



# the West Spa



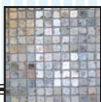
**2012 Services & Rates**



**Oglebay**

**Resort & Conference Center**

# *the* West Spa



## *Welcome to the West Spa at Oglebay*

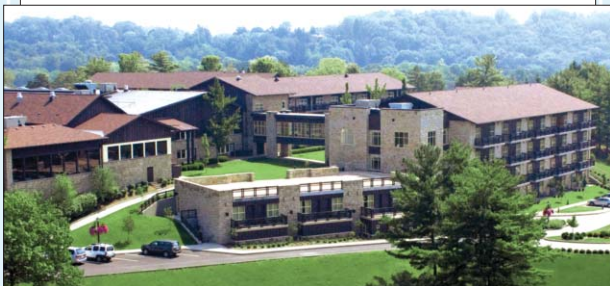
Over a hundred years ago, a tradition of generous hospitality was started at the summer estate of Earl Oglebay. Today, Oglebay Resort offers 1,700 acres of year-round recreational opportunities and excellent overnight accommodations but has retained its picturesque natural beauty. Now you can enjoy the same great hospitality and service, for which Oglebay has always been noted, at the West Spa. Designed to rejuvenate in a soothing atmosphere, the 5,000 square foot spa provides relaxing and therapeutic services, utilizing the finest products and equipment.

## *Table of Contents*

Oglebay General Information .....	2
Massage Therapy .....	3
Healing Therapy .....	5
Body Treatments .....	6
Facial Treatments .....	8
Nail Rituals .....	9
Day Packages .....	11
Overnight Packages .....	12
Spa Policies & Procedures .....	13
Driving Distances & Directions .....	15

## *Wilson Lodge*

The 271-room Wilson Lodge at Oglebay features 59 new premium rooms and the West Spa. The lodge has two dining rooms plus 22,000 sq. ft. of banquet and meeting facilities able to accommodate up to 400. Additional features include wireless Internet, LCD TVs in all guest rooms, indoor pool, jacuzzi, sauna, fitness center and business center.



## *Oglebay Facilities*

- 72 holes of golf including a classic championship course designed by the legendary Robert Trent Jones, Sr., and the newest course designed by Arnold Palmer. Additional golfing facilities at Oglebay include the 18-hole regulation Crispin Course, Par III Course and Driving Range.
- 54 cottages for groups and larger families including 3 new 8-bedroom premium cottages.
- 30 acre Good Zoo and Benedum Theater.
- Specialty shops including Carriage House Glass, Gourmet in the Gardens, Nature Express at the Zoo, the Speidel Pro Shop, Palm Room, Resort Shop, West Spa Boutique and the Wheeling Civic Garden Center.
- Gardens, stables, swimming, tennis, fishing, pedal boats and miniature golf.
- Mansion Museum, Glass Museum and Environmental Education Center.
- Downhill skiing and snowboard area featuring a triple chairlift, snowmaking, rental equipment and instruction.
- The Winter Festival of Lights.

## Massage Therapy



### *West Spa Signature Experience*

Our unforgettable exclusive massage offers a combination of Swedish and Deep Tissue, a sampling of warm basalt stones, and a variety of techniques such as stretching and range of motion. Even more...choose an oil from our signature Zents collection and experience the relaxing aromas of Zents therapy.

50 min \$130

80 min \$170

### *Deep Tissue*

This intense massage is recommended for physically active individuals with chronic pain and muscle fatigue. Deep massage is used to restore structural alignment and balance by releasing chronic tensions and alleviating muscle enervation.

50 min \$120

80 min \$160

### *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 min \$100

80 min \$140

### *Express Relief*

Need a quick fix? 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.

25 min Swedish \$70

25 min Deep \$80

### *MaMa Mia*

Performed during the second or third trimester, 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.

