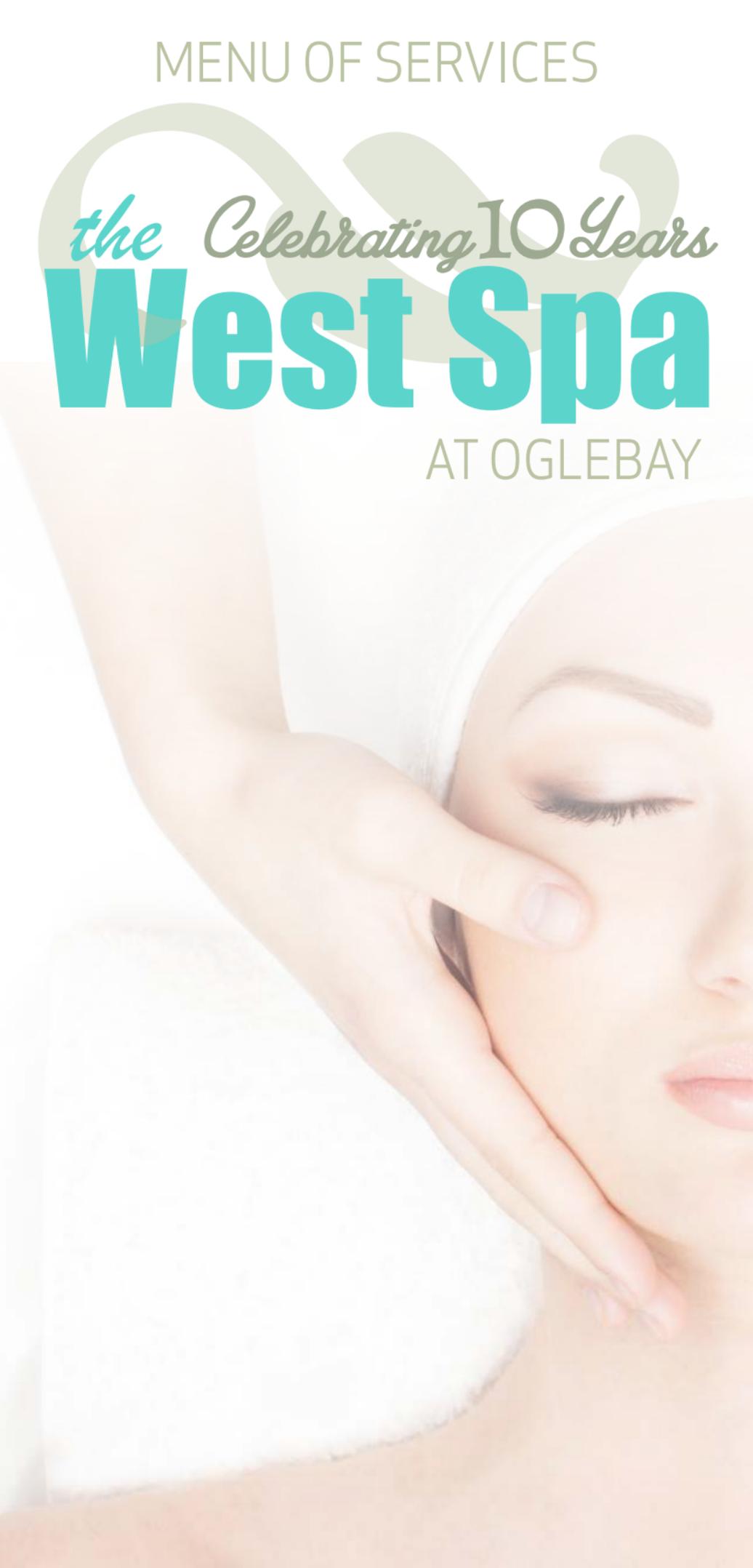


MENU OF SERVICES

the Celebrating 10 Years
West Spa

AT OGLEBAY





Welcome to The West Spa

Over a hundred years ago, a tradition of generous hospitality was started at the summer estate of Earl Oglebay. Today, Oglebay offers 2,000 acres of year-round recreational opportunities and exceptional overnight accommodations amid the property's natural beauty.

Located in Wilson Lodge, The West Spa is a luxurious 5,000 square-foot sanctuary offering best-in-class services paired with the finest products and equipment.




Oglebay



Massage Therapy

Sticks and Stones

This service is completely customized to your individual needs. Our talented massage therapists begin this treatment by warming the muscle tissues with our warm Pink Himalayan Salt Stones, in preparation of more detailed deep tissue work with warmed bamboo sticks. With this heated therapy, this massage encourages improved range of motion and ultimately connects you with a feeling of sincere well-being.

