheduled services.

Age Requirements

Spa guests must be at least 18 years of age or accompanied by an adult at all times.

Therapist Preference

If you have a preference in gender, or would like to request a specific therapist, please let our spa staff know at the time of booking.

Medical History

When making appointments for a service, please let the Spa staff know if you are pregnant, have any allergies, are under a Doctor's care for any skin conditions or if you are taking any medications for a skin problem.

Massage Treatments

Couples Massage

Choose from any one of our massage treatments and share the experience side by side in our couples treatment room.

Couples Suite

Experience the ultimate in relaxation with your partner in our Couple's Suite. Enjoy your choice of a 50 minute Body Renewal or an Aromatherapy Couple's Massage. Spend some special time together after your treatment with complimentary champagne and chocolate covered strawberries served in your private room.

Hot Stone Massage

NOT RECOMMENDED IF YOU HAVE HIGH BLOOD PRESSURE, HEART DISEASE, OR IF YOU ARE PREGNANT. A specialty massage where the therapist uses smooth, heated Basalt stones as an extension of their own hands. The heat provides deep relaxation and helps warm up tight muscles, allowing the therapist to work more deeply.

Signature Aromatherapy Massage

The powerful effects of essential oils (our custom blend) and a combination of all massage modalities lead to the ultimate in stress reduction and promotes total relaxation.

Body Renewal Massage

This classic Swedish full-body massage is designed to relax tight muscles, soothe the spirit, and quiet the mind.

Deep Tissue/Golfers Massage

Designed to relieve severe tension in the deeper layers of the muscles and connective tissue. This massage focuses on specific areas and due to the slower nature of this work, not all areas of the body may be addressed.

Pregnancy Massage

A nurturing and relaxing massage for both baby and mother-to-be using a body cushion system. Our pregnant clients are able to lie face down both comfortably and safely at any stage of pregnancy.



Hands

Manicure

Traditional nail and cuticle care, exfoliation and massage of the hands and arms, plus polish.

Spa Manicure

A luxurious nail service including nail and cuticle care, extended exfoliation, customizable treatment mask with hot towels, extended massage of hands and arms, plus polish.

Shellac Manicure

The CND Shellac System features a dry manicure with traditional nail and cuticle care. Combined with the CND LED lamp, your nails will dry instantly to a mirror shine and remain flawless for up to two weeks.



Feet

Spa Pedicure

A luxurious nail service including nail and cuticle care, extended exfoliation, customizable treatment mask with hot towels, extended massage of feet and legs, plus polish.

Private Party Room

The Spa's party room is the perfect complement to the total spa experience for a small or large group. Whether it be a special occasion or just a get together, our party room can be enjoyed prior, during or after your spa services. A special spa food menu is available and can be specifically tailored to your needs or desires. \$75 room rental fee for those with services totaling less and \$500.

Call for availability and party planning assistance.



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Facial Journeys

WHEN BOOKING YOUR APPOINTMENT PLEASE MAKE OUR STAFF AWARE IF YOU ARE UNDER A DOCTOR'S CARE FOR ANY SKIN CONDITIONS OR ANY MEDICATIONS YOU MAY BE TAKING FOR SKIN PROBLEMS. ALSO, PLEASE LET OUR STAFF KNOW IF YOU HAVE ANY ALLERGIES.

Traditions Signature Facial

Delight in our revitalizing Traditions Signature Facial, customized to every skin type. Bring lifeless complexions to life. Service time for this treatment is 50 minutes.

Add an additional 50 minutes and extend your relaxation with extra deep cleansing, exfoliation, massage, relaxation and rejuvenation.

Illuminating Facial

Reduce the appearance of discoloration and uneven skin tone all without irritation.

Be Clear Purifying Facial

Correct and treat oily, problematic and acneic skin.

Anti-Oxidant, Anti-Aging Facial

Fight aging, redness, inflammation, dry and dehydrated skin.

The MAX Plant Stem Cell Facial

Target fine lines, wrinkles, and loss of elasticity with this ultimate anti-aging facial.

