

Should women shave before a treatment? It is best to avoid shaving before any body treatment to prevent irritation.

May I bring valuables? It is recommended you leave valuables in your guest room. The spa does not assume liability for any valuables.

What about alcoholic beverages? Receiving a massage with drinking increases your blood alcohol. Please refrain from any alcoholic beverages at least 2 hour prior to your massage.

Ho-Chunk Spa Hours

Spa services are available seven days a week from 9am to 9pm at Ho-Chunk Hotel.

Schedule your appointment today!

- **Schedule by Phone: 800-746-2486 ext. 7988**
Appointments scheduled 2 hours in advance.
- **Schedule by Ho-Chunk Concierge**
Appointments with less than 24 hours notice.
- **Schedule by E-mail: hcc.concierge@ho-chunk.com**
Appointments with 24 hour or more notice.

Visit Ho-Chunk Spa at www.ho-chunkgaming.com

Ho-Chunk Spa services are scheduled "on call" and subject to change. Spa services may be provided off-site due to availability. Gratuity not included in price of spa.

Cancellation Policy: As a courtesy to our spa staff and other guests, a minimum of 4-hour notice is required to change or cancel an appointment. Cancellations made within 4-hours will be subject to a charge of 50% of the treatment price. Spa packages and groups of 4 or more require a 24 hour cancellation notice to avoid a charge of 50%. No notification of cancellation will result in a full charge of the treatment prices.



53214 Highway 12, Baraboo, WI 53913
www.ho-chunkgaming.com



Ho-Chunk Spa

services provided by
Rhapsody Spa



Spa Menu

Aromatherapy for any service:	add	\$15
Swedish Massage	50 min	\$110
A relaxing massage using firm yet gentle rhythmic strokes to ease sore muscles, increase circulation and improve your sense of overall well-being.	80 min	\$160
Therapeutic Deep Tissue Massage	50 min	\$130
Releases muscle adhesions and chronic tension with attention to trigger points and myofascial release.	80 min	\$180
Mother-to-be Massage (2nd trimester and above)	50 min	\$110
A gentle, soothing and nurturing massage offering relief for the stresses, aches and swelling associated with pregnancy.	80 min	\$160
Hot Stone Massage	50 min	\$130
The ultimate relaxing massage, using smooth basalt river rocks that penetrate heat deep into the muscles, dissolving tension and rejuvenating your whole being.	80 min	\$180
Cold Stone Massage	50 min	\$130
A soothing and revitalizing massage using cool stones on specific areas of the body. Perfect for relieving migraines, inflammation, and achy joints.		
Couples Massage	50 min	\$220
Enjoy an intimate blending of your spirits as you receive two luxurious massages side by side in the same room. The ideal gift for one another!	80 min	\$320
Hand-Foot-Head Massage	50 min	\$110
A great way to relax and revitalize, relieving tension in the whole system through massaging the pressure points in the hands, feet and head.		
Herbal/Lavender Wrap	25 min	\$85
Ease away stress and moisturize dry skin while you are wrapped in warm towels soaked in cleansing herbs or lavender essential oil and your head and feet are massaged. Add on a full-body massage for the ultimate pampering experience!		
Ionic Detox Footbath	45 min	\$60
A gently cleansing and rejuvenating experience, perfect to combine with a Reflexology Session.	add	\$15
Hand and Foot Paraffin Treatment	25 min	\$60
Wrap your hands and/or feet in warm paraffin, and receive a hand and foot massage to top it off! A deeply soothing and moisturizing treatment, offering relief for arthritis, achy wrists, hands, ankles and feet.	(hand or foot)	
	50 min	\$110
	(hand and foot)	
Reflexology	25 min	\$60
Pressure points in the hands and feet are massaged, releasing stress and balancing the body's natural energy rhythms. A highly restorative experience!	(hand or foot)	
	50 min	\$110
	(hand and foot)	

Skin Care Menu

Customized Facial	25 min	\$85
This facial is uniquely designed for each individual's skin type, using rejuvenating products from Pevonia's elite natural skin care line.	50 min	\$115

Lacto-Flora Peel	50 min	\$120
This natural flower acid treatment is designed to rapidly exfoliate dead skin cells and clarify the complexion. It is ideal for fine lines, sun damaged and pigmented skin as well as acne-prone skin. You will see immediate results! Optimal benefits occur within 3-6 treatments.		

Micronized Algae Body Wrap	50 min	\$135
Detoxify and firm your skin with Pevonia's Micronized Algae treatment. Highly effective in improving your overall skin tone, especially on your problem areas.		
Tropical Oasis Anti-Aging Body Wrap	50 min	\$135
Firming and brightening, this delightful tropical body wrap counteracts aging and evens out your skin tone using extracts of Mango and Passion Fruit.		

Manicures/Pedicures

Rhapsody Pedicure	50 min	\$55
Signature Pedicure	65 min	\$65
Tropical Toes	25 min	\$35
Rhapsody Manicure	30 min	\$45
Signature Manicure	45 min	\$50
Paraffin Treatment	10 min	\$20
French \$5 Extra		
Polish Change \$15		

Spa Packages

Rhapsody Indulgence	100 min	\$255
Swedish Massage, Herbal Wrap, Foot Reflexology		
Rhapsody Signature	125 min	\$280
Hot Stone Massage, Lavender Wrap, Signature Pedicure		
Rhapsody Signature Gentleman's Spa Day	105 min	\$225
Gentleman's Face Massage (25 min) Deep Tissue Massage (80 min)		
Rhapsody Refresh	80 min	\$180
Foot Detox Bath, Foot Scrub, Reflexology		

Spa Etiquette

Should I make reservations for my treatment? Yes, and it is best to do so prior to your arrival at the spa to accommodate your schedule.

When should I arrive? Arrive at least 15 min prior to your scheduled appointment to allow sufficient time to check in. Please be advised your treatment will end on time so the next guest is not inconvenienced.

What should I wear? Wear whatever is most comfortable. During treatments, the service providers are trained to drape you appropriately.

Should men shave before a facial? Yes, for best results men should shave a few hours before their treatment.