



THE SPA




The Spa at Mount Washington Resort

Route 302 | Bretton Woods, NH 03575 | 877.278.2920 • 603.278.4286
thespa@mountwashingtonresort.com | MountWashingtonResort.com



For centuries, people have enjoyed the
natural relaxation and rejuvenation
of the **outdoors** in the White Mountains.



Now we offer a similar experience 
indoors at **The Spa**
at Mount Washington Resort.





inspire

For over 100 years, guests have come to Mount Washington Resort for fresh mountain air and the pristine landscape of nearly 800,000 acres of White Mountain National Forest. Inspired by our setting, our new 25,000-square-foot Spa brings the outdoors inside to treatment rooms with sweeping views of Mount Washington, the Presidential Range and Crawford Notch. Our Signature treatments feature custom Mountain Mist products rich with traditional New England botanicals that have been used for centuries to soothe muscles, smooth and protect the skin and reduce inflammation.

Like the abundant natural beauty all around, The Spa at Mount Washington Resort will open your mind, rejuvenate your body and soothe your spirit.

Please call us at 603.278.4286 or visit The Spa for more information on our services or to request customized packages and services.

renew

Spa Packages

For your enjoyment and relaxation, we offer a variety of packages that combine a range of spa treatments and services. Depending on your selection, each of our Treasures of Time packages includes two or more of the following: facial, massage, shampoo and blow-dry, manicure, pedicure or body treatment. With the purchase of any package, you also receive Spa Dollars to use toward the purchase of our spa retail products. If you prefer, we can customize a package expressly to meet your needs.

Suite Escape

Enjoy a unique spa experience with friends or family members in our Spa Suite with private treatment rooms for massage, facial, body and bath services plus a private lounge with a complimentary refreshment table. Specialty beverages, including wine and champagne, and healthy “lite-bites” may also be ordered from The Spa Cuisine Menu.



cleanse



Skin Care

Based on an analysis of your skin, lifestyle, gender and nutritional habits, an experienced aesthetician will help select the type of facial best suited to you. Our facials, which are individualized to suit both men and women, address various skin types and problems, including sun-damaged and moisture-deprived skin. Take some time out to relieve tension and to clean, regenerate and rejuvenate the skin to bring out natural beauty, reduce the appearance of wrinkles and promote a welcome feeling of relaxation and well-being. Several of our facials also include massage of the head, shoulders and feet.

Body Treatments

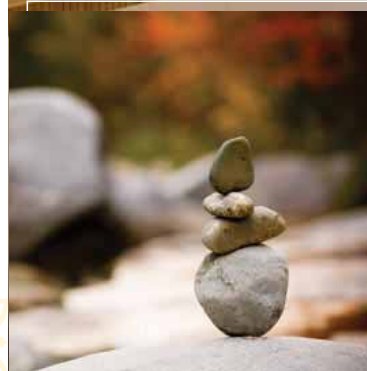
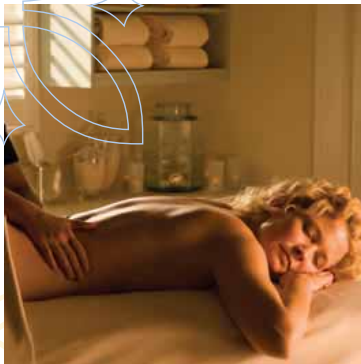
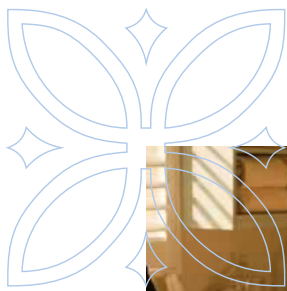
Body treatments range from a Signature Body Ritual featuring Mountain Mist botanicals to a variety of cleansing, nourishing, exfoliating and invigorating treatments. Settle in with a pleasant sigh, savoring the refreshing fragrances of fresh lemons, ginger, lemongrass or essential oil blends. You'll enjoy deep relaxation as an experienced therapist attends with care to your individual needs. A massage, hydro-massage shower or bath in our air-jet color therapy tub may be added into some treatments.



revitalize

Massages

Our wide range of techniques and approaches offers something for everyone to enjoy and appreciate. Massage is a wonderful way to ease muscle soreness, calm the mind, promote sleep, revitalize, detoxify or clear respiratory congestion. You might choose from a specialty massage designed for a mother-to-be, golfer or outdoor enthusiast, and decide between light pressure or an intensive deep tissue massage. Your therapist will consult with you to customize your massage by including beneficial oils or lotions, aromatherapy products and application of warm stones if you so choose. Massage treatments for couples are also available.





soothe

Nail Care

Select a manicure, pedicure or both and pamper yourself with soft, smooth cuticles and nails carefully shaped and finished with a buffing or polish application. Some treatments feature massage and deep hydration, while others are especially attendant to helping relieve pain and stiffness. French polish and/or paraffin can be added to any nail treatment.

Hair and Make-up

We offer a range of make-up services as well as hair care, tinting and depilatory services for men and women. Please contact The Spa regarding your specific request.



