



# THE SPA

Treatments and Services



### Treasures of Time

*Note: All treatments must be taken on the same day.*



#### **Presidential Range - \$295**

This relaxation journey includes three popular treatments: a 50-minute Facial, the Classic Pedicure and your choice of either a 50-minute Mount Washington Swedish, Aroma, Mother-To-Be or Adventurer's Massage, plus a complimentary spa gift bag.



#### **The Adventurer - \$315**

Treat your body after a day of physical activity with an Adventurer's Massage, your choice of any 50-minute Body Treatment and the Adventurer's Pedicure, plus a complimentary spa gift bag.



#### **The Summit - \$495**

Reach new heights after you are transported with a 50-minute Facial, any 50-minute Body Treatment, a Classic Manicure, a Classic Pedicure, your choice of a 50-minute Mount Washington Swedish or Adventurer's Massage, a Shampoo and Blow Dry/Style plus a complimentary spa gift bag.





## **Body Treatments**

### **Alpine Body Glo**

50 min | \$115

Rejuvenate your body and spirit with an exfoliation using our Signature Body Polish, followed by an invigorating Vichy-massage shower and an application of our Signature Body Crème.

### **Lemon Verbena Body Polish**

50 min | \$115

Relax amid the scent of lemon while receiving an exfoliation with a mixture of lemon verbena, aloe, oats and shea butter, followed by an application of soothing Bergamot Lotion.

### **Coffee Bean Body Polish**

50 min | \$115

This detoxifying treatment will awaken all your senses while treating your body to an exfoliation with Coffee Bean Body Polish, an application of body crème, light wrapping and a head and scalp massage.

### **Moor Mud**

50 min | \$115

This detoxifying treatment begins with a full body dry brush treatment followed by an application of organic Moor Mud. Relax in a cocoon of warm blankets, helping to mobilize toxins in the body. After a soothing shower, a hydrating Shea Butter Cream will be applied.

### **Mount Washington Signature Body Ritual**

75 min | \$150

Treat your body like a temple with an exfoliation using Mountain Mist Signature Body Polish, Signature Body Crème, an aromatic body misting and a scalp, neck and shoulder massage.





### **Herbal Body Treatment**

75 min | \$175

This body treatment brings the outdoors in by using herbs from our own garden! After picking the herb(s) of your choice it is then mixed with organic sugar to exfoliate the skin followed by a Moor Mud wrap. After a soothing shower, an herbal oil of your choice will be applied to the skin leaving you feeling relaxed and renewed.



### **Massages**

#### **Chromatherapy Soak - 20 min | \$50**

Add a soothing hydrotherapy bath to any Massage or Body Treatment for ultimate relaxation!

#### **Mount Washington Swedish Massage**

50 min | \$115    75 min | \$150

Your therapist will consult with you to personalize your massage with techniques using light to medium pressure, beneficial oils or lotions.

#### **Adventurer's Massage**

50 min | \$115    75 min | \$150

A combination of massage and stretching, this massage relieves muscular tension while increasing flexibility and circulation. Ideal for sports and fitness enthusiasts.

#### **Aroma Massage**

50 min | \$125    75 min | \$160

Treat multiple senses with this ancient practice combining a variety of relaxing scents with healing touch and a warm oil scalp treatment.

#### **Stone Massage**

50 min | \$125    75 min | \$160

The deep, penetrating energy of warm basalt stones helps the body relax and dissolve stress.





## Massages (continued)

### Deep Tissue Massage

50 min | \$135    75 min | \$170

This corrective and therapeutic massage uses expert application of deep pressure to focus on deeper layers of muscle tissue.

### Duet

50 min | \$        75 min | \$

With two therapists and a private massage room, share this relaxing experience with a family member, friend, partner or spouse.

*\$ Price will vary due to type of massages booked.*

### The Golfer's / Skier's Massage

50 min | \$125

This treatment features trigger-point therapy, deep tissue massage and assisted stretching targeting major muscle groups used in a golf swing or hitting the slopes.

### Spa Reflexology

25 min | \$65    50 min | \$115

This ancient practice is wonderful for full body relaxation. By working the "reflexes" within the foot, we are aiding to promote the body's own healing powers....more than just a foot massage!

### Mother-To-Be Massage

50 min | \$115

This massage relieves body tension and stress by focusing on the neck, back and weight-bearing joints.

**Note:** *This massage can only be done if you are past your thirteenth week of pregnancy and it is NOT recommended for those women experiencing a high-risk pregnancy.*

*Please do inform us if you are pregnant or have another condition affecting your choice of services. For your comfort and safety, you must be past your first trimester if you wish to receive a massage. Do not use essential oils if you are being treated for low blood pressure; if pregnant, please check with your doctor before using essential oils.*





## **Skin Care**

50 min | \$115    75 min | \$150

### **Mount Washington Essential Facial**

Rejuvenate your skin with a natural exfoliation, deep pore cleansing and a gentle mask customized to your skin type.

