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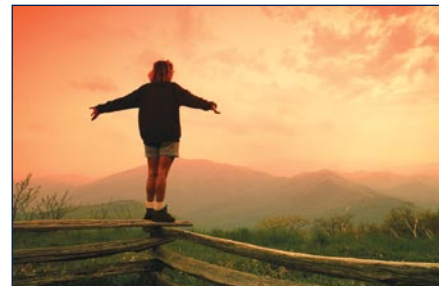
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The Spa 
AT OAK HAVEN
THE SMOKY'S PREMIER
Day Spa Experience

Welcome!

NESTLED IN THE *finest log cabin resort*
IN THE FOOTHILLS OF THE SMOKY MOUNTAINS,
THE SPA AT OAK HAVEN INVITES YOU TO INDULGE YOURSELF.



Come experience a rejuvenating facial, a relaxing full body massage, a refreshing body treatment, a luxurious manicure and pedicure, or one of our many other spa packages. All treatments are performed by licensed therapists in a peaceful mountainside retreat. You'll love being enveloped in the cozy, welcoming environment as your stress melts away. Our devoted staff looks forward to making your time with us unforgettable.



BOOK YOUR SPA EXPERIENCE TODAY:

Phone: 865-453-6650 | **Toll Free:** 1-800-368-6615

Visit Us: 2042 Whispering Pines Way, Sevierville, Tennessee 37876

Web: www.OakHavenSpa.com | **Email:** Relax@OakHavenSpa.com



SKIN CARE

Skin Care

Relaxation has never looked this good! Discover how radiant your skin can be with one of our personalized facial treatments. Our facials will leave your skin glowing and your mind refreshed! Try one of our facial add-ons for the ultimate in relaxation!

OAK HAVEN SIGNATURE WARM STONE FACIAL:

Indulge in our most decadent facial treatment customized to meet your specific skin needs. This luxurious treatment utilizes warm stones on the face, neck, and shoulders to melt away your tension, rejuvenating your mind and body. Then, your hands and arms will be treated to a deeply therapeutic warm stone massage. Your facial experience will be completed with a warm cup of tea. *You will also receive a customized Dermalogica Skin Kit to take home, to keep your skin looking healthy and beautiful every single day!
1 hour and 15 minutes \$135

ALMOST HEAVEN FACIAL:

This refreshing treatment begins with cleansing, followed by a gentle exfoliation to reveal smooth, glowing skin. A face, neck, and shoulder massage is certain to ease your mind and spirit. A revitalizing masque, followed by a nutrient-rich moisturizer, will hydrate, protect, and help restore the balance of your skin.
60 minutes \$75

POWER REGENERATION TREATMENT:

Concerned about the signs of aging on your skin? Feel like your skin needs a revitalizing power boost? Then come experience our most powerful anti-aging facial treatment! Combined vitamin and hydroxy acid exfoliation, energizing massage techniques, and a specialized Contour Masque make this the ultimate in anti-aging skin therapy. This treatment also includes an application of Power Rich, an intensely powerful moisturizing treatment that stimulates collagen production, helping to increase firmness and elasticity. Your skin will be noticeably firmer, smoother and revived.
75 minutes \$120

EXPRESS POWER PEEL:

Get exceptionally glowing skin in a time frame that will fit into anyone's busy schedule! This treatment is customized to meet you skin's specific needs using Apha Hydroxy or Multi Vitamin Power exfoliation to stimulate cell renewal and turnover while improving the texture and tone of your skin. Your skin will look and feel smoother and healthier after just one treatment!
30 minutes \$55

*Not recommended for clients using Retin-A, Renova, Adapalene, Accutane, or any medically-prescribed exfoliating product.

DEEP CLEANSING FACIAL:

This highly effective treatment reduces blemishes and unclogs pores. This treatment includes deep-pore extractions which will leave you skin feeling fresh and clean. Your skin will thank you!
60 minutes \$85

MINI ESCAPE FACIAL:

Get maximum benefits in minimal time! This complete treatment is the perfect blend of cleansing, a customized masque, toning, and moisturizing in just 30 minutes. Great on it's own, or as a compliment to any other treatment.
30 minutes \$45

PURIFYING BACK TREATMENT:

This relaxing back treatment begins with a deep cleansing of the back to remove excess oil, followed by an exfoliation using Hydro-Active Mineral Salts to polish away dullness. Lastly, a stress relieving treatment with essential oils and a customized masque will leave you relaxed and your skin radiant.
30 minutes \$45

FACIAL ADD-ON TREATMENTS:

Create your own customized experience with these therapeutic add-on treatments that can be done during any of our facials:

THERMAL TOUCH FOR THE HANDS AND ARMS - \$20

Your arms and hands will meet their relief during this Thermal Touch Treatment that includes paraffin and a hand and arm massage. This customized treatment is designed to cleanse, exfoliate, hydrate and condition the hands and arms so they are smoother, brighter, healthier, and refreshed.

