



## WE CORDIALLY INVITE YOU TO REJUVENATE AT SPA AT THE ESSEX.

Experience the tranquil essence of Vermont while surrounded by warm wood and natural stone. Our special ingredients for a memorable spa visit is rich traditional Vermont hospitality and, above all, the expertise of our extraordinary spa staff. With their deep understanding, professional experience, and passion for caring, our talented staff is what sets us apart and ensures the exceptional results you will come back to experience again and again.

Our **"Recipe for Relaxation"** encourages you to arrive prior to your service to unwind and enjoy our spa's steam and sauna rooms, fitness center, pools, hot tub and relaxation lounges.

Our **"Chef's Choice Package"** allows you to be your own chef and create your own perfect spa day. Tailored to your distinct palate, our Chef's Choice Package is the ideal way to get the most out of your time with us. Schedule three or more services within one day and receive 20% off.

**On Your Own:** If you don't have time for a full spa treatment or you just want to spend some time relaxing, enjoy the spa facilities for \$40/day with our "On Your Own" option (non-resort guest).  
Must be 16 or older.

**Spa Hours**  
**8am-8pm Daily**

**Pool and Fitness Center Hours**  
**5am-10pm Daily**

# MASSAGE THERAPIES

All our massages use an intuitive fusion of massage modalities tailored to your specific needs. Let your massage calm you, soothe tight muscles, and stimulate circulation. Please advise the spa concierge of the specific benefits you would like to receive from your massage and allow us to guide you to the technique that would best fit your needs.

## TRADITIONAL & HOLISTIC MASSAGE THERAPIES

Swedish Massage	50/80/110 minutes
Deep Tissue Massage	50/80 minutes
Sports Specific Massage	50/80 minutes
Warm Stone Massage	80/110 minutes
Prenatal Massage	50 minutes
<i>Must be in 2<sup>nd</sup> or 3<sup>rd</sup> Trimester</i>	
Couples Massage	50/80/110 minutes (\$280/\$360/\$480)
Target Massage	25 minutes

### The Eastern Hand

Align your body, mind and spirit with a traditional massage blended with a fusion of Eastern modalities combined with western techniques. Allow your body to be rejuvenated with this fusion of revitalizing pressure-point based techniques.

### Reiki Energy Balancing Therapy

A Japanese technique for stress reduction that also promotes healing, this gentle hands-on energy healing technique promotes many beneficial effects that include relaxation and feelings of peace, security and well-being.

\*25 and 50 minutes only

## MASSAGE PRICING

25 minute	\$80
50 minute	\$140
80 minute	\$180
110 minute	\$240



# CBD AND MASSAGE THERAPY

Cannabidiol, popularly known as simply CBD, is a naturally occurring non-psychoactive cannabinoid compound that is found in cannabis and hemp plants. The CBD receptors (known as CB2) are part of the endocannabinoid system, which is the physiological system that helps homeostatic functions within the central nervous system. This includes maintenance of bodily functions, pain, inflammation, and the immune system. CB2 receptors are found in nerve and immune cells in just about every organ, including the skin!

The benefits of both massage therapy and CBD individually provide great relief to the body. When CBD is incorporated into massage therapy the results can be more intense. CBD will bind and act on the CB2 receptors which can be found near the skin. This will activate the endocannabinoid system to deliver relief from pain and inflammation. At the Spa at the Essex, our Massage Therapists use jojoba and apricot kernel oil infused with 25 mg of Elmore Mountain Therapeutic CBD oil. The anti-inflammatory and pain-relieving agents of this CBD-infused massage oil reduces inflammation within the muscles and joints, allowing the massage therapist to work more effectively. The use of this infused massage oil also prolongs the benefits of the massage!

Since CBD is non-psychoactive, you do not have to worry about getting a "high" feeling from the CBD massage. If you were to get a massage that incorporated both THC and CBD topical products, you still wouldn't feel a high. Studies conducted by the National Center for Biotechnology Information (NCBI) have concluded that the body has a low absorption rate for these cannabinoids and they never absorbed into the bloodstream when used topically. In fact, CBD has shown to counteract and reduce the psychoactivity of THC in cannabis derived products, therefor preventing you from feeling "stoned".

