

# The Spa at The Herrington

## Massage Expressions

### **The Herrington Massage**

Begin our signature treatment with a relaxing foot soak using your choice of scented salts. You will continue your service with a full body massage that incorporates heated towels infused with milk and honey to moisturize the skin and warm the muscles.

90 minutes

### **The Genevan**

Experience a nurturing aromatherapy massage using pure essential oils. A variety of essential oils are available to tailor this massage to your specific needs.

60 minutes ~ 90 minutes

### **Swedish Massage**

A classic, full-body relaxation massage using gentle to moderate pressure with long, tension releasing strokes. Relieves stress, muscle aches and improves circulation.

60 minutes ~ 90 minutes

### **Deep Tissue/Sports Massage**

This highly therapeutic massage uses deep pressure to ease muscle soreness and tension. Specifically concentrates on problematic areas to soothe and relieve pain.

60 minutes ~ 90 minutes

### **Pregnancy Massage**

Performed by specialized massage therapists, this much-needed massage reduces stress to the weight bearing joints, back, neck, and shoulders. *Massage cannot be offered in the first trimester.*

60 minutes

### **Neck & Shoulder Massage**

A combination of techniques are incorporated to ease and comfort muscle tension in your back, neck and shoulders.

30 minutes

### **Couples Massage**

Enjoy a Swedish, Deep Tissue, Aromatherapy or River and Stone Massage together in the spa. It will be a romantic way to experience a massage with your loved one. Add a nominal charge per person onto the massages of your choice and relax with this side-by-side treatment.

### **In-Room Massage**

Relax in the comfort of your own room as the spa is brought to you. Choose between a Swedish, Deep-Tissue, Genevan, or River and Stone Massage for 60 or 90 minutes. For a nominal additional charge per person onto the massage of your choice.

# River and Stone Expression

## **River & Stone Radiance**

This treatment is the ultimate in holistic relaxation for the skin and the senses. A complete head-to-toe treatment using heated stones and aromatic massage oil to stimulate energy flow. Allow yourself to be transported to a far away place of pure serenity and harmony.

60 minutes ~ 90 minutes

## Facial Expressions

### **BABOR Energizing Crash Facial**

The specialized skincare treatment provides instant results. BABOR beauty fluids work to provide the skin with highly concentrated active ingredients which moisturize, protect, and lift. This facial will leave your skin more youthful and radiant than ever before.

### **BABOR Custom Facial**

This treatment focuses on varying skin needs. Our skilled aestheticians will analyze your skin to determine the best course of action with this facial. Great for any skin type because every skin is unique and this treatment is designed completely around you. Your skin will have new energy, be restored and soothed, with a vitalized and radiant appearance.

### **Sonya Dakar Fitness Facial**

Experience the "boot camp" of all facials! This result-oriented treatment is designed to get your skin into shape and leave it feeling healthier than ever. Our skilled aestheticians will assess your skin type and proceed with the proper treatment leaving you with immediate results.

60 minutes

Add a custom peel

### **Sonya Dakar Custom Peel**

This effective, yet non-abrasive peel combines pure green tea and wheatgrass extracts with lactic acid. Rich in vitamins and antioxidants, this treatment produces amazing results. Enjoy this peel by itself or add it onto any of our other Sonya Dakar treatments. Great for all skin types.

30 minutes

### **Sonya Dakar Express Facial**

Enjoy a customized express facial with Sonya Dakar products to cleanse, exfoliate, mask and rehydrate your skin. This will be the most effective 30 minutes you will ever receive with immediate results for a healthier complexion.

30 minutes

Add a custom peel

### **Eye Refresher**

Three treatments in one to relax eyes and protect from eye strain and sinus congestion.

A real vacation for the eyes!

30 minutes

### **Back Facial**

A deep pore cleansing, exfoliation, massage and masque are designed for an often neglected area. This treatment will leave the skin glowing and hydrated.

60 minutes

# Waxing Services

- ~ Lip
- ~ Sideburn
- ~ Bikini
- ~ Brazilian
- ~ Chin
- ~ Eyebrow
- ~ Full Back
- ~ Full Leg

# Body Expressions

## **Herrington Delight**

Enjoy a full body exfoliation using cornmeal, chamomile and soy oil designed to polish your skin. Following a rain shower, heated deep lavender rub will be used for massage which is deeply relaxing for muscle tension and strain. After the massage, you will relax in a full body wrap that will intensify the lavender rub, releasing essential oil vapors of eucalyptus, ginger, rosemary and lavender to penetrate the tissue and open the sinuses.

2 hours

## **Buttermilk & Honey Body Polish**

A full body treatment using buttermilk and honey to rejuvenate the skin and regulate moisture levels. A whipped body mousse is then available to give you an all over glow as the grand finale.

25 minutes

## **Forever Young Body Cocktail**

This head-to-toe vitamin body wrap is mildly exfoliating and protects against premature aging. If too much sun or other weather conditions challenge your skin, this powerful, healing thermal water and a lifting body cream promise to remineralize and restore your natural skin balance.

