

The finishing touches...

Manicures & Pedicures

Please note: We do not offer acrylic, dip, or solar nail services, nor do we have the tools required to remove them. Gel nail polish on nails from other salons requires an additional charge to remove.

Cascade Diamonds on the Lake Pedicure | 50-Minutes | \$75

Inspired by the beauty of our idyllic lake property, this treatment uses our signature hand-crafted products, infused with calming lavender and uplifting spearmint. This experience includes a warm Dead Sea Salt soak, a detoxifying mask infused with Kaolin and rose clay, and a shea butter lotion.

Anti-Aging Pedicure | 50-Minutes | \$65

Exclusive, hand-selected Fijian plant extracts will calm the skin, repair the lipid barrier, and revive tired, achy feet. An anti-aging exfoliation and a soothing massage pampers as it prevents dry skin and calluses using our Pure Fiji products. This treatment is finished off with Dazzle Dry polish.

Anti-Aging Manicure | 50-Minutes | \$60

The use of Pure Fiji products will soothe and repair stressed hands and nails in this multi-phase manicure. Providing anti-aging benefits, hands are left invigorated, renewed, and deeply conditioned. This treatment is finished off with Dazzle Dry polish.

Gel Manicure | 50-Minutes | \$65

Londontown Gel is a breakthrough UV3 technology that combines the ease of polish with the permanence of gels. No other products on the market can stand up to the claim: it goes on like polish, wears like gel, and comes off in minutes.

Nail Enhancements

All enhancements are incorporated into the nail treatment duration.

Antioxidants Infusions | Hands – \$20 | Feet – \$20

In this treatment, the hands and/or feet are placed inside a paraffin-filled glove, locking in the skin's natural moisture. This antioxidant infusion fights cellular aging with a unique blend of green and white tea, grape seed, and berry extracts.



Keep it up!
Don't forget to
buy our skin care
products to take
home with you.

Hair

Prices determined during in-salon consultation

Women's shampoo, cut and style	\$ 55
Men's shampoo, cut and style	\$ 35
Children's shampoo, cut and style	\$ 30

Full Permanent Color	\$ 85 & up
Full Permanent Color with Cut	\$125 & up
Full Foil	\$135 & up
Partial Foil	\$ 95 & up

Blow Dry Style	\$ 45
Special Occasion hair	\$ 80
Bridal Hair Consultation	\$ 80
Bridal Hair Style.....	\$ 95

Hair Enhancements

All enhancements are incorporated into the hair treatment duration.

Hair Glaze Add-On | \$20

Treat your hair to a new shine with no frizz. Our hair glaze can be added onto any hair service.

Hair Cut Add-On | \$40

A hair cut may be added onto any hair service.

Hair Services

Surface Awaken Scalp Facial | 50-Minutes | \$75

Revitalize your scalp and rejuvenate your hair! Treat hair loss, alopecia, dandruff, psoriasis, and itchy scalp. Naturally cleanse, stimulate, revitalize, and strengthen. Botanicals, vitamins and amino acids encourage cellular rejuvenation and healthier hair follicles.

Bellami® Hair Extensions Consultations | 50-Minutes | \$75

WAXING

Lip or Chin	\$ 15
Brow Shaping	\$20
Full Face (excluding brows)	\$40

MAKEUP

Application	\$75
Application & Lesson	\$100
Bridal Consultation	\$80
Bridal Makeup Application	\$80

TINTING

Eyelash Tinting	\$40
Eyebrow Tinting	\$35

Make your spa day stress free...

Spa Reservations

To ensure availability, we recommend that reservation for spa services be made as far in advance as possible. Please advise us in advance if you have a therapist preference. A payment method will be required to secure your reservation.

Medical Conditions

If you have high blood pressure, history of a heart condition, you are pregnant, or have any physical injury or condition that has caused you any concern, please take all necessary precautions as outlined by your physician. Be sure to discuss your condition with your therapist. Massage will not be offered to guests during the first trimester of pregnancy.

How To Use The Spa

Please respect the right to privacy and a quiet atmosphere for all guests. We ask that you refrain from talking loudly and that you turn off cell phones. NH state law does not allow outside food and/or alcohol in the spa facility.

Arrival Time

Please arrive a minimum of 20 minutes in advance of a spa treatment to enjoy the relaxation lounge and steam room.

What To Wear

We will provide you with a robe and spa sandals. Disrobe to the level of your comfort. Our therapists are trained to drape a sheet over your body in a discreet manner so that you are covered to a level of your comfort. If you are uncomfortable at any time, please tell your therapist.