**Add CBD oil to any massage for and take the bottle home with you. Purchase your 2oz of jojoba oil/apricot seed oil blend infused with 25 mg of Elmore Mountain Therapeutics CBD oil. We will use the oil in your massage, and you get the rest to take home!**

**ELMORE MOUNTAIN THERAPEUTICS CBD OIL    \$30**



# BODY TREATMENTS

## TRANQUILITY HOT OIL WRAP

This intoxicating and luxurious full body cocoon is designed for anyone seeking deep relaxation while delivering great nourishment.

This treatment also increases circulation and a sense of total well-being.

50 min \$140      80 min \$180

## NEW LIFE, NEW MOM

This gentle treatment improves circulation and reduces swelling in the legs and ankles.

Enjoy a toning and nutritional full-body wrap infused with tamanu oil and walnut extract, followed with a massage application of d-aging cream. Once loaded with Vitamin E, your skin will feel nourished to deliver suppleness and elasticity.

*(Must be in 2<sup>nd</sup> or 3<sup>rd</sup> trimester. Also suitable for post pregnancy)*

50 min \$140

## GROTTA GIUSTI MUD WRAP

A soft and creamy mud wrap formulated with lithothamnium algae and thermal waters. This Italian Grotta Guisti mud is renowned for its mineralizing and anti-inflammatory properties. Essential oils assist with the reduction of excess fluid that contribute to the skin compactness and tone. Enjoy this relaxing treatment while welcoming all the health benefits.

50 min \$140

## RESTORATIVE MUD WRAP

This purifying treatment has all the benefits of the Grotta Giusti Mud Wrap as well as innovative massage mud with thermal waters from the Bagni Di Pisa hot spring in Tuscany.

This treatment will restore and stimulate cellular vitality. *(Contains Iodine)*

80 min \$180

## CELLULITE MELTDOWN

An intensive cosmetic treatment with Fucus algae, this option is ideal for the most visible and resistant cellulite imperfections. Full body dry brushing and the application of a remodeling thermogenic cream formulated with pure caffeine, unicellular microalgae and carnitine, supports a visible improvement of the silhouette by giving the body a redefined appearance.

*(Contains Caffeine)*

50 min \$140



# BODY TREATMENTS

## REAL RELAXATION

This is a true full-body revitalizing and relaxing couple's experience, just for the two of you. This luxurious service includes a full body dry brush exfoliation, an anti-inflammatory and remineralizing mud wrap, a with soak aromatic essential oils and finishes with a 60-minute massage.

140 min \$500

## FACIAL FOR THE BODY

This gentle treatment improves circulation and reduces swelling in the legs and ankles. Enjoy a toning and nutritional full-body wrap infused with tamanu oil and walnut extract, followed with a massage application of d-aging cream. Once loaded with Vitamin E, your skin will feel nourished to deliver suppleness and elasticity.

50 min \$140

## BODY BREW

Experience your favorite local brew in a whole new way. A local brew of your choice is integrated into our house-made scrub, created with salt and honey malt. A soothing application of locally produced honey oatmeal lotion will ease the mind and help to heal and balance the skin, while leaving it perfectly moisturized.

50 min \$140      80 min \$180

## GARSHANA

Garshana is a traditional Ayurvedic dry brush massage that is refreshing, invigorating, and stress relieving. Dry body brushing gently cleanses and exfoliates dead skin cells to reveal soft, glowing skin and can help reduce the appearance of cellulite.

25 min \$80

## SOLE THERAPY

Treat and heal your feet and lower legs to restore lightness, improve circulation, and reduce swelling and fatigue.

25 min \$80      50 min \$140



# HYDRAFACIAL®

**Only HydraFacial uses patented technology to cleanse, extract, and hydrate. HydraFacial super serums are made with nourishing ingredients that create an instantly gratifying glow.**

## **SIGNATURE HYDRAFACIAL®**

This treatment deeply cleanses, exfoliates, extracts and hydrates the skin utilizing super serums filled with antioxidants, peptides and hyaluronic acid.