50 min \$100

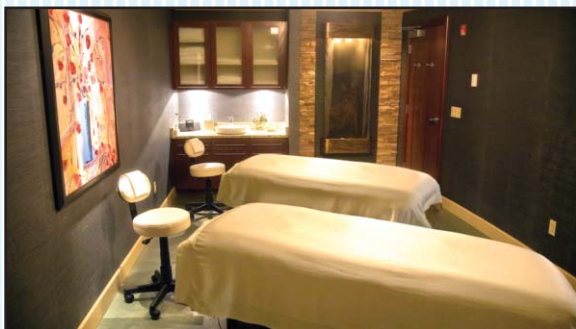
80 min \$140

### *Duo Design*

Enjoy a relaxing Swedish massage with a partner or friend performed in a private room designed for two. You may not only request one of our professional therapists, but also upgrade your service to a Deep Tissue or Signature Experience.

50 min \$200

80 min \$280



### *Upgrades*

**Shea Butter Quench \$10**

Includes an ultra-hydrating blend of organic Shea butter and your own personalized aroma.

**Scalp Treatment \$20**

Soothing nourishing oil is used in combination with a gentle rhythmic touch to relax and de-stress the scalp and neck.

**Rain Shower \$20**

Add a fifteen minute shower after any massage (based upon availability).

## Healing Therapy



### *Warm Stone*

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

80 min \$160

### *Thai Yoga*

A blend of yoga, acupressure, energy healing, and meditation, this ancient-manner massage offers a sense of peace, balance, rejuvenation, and well-being for both the client and practitioner. This treatment requires loose comfortable clothing to be worn.

80 min \$150

### *Healing Bouquet*

Enjoy a medley of healing therapies, such as Reiki, Cranial Sacral, and Reflexology, personally designed by your therapist of choice to create a bouquet of massage rituals. The beauty of this service lies in the hands of our diverse therapists.

50 min \$115

### *Cranial Sacral*

The emphasis of this therapy is to help resolve the trapped forces that govern patterns of fragmentation in both mind and body. The practitioner “listens through their hands” to the body’s subtle rhythms and encourages the release of negative stress, anxiety, or trauma.

50 min \$105

### *Reiki*

Using this aged Japanese technique, hands are placed lightly on or over the body in a special pattern, allowing energy to flow freely, thereby enhancing the body's natural healing process while promoting mental clarity and focus.

50 min \$105

### *Reflexology*

The soles of your feet and palms of your hands divide into sections that mirror your body organs. By applying pressure and massage to these areas with this Chinese technique, one can stimulate, strengthen, and restore both health and harmony.

25 min \$65

50 min \$95

## *Body Treatments*



### *West Spa Signature Zen Journey*

A showcase of the most hydrating treatments, the Zen Journey brings comfort to every part of the body with therapeutic Shea butter, soothing oils, and your own personalized aroma. Envelope your senses in an ultra-hydrating scrub, Shea butter quench, and nourishing scalp treatment complete with a relaxing rain shower and Zen massage.

110 min \$250

### *Hungarian Herbal Mud Wrap*

Herbs, spices, and Hungarian mud with trace minerals and bioflavonoids melt cellulite through high blood circulation to detoxify the skin followed with a penetrating massage on the affected areas with a firming Cinnamon Paprika body lotion. (You may experience a tingling sensation during this effective treatment.)

80 min \$170

### *Sublime Sculpting Body Wrap*

Indulge your skin in fresh blueberries, blackberries, and raspberries high in antioxidants for an instant natural firming effect with the benefits of increased elasticity. Each indulgent phase of this energizing wrap ensures optimum moisture and ultimate relaxation.

80 min \$160

### *Tropical Hydrating Body Wrap*

Extreme sensory pleasures are derived from this refreshing tropical wrap with coconuts, pineapple, and mango which delights the senses while leaving the skin deeply hydrated, revitalized, and toned with increased circulation. This renewal is finished with a light massage of organic body butter for a radiant replenished look.

80 min \$160

### *Fresh Picked Seasonal Wrap*

Mother Nature at its best! This organic custom blend body treatment brings together the finest fruits, vegetables, herbs, and spices of the season to deliver the most potent and refreshing wrap. You will be exfoliated with our signature sugar scrub, cocooned in our seasonal wrap, and lathered in a delicious body soufflé for a smooth and hydrated body.