PURE COLLAGEN MASQUE - \$12

A deeply penetrating masque designed to hydrate and restore skin elasticity, resulting in a refreshed and renewed appearance.

REVITALIZING EYE RESCUE - \$12

Firm, tone and revitalize your tired eyes with our unique blend of vitamin therapies and firming botanicals. This treatment helps to diminish fine lines, reduce puffiness, and soothe irritated, tired eyes.

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MASSAGE THERAPY
Massage Therapy

Let us help you let go of your everyday stress with one of our rejuvenating massages! There is nothing like it to refresh the mind, calm the nerves, and soothe the muscles.

OAK HAVEN SIGNATURE MASSAGE:

This luxurious massage is the ultimate in stress relief! We use long, fluid strokes to help you find a state of deep relaxation. Our warm mud and stone massage on your back will nourish and smooth skin, leaving your back refreshed and rejuvenated. We finish with 10 minutes of Thermal Relaxation, designed to help you completely let go. You'll receive a Spa CD and bottle of massage oil to keep your relaxation going at home!

The Oak Haven Signature Massage is PERFECT for couples!

The massages will be done in the same room, side by side.

Your Thermal Relaxation time is a great chance for some much needed together time. Couple's will receive a \$60 gift basket full of goodies for some together time at home!

Total Treatment Time 90 minutes \$150 per person

ALMOST HEAVEN MASSAGE:

This traditional full-body massage will help ease muscle tension, improve circulation, and eliminate stress. It will leave you feeling rested and relaxed. Your massage pressure will be customized to your personal preference.

60 minutes \$75 | 90 minutes \$105

HOT STONE MASSAGE:

This elegant massage combines Swedish Massage techniques with warm basalt stones to melt away muscle tension. Your stress will dissolve as soon as the stones are placed strategically on the body, allowing the warmth to spread deep into sore muscles. The stones are then moved using aromatherapy oil, to perform a soothing massage. It will leave you with an overall feeling of balance and well being. 90 minutes \$120

ANTI CELLULITE MASSAGE:

This massage incorporates M'lis Anti Cellulite Cream with a targeted massage for your specific cellulite prone areas. The M'lis Anti Cellulite Cream stimulates circulation, helping to condition and tone the skin. Active ingredients are retained in concentrated levels to assist in the cleansing and cellulite removal process. This massage will leave your skin smooth and supple. Be sure to take home a bottle of M'lis Anti Cellulite cream to maximize your results! 60 minutes \$90

DEEP TISSUE MASSAGE:

Relieve chronic patterns of muscle pain with our most intense full-body massage. Firm pressure is applied, concentrating on areas of severe tension. 60 minutes \$90 | 90 minutes \$125

STRESS BUSTER TARGET MASSAGE:

A targeted 30 minute massage focusing on any areas of high tension, especially the back, neck, and shoulders. Trust us, a half hour makes a world of difference! A perfect add on to other services. 30 minutes \$45

MOMMY-TO-BE MASSAGE:

A special time requires a special touch. This full-body massage helps Mom to relax and helps to alleviate back pain from pregnancy. We use a special Motherhood body oil blend that is excellent for preventing stretch marks and soothing Mommy's delicate skin. Please consult your doctor prior to receiving this or any body treatment while pregnant. 60 minutes \$75



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BODY CONTOUR WRAPS

Body Contour Wraps

The M'LIS Body Contour Wrap is an all-natural holistic approach to body contouring that has been helping people lose cellulite and inches since 1979. When the body's circulation and elimination systems become impaired, toxins and waste materials become trapped in the vulnerable fat cells of the connective tissue. The M'LIS wrap uses circulation and gentle pressure to flush toxins and waste materials from the system through internal detoxification of the body. Stored toxins are permanently removed at the cellular level through the circulatory and lymphatic systems. This creates a permanent inch loss of up to 14 inches, while improving general health, nourishing the skin, and contouring the soft areas of the body.