Facial Upgrades

Firming Neck and Décolleté Treatment 15 minute add on
Eco-Fin Hydrating Hand Treatment
Customizable Eye Treatment



Clinical Facials

O2 LIFT Oxygen Treatment -- All Skin Types

A revolutionary treatment to exfoliate, illuminate and oxygenate in just one session. Service time for face or back treatment is 50 minutes each.

ORMEDIC LIFT Organic Enzyme Facial -- Unbalanced/Pregnant/Teen Skin Types

A papaya, pineapple, pumpkin and mango infused blend of organic and medically effective ingredients designed to rebalance tired, stressed and dull looking skin. Service time for face or back treatment is 50 minutes each.

SIGNATURE FACELIFT Enzyme Facial -- Dry/Rosacea/Sensitive Skin Types

This results driven treatment combines vitamin C, hydroxy acids and enzymes that speed up cellular renewal to brighten, lighten and tighten skin in just one session. Service time for face or back treatment is 50 minutes each.

DiamondTome Skin Resurfacing Microdermabrasion

DiamondTome Skin Resurfacing treatment is non-invasive, pain-free and results are gradual but highly effective. DiamondTome improves overall skin health on any area of the body and can reduce the effects of sun damaged skin, age spots, blotchy skin coloring, wrinkles, skin texture, acne, superficial scars, oily skin, keratosis pilaris or "chicken skin" on arms and legs. Treatments are administered by our Certified Paramedical Aestheticians. Service time for all treatments are 50 minutes.

Six multiple session package, purchase five sessions and the sixth is complementary.



Chemical Peels

Treatments are administered by our Certified Paramedical Aestheticians. All Chemical Peels are 50 minutes.

*Enhanced Chemical Peel with Clinical Enzyme Exfoliation first.

*Peels may also be performed on back, arms and hands.

LIGHTENING LIFT PEEL -- Sun Damage/Pigmentation/Rosacea

This ultra lightening treatment gently blends lactic acid and a cocktail of lightening and brightening agents to reduce discoloration and the redness caused by rosacea.

WRINKLE LIFT PEEL -- Aging/Fine Lines/Wrinkles

This resurfacing blend of glycolic and retinol acids visibly reduces the appearances of fine lines and wrinkles leaving skin firm and revitalized.

ACNE LIFT PEEL -- Oily/Problematic/Acne Grades 1-2

A potent blend of salicylic and glycolic acids blended with plant derived stem cells to effectively treat and heal blemishes, redness and diminish post-breakout dark spots.

BETA LIFT PEEL -- Oily/Problematic/Acne Grades 3-4/Aging

This powerful salicylic peel provides smoother skin, immediate reduction of oil and active acne within 24 hours of treatment.

PERFECTION LIFT PEEL -- Advanced Aging/Pigmentation/Acne

Exclusive blend of exfoliating agents are combined with powerful antioxidants, correcting peptides and plant derived stem cells to create "Perfection".

Body Treatments

Please check our website for seasonal body treatment

Each of our results-oriented body treatments features our FarmHouse Fresh products which is all made in Texas using up to 99.6% natural and naturally derived ingredients made from U.S. farms and most products are Paraben & Sulfate FREE. The fragrances are all natural or phthalate free and many of the products are also Vegan and Gluten Free. Begin your ultimate spa experience with a precious combination of texture, aromatic notes and the power of human touch to relax both the body and mind.



Body Scrubs

Into the Garden

EXPERIENCE: Bushels of relaxation await! Skin is thoroughly smoothed with a fine, refreshing Citrus Grass scrub complete with rice bran oil to begin. Next, an organic coconut milk mask is applied – nourishing skin with sweet almond oil and essential fatty acids – all wrapped up with steaming towels, infused with an antioxidant rich Citrus-Cilantro oil. Silkiness and softness are sealed in with an Agave Nectar Oil massage enriched with a blend of powerful anti-aging extracts that help significantly reduce your skin's water loss. Leave hydrated and quenched, with spring in every step!

