

Activities

Organic Herbal Foot Detox

Choose from a selection of made-in-house mineral-rich salts to create a warm, aromatic foot soak that soothes tired feet and encourages detoxification.

30 minutes \$66 (gratuity included) // With sauna \$100

Infrared Sauna Session

Infrared heat works deeply to support cellular detoxification, stimulate immune function, and improve skin tone in this restorative session.

30 minutes \$55 // With foot detox \$100

Summer Activities

Connect with nature and creativity through moving meditations offered during the summer months. Choose from experiences such as river rock painting, candle making, ikebana, guided hikes, and more. *Includes day pass access.*

1 hour \$55

Winter Guided Snowshoe Tour

Explore the mountain on a guided woodland snowshoe adventure. Includes snowshoes, poles, and guide.

1.5 hours \$66 (gratuity included)

Membership & Day Passes

Members enjoy 20% off all spa services & retail

Yearly Membership

Enjoy year-round access to GSRH's facilities including the outdoor heated pool, hot tubs, sauna, steam room, gym, and more.

Single \$1000 / Couple \$1500 / Family (4) \$2500

Monthly Membership

Experience the facilities for a month at a time (*not available Dec 1–Mar 1*). Includes full use of the facilities.

Single \$100 / Couple \$150 / Family (4) \$250

Spa Membership

An offering that includes three 60 Minute Essential Massages (with gratuity) and three months of unlimited facility access.

\$600 / 3 months (single only)

Day Passes

Enjoy full use of the facilities from the time of purchase until 9:00 PM. A limited number of passes are sold daily on a first-come, first-served basis.

Adult: Midweek \$35 / Weekends & Holidays \$50

Child under 16: Midweek \$25 / Weekends & Holidays \$35

Children under 3: Free

Facilities

Naturespa is located on the first floor of Mount Snow's Grand Summit Resort Hotel and offers a serene escape with full access to a variety of wellness-focused amenities. Guests can enjoy the outdoor heated pool, two outdoor hot tubs, an electric sauna, a steam room, a fully equipped gym, and spacious locker rooms—all designed to support relaxation and renewal throughout the year.

In addition to our spa services, we feature a thoughtfully curated retail boutique showcasing our exclusive line of wellness and body care products, along with swimsuits and vacation essentials for your convenience. Seasonal yoga classes are offered in the winter and are also available by private booking in the summer; please inquire for scheduling and availability.

Proud retailer of



Call to book

☎ 802-464-6606

📍 Naturespa @ Mount Snow

📷 @mountsnow_naturespa

mountsnow.com/naturespa



n a t u r e s p a

Open daily 10-6



802-464-6606

Located inside Mount Snow's
Grand Summit Resort Hotel



Massage Services

Essential Massage

A gentle Swedish-style massage designed to calm the nervous system and promote overall balance. Perfect for those seeking deep relaxation and stress relief.

60 minutes \$150 // 90 minutes \$250

Therapeutic Massage

A customized massage that focuses on areas of tension using intentional pressure and specific techniques. Ideal for guests looking to ease chronic discomfort and enhance mobility.

60 minutes \$160 // 90 minutes \$260

Hot Rocks Massage

Smooth, heated river rocks are used to warm and loosen tight muscles, enhancing circulation and deep relaxation. Your session is tailored to meet your body's unique needs.

60 minutes \$160 // 90 minutes \$260

Mother Nature Massage

A nurturing prenatal massage designed to support comfort and relaxation during pregnancy. Please let us know how far along you are when booking.

60 minutes \$160 // 90 minutes \$260

Couples Massage

Share a side-by-side massage experience with your special someone. Each guest receives a custom massage in a serene setting, creating a deeply relaxing connection.

60 minutes \$320 // 90 minutes \$520

Body Treatments

Full Body Ritual

Immerse yourself in a deeply rejuvenating experience. This full-body treatment includes a custom massage with lavender body butter, a botanical scalp treatment, and a sugar polish for the hands and feet—blended with our signature relaxology techniques to promote deep relaxation and renewal.

90 minutes \$275 // 2 hours with facial add-on \$350

Rejuvenating Sugar Body Polish

Reveal your skin's natural glow with a full-body sugar exfoliation, rich in alpha hydroxy acids. This treatment gently melts away dry, dull skin and is followed by a nourishing body butter application to leave you soft, smooth, and radiant.

90 minutes \$275

Facial Services

Stone Crop Facial

Brighten and hydrate with this revitalizing facial featuring the Stone Crop line from Eminence Organics. Perfect for normal to dry skin, it promotes an even tone and a luminous, nourished complexion.

60 minutes \$180 // 90 minutes \$270

Kombucha Microbiome Balancing Facial

Balance and refresh your skin using the Kombucha Microbiome collection from Eminence Organics. This probiotic-rich treatment supports healthy skin flora and is ideal for combination to oily skin types.

60 minutes \$180 // 90 minutes \$270

Body & Face Combos

The Mini-Mini

A sweet and simple refresh. Enjoy a soothing application of our signature body butter paired with a mini botanical facial, perfect for when you need a quick dose of self-care and hydration.

60 minutes \$160

Natural Beauty Head to Toe

Glow from within with this full-body indulgence. Includes a rejuvenating sugar body polish, a customized botanical facial, and a deeply hydrating body butter application. You'll leave feeling refreshed, nourished, and radiant from head to toe.

2 hours \$350

Facial Add-Ins

No additional time is added. \$30 each.

Superfood for Your Skin

A concentrated antioxidant booster designed to brighten the complexion and diminish the look of uneven skin tone and dark spots.

Lip and Eye Treatment

A gentle exfoliating lip scrub and hydrating mask paired with a personalized Eminence eye treatment for visible smoothing and hydration.

Reveal Peel

A professional-grade 20% AHA Yam & Pumpkin Enzyme Peel that gently resurfaces the skin, reducing the appearance of pigmentation, sun damage, and fine lines.

Massage Add-Ins

No additional time is added. \$30 each.

Relaxology

Experience the calming effects of essential oils combined with the therapeutic benefits of reflexology, targeting acupressure points on the head, hands, and feet to promote deep relaxation and overall well-being.

Botanical Scalp Treatment

Nourish your hair and scalp with a soothing massage using a blend of rosemary, tea tree, and herbal castor oils to promote healthy hair growth and relaxation.

Dry Body Brush Exfoliation

Revitalize your skin with a gentle dry body brush exfoliation to stimulate lymphatic flow, boost circulation, reduce the appearance of cellulite, and leave your skin feeling smooth. Take home your brush as a gift for continued care.

Reiki

Reiki is an energy healing practice that uses light touch to restore balance, reduce stress, and promote profound relaxation and emotional well-being.



Policies

- Use of all GSRH facilities is included with any massage or facial service.
- A 20% gratuity is automatically added at checkout for all services.
- A credit card is required to hold all appointments.
- 24-hour cancellation policy: Cancellations within 24 hours of the appointment will be charged the full service amount.
- Guests arriving more than 15 minutes late will be considered a no-show and charged accordingly.