BODY CONTOUR BENEFITS:

- Lose up to 1/2 dress or pant size with each wrap
- Provides cellulite reduction through detoxifying body cleansing
- Benefits are immediate and the inch loss is real
- Addresses the real causes of cellulite in a holistic way
- Warm, luxurious, pampering and comfortable
- Not a water loss – skin and body stay hydrated
- Inch loss is permanent
- Sanitary

THE WRAP PROCESS

M'LIS Body Contour Wraps are provided by a trained spa professional. The process is sanitary, warm, and comfortable. The wraps act upon all factors that cause body misshaping, including excess fluids, trapped waste, cellulite, and tissue weakness. With this ability, along with the natural ingredients in the cream, inch loss is just one of the benefits of the M'LIS Wrap. Other advantages include re-contouring, skin hydration and smoothing, the restoration of blood circulation, and the cleansing of body tissues for improved health. A series of 3 to 6 Body Contour Wraps is recommended, with 4 to 7 days between each wrap. If a client is overweight and on a weight loss program, a wrap is suggested for each 5 to 10 pounds lost.

BODY CONTOUR WRAP: 2 HOURS - \$180

- Add on an Almost Heaven Facial during your wrap for only \$50 (a \$75 value!)
- Add on a Power Regeneration Facial with a contouring facial masque for only \$95 (a \$120 value!)

HAND AND FOOT CARE

Hand and Foot Care

Put your best foot (and hand!) forward with our luxurious manicures and pedicures!

ESSENTIAL MANICURE:

Keep your nails looking beautiful and healthy with this treatment. Includes filing and shaping nails, cuticle maintenance, hand massage, and a softening moisturizer. Followed by the polish of your choice. \$30

CHOCOLATE CAKE MANICURE:

This indulgent treatment includes a chocolate cake scrub, a chocolate masque, and a warm paraffin dip. Next enjoy a thorough massage of hand and forearm with a creamy chocoholic body icing. This decadent cream will leave your hands buttery soft. This treatment concludes with the polish of your choice. \$45

ESSENTIAL PEDICURE:

Soothe tired aching feet with this refreshing treatment. Includes a relaxing foot bath, gentle buffing, filing and shaping nails, cuticle maintenance, a foot massage, and a softening moisturizer. Followed by the polish of your choice. \$45

ICE CREAM PEDICURE:

Experience the ultimate sweet treat for your feet! First choose your favorite Bath Ice Cream flavor. The Bath Ice Cream fizzes and releases oils, minerals, and fragrances into the water. Next, it's exfoliating time with the Shower Sherbet that will leave your skin feeling silky smooth. Then, select one of three foot masque toppings to stimulate and firm the skin...will it be caramel, chocolate-hazelnut, or marshmallow? Finally, indulge in a foot and leg massage with our deliciously hydrating body icing! While we are pampering your feet, enjoy a delicious frozen dessert. Top it all off with the polish of your choice! \$65

WARM PARAFFIN TREATMENT:

Add on a moisturizing paraffin dip to any treatment.
Hands \$10 | Feet \$12



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THERMAL BODY TREATMENTS
Thermal Treatments

For centuries, Spa Body Therapy Treatments have been embraced for their revitalizing and therapeutic effects. From ancient mineral hot springs to modern mud masques these treatments detoxify your body, de-stress your mind, and revitalize your skin.

With all of our Thermal Body Therapies, you will enjoy a customized heat, steam, and Vichy shower treatment in our Dermalife Spa Jet.

BODY FOLIATION THERAPY:

Give your body the customized exfoliation it needs with the warming sensation it craves! A gentle Oatmeal and Rice Bran exfoliant whisks away dead skin cells, brightens skin, and helps reduce the appearance of sunspots and hyper pigmentation. You'll leave this therapy with silky, healthier skin. 30 minutes \$45

POWER RECOVERY THERAPY:

An intense therapy designed to feed your skin the nourishment it craves. A blend of Wheat Protein and Honey act as maximum hydrators, while Wasabi, Ginger, and White Tea stimulate blood circulation to promote healthier skin. This masque is perfect for anyone suffering with premature aging, dry, sensitive, or irritated skin. You'll love your newly hydrated skin! 45 minutes \$60
*Combine our Body Foliation Therapy and Power Recovery Body Therapy for the ultimate in skin hydration!
60 minutes \$85 (a \$105 value!)

MINERAL SALT SCRUB THERAPY:

This Mineral Salt Scrub polishes skin to a soft glow while providing critical hydration skin needs. Mineral Sea Salts and Seaweed exfoliate while skin-smoothing enzymes help dissolve dead skin cells naturally for a smooth finish. Your skin will thank you! 30 minutes \$45

NOURISHING SEA MUD THERAPY:

This incredibly detoxifying mud masque uses natural earth clays to draw out impurities. Ginger and White Tea stimulate circulation and smooth the skin while caffeine provides all over toning.
*Combine our Mineral Salt Scrub Therapy and Sea Mud Therapy for maximum skin detoxification! 45 minutes \$60
Combined \$85 (a \$105 value!)