What To Bring

We provide all spa guests with the use of a robe, spa sandals, and all necessary towels. You may wish to bring your own sandals. **Please do not bring jewelry or valuables to the spa.** The spa is not responsible for lost or stolen items.

Gift Cards

Gift cards are available for purchase in-person at the reception desk, and over the phone.

Gratuity

For your convenience, a 20 percent gratuity charge will be automatically added to all services. Additional gratuity is at your discretion.

Cancellation Policy

We have reserved staff and space just for you. There is a 100 percent charge for any changes or cancellations with less than 24 hours notice. No-shows will be charged in full. As a courtesy to guests following your allotted time, late arrivals will only receive the remaining appointment time.

Children

With the exception of children's hair cuts, spa treatments will not be permitted for guests under the age of 18.

Additional Spa Amenities

We offer the use of our pool, jacuzzi, and fitness center located one level below the spa on the first floor of Church Landing. Please bring a bathing suit to enjoy these amenities.

Weekend Rates

Prices marked with a star (*) indicate weekend rates, which apply on Fridays and Saturdays.



Spa days are better at the lake...



Features & Amenities

Signature Spa Treatments
Facials | Massage | Body Treatments
Private Treatment Rooms | Relaxation Lounge
Full-Service Salon — Manicures and Pedicures

Open Daily 9:00 am – 5:00 pm
603-677-8620 | 866-719-0161

Cascade Spa & Salon at Church Landing
Mill Falls at the Lake | 281 DW Highway, Meredith NH

cascadespa@millfalls.com

Put your best face forward...

HydraFacial®

Ultimate HydraFacial® | 80-Minutes | \$350 / \$360*
This Cinderella treatment will provide “glass-like” finish to the skin, while implementing lymphatic drainage techniques. This treatment deeply cleanses, exfoliates, extracts and hydrates your skin, while addressing fine lines and wrinkles. Fairy tales really can come true!

HydraFacial® Vitamin C | 50-Minutes | \$275 / \$285*
(80-Minutes | \$365 / \$375*)

The ultimate skin brightening experience! Britenol, a Vitamin C Solution, will balance skin tone and promote cell renewal. This facial includes a 15% Glycolic and Salicylic peel, and finishes with Vitamin C’s perfect partners: Babor Collagen serum and Cream. Your skin will glow!

HydraFacial® Deluxe | 50-Minutes | \$260 / \$270*

This treatment deeply cleanses, exfoliates, extracts, and hydrates your skin, while addressing specific concerns with a specialty booster vial chosen based on your skin’s needs. This treatment finishes with LED light therapy and a bath of Hyaluronic Serum.

Signature HydraFacial® | 25-Minutes | \$200 / \$210*

This express facial includes a glycolic/salicylic peel for increased hydration and glow. This treatment is suitable for all skin types.

Clarifying Back HydraFacial® | 50-Minutes | \$300 / \$310*

Using a vortex solution, this treatment deeply cleanses, exfoliates, and hydrates the often-neglected skin of the back. Impurities are gently extracted, leaving you with a soft, restored look.

HydraFacial® Enhancements

All enhancements are incorporated into the facial duration.

Perk Eye | \$30 / \$35* **Perk Lip** | \$20 / \$25*

Ask about adding the JLo Beauty Booster to your HydraFacial®!

The BABOR Experience

Skinovage Revitalizing Facial | 50-Minutes | \$150 / \$160*
This facial treatment is ideal for tired skin in need of regeneration. The complexion is left renewed, vitalized, and smoothed.

Collagen Lifting Facial | 50-Minutes | \$185 / \$195*
(80-Minutes | \$300 / \$310*)

Plump and densify your skin with this collagen therapy. Ultra-potent hyaluronic acid and collagen plump the skin from the inside out while smoothing fine lines and wrinkles. The effect of this treatment is amplified with a collagen infused mask to lift and reshape the facial contour.

The BABOR Experience

Vitamin C Radiant & Bright Facial

| 50-Minutes | \$175 / \$185*
(80-Minutes | \$275 / \$285*)

Revitalize your skin with a gentle AHA peel and highly potent Vitamin C. This highly effective treatment brightens dull, tired skin, evens skin tone and protects from environmental stress with powerful anti-oxidants.

TheraPRO® Custom Facial | 50-Minutes | \$175 / \$185*

Targeted solutions for all skin types in need of regeneration. Let us advise you which TheraPRO® treatment will achieve maximum results for your skin type and take your skin to a new level. This facial provides stabilization of skins protective barrier and promotes healthy looking, smoother skin.