80 minutes/110 minutes

Warm Stone

This ancient art of healing uses warm Pink Himalayan Salt Stones to bring relief to tense muscles and sore joints. By slowly massaging with heat and smooth stones, your therapist is able to balance your energy with this melting effect.

80 minutes

The West Spa Experience

Melt into deep relaxation with our unforgettable, exclusive massage which offers a combination of Swedish and Deep Tissue, a sampling of Pink Himalayan Salt Stones and a variety of techniques such as stretching and range of motion.

50 minutes/80 minutes

Deep Tissue

This intense massage is recommended for physically active individuals with chronic pain and muscle fatigue. Deep pressure is used to restore structural alignment and balance by releasing chronic tension, while elongating the muscles.

50 minutes/80 minutes



Massage Therapy

Simply Swedish

Working with the body's soft tissue, this classic light touch massage is meant for the purpose of reducing stress, increasing circulation and encouraging relaxation.

50 minutes/80 minutes

Duo Design

Whether with a loved one or best friend, enjoy a 50 minute or 80 minute massage side by side in our couple's room. Both you and your partner will ease away the tension and stress of the day together, while still receiving the individual attention that your body needs. Choose from our West Spa Experience, Deep Tissue or Simply Swedish massage.

Please call for pricing and availability.

MaMa Mia

This prenatal massage involves a therapeutic technique designed specifically for the childbearing year. It is safe and effective for relieving the discomforts of pregnancy and promoting maternal and fetal well-being. This massage will utilize a Pure Massage Oil to give your skin ultimate hydration. This prenatal massage is only done in the second or third trimester.

50 minutes

Express Relief

Pressed for time? Have a specific problem area? During this zone massage your therapist will focus on one section of the body, with your choice of: upper body, lower body, front half or back half. Must be at least 15 years of age with parental consent.

Upon arrival you will choose one of four different lotion/oil combinations to ensure full hydration during your massage.



Healing Therapy

Healing Bouquet

Enjoy a medley of healing therapies personally designed by your therapist to create a bouquet of healing techniques. The beauty of this service lies in the hands of our diverse therapists.

80 minutes

Reflexology

Your hands and feet are divided into sections that mirror your body organs. By applying pressure and massage to these areas, one can stimulate, strengthen, and restore both health and harmony. Choose either hands or feet in our 25 minute or enjoy both in our 50 minute. *25 minutes/50 minutes*

Massage Enhancements:

Scalp Ritual

Warm Stone

Rain Shower - *Add a 15-minute shower after your massage (based on availability for select services).*





Body Treatments

Oglebay Signature Journey

An exclusive journey designed to bring luxury to all areas of your body. This sophisticated treatment begins with a custom tailored exfoliation paired with a rich envelopment of pure shea butter. While deeply relaxed in a warm cocoon, your scalp is massaged with nourishing oils. After a soothing rain shower, your expert therapist performs a full body rhythmic massage with warm Pink Himalayan Salt Stones. Honor your mind and body as you emerge not only with perfect skin, but also in a state of absolute Zen. *110 minutes*

Bee-autiful Propolis Body Wrap

Boost the immune system and protect your skin against environmental pollution with nature's miracle cure-all bee propolis. This innovative treatment drenches the skin in hydration and antioxidants known for promoting the health and radiance of the skin. This soothing experience concludes with moisturizing drizzles of warm coconut milk from head-to-toe. Reveal your most bee-autiful body today. *80 minutes*

Espresso Limon Slimming Wrap

Slim, detoxify, and firm with this powerful blend of ancient dry brushing and espresso limon oils. A European dry exfoliation is performed fighting cellulite and leaving the skin smooth and impurity free. A warm application of potent oils is then applied to encourage rapid fat burning and cellulite metabolism while a scalp and neck massage is performed for absolute relaxation. Emerging refined and slenderized, a toning mist refreshes the body leaving you looking and feeling light and luminous.

80 minutes



Body Treatments

Citrus Surrender Body Glow

The crisp aroma of sweet citrus shines through in this light, rejuvenating body refresher. Unwind as your skin is buffed and prepped with a fresh squeezed orange body polish, followed by a refreshing rinse. This body treatment is topped with an application of neroli body crème to have you looking and feeling your brightest! *50 minutes*

Rosemary Mint Body Renewal

Let us smooth, rejuvenate, and brighten your skin with a rosemary mint sea salt body polish. The treatment seals the deal with a n award-winning anti-aging body lotion application to nourish and protect the skin leaving you softer than ever! *50 minutes*





Facial Treatments

Microdermabrasion

Microderm is a specialized treatment that works quickly and effectively to:

- Rejuvenate sun damage
- Shrink pore size
- Smooth fine lines and wrinkles
- Lighten hyperpigmentation
- Minimize scarring

Combined with our organic skin care line, our Microderm Treatment is sure to result in a glowing complexion.