80 min \$160

### *West Spa Signature Body Glow*

Discover radiant healthy skin during this divine full body exfoliation. Your glow includes a decadent sugar scrub of your choice from our Eminence collection, an invigorating shower, and a rich soothing soufflé application that will leave your skin silky, soft, and supple.

50 min \$130

## Facial Treatments



### *West Spa Signature Renewal*

Reveal younger smoother skin using our Eminence organic skin care collection in the Signature Renewal. Your aesthetician will cleanse, tone, and exfoliate the skin using a detox firming peel, fruit pulp treatment, and pore refining mask. An eye and lip upgrade along with a hand and foot massage adds to this exquisite age-defying facial.

80 min \$145

### *Naturally Appealing*

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 four weeks.

50 min \$125

### *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 min \$105

### *Gentleman's Regimen*

This regimen is designed to improve clarity and texture and reinforce the skin's natural and protective systems. Your face will be firmer, fresher, and smoother after this stimulating men's facial.

50 min \$105

### *Back to Basics*

Treat those hard to reach areas with a clarifying back facial. This often neglected canvas will be cleansed, exfoliated, and refined using our organic skin care line.

50 min \$115

### *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 min \$75

### *Upgrades*

Eye Mask or Lip Rejuvenation \$10

Brow, Lip, or Chin Wax \$15

### *Nail Rituals*



### *West Spa Signature Ritual*

Experience a luxurious mineral salt soak, hydrating Shea butter wash, exfoliating salt scrub, healing paraffin dip, and deep conditioning cuticle treatment in our signature manicure and pedicure. A warm basalt stone massage and rich signature polish of choice tops off our nurturing ritual.

55 min Hand \$65

55 min Foot \$75



### *Healing Ritual*

Add the benefit of a soothing paraffin dip to our classic hand and foot ritual to soften and revitalize the hands and feet together with a warm aromatherapy neck wrap and booties. The perfect way to pamper dry achy feet and hands to perfection.

55 min Hand- \$55

55 min Foot \$65

### *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.

25 min Hand \$35

45 min Foot \$55

### *From Rough to Buff*

Enjoy impeccable grooming tailored to meet the unique needs of a man's hands and feet. After a mineral salt soak and scrub, your cuticles will be repaired and nails shaped and buffed to their natural shine.

25 min Hand \$35

45 min Foot \$55

### *From Princess to Queen*

Come sit in our pedicure throne and soak in a warm foot bath as you are treated to a gentle pedicure and light touch leg massage followed by a princess manicure. Even more, your color of royalty is our gift for you to take home. (Specially designed for little girls ages 3 - 13.)

50 min Hand & Foot \$55

### *Upgrades*

French Polish \$10

Polish Change \$20

**Note:** Please advise us in advance if you have gel, shellac, or acrylic nails.



## Day Packages

Indulge yourself with a variety of our rituals. Whether you would like to be pampered for the day or simply sample our services, our day packages are the perfect combination of healing and therapeutic treatments.



## Overnight Packages

Make your visit to the spa extra special by choosing one of our overnight packages. You'll have a full sensory experience as you relax and enjoy the comforts of the spa while surrounded by the scenic beauty of Oglebay.

### *His & Hers Weekday Package*

**Available weekdays (Sunday – Thursday)**

**March 25 – October 31 excluding holidays**

**Just \$149\***

*\* Rate is per person/per night, traditional room. Double occupancy, plus tax. Intermediate, deluxe, premium rooms and suites available. Call for rates.*

#### **Package includes:**

- Lodge accommodations.
- Mountaineer Buffet Breakfast & dinner
- Spa gift

#### **Also includes your choice of one of the following:**

- One round on either the Robert Trent Jones, Sr. or the Arnold Palmer designed championship golf course at the Speidel Golf Club. Includes GPS golf car. Tee times required.
- One \$50 spa gift card valid towards any service at the West Spa. (Reservations for spa services required.)

Call 304-243-4130 to book your day package.

