

Nail Services

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 from other salons requires an additional charge (\$25) to remove.

Pedicures

Monthly Special Pedicure
50-Minutes – \$75

Anti-Aging Pedicure
50-Minutes – \$65

Manicures

Anti-Aging Manicure
50-Minutes – \$60

Londontown Gel Manicure
50-Minutes – \$65

Nail Enhancements

All enhancements are incorporated into the nail treatment duration.

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

French Tips
Manicure – \$10 | Pedicure – \$10



Hair Services

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

Permanent Color \$100 & up
Permanent Color with Cut \$140 & up
Full Foil \$150 & up
Partial Foil \$125 & up

Blow Dry Style \$45
Special Occasion Hair \$85
Bridal Hair Style \$95

Hair Enhancements

All enhancements are incorporated into the hair treatment duration.

Hair Glaze Add-On – \$35
Hair Cut Add-On – \$40
Deep Conditioning Mask – \$20
Olaplex Add-on – \$25

Hair Treatments

Surface Awaken Scalp Treatment – \$75

Makeup

Application \$75
Application & Lesson \$100
Bridal Makeup Application \$80
False Lash Application \$25

Tinting

Eyelash Tinting \$40
Eyebrow Tinting \$35



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.

Gratuuity
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
In addition to our steam rooms, 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.

Prices are Subject to Change.





Open Daily 9:00 am – 5:00 pm
603-677-8620 | 866-719-0161
cascadespa@millfalls.com

Cascade Spa & Salon
at Church Landing

Mill Falls at the Lake
281 DW Highway, Meredith NH



HydraFacial®

HydraFacial® uses a patented technology to purify, nourish, and protect your skin. A series of vortex modalities are used to deeply cleanse, exfoliate, and treat all skin concerns

PRX Collagen Bio-Stimulator HydraFacial®
50-Minutes — \$530

Platinum HydraFacial®
*80-Minutes — \$350 / \$360**

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

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

HydraFacial® Vitamin C
*50-Minutes — \$275 / \$285**

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

HydraFacial® Enhancements

All enhancements are incorporated into the facial duration.

Perk Eye — \$35
Perk Lip — \$35
Neck & Décolleté — \$100
JLo Beauty Booster — \$25

PRX Derm Perfexion

PRX Derm Perfexion is a topical treatment designed to tighten, tone, lift, and glow by stimulating collagen production. Services are booked as a series of four treatments or individually as boosters.

PRX Face
*Series of Four - \$1200 - includes take-home
Single Booster - \$300*

PRX Face & Neck
*Series of Four - \$1800 - includes take-home
Single Booster - \$450*

PRX Face, Neck, and Décolletage
*Series of Four - \$2400 - includes take-home
Single Booster - \$600*



YonKa Facials

LeGrand Classique - Smooth and firm with exclusive botanical ingredients and extended massage techniques
*80-Minutes — \$350 / \$360**

Time Resist - Targets deep lines and wrinkles
*50-Minutes — \$210 / \$220**
*80-Minutes — \$325 / \$335**

Optimizer - Firming & lifting collagen experience
*50-Minutes — \$210 / \$220**
*80-Minutes — \$325 / \$335**

VitaminC25 - Anti dark spot and brightening facial includes deep exfoliation and one of a kind 25% Vitamin C serum
*50-Minutes — \$220 / \$230**

Cascade Calm & Quench - universally refreshing
*50-Minutes — \$175 / \$185**

Dermaplaning Facial
*50-Minutes — \$175 / \$185**

Waxing Add-ons

Waxing appointments are only booked as add-ons to facials.

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



Massages

Tranquility Massage - Light, gentle, sweeping strokes create a relaxing experience
*50-Minutes — \$130 / \$140**
*80-Minutes — \$215 / \$225**

Deep Tissue Massage - Moderate to deep pressure eases muscle soreness
*50-Minutes — \$150 / \$160**
*80-Minutes — \$245 / \$255**

Himalayan Salt Stone Massage - Warm, remineralizing salt stones nourish depleted cells and target pressure points
*50-Minutes — \$175 / \$185**
*80-Minutes — \$285 / \$295**

Bamboo Massage - Warm bamboo stalks provide deep tissue work, and promote circulation and lymphatic drainage
*80-Minutes — \$285 / \$295**

Prenatal Massage - Full-body massage using safe pre-natal techniques. Not offered during the first trimester.
*50-Minutes — \$150 / \$160**
*80-Minutes — \$245 / \$255**

Massage Enhancements

All enhancements are incorporated into the massage duration.

Aromatherapy Enhancement — \$10
CBD Enhancement — \$30
Himalayan Stone Enhancement — \$20
Bamboo Enhancement — \$20

Bodywork

Reflexology - *50-Minutes — \$130 / \$140**
Reiki - *50-Minutes — \$130 / \$140**



Body Treatments

Pure Fiji Body Treatment
*50-Minutes — \$140 / \$150**
Guava - Vitamin C
Noni - Collagen
Coconut Milk & Honey - Royal Jelly

Rooftop Massages

Rooftop Tranquility Massage
*80-Minutes — \$265 / \$275**

Rooftop Deep Tissue Massage
*80-Minutes — \$295 / \$305**

Rooftop Stone Massage
*80-Minutes — \$335 / \$345**

Ultimate Cascade Ritual
*140-Minutes — \$550 / \$560**

Packages

Pedicure Passport
Receive five pedicures; your sixth is complimentary.
Manicure Passport
Receive five manicures; your sixth is complimentary.
Facial Passport
After five YonKa facials, your sixth is 50% off with a complimentary add-on.

Cascade Sampler Bundle-
\$772.20 - includes gratuity - 15% retail discount with service
50-Minute Awaken Scalp Treatment
50-Minute Himalayan Salt Stone Massage
50-Minute Pure Fiji Body Treatment
50-Minute Pure Fiji Anti-Aging Pedicure
50-Minute Deluxe HydraFacial