4 weekly 50 minute treatments available

Naturally Appeeling

For all skin types, this collagen boosting facial reduces the signs of aging as wrinkle depth is reduced, fine lines faded, and skin firmed and plumped. This highly active peel can be performed weekly for a maximum of 4 weeks.

50 minutes

Tailored for You

Your individual skin type needs individual care. Begin this treatment by speaking with your aesthetician, who will customize your service to fit your needs. Finish with an enriched complexion free from impurities after this one of a kind facial.

50 minutes

Express Exfoliation

The perfect petite facial is ideal for addressing the most urgent of your skin's demands. Targeted to teens, a thorough cleansing, exfoliation, and masque will start your complexion on the path to healthy skin.

25 minutes

Facial Enhancements:

Brow, Lip or Chin Wax

Eye Rejuvenation

(Enhancements offered in conjunction with facial services only)





Nail Rituals

*Your bottle of polish is yours to take following your service.
(Excluding gel service)*

Oglebay Signature Ritual

Rosemary and Mint come to the rescue as you escape the daily hustle during this refreshing treatment. This manicure and pedicure includes a Rosemary foot soak, mineral rich sea salts to buff away dry skin areas, and a volcanic clay mask to revive overworked hands and feet. For maximum relaxation, you will enjoy a Pink Himalayan Salt stone massage and a warm paraffin dip to seal in maximum hydration. This treatment includes a classic manicure/pedicure with nail color.

Pedicure 60 minutes/Manicure 50 minutes

Brown Sugar and Honey Spice Ritual

This delicious treat for the hands and feet will focus on much-needed exfoliation and hydration using a cinnamon vanilla brown sugar scrub. After your nails are perfectly prepared, indulge in a deeply hydrating paraffin dip, followed by a massage to seal in moisture, leaving your hands and feet buttery soft.

Pedicure 55 minutes/Manicure 45 minutes

Classic Ritual

Transform your hands and invigorate your feet with our classic manicure and pedicure in which your nails will be shaped, cuticles restored, and brilliant color applied. A light massage and complimentary polish is included.

Pedicure 45 minutes/Manicure 25 minutes

From Princess to Queen

Designed for young girls ages 8-13. Soak in a warm foot bath as you are treated to a gentle pedicure and a light touch leg massage followed by a princess manicure.

*Limited availability on Fridays and Saturdays.
50 minutes*



Nail Rituals

Gel Manicure

Your nails and cuticles will be groomed to allow for the cleanest of surfaces, before the application of the gel polish. The nails will be cured by an LED light and an SPF cream will be applied to your hands to keep them looking youthful.

Nail Enhancements:

French Polish

Polish Change





Wellness Classes

Classes are held in the Movement Studio, unless otherwise specified. Guests may choose to pay per class, or purchase a multi-class pass. Payment is accepted at The West Spa prior to class. Guests should arrive 10 minutes prior to the start of class, as not to disrupt other attendees.

Power Yoga

is an intense Yoga workout that will make you sweat moving from pose to pose with intensity.

This class will move a little faster pace to pick up the heart rate and involve a little more strength and ab work.

Vinyasa Flow

(a.k.a. Gentle Flow Yoga): A fun and challenging Vinyasa sequence, this class is designed to cultivate focus, stamina, strength, and flexibility.

This class is open to all levels of practice and abilities and is especially great for beginners or those searching for the therapeutic benefits of yoga.

Barre Mix

A fun fusion of Ballet barre, Yoga and Pilates.





Wellness Classes

Restorative Yoga

Finding focus by centering your breath and body - aligning the physical and mental by practicing stillness or gentle movement for extended periods of time.

The props assist in helping you to hold poses longer. A great way for the mind and body to find stillness. This class is relaxing and gentle to restore and rejuvenate your body.

Hatha Yoga

Great for beginners and those with a good deal of history with the body. Pranayama (breath work), a short guided meditation, and asanas (postures) consisting of a combination of seating and standing round out this practice.

Ballet Yoga Fusion

This class incorporates the breath and stretching aspects of yoga with the strength building of ballet aiding in correcting posture, targeting specific muscle groups, and lengthening as well as toning muscle.

HIIT Yoga

This 60 minute class combines high intensity intervals into Vinyasa Flow. Harness the power of your breath to glide you through the flow sets engaging deep core muscles, strengthening the body by improving cardio endurance, balance, and posture.

