



THE SPA

Treatments and Services



Treasures of Time

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

Presidential Range - \$275

This relaxation journey includes three popular treatments: a 50-minute Facial, the Classic Pedicure and your choice of either a 50-minute Mount Washington Customized, Aroma, Mother-To-Be or Adventurer's Massage, plus 30 Spa Dollars for you to use toward spa retail products.

The Adventurer - \$295

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 35 Spa Dollars for you to use toward spa retail products.

The 19th Hole - \$295

A great way to relax, refocus and improve your game. Whether you are a seasoned pro or just a beginner, this golfer's package created just for you includes a 50-minute Outward Bound Facial, Golfer's Massage and an Adventurer's Pedicure, plus 35 Spa Dollars for you to use toward spa retail products.

The Summit - \$455

Reach new heights after you are transported with a 50-minute Facial, any 50-minute Body Treatment, a Classic Manicure, a Classic Pedicure, a Shampoo and Blow Dry/Style and your choice of a 50-minute Mount Washington Customized, Aroma or Adventurer's Massage, plus 50 Spa Dollars for you to use toward spa retail products.





Body Treatments

Alpine Body Glo

50 min | \$105

Rejuvenate your body and spirit with an exfoliation using your choice of natural sea salts, organic sugar or our Signature Body Polish, followed by an invigorating hydro-massage shower and an application of our Signature Body Crème.

Stickney Soak

50 min | \$105

Pamper your skin with a body exfoliation under cascading water, a hydro-massage shower and a milk, mineral or aromatherapy bath.

Lemon Verbena Body Polish

50 min | \$105

Relax amid the scent of lemon by receiving an exfoliation with a mixture of lemon verbena, aloe, oats and shea butter, followed by an application of soothing lemongrass and ginger oil blend.

Coffee Bean Body Polish

50 min | \$105

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.

Mount Washington Signature Body Ritual

75 min | \$140

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.

Massages

Mount Washington Customized Massage

50 min | \$105 75 min | \$140

Your therapist will consult with you to personalize your massage with techniques using light to moderate pressure, beneficial oils or lotions, aromatherapy products and application of warm stones.

Adventurer's Massage

50 min | \$105

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 | \$105 75 min | \$140

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

Deep Tissue Massage

50 min | \$125 75 min | \$160

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

Stone Massage

75 min | \$160

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

Duet

50 min | \$210 75 min | \$280

75 min | \$320 with stone therapy

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





The Golfer's Massage

50 min | \$105

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

Mother-To-Be Massage

50 min | \$105

This massage relieves body tension and stress by focusing on the neck, back and weight-bearing joints. Not recommended for a mother-to-be experiencing a high-risk pregnancy.

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.

Massage & Soak

75 min | \$140

Give your body a special treat with a soothing hydrotherapy bath and a 50-minute Mount Washington Customized Massage.

**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

All Facials

50 min | \$105 75 min | \$140

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.

Eye Repair Treatment - \$20 (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 hand massage 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.

Adventurers 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 Hands	\$10
French Polish Feet	\$15
Hand Paraffin	\$10
Foot Paraffin	\$15
Polish Change	\$15

Suite Escapes

Share the relaxing experience of The Spa at Mount Washington Resort with friends and family in our Spa Suite. Experience the best of The Spa with private treatment rooms and lounge stocked with a complimentary refreshment table. Specialty snacks and beverages can be provided, including wine, champagne and selections of our “Lite Bites” from The Spa Cuisine Menu. Please inquire at The Spa Reception Desk for more information.





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 - All times are approximate

Shampoo & Blow Dry/Style	45 min	From \$35
Shampoo & Cut	45 min	From \$35
Shampoo & Blow Dry	30 min	From \$25
Shampoo, Cut & Blow Dry/Style	45 min	From \$45
Up-Do	60 min	From \$60
Partial Highlight	60 min	From \$40
Full Highlight	75 min	From \$75
Hair Color	60 min	From \$60
Perm	60 min	From \$70
Intensive Hair Treatment (includes Shampoo & Blow Dry/Style)	60 min	From \$60
Detoxifying Hair Treatment	60 min	From \$60
Gloss Hair Treatment	60 min	From \$60
Men's Haircut	30 min	From \$25

Depilatory Services

Brow	15 min	\$15
Lip	15 min	\$15
Chin	15 min	\$15
Brow with Shaping	30 min	\$30
Lip & Brow	30 min	\$30
Lip/Chin/Brow	30 min	\$40
Sides of Face	15 min	\$20
Underarm	15 min	\$30
Half Arm	30 min	\$35
Full Arm	30 min	\$50
Back or Chest (Partial)	39 min	\$45

Back or Chest (Full)	45 min	\$65
Half Leg	30 min	\$45
Full Leg	45 min	\$65
Bikini (Brazilian not included)	30 min	\$45
Bikini/Half Leg	45 min	\$75
Bikini/Full Leg	60 min	\$85

For Your Spa Pleasure and Comfort

As our guest, we want to ensure 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 in full for your 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.

Resort Guests and Alpine & Country Club Members: There is a daily facility fee of \$25 per person without a spa service. With the purchase of \$105 in spa services, the facility fee is waived. With the purchase of less than \$105, the facility fee is \$15.

Non-Resort Guests: These guests may only use The Spa facilities when taking spa services. With the purchase of \$105 in spa services, the facility fee is waived. With the purchase of less than \$105, the facility fee is \$15.

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.

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 estheticians 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 or you can go to our web site—MountWashingtonResort.com. We welcome “spur of the moment” requests and will do our best to accommodate you based on availability.

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. The Spa is the ideal setting for bridal showers, birthday parties or friends’ getaways. We welcome the opportunity to be of service in helping to create “memorable moments.” Inquire at The Spa Reception Desk.

Gift Certificates: Gift certificates may be purchased for any treatment, package or dollar amount. Certificates must be presented at the time of the service to be redeemed. They may be purchased at The Hotel Front Desk, by telephone or on our web site. Please be aware that The Spa is not responsible for lost or stolen certificates.

Group Specials: We offer Meeting Enhancers, Welcome/Thank-You Gifts and Spa Services for Groups designed especially for your meeting or conference.





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

Indoor Pool Hours 6:00 am – 10:00 pm

Fitness Studio Hours 6:00 am – 10:00 pm

Note: Hours are subject to change

The Spa at Mount Washington Resort

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