



Remedies Day Spa Fact Sheet

Relax... Montana Style!

Owner Jennifer Krack, Licensed Massage Practitioner, founded Remedies Day Spa in October 2000, in Whitefish, Montana.

The Spa Set in a 100 year-old farmhouse, Remedies is a unique spa experience offering traditional bodywork and a place where guests create their own treatments using edible ingredients right from the kitchen. While they learn how to craft therapeutic skin products, they are offered delicious homemade treats such as cookies and fondue.

The Menu Remedies offers personalized treatments similar to those found at other spas; however, with Jennifer's creative twist spun on the individualized care given, guests are pampered in a most unique way. For example:

The Fassage™ is a five step massage-inspired facial with a circulation scrub; fresh egg and honey mask; paraffin mask; cooling toner and homemade mayonnaise moisturizer.

Manissage™ and Pedissage™ offers a warm water basin soak with herbs and essential oils; circulation scrub with salt or sugar; cool whipped cream wrap and massage. And a complimentary polish change!

The Products

Remedies launched the handmade Essentials product line, including hand-poured lip balms in a variety of flavors, two with subtle tints; Star Bars, lotion bars made with shea butter and olive oil in the shape of a star; Whipped Body Creams; Salt and Sugar Scrubs; and the Essentials Bakery line that includes Bath Cookies with sprinkles and whole herbed topped Bath Muffins.

The Locations

Remedies has six locations in Northwestern Montana, including both the East and West sides of Glacier National Park; two at Whitefish Mountain Resort; one at Grouse Mountain Lodge and the original Whitefish location on Wisconsin Avenue.