Some yoga experience and ability required.





Wellness Workshops

Yoga Nidra

This form of guided meditation allows the body to enter a state of deep rest needed for the body to heal from stress, anxiety, injury, etc. 75 minutes of breath work, a gentle warm up for centering and the guided meditation of Yoga Nidra.

No prior experience needed.

R&R Workshop

This two hour practice will gently awaken while deeply relaxing the body, mind and spirit, as yoga and massage interweave. The class will begin with a gentle warm-up serving as a transition into more restorative, Yin-inspired asanas. These poses will provide opportunities to integrate Thai Yoga Massage to help you further unwind.

Open to all levels.







Uniquely Yours

Build Your Own Spa Day

Customize your experience by combining any 50, 80 or 110- minute services into one full day of relaxation. Combine three services or more and enjoy special pricing. Plus, receive exclusive discounts on West Spa Boutique purchases. Call 304-243-4130 for details.

West Spa Boutique

Shop the West Spa Boutique for the finest product lines including:

- Eminence organic skin care line
- Epicuren
- Super Goop
- dōTERRA





Overnight Packages

Overnight packages allow guests to experience the tranquility of The West Spa, the outstanding accommodations and amenities of Wilson Lodge, and the scenic beauty of Oglebay. Packages must be booked seven days in advance.

Ultimate Oglebay Experience

Package Includes:

- Premium accommodations in Wilson Lodge including unlimited use of indoor pool, jacuzzi, sauna, and fitness center.
- Complimentary bottle of wine served with fresh fruit and cheese.
- Romantic dinner for two at Ihlenfeld Dining Room.
- Signature Experience Massages performed in our elegant couples room at the West Spa.
- As your massage nears completion, your personal bath butler will draw a relaxing, hot bath in your guest room.
- Special spa gift.
- Mountaineer Breakfast Buffet for two in Ihlenfeld Dining Room.

Simply Spa package

Package Includes:

- Premium accommodations in Wilson Lodge including unlimited use of indoor pool, jacuzzi, sauna, and fitness center.
- 50-minute spa service per person, per night. Choose between a Simply Swedish massage, Tailored for You facial or Mani-Pedi combo.
- Mountaineer Buffet Breakfast for two in the Ihlenfeld Dining Room.

Call 877-436-1797 for overnight reservations.





About Your Visit

Reservations

Book your West Spa appointment at least two weeks in advance to ensure the best selection of spa services and availability.. A credit card is required to hold your reservation. Weekday appointment prices are applicable Sunday - Thursday and weekend prices are applicable Friday and Saturday. Call 304-243-4130 for West Spa reservations.

Cancellations

Please call The West Spa at 304-243-4130 at least 24 hours prior to your scheduled appointment time to avoid a cancellation charge of 100% for services not rendered.

Age Requirements

Guests must be at least 18 years of age to receive massages, healing therapies, and body treatments. However, guests ages 8-13 may partake of the From Princess to Queen service, guests ages 13-17 may partake of facial treatments, and guests ages 15-17 may partake of express relief massages.

Special Considerations

Please notify The West Spa staff of any medical or physical conditions such as high blood pressure, heart conditions, allergies, skin conditions, or nail fungus, and consult with your physician prior to booking your spa service. If you are pregnant, please let us know which trimester you will be in at the time of your service.

Time of Arrival

It is very important to arrive at least 20 to 30 minutes prior to your appointment to allow ample time to relax and prepare for your spa service. Late arrivals will result in a modified treatment time as not to delay other guests.

Spa Attire

Complimentary use of spa robes, slippers, and lockers are provided to all spa guests. Our professional staff is trained in proper and mandatory draping to ensure your modesty is never compromised. Womens' and men's locker rooms are for adult use only.

Spa Etiquette

To preserve the peace and tranquility of our guests, we respectfully request that your cell phones are silenced while in The West Spa..



About Your Visit

Group Packages

Leave the details to us and celebrate your special occasion with total relaxation at The West Spa. An automatic 18% gratuity will be included for groups of six or more appointments. Call 304-243-4130 to schedule your group package.

Gratuities

Gratuity is not included in the price of your spa service. A customary 20% gratuity may be added at your discretion. For your convenience, an automatic 18% gratuity will be added to groups of six or more.

Payments and Refunds

All spa services, packages, and products are non-refundable, non-transferable, and non-exchangeable. The West Spa accepts cash, checks, all major credit cards, and Oglebay gift cards. For your convenience, spa services may be billed to your guest room.

Gift Cards

West Spa gift cards are available in any denomination. Gift cards may be purchased at The West Spa, at the Wilson Lodge front desk or via phone at 304-243-4130.