WAXING
Waxing

Eyebrows Waxing	\$14
Lip Waxing	\$12
Chin Waxing	\$12
Eyebrows, Lip and Chin	\$30

SPA POLICIES
HOW TO SPA

To book your appointment, please call us at 1-800-368-6615 or 865-453-6650. We do require a credit card or gift card to reserve your spa treatment. For guests staying at Oak Haven Resort, we strongly recommend booking your Spa services when making your lodging reservations. Please plan on arriving at least 15 minutes early for your spa treatment. This will begin the relaxation process and give you a few minutes to fill-out your consultation card while enjoying a complimentary cup of herbal tea.

If you must make a cancellation, please do so 24 hours prior to your appointment. Cancellations received within 24 hours will be subject to a cancellation fee of 50% of the value of treatments reserved.

For your convenience, we have contact solution and contact cases, blow dryers and other hair styling items, as well as bathing necessities. If you have special needs please let us know when you book your appointment and we will do anything we can to accommodate you.

Your comfort is always our top priority. During a massage you will be draped with sheets at all times, so undressing completely is appropriate. However, we recommend undressing only to your personal comfort level.

We recommend that you do not shave your legs or schedule waxing services immediately prior to any body treatments. This will help avoid any unnecessary skin irritation.

You may wear your swimsuit for any wet treatment, or disposable undergarments will be supplied.

Gratuities will not be included in the price of your treatments, but are appreciated. The same quality of service is provided with or without gratuity, as your personal recommendation is our best reward.



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SPA PACKAGES

Spa Packages

SIGNATURE SERIES PACKAGE:

Treat yourself or someone you love to the ultimate spa experience!

This package includes:

- Oak Haven Signature Massage
- Oak Haven Signature Warm Stone Facial
- Customized Thermal Body Therapy
- Chocolate Cake Manicure
- Ice Cream Pedicure
- Healthy Lunch
- 6 hours \$480

SPA DAY FOR TWO:

Spend some quality time with your special someone with this heavenly package! This package includes:

- Side-by-Side Oak Haven Signature Massages
- Oak Haven Signature Facials
- Side-by-Side Ice Cream Pedicures
- Lunch for two
- 4 ½ hours – Price for two people: \$700

MOTHERLY LOVE:

Mothers-to-be need extra special care! Help her relax with a day of pampering. This package includes:

- Mommy-to-Be Massage
- Mini Escape Facial
- Ice Cream Pedicure
- Healthy Lunch
- 3 hours \$185

GENTLEMAN'S RETREAT:

Men need help de-stressing too! This package is the perfect way to help him unwind. This package includes:

- Deep Tissue Massage
- Purifying Back Treatment
- Essential Manicure
- Essential Pedicure
- Healthy Lunch
- 3 hours \$210

Lunch consists of your choice of fresh sandwiches or salads. All lunches are served with a cheese, cracker, and fruit tray, and a bottled water or hot tea.

Vegetarian and low-fat options are available. If you have specific dietary needs, please let us know and we will be happy to assist you.

For your convenience, a 15% gratuity will be added to all Spa Packages.

SPA PARTIES

Spa Parties

Let us make your next special event unforgettable by having it at The Spa at Oak Haven! The Spa is the perfect location for bridal showers, baby showers, birthday parties, a girl's night out, or your family get-together.

Have your Spa Party at your convenience, day or evening, during the week or on the weekend. We provide everything you need for a fabulous time together: lunch or dinner, snacks,

beverages, robes, spa slippers, and lots of pampering. We can provide goody bags for your guests for a small extra charge.

We have packages available for you to choose from varying in price and time. Just let us know how many people will be joining you and we'll take care of the rest! Call us today at 800-368-6615 to arrange your Spa Party!

Package 1

- Mini Escape Facial
- Stress Buster Massage
- Essential Pedicure
- Food, Gratuity

Package 2

- Almost Heaven Massage
- Almost Heaven Facial
- Ice Cream Pedicure
- Food, Gratuity

GIFT CERTIFICATES:

Give the ultimate gift of relaxation. Our gift certificates can be used for treatments or products. Gift certificates can be purchased over the phone and can be mailed out or picked up at The Spa. Gift Certificates are non-refundable and not redeemable for cash. Gift Certificates applied towards service appointments that are cancelled within 24 hours will be considered redeemed for 50% of the value. Appointments not kept shall be considered fully redeemed.

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