



Surrender ~ Transform ~ Transcend

*Surrender to the healing power of the sea at Overleaf Spa.
The serene ocean setting and restorative treatments will transform your body,
soul and spirit in a way that helps you transcend the stress of daily life.*

~ Enjoy ~

Soaking Tub and Hot Tub With Spectacular Ocean View ~ Saunas and Steam Rooms
Massages ~ Body Treatments ~ Hydrotherapies
Facials ~ Special Ala Carte Services

Open 9:00 a.m. – 8:00 p.m. Daily
800-338-0507 Ext. 440
541-547-4885 direct
spa@overleaflodge.com
www.overleafspa.com



The Dragonfly totem embodies the essence of change, renewal, wisdom and enlightenment. Dragonflies represent transformation — they begin life in the water as nymphs and then take to the air in colorful flight. The Dragonfly urges you to consciously express your hopes, dreams and needs and to seek areas in which to affect positive change.

The Spa's Dragonfly spirits guide you through the fog of illusion on a path of transformation to ultimate transcendence that allows your inner light to shine in new and powerful ways.



OVERLEAF SPA

The Overleaf Spa offers a full menu of treatments and therapies designed to help you restore, refresh and rejuvenate.

Many of our treatments use seaweed, a healing gift from the ocean. Why seaweed? It is similar in composition to human plasma, our intracellular fluid. Seaweed helps your skin and body:

- ~ Rebalance
- ~ Regenerate
- ~ Detoxify
- ~ Oxygenate
- ~ Mineralize
- ~ Hydrate
- ~ Purify
- ~ Firm

Seaweed products are excellent for many skin conditions, and they help moisturize and defend skin against aging and ultra-violet light.

M A S S A G E S

Signature "Sea Stone" Massage

This deeply relaxing and penetrating massage incorporates hot stones that are placed on your body to release muscle tension and increase the effectiveness of the therapy.

60 minutes ~ \$120 90 minutes ~ \$155

Deep Tissue Massage

Perfect if you prefer firm pressure, this therapeutic treatment is tailored to your individual needs. Deep tissue therapy releases tense, knotted and inflamed muscles.

60 minutes ~ \$105 90 minutes ~ \$150

Relaxation Massage

This gentle and relaxing Swedish massage helps to improve circulation, release muscle tension, and melt away your stress.

60 minutes ~ \$90 90 minutes ~ \$125

Expecting Mother Massage

Designed for pregnant women, this relaxation massage improves circulation and soothes aching muscles. Cushions and pillows ensure comfort and alleviate added stress on the body. Mommy and baby must be in good health and in at least their second trimester.

60 minutes ~ \$90

Couples Massage

Enhance your sense of togetherness by relaxing in a cozy and inviting atmosphere with your significant other.

60 minutes ~ Starting at \$180

F A C I A L S

Signature "Sea Escape" Facial

Blend the power of our Ultimate 4 Layer Repechage Facial with Therapeutic Hot Stones for a total body experience. Your therapist places hot stones on your abdomen, hands, décolleté, face, legs, toes and ankles. In addition to the face, neck, and décolleté massage, you receive a soothing hand, arm, and foot massage – all while the beauty of the sea infuses your skin with a lasting, healthy glow. Ask your therapist about adding our Opti-Firm Eye Contour Treatment to this wonderful experience.

90 minutes ~ \$150

Vita Cura Facial

A true alternative to surgical rejuvenation, this Repechage facial uses natural marine spirulina seaweed and herbal ingredients to invigorate, lift and firm mature skin. Soothing enzymes, potent Pentapeptide serum, and Herbal Seaweed rubberizing masque provide youthful results without the face lift. For best results, try adding our Opti-Firm Eye Contour Treatment to this restorative facial.

60 minutes ~ \$135

The Ultimate 4 Layer Facial

During this amazing multi-step facial, layers of vitamins and minerals enrich your skin. Start with a Seaweed Serum loaded with antioxidants, followed by a face massage of Moisture Crème that increases circulation, stimulates collagen production, and prepares your skin to receive additional nutrients. A Seaweed Mask firms and hydrates your skin, and the final Clay Mask is infused with minerals that activate and generate heat. This process detoxifies and re-mineralizes your skin, creating beauty from the inside out.