25 min \$175

## **AGE REFINEMENT HYDRAFACIAL®**

Includes the signature HydraFacial, with the addition of DermaBuilder™ to help reduce the appearance of fine lines and wrinkles.

50 min \$225

## **RESTORATIVE HYDRAFACIAL®**

This treatment is made up of the signature HydraFacial and includes CTGF™ to improve the appearance of skin tone, texture, and elasticity.

50 min \$275

## **PLATINUM HYDRAFACIAL®**

Experience the ultimate HydraFacial! Begin the detoxification process with lymphatic drainage. Continue with the Signature HydraFacial to deeply cleanse, extract and hydrate the skin while addressing specific skin concerns with a specially vial best suited for the needs of your skin.

This treatment concludes with LED light therapy.

80 min \$300

**ASK ABOUT OUR SERIES PRICING**



# FACIAL TREATMENTS

## **SKIN REGIMEN DETOX FACIAL**

The perfect antidote to modern fatigue and multitasking lifestyle, this facial is ideal for when you feel your skin is stressed and showing the first signs of aging. Customizable to correct dullness, dehydration and expression wrinkles, it deeply renews the skin and leaves it exceptionally glowing and protected. The combination of Skin Regimen natural aroma, Macro Waves Sound™ and unique Qigong and Rolling Roullage massage techniques will leave you feeling recharged and ready to face your busy days.

25 min \$80      50min \$140

## **REMEDY FACIAL**

Discover our soothing and fortifying facial which restores and protects the skin from the elements. Free of fragrance, the Remedy Facial leverages the power of a natural prebiotic to promote skin health and provide extra defense. Suitable for all skin types and highly recommended for those with sensitive skin.

50 min \$140

## **SUBLIME FACIAL**

This anti-aging facial renews and revitalizes the skin of your face, neck, and décolleté. Thanks to the synergy of alphahydroxy acids with the exclusive Longevity Complex, it will soften visible wrinkles and improve appearance while leaving the skin feeling elasticized and oxygenated.

80 min \$180

## **DELUXE SUBLIME FACIAL**

A treatment which resurfaces, tones, and lifts. Combined with an exclusive active lift massage, it stimulates cellular renewal, bestows fullness and redefines the volume of the face. Through the use of double peel technology and an innovative lifting and firming mask, this facial will even skin tone, improve elasticity and help fight wrinkles.

80 min \$180

## **CUSTOM FACIAL**

Our licensed estheticians will design a facial to meet the specific needs of your skin, regardless if you have rosacea, dehydration or acne. They will choose the best products to help you achieve the results that you are looking for.

50 min \$140



# FACIAL TREATMENTS

## HYDRAMEMORY FACIAL

A deeply hydrating treatment to improve moisture levels in the skin. Hibiscus and honey work to retain moisture in the skin and cosmetically supports the compactness of the skin. This treatment also helps to prevent the visible signs of premature aging.

50 min \$140

## MALTED FACE REMEDY

This men's facial will help to repair and hydrate skin exposed to the elements, sports and shaving. Using our house made malted beer mask to aid in hydration and restoration. Finished with a beard oil treatment which will leave you refreshed and relaxed.

50 min \$140

## BEAUTIFUL BACK

A refreshing skin treatment specially formulated to clarify, cleanse, and soften the skin on the back. Similar to a traditional facial, this service includes a deep cleansing, exfoliation, steam, mask, extractions and moisture application.

25 min \$80

## EXPRESS FACIAL

An abbreviated facial ideal for those on -the-go. This service is also great as an introductory facial or as an upkeep facial when you are in between our extended facial services. The skin is cleansed, exfoliated, and massaged with a hydrating veil of moisturizer.

25 min \$80

## ENHANCEMENTS

Lymphatic Drainage	\$25
LED Light Therapy	\$25
Eye Treatment	\$20





# SALON SERVICES

## **SIGNATURE MANICURE**

Our complete nail treatment begins with a warm and relaxing soak, and is followed by a hydrating mask, and a hot towel wrap. The manicure concludes with a hand massage with one of our nourishing lotions. Your treatment also includes nail shaping, cuticle treatments, and the application of your choice of polish.

50 min \$45

## **ESSENTIAL MANICURE**

Your essential nail upkeep- a warm and relaxing soak, nail shaping, cuticle treatment, and the application of a polish of your choice.