### **Hydrating Facial**

This vitamin and mineral-rich treatment will replenish moisture-deprived skin at a deep cellular level.

### **Outward Bound Facial**

This restorative facial reduces the appearance of sun damage, lightens hyper-pigmented skin and brightens the complexion.

### **Antioxidant Enzyme Facial**

This deep cleansing treatment clears skin of cellular build-up, eliminates impurities and restores balance.

### **Youthful Glow Facial**

This facial gently exfoliates dull, flaky skin to stimulate cellular renewal and reduce the appearance of fine lines and wrinkles.

### **Gentlemen's Facial**

This high-performance facial uses products created with consideration for men's skin exposed to shaving and outdoor sports.

### **Iredale Finishing Touch Facial**

75 min | \$150

Polish off your look with a light touch of Jane Iredale mineral make-up with choice of any of our 50-minute customized facials. This will include everything needed for your perfect daytime look.





## **Skin Care (continued)**

### **Cleansing Back Treatment**

50 min | \$115

A customized and relaxing treatment for your back. This includes a cleanse, a detailed skin analysis, a deep pore exfoliation and detoxifying treatment mask, followed by a hydrating lotion application.

### **Eye Repair Treatment - \$25 (added to any facial)**

This relaxing eye treatment helps smooth the skin around the eyes, decreases puffiness and reduces discoloration.



## **Nail Care**

### **Spa Express Manicure**

25 min | \$30

Perfect for guests who have limited time but still want a finished look. It includes nail shaping, moisturizing cuticle treatment, hydrating lotion application and a finish of polish or high-gloss buff.

### **Classic Manicure**

40 min | \$50

This luxurious manicure includes our Signature Body Polish to prepare your hands for a moisturizing mask of Signature Hand Crème, a relaxing hand and forearm massage, nail and cuticle shaping and a finish of polish or a high-gloss buff for the perfect look and feel.

### **Mount Washington Signature Manicure**

50 min | \$60

Get the royal treatment with exfoliation and massage of the hands and forearms, featuring a deep hydration treatment with warm paraffin to soften and rejuvenate the hands, followed by nail and cuticle shaping and a buffing or polish application.





### **Classic Pedicure**

50 min | \$65

Soothe your feet with a relaxing footbath soak, foot and lower leg exfoliation with our Signature Body Polish and Signature Moisturizing Crème massage, completed with nail polish or a high-gloss buff.

### **Adventurer's Pedicure**

75 min | \$85

Prepare for outdoor excitement—or relax your tired feet—with a soothing massage using peppermint and tea tree balm enhanced with warm stones, nail shaping and cuticle softening, followed by a polish application or nail buffing.

### **Mount Washington Signature Pedicure**

75 min | \$85

Enjoy an unparalleled experience as your feet and lower legs have a warm, aromatic soak in our air-jet whirlpool footbath, exfoliation with our Signature Body Polish and massage with our soothing Crème, followed by expert nail and cuticle shaping, a soothing paraffin wrap and a nail polish or high-gloss buff.

### **Added to Any Nail Service:**

French Polish	\$15
Paraffin	\$15

### **Princess Package**

50 min | \$60

*Ages 12 & under - must be accompanied by an adult.*

Fit for a princess, this package includes a royal hand soak and nail cleaning, clip & shape, followed by a hand massage and choice of color nail polish application. When its time for the pedicure, a warm foot soak is waiting at her throne, and a polish application is the finishing touch. Her royal highness will leave with the crown and wand of her choice.





## Hair & Make-Up

You can always look your very best with a wide array of make-up services and hair care treatments, plus tinting and depilatory services for men and women—all in the elegant, nature-inspired environment of The Spa. Please inquire at The Spa Reception Desk regarding your specific request.

### Hair Care

Shampoo & Blow Dry/Style	From \$35
Shampoo, Cut & Blow Dry/Style	From \$45
Special Occasion Styling	From \$80
Partial Highlight	From \$60
Full Highlight	From \$100
Hair Color	From \$75
Perm	From \$110
Intensive Hair Treatments (includes Shampoo & Blow Dry/Style)	From \$60
Men's Haircut	From \$30

### Make-Up

Express Make-Up Application	\$35
Special Occasion Make-Up	\$65
Make-Up Consultation	\$90

### Depilatory Services

Brow	\$15
Lip	\$15
Chin	\$15
Brow with Shaping	\$30
Lip & Brow	\$30
Lip/Chin/Brow	\$40
Sides of Face	\$20
Underarm	\$30
Half Arm	\$35
Full Arm	\$50
Back or Chest (Partial)	\$45





### **Depilatory Services (continued)**

Back or Chest (Full)	\$65
Half Leg	\$45
Full Leg	\$65
Bikini (Brazilian not included)	\$45
Bikini/Half Leg	\$75
Bikini/Full Leg	\$85



### **For Your Spa Pleasure and Comfort**

As our guest, we want to ensure that you are totally comfortable and all your needs are met in a friendly and professional way.