60 minutes ~ \$120

AGE Smart Facial

An aggressive facial specifically formulated for environmentally stressed and sun-damaged skin. This Dermalogica facial addresses the biochemical reactions that trigger the aging process. It uses antioxidants, vitamins, and a new AGE Smart complex to repair premature aging, and fight free radicals that lead to the breakdown of collagen. The Multivitamin Masque breaks down age spots and increases collagen and elastin deposits in the skin. The result is brighter, smoother and healthier skin. Not recommended for sensitive skin.

60 minutes ~ \$105

European Cleanse

This classic anti-stress Dermalogica facial is customizable for men and women. Feel rejuvenated, youthful, and pampered by our therapist's expert care, beginning with a deep cleansing to prepare for a mild exfoliation. Then enjoy a stimulating massage of the face, neck and décolleté. Treatment concludes with a complementing masque to leave your skin refreshed.

60 minutes ~ \$90 90 minutes w/extractions ~ \$130

Renewing Face & Sole

Surrender to blissful serenity while pampering your "Sole". Refresh your tired feet with a cleansing soak in our Mint Foot Tea and an invigorating Lemon and Mint exfoliation. Then relax into a De-stressing facial while your overworked feet are treated to a detoxifying Herbal Clay Mask. Conclude your pampering with a luxurious foot and leg massage using a rich combination of unrefined shea and cocoa butters, peppermint, tea tree and citrus essential oils. (Treatment does not include toenail care or polish.)

60 minutes ~ \$100

BODY CARE

(Not recommended for expecting mothers)

Signature "Coastal Cranberry Kiss"

A gentle, natural exfoliant of pure cane sugar and potent anti-oxidants derived from organic cranberry, pomegranate and apple juices, is massaged into your skin. Enjoy a relaxing scalp massage while wrapped in this cranberry bliss. Treatment concludes with a gentle Vichy rinse and application of our aromatic Cranberry Oil Blend.

60 minutes ~ \$125

Balancing Mud Wrap

Relieve your skin of environmental stress and toxins with a centuries-old curative. This intricate mix of Black Baltic Water Silts assists in removing impurities from your skin, enhances cell turnover and deeply hydrates, while imparting firmness and uniformity. A luxurious application of healing body butter seals in the benefits of your treatment.

60 minutes ~ \$130

Peppermint Sea Twist

This slimming therapy combines peppermint essential oil with freshly harvested seaweed to stimulate circulation, detoxify, and hydrate your skin. This treatment is ideal for sore muscles, water retention and cellulite. Wraps infused in seaweed and peppermint oil are wound around your body, and you're cocooned in warm blankets. Receive a face and scalp massage while the invigorating ingredients work their magic. The finale is a luxurious application of Essential Oil of Peppermint blended with our Signature House Oil.

60 minutes ~ \$135

Honey Body Polish

This anti-aging treatment is recommended for all ages to rejuvenate and rebalance dehydrated or sun-damaged skin. A luxurious application of warm Honey Body Polish gently exfoliates and renews skin cells. You are then warmly cocooned in Mylar and receive a relaxing scalp massage. Treatment concludes with a Vichy rinse and light effleurage movements.

60 minutes ~ \$120

Sea Salt Glow

Enjoy a gentle, full body exfoliation, with a rich blend of salts and aromatic oil that removes dead skin cells, impurities and stimulates circulation. Wash away the toxins under the healing flow of our Vichy shower. Your skin is renewed to radiant health, leaving it silky smooth.

45 minutes ~ \$90



HYDROTHERAPY

(for women only)



Green Tea Soak

Soak in Green Tea bath salts and foaming bubbles while treating your eyes to a therapeutic Green Tea eye mask.*

20 minutes ~ \$50

Aromatherapy Soak

Luxuriate in a Dead Sea Salt bath while you infuse your senses with an essential oil of your choice. The chosen essential oil is yours to keep.*

20 minutes ~ \$45

Detox Seaweed Soak

Relax, detoxify and hydrate your body, surrounded by this blend of hydrotherapy bubbles and seaweed *

20 minutes ~ \$35

* All hydrotherapy treatments include a complimentary cup of tea to enjoy while soaking.

Tea Forté

Sip while you soak! Enjoy a comforting cup of tea from Tea Forté. These teas are all-natural whole leaf teas and rough-cut herbs. They are steeped in hand-crafted silken infusers with an open design that brings out the best in the quality ingredients. You will be enchanted by the unique presentation and subtle flavors, making your Overleaf Spa experience a truly elegant occasion.

