



# EVENSONG SPA

at Heidel House Resort

Looking for a  
hands-on approach  
to lifting spirits and  
building good will?

Our group spa recreation activities will  
create an oasis of relaxation  
in the midst of your meeting or event.

## 2012 Group Spa Recreation Activities

### **Chair Massage**

Professionally licensed massage therapists will come to your group for a much needed break. Chair massages can range from 5 to 30 minutes depending on your need and availability; a great way to breakup a long meeting or to start your day. Chair massages increase productivity, employee morale, the ability to manage job related stress, energy, concentration, blood flow and natural breathing.

\$100 per hour plus gratuities - per therapist needed

### **Guided Meditation**

With the hectic pace and demands of modern life, many people feel stressed and over-worked. Meditation makes your mind calmer. By reducing the thoughts that arise in the mind, it becomes less scattered and more focused. It also increases alertness, energy, serotonin (which influences moods and behavior), self-confidence, concentration and strengthens the mind. It is perfect way to relax during a meeting break.

\$40 for a 30 minute session plus gratuities

### **Professional Skin Care Class**

Look your best now and in the years to come by learning to care for your skin. A professionally trained and licensed esthetician will provide a class on proper skin care.

\$100 for a 60 minute class plus gratuities - maximum of 15 participants

### **Professional Make Up Application Class**

A professionally trained makeup artist will perform demonstrations on the latest application techniques using our YoungBlood cosmetics.

\$100 for a 60 minute class plus gratuities - maximum of 15 participants

Across the street from Heidel House Resort  
410 Trillium Circle • Green Lake, WI 54941  
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## **Paraffin Therapy Party**

A warm paraffin is a great way to relax and repair your hands and feet after a long day on the golf course or after a meeting. It increases the blood supply to the area being treated and traps moisture from the underlying layers of the skin, which results in rejuvenated and nourished skin. Paraffin therapy reduces pain and stiffness around joints by removing excess fluid from the surrounding tissue. Our professionally trained and licensed technicians will give your guests the pampering they deserve using the most sanitary equipment and products available today.  
\$30 per participant plus gratuities - minimum of 5 participants

## **Mini Manicure Party**

Your hand is your business card. Let our professionally trained and licensed technicians make sure they are in perfect condition. Our technicians will prep your nails, apply our rich cranberry citrus lotion and finish with your favorite polish or buffed to a shine.  
\$25 per participant plus gratuities - minimum of 5 participants

## **Pamper Party**

The Pamper Party is a combination of the makeup application class, paraffin therapy party and mini manicure party all in one. Our professionally trained therapists will come to you to provide an experience your group is sure to remember. You'll be looking and feeling wonderful.  
\$80 per participant plus gratuities - minimum of 5 participants, maximum of 10 participants

## **Labyrinth Walk**

When walking the labyrinth, your body is in motion, rocking back and forth from one foot to the next. The mind is focused on following the path, as it winds and turns. The mind begins to be focused on the flow, the pace, the rhythm of the body as it moves along, sensing a time to stop and stand still, as it finds a pace that allows you to reflect while you are walking. Balance comes into awareness. Research has shown that this kind of movement activates the relaxation response, which is associated with reduced anxiety, diminished negative thoughts and the emergence of hopeful mindfulness and a positive mood.  
\$5 per participant - minimum of 6 participants

## **After Hours Spa Party**

Imagine how incredible a spa service would feel after a long, stressful day of meetings. Our spa sales manager will create a custom Evensong Spa experience that will show your employees how much they mean to the company. Whether it be a massage, facial, manicure, pedicure, a soak in our waterfall whirlpools or just relaxing in our relaxation room with a glass of wine, your group will definitely be talking about their experience at Evensong Spa for years to come.  
Priced based on services and number of guests.