



MENU OF SERVICES



SPRING HOUSE SPA
200 MAIN STREET • SHARON SPRINGS NY 13459
518 284 2400
WWW.SPRINGHOUSESPA.COM

FACIAL TREATMENTS

ilike (I-lee-ke) Herbal Organic Skin Care products are formulated with raw plant-based materials and other primary active ingredients from Hungary.

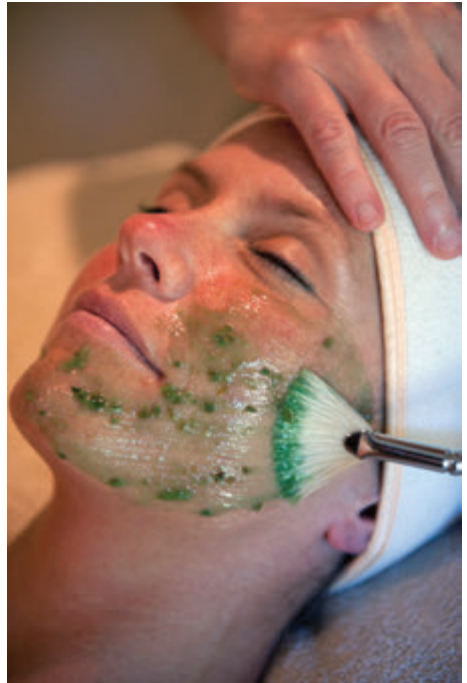
They are created in small batches to maintain freshness and efficacy, and contain live fruit enzymes, pulps and bioflavonoids to naturally treat a variety of skin types and conditions. ilike delivers optimal results that will nourish, strengthen, protect and beautify your skin.

CLASSIC HERBAL ORGANIC ilike FACIALS

75 Minutes / \$100

An organic herbal facial that includes consultation, skin analysis, ultrasonic exfoliation, extractions if needed, nourishing mask and massage, finishing products and sun protection to refresh and balance the skin. The skin analysis and consultation will guide you into one of these appropriate treatments.

- Skin Hydrating
- Deep Pore Cleansing
- Regenerative Anti-Aging
- Vitalizing



- Oily Skin Clarifying
- Acne Healing
- Rosacea Cooling
- Ultra Sensitive Calming
- Eczema Healing
- Sunburn Soothing
- Stress Relieving

CORRECTIVE PERFORMANCE HERBAL ORGANIC ilike FACIALS

These result-oriented treatments will bring your facial experience to a whole new level. The following facials contain all of the steps of the Herbal Organic ilike Facial but also incorporate advanced concentrations of fruit acids such as



alpha hydroxy, glycolic and lactic acid combined with natural catalysts such as our Hungarian paprika gel that together boost the exfoliation process, stimulate circulation and increase oxygenation to the skin for an increased penetration of the signature masks. Two facial masks are used consecutively for a double dose of balance and nourishment. A complimentary paraffin hand bath is included. Noticeable results will be achieved after one treatment. A series of our Corrective Performance Herbal Organic like Facials is recommended along with a coordinating home regimen for extended exceptional results.



OXYGENATING BRIGHTENING FACIAL

105 Minutes / \$140

Good for all skin types especially those with hyperpigmentation, melasma, age spots or acne scarring. The combination of chemical-free brightening herbs such as stonecrop, lemon, bearberry, horseradish, parsley, yogurt, nasturtium and free amino acids will safely and effectively even out the complexion.

ANTI-AGING AHA FRUIT ACID PEEL AND HUNGARIAN PAPRIKA GEL

105 minutes / \$140

This deeply penetrating glycolic peel results in velvety smooth, rejuvenated skin

with a glowing complexion. After the peel, when the surface is evenly exfoliated and detoxified, the effect of the signature ilike masks will be even more visible and the skin will be healthier looking for days. Great as a series during seasonal changes for ultimate rejuvenation.

GENTLEMEN'S HOT BARBER TOWEL FACIAL

75 minutes / \$100

There is nothing quite like warm and fragrant towels to soften and steam your face during this ilike 75 minute facial designed specifically for men. Our deep pore cleansing facial calms, balances, nourishes and protects the skin counteracting the harsh effects of environmental conditions and frequent shaving. Includes analysis, exfoliation, extractions, massage, nourishing mask, moisturizer and sun protection.

REPARATIVE ANTI-AGING

105 minutes / \$140

Signature fruit acid actives from the ilike line are combined with the cooling and calming effects of a magnetic therapy mask to recharge skin cells while maintaining balance. Great for all skin but especially sensitive and rosacea types that will benefit from improved lymphatic circulation to detoxify, increased collagen production to tone and firm, and increased skin cell regeneration to refresh.

PURIFYING BACK FACIAL

60 minutes / \$80

Get ready for bathing suit season with our 60 minute "bacial" to deeply cleanse, exfoliate and smooth the skin, address problem areas with extractions if necessary and hydrate those hard to reach areas of the back. Includes a relaxing massage to back, neck and feet.