60 minutes

~Hydrating wrap only, 30 minutes

## **Chamomile Head-to-Toe**

This body treatment is mildly exfoliating to refine and clarify your skin, lift your spirits and energize you. While relaxing in your wrap, your face is cleansed, toned, masked, and moisturized. Creamy whipped body milk is applied for a totally soothing finish.

~60 minutes

~90 minutes

# Hand & Foot Revitalization

## **Hand and Foot Revitalization**

A perfect treatment for stressed and overworked hands and feet. Our signature foot bath leads into a full exfoliation, moisturizing massage and a personalized deep heat soothing paraffin mask. Great for those with arthritis.

75 minutes

## **Activate Your Feet**

A surefire way to relax, stimulate circulation, moisturize and refresh tired, stressed, and overworked feet and legs. A stimulating footbath and foot scrub is followed by an active massage up to the knees!

30 minutes

# Gentleman's Expressions

## **Ericsson's Fortifier**

A Traditional Foot and Leg Therapy with Hair and Scalp Treatment  
Stimulating footbath, traditional foot massage and scalp treatment. Perfect for treating  
skin exposed to dry or harsh conditions.  
60 minutes

## **Foda's Escape**

The ultimate journey in relaxation. We combine the most effective therapies to insure that you leave the  
Herrington relaxed and ready to face the world.

- Soothing Foot Bath, Foot and Leg Therapy and Traditional Foot Massage
    - Hair and Scalp Treatment
    - Sonya Dakar Fitness Facial
    - Deep Tissue Body Massage
    - Seasonal Berries Melange
- 3 hours

# Spa Packages

## **The Herrington Milk and Honey Revitalizer Signature Treatment Package**

- ~ Aromatic Foot Bath and Foot Massage
    - ~ Herrington Massage
    - ~ Milk and Honey Body Polish
    - ~ Chamomile Body Wrap
    - ~ Sonya Dakar Fitness Facial
    - ~ Seasonal Berries Melange
- 3-1/2 hours \$335

## **Rock Springs Rejuvenator**

- ~ River and Stone Radiance Treatment
    - ~ Hand, Foot or Scalp Treatment
    - ~ Sonya Dakar Fitness Facial
    - ~ Seasonal Berries Melange
- 2-1/2 hours

## **Couple's Retreat**

- ~ In-Room Swedish Massage
  - ~ Milk & Honey Oasis Bath
  - ~ Spatini signature drink
- 2 hours

## **Bride's Bliss**

- ~ Genevan Massage
  - ~ Forever Young Body Cocktail
  - ~ Activate Your Feet
- 2 1/2 hours

# Hotel Packages

## **Girls Gotta Getaway**

- ~Courtyard Balcony Double Room
- ~Sonya Dakar Fitness Facial or Swedish Massage
  - ~Activate Your Feet
- ~ Lunch voucher for \$20 per person in Atwater's
  - Sunday- Thursday \$479\*\*
  - Friday- Saturday \$509\*\*
  - Per double occupancy

\*\* Spa and restaurant gratuities and taxes are not included. Hotel taxes are not included. Other restrictions may apply.

\*\*\*Please arrive 15 minutes before all treatments to enjoy the full time allotted. All treatments include our Rain Shower, Serenity Room and Shiatsu massage chair to further relax you.

\*\*\*\*All prices are subject to change.

## About Your Spa Experience

### **Hours Of Operation**

Monday through Saturday from 8:00 a.m. to 8:00 p.m.

Sunday from 8:00 a.m. to 5:00 p.m.

To schedule an appointment, please touch 541 on your in-room phone.

### **Complete Spa Facilities**

Massages, facials, body treatments, drawn or delivered baths, Serenity Room, Rain Shower, and personal care amenities are provided. Make-up applications and in-room massages are available upon request.

### **Gratuities**

Gratuities are not included in the prices of services and are always appreciated.

### **Treatment Reservations**

We recommend making Spa reservations for treatments and services at least two weeks in advance as they are subject to availability. We must have a major credit card to guarantee all reservations.

### **What To Wear**

All Spa Treatments: Robes and slippers are provided.

### **Before Your Treatment**

Plan to arrive 15 minutes prior to your appointment time.

We advise you to leave all your jewelry in your room or in our safe deposit box at the front desk prior to your treatments. In consideration of others, please do not bring your cell phone. The Spa is not responsible for your valuables.

Please let your spa professional know if you have any special physical or medical needs or if you are pregnant.

### **Cancellation/No Show Policy**

Please allow a 48-hour notice when canceling to avoid being charged full price.

### **Gift Certificates**

The perfect gift for any occasion. For your added convenience, you may purchase by phone or by fax. Gift certificates are nontransferable, non-refundable; and we recommend using within one year from date of purchase for the full value of the gift.