*West Spa Signature Package* \$460

- 50 min Signature Body Glow
- 50 min Signature Experience
- 50 min Signature Renewal
- 50 min Signature Hand Ritual
- 50 min Signature Foot Ritual

*Stop-n-Go Package* \$200

- 25 min Express Relief
- 25 min Express Exfoliation
- 25 min Classic Hand Ritual
- 50 min Classic Foot Ritual

Call 800-624-6988 to book your overnight package.

*Ultimate Oglebay Experience!*

Enjoy a luxurious getaway with this romantic new package that includes dinner in your premium room and an exquisite couples massage at the West Spa.

**Available Friday or Saturday, January 6 – November 3, 2012, based on availability**

**\$573 per night\***

*\* Rate is for double occupancy plus tax in a premium room for one night. Premium suites also available. Must be booked 7 days in advance.*

**Package includes:**

- Friday or Saturday night accommodations in a premium room at Wilson Lodge including unlimited use of indoor pool, jacuzzi, sauna, & fitness center
- A complimentary bottle of wine served with fresh fruit & cheese.
- A romantic dinner prepared especially for you delivered to your room.
- Signature Experience Massages performed in our elegant couples room at the West Spa.
- A personal bath butler (as your massage nears completion a bath butler will be sent to your room to draw a relaxing bath).
- A special spa gift.
- Breakfast Buffet for 2 in the Ihlenfeld Dining Room.

## *About Your Visit*



### *Reservations*

We highly recommend that you schedule your appointment at least four weeks in advance to secure the best selection of spa services. A credit card is required to hold your reservation.

**Call 800-624-6988 or 304-243-4130 to book your exquisite West Spa treatment.**

### *Cancellations*

Please notify us at least 24 hours prior to your scheduled appointment time to avoid a cancellation charge of 50% for services not rendered.

### *Age Requirements*

We have an age requirement of 18 for all massages, healing therapy, and body treatments. Guests ages 11 - 18 are welcome to enjoy our facial treatments.

### *Special Considerations*

We ask that you notify us 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 reserving your spa appointment. If you are expecting, 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 to not delay our other guests.

### *Spa Attire*

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

### *Spa Etiquette*

For the peace and tranquility of our guests, we respectfully request that you turn off your cell phones and pagers while in the spa.

### *Group Packages*

A spa specialist is available for your convenience to schedule you and your guests for a memorable day at the West Spa. Celebrate that special occasion as you relax and unwind while we take care of all the fine details.

**Call 800-624-6988 or 304-243-4130 to speak with our spa specialist.**

### *Gratuities*

A customary 20% gratuity is not included in the price of your individual services and may be determined at your discretion. However, an 18% gratuity will be added to group packages for your convenience.

### *Spa Boutique*

Our signature therapeutic body care line and natural organic skin care line are available for purchase in our spa boutique. All of our products are eco-friendly, paraben free, and made with recyclable packaging. Our spa professionals will share their recommendations upon completion of your treatment.

### *Payments and Refunds*

All spa services, packages, and products are non-refundable, non-transferrable, and non-exchangeable. We accept cash, checks, all major credit cards, and Oglebay gift cards. For your convenience, you may bill your services to your guest room.



## Driving Distances

Baltimore	310 miles	Detroit	300 miles
Boston	651 miles	Louisville	340 miles
Buffalo	270 miles	Nashville	550 miles
Charleston	150 miles	New York	433 miles
Charlotte	420 miles	Philadelphia	323 miles
Chicago	485 miles	Pittsburgh	60 miles
Cincinnati	230 miles	Richmond	320 miles
Cleveland	150 miles	Syracuse	380 miles
Columbus	120 miles	Washington	300 miles

Oglebay is only 60 miles from Pittsburgh via 1-79 and I-70, 120 miles east of Columbus via I-70, and 150 miles south of Cleveland via I-77 and I-70.



**Resort & Conference Center**  
 Wheeling, West Virginia  
 800-624-6988 or 304-243-4000  
[www.oglebay-resort.com](http://www.oglebay-resort.com)