À la Carte Services

* Add any of the following choices to your treatment(s).

Facial Add-ons

| | |
|---|------|
| Eye Contour Treatment (Repechage Facials Only)..... | \$25 |
| Paraffin Hand Dip | \$10 |
| Foot Mask..... | \$10 |
| Brow Tint | \$20 |

Massage Add-Ons

| | |
|----------------------------------|------|
| Essential Oil Aromatherapy | \$10 |
| Therapeutic Eye Mask | \$10 |

Any Treatment Add-on

| | |
|-------------------|------|
| Tea Service | \$ 3 |
|-------------------|------|

Waxing

| | |
|--------------------|-----------|
| Brow Shaping | \$25 |
| Lip..... | \$20 |
| Chin | \$20 |
| Full Face | \$40 |
| Underarm | \$30 |
| Arm..... | \$35 |
| Full Leg..... | \$60 |
| Half Leg | \$40 |
| Bikini..... | \$40 |
| Back..... | \$50 & up |

(Prices subject to change)



Enjoy Your Spa Visit

FACILITIES

Overleaf Spa facilities are included in the Overleaf Lodge room rates. Non-Overleaf Lodge hotel guests may use the Spa facilities only if they book a 60-minute treatment.

OCEAN-VIEW SOAKING POOL AND HOT TUB

Surrender to the sea in a warm soaking pool that overlooks the ocean. The hypnotic waves and beautiful Oregon coast set the mood for total and complete relaxation. To soothe tired muscles, melt into the hot tub and turn up the jets.

Swimsuits are required. If you forget yours, suits are available for purchase in the Spa store.

STEAM ROOMS AND SAUNAS

In addition to the traditional amenities, such as showers and dressing areas, the men's and women's locker rooms include separate steam rooms and saunas.

SCHEDULE AN APPOINTMENT

To best insure availability reserve your Spa treatment as far in advance as possible by calling 800-338-0507 extension 440. Walk-ins are accommodated when a therapist is available.

LOCATION

Overleaf Spa is located on the third floor above the main lobby of the Overleaf Lodge.

ARRIVAL

To fully benefit from your visit, arrive at least 20 minutes prior to your appointment. Give yourself time before your treatment so you can fill out a simple form, shower and change into a cozy Spa robe and slippers, and relax in the comfortable environment. Our Spa facility includes showers, steam rooms, saunas, and therapy tubs that may be used before a treatment to warm the muscles or at the end of a treatment to enhance your state of relaxation. A warm shower just before your treatment is relaxing and washes off any salts, minerals or chemicals that could clog pores when mixed with our products.

ATTIRE

Come comfortably attired; our locker rooms are there for you to undress completely. We provide a robe and slippers for you to wear to your treatment room. In the treatment room you will be able to take off your robe and cover yourself in

privacy. You will be draped with a sheet throughout the service. For some of the services, garments will be provided to you.

PERSONAL COMFORT

Your comfort is important. Please tell our therapists what you expect and if you have any injuries or special considerations. Ask questions if you need more details to make an informed decision regarding your treatment style and type.

HEALING ATMOSPHERE

Help maintain the relaxing and healing atmosphere by turning off your cell phones and pagers, and by speaking in quiet, respectful tones while inside the Spa. All guests deserve to enjoy the serenity of Overleaf Spa and its ocean view.

LATE ARRIVAL

Due to the length of treatments and with respect for other guests, late arrivals may not be able to receive their full service. If you arrive late, you are still responsible for the full cost of your treatment.

CANCELLATIONS

As a courtesy to other guests and our therapists, we request 24-hour notice for cancellations. Guests who do not show up without giving proper notice will be charged the full price of their service.

CHILDREN

The Spa is open to all Overleaf Lodge hotel guests age 18 and over. Children 14 to 17 may use the Spa if they are booked for a treatment and are accompanied by a parent.

GRATUITIES

Gratuities are not included in the price of Spa services, but may be given at your discretion in appreciation for exceptional service.

GIFT CERTIFICATES

Gift Certificates for any amount are available by calling or visiting Overleaf Spa or by purchasing online at www.overleafspa.com.

QUALITY PRODUCTS

Overleaf Spa uses only quality proven treatments and the finest products provided by companies such as Repechage and Derma-logica. We also support "green" companies that strive to be in harmony with our environment. Some of these fine products are available in our Spa store.



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