Sea Salt & Sunflower Renewal

Detox and Anti-Aging

EXPERIENCE: A succulent shea butter and sugar coconut scrub refines and smoothes the skin. A powerful Sunflower Honey Butter Serum, rich in vitamin A and antioxidants, is painted on to help skin deeply repair itself, improving the appearance and health of skin as retinol fights against the signs of aging. The final touch is a scrumptiously scented lotion with soothing notes of sandalwood and tonka bean, massaged in to nourish skin completely.

Coconut Bliss Tropical Body Buff

EXPERIENCE: An irresistibly softening organic whipped shea butter and sugar exfoliator buffs skin to smooth, supple perfection as the scent of fresh coconut, lemon and bergamot fills the air. Once skin is polished, a hydrating massage with an organic coconut oil and shea butter cream – scented with white coconut and pineapple – completes this blissful experience. You'll be ready to face the world – feeling and smelling like you've journeyed to a tropical paradise.

Body Wraps

A deeply relaxing and refreshing experience, your wrap begins with a full body polish, gently preparing your skin to receive the highest benefit from your treatment. As you are cocooned in your choice of wrap your body will softly unwind and a scalp and neck massage will melt away any stress. As a final touch, luxurious body cream will be massaged into your skin leaving it feeling nothing less than glorious! **BODY WRAPS ARE NOT RECOMMENDED DURING PREGNANCY**

Skinny Raspberry Margarita Body Treatment

Age-Defying Body Wrap

With indulgent ingredients, the skinny raspberry margaritas body wrap effectively counteracts the effects of aging on the body. Benefits include improving elasticity, tone and firmness of the skin. A full body wrap is followed by a finishing application that will help reduce the appearance of stretch marks and aid in the prevention of new ones. EXPERIENCE: A luscious, juicy cocktail scrub is chock full of fresh raspberry notes and Square One organic vodka to exfoliate away all your rough areas. Next, a warming nopal cactus wrap tones, tightens and gives that skinny girl look without a diet! Your treatment finishes with a light, whipped citrus shea butter massage that is good to the last sip! **NOT RECOMMENDED FOR CLIENTS WITH NUT ALLERGIES.**

Honey Hibiscus Nourishing Wrap

Moisture repair

EXPERIENCE: Indulge in an afternoon of nourishment with this luxurious treatment. First, a natural honey-lavender sea salt scrub, rich in vitamin E, tackles tough skin without stripping away moisture. Next, a luxe fresh honey and papaya glaze application provides deep hydration when a lavender oil infused steaming towel compress wraps nutrients in for comfort! Add a hefty helping of Hello Yellow shea butter, packed with natural oils, intense softness will be in full bloom!



Hair Care

Cuts & Styles

Women's, Men's and Childrens' Cut & Style • Shampoo/Condition/Blow Dry/Style
Specialty Blow Dry (curls, straightening) • Conditioning Treatment • Up-do

Bridal Services

Bridal Up- Do • Bridal Mineral Make-up Application
Mandatory practice up-do for Brides at least two weeks before wedding.
Two month cancellation policy with Bridal Party.
*Please contact Bridal Coordinator for bridal package.

Perm Services

Color

Color maintenance roots coverage • Full Color • Glazing • Full Foil Highlights • Partial Highlights
Crown Highlights • Full Color/Partial Highlights • Ombre/Balayage • Corrective Color
Dimensional Add-on • Scalp Massage Add-on

Hair Straightening Services

You must have a Consultation before you book your appointment.

Hair Extensions

You must have a Consultation before you book your appointment.

Mineral Make-Up

Mineral Make-up Application
Airbrush Make-up Application

Waxing Services

Please allow for ample hair growth (at least 2-3 weeks) prior to waxing.
Brow Shaping • Lip • Full Face • Chin • Underarms • Full Arm • Half Arm • Full Leg • Half Leg
Back • Chest • Bikini • Brazilian