MASSAGE THERAPY

All of our body treatments include the extra soothing benefits of comfortably heated, extra wide tables and are complemented with warm packs, hot towels and eye pillows for a luxuriously relaxing experience.

For your preference, we offer our Spring House Scented Signature Blend, nut-free oil or massage gel.

THERAPEUTIC MASSAGE

60 minutes / \$70

90 minutes / \$100

A deeply relaxing and restorative full body massage that increases circulation with long smooth effleurage movements blended with focused work on areas of tension.

DEEP TISSUE

60 minutes / \$80

90 minutes / \$115

A full body massage with deeper techniques applied to specific problem areas. May include use of trigger point therapy, elbow and forearm work to obtain optimal results.



SPORTS MASSAGE

60 minutes / \$80

90 minutes / \$115

An invigorating massage that addresses muscle groups specific to individual sport. Deep friction, trigger point and stretching may be included to maximize range of motion and reduce muscle adhesions for increased flexibility and minimized injury during activity. Complementing home stretches will be recommended.

MOTHER TO BE MASSAGE

60 minutes / \$80

90 minutes / \$115

A relaxing and therapeutic experience to support you during this transformative time. Reduces discomfort and fatigue. We use a prenatal cushion side-lying system, which is the current recommended position after the first trimester.

AROMATHERAPY MASSAGE

75 minute / \$85

105 minute / \$125

Customized all natural therapeutic grade plant oils are blended for you onsite based upon a personal consultation. This blend is incorporated into your massage and we will package a sample along with the recipe for continued benefits at home in a bath or after shower application.

Aromatherapy oils are introduced to the body system by topical application to the skin during massage and inhalation through the respiratory passages.

SPRING HOUSE HOT STONE MASSAGE

60 minutes / \$85

90 minutes / \$125

Hot Stone Massage deeply relaxes the body with its thermal effect of softening tense muscles and soothing a busy mind. We also place several stones over the major chakra centers for energy clearing benefits.

At least 30 steamy basalt stones are used to cocoon you into a warm comfy state while we methodically massage you with the rest until you finally melt into a peaceful puddle.

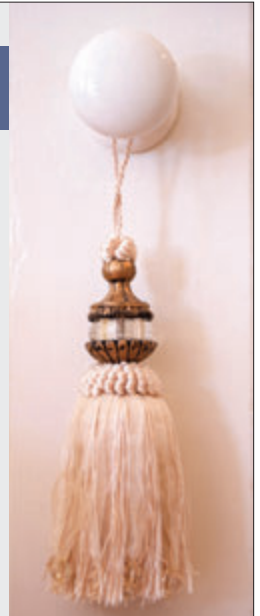
ROAD TO WELLNESS

The Spring House Spa Stay Well Series

We want to support you in your goal to maintain a low stress and healthy lifestyle.

Buy 5 of any massage or facial service and receive a 6th service as our gift.

For year-round vitality and wellness, enjoy a treatment every month when you purchase two Stay Well Series (buy ten, get two free). We will include a free gift of Kneipp Mineral Bath Salts for you to enjoy between visits.



SPRING HOUSE BODY WRAPS

Each Spring House Body Wrap is a multi-step, 90-minute treatment that includes dry brush massage, an exfoliating scrub, body wrap application and conditioning moisturizer.

MILK & HONEY BODY WRAP

90 minutes / \$130

This body wrap contains a rich blend of goat's milk, colloidal oatmeal, honey and hemp seed butter infused with essential oil of Chamomile. Essential fatty acids and humectants will soothe, hydrate and beautifully condition your skin. This wrap is paired with our Maple Sugar scrub.

HEALING LAVENDER CLAY WRAP

90 minutes / \$130

A beautiful cleansing wrap that includes a Himalayan and Dead Sea Salt exfoliation followed by a Calcium Bentonite Clay Wrap that has been infused with essential oil of Lavender. Comfort and cleanse your body and soul.

MINERAL SPRINGS MUD WRAP

90 minutes / \$130

Hungarian Moor Mud has been fortified with our own Sharon Springs Magnesia water and infused with Arnica oil. Relieve sore muscles and joints while boosting

circulation to naturally heal the skin and body. This wrap is paired with an Epsom Salt scrub.

MINI TREATMENTS AND ADD-ONS

HEAD, NECK AND SHOULDERS MESSAGE

30 minutes / \$40

Not enough time for a full body massage? This mini-massage is great for headaches, mind-clearing and balancing.

REFLEXOLOGY

30 minutes / \$40

Acupressure of major reflex points on the feet and lower legs promotes circulation and relaxation while decreasing stress and fatigue, leaving you energized and refreshed!

WARM PARAFFIN HAND BATH

Incorporate the paraffin bath into any facial or foot treatment for \$20. Recognized as an effective arthritis treatment by reducing pain and inflammation with the added benefits of softening and hydrating the skin. Your hands are cleansed, moisturized, massaged and dipped 4 times into a warm paraffin bath for a warm wax layering effect, then covered and placed inside insulated warming mittens for a relaxing 30 minutes.