Please respect the tranquility of The Spa by not bringing your cell phone, PDA or other electronic devices. We do, however, invite you to bring your iPod if you want to listen to your own music during your spa services.

**Age:** We kindly ask that guests be at least 16 years of age or older to enjoy our services and facilities. However, children under the age of 16, when accompanied by an adult, may receive a manicure, pedicure or hair care service.

**Arrival:** We suggest that you arrive at least 30 minutes prior to your scheduled spa appointment so you can get ready to “be in the moment.” In order to receive the full benefits of your treatment, allow enough time to familiarize yourself with all the facilities we offer and prepare for your treatment.

For nail and hair care appointments, please arrive ten minutes prior to the scheduled time.

As a courtesy to our guests, all appointments end on time regardless of the start time.





**Attire:** Robes and sandals are provided for your comfort and enjoyment while in The Spa.

**Cancellations & “No-Shows”:** If you need to cancel or re-schedule an appointment, please provide us with at least eight hours notice in order to avoid being charged a cancellation fee for each scheduled appointment. “No-Shows” will receive full charge to your room or credit card for the reserved services. We request 24-hour notice for cancellation of any spa package or appointments for parties of three or more to avoid being charged in full.

**Note:** *“In full” charge includes the price of the service(s) plus gratuity.*

**Facility Fee:** Spa facilities include men’s and women’s locker rooms, relaxation lounges, steam, sauna and outdoor garden lounge with whirlpool.

There is a daily facility fee of \$25 per person without a spa service.

**For Your Safety:** Please be sure to inform your service provider if you are pregnant, have high blood pressure, heart ailments or any condition that may prohibit your taking heat, massage or skin care therapies. We highly discourage excessive alcohol consumption prior to, during or immediately following spa treatments. Please avoid immediate sun exposure following skin care therapy. We highly discourage shaving immediately prior to treatments.





**Gratuity:** For your convenience, a 20% gratuity will be added to all services and packages. If, for any reason, you do not feel the quality of your spa treatment warranted this, please let us know at The Spa Reception Desk before you leave The Spa and it will be adjusted. If you feel you have received exceptional service, please let us know. Additional gratuities may be left at your discretion in appreciation of exceptional service.

**Group Specials:** We offer Meeting Enhancers, Welcome/Thank-You Gifts and Spa Services for Groups designed especially for your meeting or conference. Consult with your Conference Services Manager for more information.

**Personal Possessions:** Please leave jewelry and valuables in the hotel's safety deposit boxes. If you forget to do so, you may secure your valuables in The Spa's safety deposit boxes. Please inquire at The Spa Reception Desk.

**Prices:** All prices are subject to change, but we will always inform you of any changes when you make your appointment.

**Privacy:** You will be given a robe and sandals to wear in The Spa and a private locker for your possessions. Our licensed therapists and aestheticians are trained in procedures to assure you are properly covered during the treatment, and your privacy will always be respected. If you feel more comfortable, you may wear your undergarments or request disposable ones. If you would like to request a certain service provider or gender, we will do our best to accommodate you.





**Refreshments:** Complimentary hot and cold beverages are provided in The Spa Relaxation Lounges. In addition, you can order specialty beverages including wine and champagne, and healthy “lite-bites” from The Spa Cuisine Menu.

**Reservations:** Advance reservations for services are highly recommended. Before your arrival, you may call The Spa directly at either 877-278-2920 or 603-278-4286. We welcome “spur of the moment” requests and will do our best to accommodate you based on availability. To learn more about The Spa and seasonal specials, visit [omnimountwashingtonresort.com](http://omnimountwashingtonresort.com).

**Return Policy:** If you are not satisfied with a product you have purchased at The Spa, it must be returned within ten days of the purchase with proof of purchase in order to receive a credit or to exchange it for a more suitable product. Returns without a receipt will receive store credit only.

**Smoking:** The entire Spa, both indoor and outdoor areas, is a smoke-free environment.

**Special Occasions & Celebrations:** Let us customize a package for that special event or person. We welcome the opportunity to be of service in helping to create “memorable moments.” Inquire at The Spa Reception Desk.





*Bretton Woods*

**Hours of Operation**

The Spa is open 7 days a week from 8:30 am – 7:30 pm

Spa & Image Center Services 9:00 am – 7:00 pm

*Note: Hours are subject to change*

**The Spa at Omni Mount Washington Resort**

**Route 302 | Bretton Woods, NH 03575**

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