30 min \$35

## **GENTLEMAN'S MANICURE**

This restorative men's treatment begins with soaking of the fingers, meticulous detailing of the nails and cuticle area, and ends with a hydrating hand massage.

30 min \$35

## **PRINCESS MANICURE**

All little girls should feel like a princess! *(No cutting. For ages 4-11)*

25 min \$20

## **ENHANCEMENTS**

French	\$10
Gel Polish Removal (allow 15 minutes)	\$20
Gel Polish	\$10
Polish Change	\$20

## **MAKEUP SERVICES**

Let our professionals highlight the best in you. Our natural mineral makeup line is gentle on your skin and offers purity, protection, and luminescent beauty in all the essential shades.

Makeup Application \$45

Makeup Application and Lesson \$65

To speak with our bridal specialist for hair and makeup services please call Spa at The Essex directly at 802-764-1452



# SALON SERVICES

## SIGNATURE PEDICURE

Our complete nail treatment begins with a warm and relaxing soak, followed by an exfoliating scrub, hot towel wrap and concludes with a foot massage with one of our nourishing lotions. The treatment also includes nail shaping, cuticle treatments, foot file and the application of your choice of polish.

50 min \$60

## ESSENTIAL PEDICURE

Your essential nail upkeep includes a warm and relaxing soak, nail shaping, cuticle treatment, foot file and the application of a polish of your choice.

40 min \$50

## ALE-ING PEDICURE

Soak your feet in warmed beer while you enjoy a fresh brew. Shed the rough edges with our house-made scrub, created with salt and honey malt. Finish with a honey oatmeal lotion application and a relaxing foot massage for renewed and happy feet. Includes callus removal, nail and cuticle shaping

(no polish).

50 min \$60

## PRINCESS PEDICURE

All little girls should feel like a princess! *(No cutting. For ages 4-11)*

25 min \$20

## WAXING SERVICES

Brow	\$20	Brow, Lip & Chin	\$40
Chin	\$20	Lower Leg	\$50
Underarm	\$30	Full Leg	\$60
Lower Arm	\$30	Chest	\$50
Full Arm	\$40	Brazilian	\$75
Bikini	\$50	Back	\$65
Lip	\$20		

## LASH TINTING & LIFTING

Lash Tint	40 min \$35
Brow Tint	25 min \$30
Brow Tint & Brow Wax	25 min \$40
Lash & Brow Tint	40 min \$55
Brow & Lash Tint, plus Brow Wax	50 min \$65
Lash Lift & Tint: includes hand and scalp treatment	50 min \$80



# SALON SERVICES

## HAIR CARE

Shampoo & Style	\$50	Single Process Color	\$95
Shampoo, Cut & Style	\$60	Double Process Color	\$120
Special Occasion Style	\$70	Full Highlight	\$145
Gentleman's Cut	\$35	Partial Highlight	\$95
Youth Cut (12 & under)	\$25	Balayage	\$165
Bang Trim	\$20		

## ENHANCEMENTS

Hair Extension Consultation	\$50	
Hair Extensions By Consultation Only		* Prices will be determined at the consultation

*\* Discounts Not Applicable Towards Hair Extension Services*

## SPRAY TAN

NORVELL. The #1 requested sunless solution. Paraben-free, Gluten-free, 100% Vegan!

Not just a tan, it's a healthy skin treatment too! Skin firming formula builds and restores the skins' matrix, reducing the appearance of fine lines and wrinkles.

The highly concentrated antioxidant blend combats daily skin damage.

1 Session	\$40
3 Sessions	\$100
Face & Neck	\$20
Face-Shoulders-Arms	\$30
Legs	\$30



# CHANGE & CANCELLATION POLICY

Your services are reserved especially for you.

Please notify the spa no later than 4:00 PM the day prior to your scheduled appointment(s) if you need to re-schedule or cancel appointments. Cancellations or changes made after this period, as well as no-show appointments, will be charged the full price of the service.

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"...people will forget what you did,  
but people will never forget how you  
made them feel."

-MAYA ANGELOU



**70 Essex Way  
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