DRY BRUSH MASSAGE

Recommended as a pre-treatment for any massage.

15 minutes / \$20

Dry Brush Massage increases circulation to help flush toxins, waste and cellulite from the system. This treatment rejuvenates circulation and is beneficial for the lymphatic system, especially if performed every day. To support your self-care, you will take the brush home with guided instructions for continued results.

AROMATHERAPY FOOT BATH

Recommended as a pre-treatment for any massage or facial.

15 minutes / \$20

A warm and welcome beginning to any spa service. Treat your feet to a Kneipp Aromasalt foot bath and Maple Sugar exfoliation.

SIGNATURE BODY TREATMENTS

“NEW FEET”

**REFLEXOLOGY AND
HYDRATING FOOT TREATMENT**

75 minutes / \$85

Reflexology with a whole new twist as we replace your tired aching feet with brand new happy feet. We begin with a refreshing Kneipp Aromasalt Foot Bath, maple sugar

exfoliation and hydrating honey mask followed by foot reflexology, massage and stretching along the lower legs and feet.

FOUR HANDED MASSAGE

60 minutes / \$135

Two massage therapists combine their hands and talents to provide a profoundly relaxing experience by mirroring each others' movements and lull you into a blissful state. The session concludes with applied reflexology to both scalp and feet.

HEAD, SHOULDERS, KNEES & TOES (AND HANDS!)

Massage, Relaxation and Deep

Conditioning for the scalp, hands and feet

90 minutes / \$125

Your treatment begins with a Kneipp Aromasalt foot bath and brown sugar exfoliation for the lower legs & feet and a paraffin bath and warming mittens for your hands. Next, your feet are smothered with a skin-softening honey mask and covered with warming slippers. As you doze away, your therapist incorporates luxurious hair brushing, acupressure and massage of the head, neck and shoulders. Aromatherapy oils are offered for your hair type and condition. Your locks are then covered with a warming bonnet to nourish the scalp and allow the oils to penetrate the hair follicles for ultra conditioning. Your eyes are covered with a warm lavender pillow as the treatment finishes with reflexology...

SPRING HOUSE SPA PACKAGES

The combinations are endless. We have suggested a few but we can assist you in putting together all of your favorite things... add on any of our mini-treatments such as Dry Brush Massage, Warm Paraffin Bath, Reflexology or Signature "New Feet" foot treatment and make a day of it!

VITALITY SCRUB THERAPY

90 minutes / \$120

120 minutes / \$150

Combine a therapeutic massage with any of our signature scrubs. Options include a Maple Sugar Scrub, Epsom Salt Scrub or our Old World Salt Scrub, featuring a blend of Himalayan and Dead Sea Salts.

REFRESH AND REFINE

HERBAL ORGANIC ilike FACIAL & MASSAGE

2.25 hours / \$160

Refresh and refine your skin, mind and body with our 75 minute Classic Herbal Organic ilike Facial and a 60 minute therapeutic massage.

Upgrade to a Corrective Performance 105 minute Herbal Organic ilike Facial

2.75 hours / \$195

Extend the massage to 90 minutes

3.25 hours / \$225



SPRING HOUSE SPACATION

2.75 hours / \$200

Kneipp Aromasalt foot bath with exfoliation, Classic Herbal Organic ilike Facial & Spring House Hot Stone Massage...You will be transported and still save money on airfare!

Upgrade to a Corrective Performance Herbal Organic ilike Facial

3.25 hours / \$235

SPIRIT & SPA

*Wait! There is one part of you that we have not mentioned yet...
... nourishing your deepest intuitive self through Energetic Healing Arts.*

Spring House Spa is honored to share our space with Dawn Butler who is also a NYS Licensed Massage Therapist and practitioner of Integrative Acupressure, Reiki, Flower Essences and Energetic Transformation. Please inquire at the front desk for further information and availability.

SPA POLICIES & PROCEDURES

SPA ETIQUETTE: If you have never had a spa experience before, do not hesitate to ask questions. Communication is key to providing you with the best experience possible.

HEALTH CONDITIONS: If you have a serious medical condition, please check with your doctor prior to scheduling an appointment.

PREGNANCY: Please wait until after your first trimester to schedule any bodywork.

LATENESS: We will do our best to accommodate you. However, we must respect other guests' reservations and arriving late may result in shortened services.

CANCELLATIONS: Kindly give us 24 hours notice. Our therapists may be traveling a distance for your appointment.

PACKAGES: Allow us to personally assist you when booking a spa package.

GIFT CERTIFICATES: Customized gift certificates can be purchased and printed from our website, by phone or in person during spa hours.

PAYMENTS ACCEPTED: Visa, MC, Discover, American Express, and Spa Finder Gift Cards.

Gratuities are not included in the cost of your services and are at your discretion. Envelopes are available at the reception desk for your convenience.



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