SeaCreation Facial | 80-Minutes | \$325 / \$335*

The combination of specially selected active ingredients from the depths of the ocean and our exclusive treatment lends skin an incomparably smooth, firm, and youthful appearance.

Coming in January 2024...

HSR Lifting Facial | 50-Minutes | \$185 / \$195*

(80-Minutes | \$300 / \$310*)

The anti-wrinkle expert; using the power of peptides to stimulate collagen, this treatment will smooth, plump and lift every type of wrinkle while firming and toning the skin. The result is a more youthful, well contoured face.

BABOR Enhancements

All enhancements are incorporated into the facial duration.

Collagen Mask | \$30

Vitamin C Mask | \$30

Sensational Eyes Treatment | \$20

Lip Volume Treatment | \$20

Décolleté Collagen Treatment | \$35

Neck Collagen Treatment | \$20

Peel Add-On | \$30



Relaxation for your body & mind...

Massages

Tranquility Massage | 50-Minutes | \$130 / \$140*
(80-Minutes | \$185 / \$195*)

This traditional Swedish style, full-body relaxation massage uses gentle to moderate pressure with long, soothing strokes. Relieves stress and improves circulation.

Deep Tissue Massage | 50-Minutes | \$150 / \$160*
(80-Minutes | \$225 / \$235*)

This highly therapeutic massage uses deep pressure to ease muscle soreness and relieve tension associated with chronic muscular problems.

Himalayan Salt Stone Massage | 50-Minutes | \$175 / \$185*
(80-Minutes | \$240 / \$250*)

This relaxing and remineralizing full body massage, uses warm, hand-carved salt stones from the Himalayan Mountains to balance the central nervous system and nourish depleted cells, leaving the body in a deep sense of relaxation.

Bamboo Massage | 50-Minutes | \$175 / \$185*
(80-Minutes | \$240 / \$250*)

This treatment incorporates warm bamboo stalks of varying sizes to provide deep-tissue work. The massage itself promotes circulation, sensory nerve perception, and lymphatic drainage to provide a deep sense of relaxation.

Prenatal Massage | 50-Minutes | \$150 / \$160
(80-Minutes | \$200 / \$210*)

A completely relaxing full-body massage using safe and effective pre-natal techniques, coupled with omega massage oil to relax those specific lower back muscles that are carrying that beautiful bump and help you maintain fit skin throughout your pregnancy. Not offered during 1st trimester.

Head, Neck, & Shoulders Massage | 25-Minutes | \$75 / \$85*

This focused massage experience releases tension and restores comfort to this typically tense area.

Bodywork

Reflexology | 50-Minutes | \$120 / \$130*

This form of bodywork focuses primarily on the feet applying pressure to reflex areas that can promote health in the corresponding organs through energetic pathways. It promotes relaxation, improves circulation, reduces pain, soothes tired feet, and encourages overall healing.

Massage Enhancements

All enhancements are incorporated into the massage duration.

Aromatherapy Enhancement | \$10

Concreta® Enhancement | \$20

A deep-conditioning treatment balm infused with organic shea butter and coconut oil.

Antara® CBD Enhancement | \$30

Coconut oil rich in skin-beautifying fatty acids meets antioxidant powerhouses Vitamin E and full spectrum CBD hemp extract in this soothing oil.

Himalayan Stone Enhancement | \$20

Hand-carved salt massage stones from the Himalayan Mountains target specific areas in need of relief.

Rooftop Massages

All rooftop massages take place on our Cascade Spa Deck, furnished with a magnificent view of Lake Winnepesaukee. All Treatments include aromatherapy.

Elemental Bespoke Tranquility Massage | 80-Minutes | \$250

Elemental Bespoke Deep Tissue Massage | 80-Minutes | \$265

Zents® Love, Peace, and Gratitude Ritual

140-Minutes | \$550

This wellness ritual brings in ancient healing modalities to calm, heal, balance, and restore your body and mind. This exquisite retreat will lighten areas of mental heaviness and teach you new techniques to carry with you for the rest of your life. This ritual includes a foot soak, breathwork, quench body application, and healing massage, and you will receive a free gift.



PURE FIJI

Pure Fiji Body Treatment | 50-Minutes | \$135 / \$145*

Combat the visible effects of skin aging and restore the appearance of younger skin with this body treatment designed to exfoliate, hydrate, nourish, and strengthen skin. A Fijian scalp, neck, & ear massage is also performed using warm oil. Available in three luxurious scents.

Guava - Infused with Vitamin C for Toning

Noni - Collagen-infused for Rejuvenation

Coconut Milk & Honey - Infused with Royal Bee Jelly to Nourish

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