



*E*MERSON SPA



EMERSON SIGNATURE INTEGRATIVE MASSAGE

A spa experience like no other - pure heaven on earth for the spa connoisseur. Share your preferences and areas of primary concern, and we'll use a variety of specialized modalities to design a one-of-a-kind, personalized massage created just for you. Each unique treatment begins with an in-room consultation with your therapist and ends with your mind calmed, your spirit settled and your body completely relaxed. *Please note: The Integrative Massage experience requires 24-hours prior notice to reserve.*

EMERSON SIGNATURE STONE MASSAGE

The ultimate indulgence, using stones and hands-on massage to create a feeling of well-being and harmony. Feel the tension release from your body as warm basalt stones are massaged with light to medium pressure over tight and stressed muscles. Combined with an aromatherapy oil of your choice, the Signature Stone Massage is both a luxurious and therapeutic experience.

EMERSON SIGNATURE FACIAL

The ultimate facial for all skin types. Active botanicals are used to boost cell metabolism. Cleansing, toning, exfoliation, extractions and a customized mask leave skin healthy and glowing. A cold stone marma-point facial massage, cold half-moon eye stones to reduce puffiness, Eco-Fin hand treatment and a foot/scalp massage complete this luxurious facial.

EMERSON SIGNATURE MANICURE

Pamper yourself with a moisturizing oil soak followed by a relaxing warm stone massage for the hands and forearms. Rough, mistreated hands will be nourished and revived. Finish with complete nail care and the perfect splash of polish.

EMERSON SIGNATURE PEDICURE

Beginning with a warm Himalayan Salt Soak, our Signature Pedicure works to remove rough skin and exfoliate the feet. A Himalayan Stone massage relieves lower leg muscles and tired, aching feet to rejuvenate the most neglected area of the body. Finish with complete nail care and polish.

Signature Treatments

Massage Therapies

RELAXATION MASSAGE

Melt away to a state of profound relaxation through this gentle pressure Swedish massage. Calm and soft flowing strokes increase circulation throughout the body and bring you to a state of balance.

FIRM SWEDISH MASSAGE

Balance the body and mind through this rhythmic Swedish-style massage. Firm pressure helps to relieve mental stress while also dissolving superficial knots and muscle tension.

DEEP TISSUE

For those who prefer a variety of deep pressure techniques. A full body massage plus one to two specific problem areas are addressed with trigger point therapy, cross fiber friction and a series of rhythmic strokes.

MEDI MASSAGE

A personalized session for those with medical conditions, injuries, scar tissue, or specific focuses. This is an outcome-based treatment for distinctive issues such as regaining range of motion at a particular joint, scar tissue immobilization, or releasing chronic muscle spasms. Expect a brief in-room consultation with your therapist prior to treatment to help us best address your needs.

SCALP AND LOWER LEG RELIEF

Tensions float away as you enjoy a luxurious aromatherapy scalp massage followed by a nurturing lower leg and foot massage. These hardworking areas are commonly neglected - give them the attention they deserve and walk away with light feet and a clear mind.

HOT STONE MASSAGE

Alleviate tension and worries with a hot stone massage. This luxurious treatment blends therapy with Swedish massage techniques. Using heated basalt stones as an extension of the therapist's hands, the stones radiate heat throughout the body to break up adhesions, soften tissue and induce deep relaxation.

THERAPEUTIC STONE MASSAGE

This contrast therapy of warm and cold stones soothes the nervous system and strengthens the immune system. Each section of the body is heated to a perfect degree of relaxation with warm stones, followed by the use of cold marble stones to eliminate lingering aches and harmoniously return the body to balance.

PRENATAL MASSAGE

Pregnancy stress will dissolve with this treatment specifically designed for expectant mothers. Both mother and baby are nurtured by a gentle, Swedish-style therapy adapted to address prenatal discomforts. *Please note: This treatment is not available in your first trimester and all treatments for expectant mothers require a physician's note.*

AROMATHERAPY MASSAGE

Allow the power of one of our 100% pure grade therapeutic oils to create physical and emotional well-being. "Lavender" promotes relaxation; "Balance" supports the equilibrium of bio-dynamic energies; and our "Emerson Signature" is specially blended to inspire peacefulness and calm.

AROMATHERAPY RENEWAL MASSAGE

This relaxing treatment combines a gentle, dry brush exfoliation with a Rosemary aromatherapy scent to renew the top skin layer, increase circulation and leave you feeling fresh and rejuvenated.

Couples Massage Therapies

COUPLES MASSAGE

Share a Relaxation, Firm Swedish, Aromatherapy or Deep Tissue massage with someone special in a private room for two. Perfect for friends, sisters, mother/daughter or partner getaways.

VIP COUPLES SOAK AND MASSAGE

The ultimate romantic escape for you and your loved one. Begin with a long, luxurious Himalayan Salt Soak and seasonal aromatherapy while indulging in an Artisanal Cheese Platter and champagne. End with a relaxing full body massage to ease tension and release toxins from the body. An exceptional experience created for just the two of you.



REFLEXOLOGY

Our Reflexology therapy will leave you walking on clouds. This ancient ritual focuses on pressure points in the hands and feet, opening up energy pathways throughout your body. Tension is released, hands and feet feel light and lifted and harmony is restored throughout the body.

THAI YOGA MASSAGE

Thai Yoga Massage clears the body's energy channels, soothing the mind and creating a sense of calm. This unique massage method is performed on a massage table and blends passive stretching, rhythmic pressure and breathing techniques. Recipient must wear comfortable loose fitting clothing.

SHIATSU

Originating from Japan and using traditional Chinese medicine, Shiatsu is the art of finger pressure massage. Finger pressure is applied to acupressure points along meridian pathways, releasing energy flow throughout the body. Recipient must wear comfortable loose fitting clothing.

REIKI

Performed by "laying on hands" and based on the idea that life force energy flows throughout the body, Reiki treats the body, emotions, mind and spirit through a non-invasive light touch technique. Recipient must wear comfortable loose fitting clothing.

INDIAN HEAD

A calm and meditative state is induced by this ancient practice. Warm aromatic Ayurvedic oils are liberally applied to the scalp, neck and shoulders. Special massage techniques focus on pressure points in the head, face and neck to release energy throughout the body. *Please note: Hair should be dry and preferably unwashed prior to treatment.*

SHIRODHARA

This treatment begins with a gentle stream of warm Ayurvedic oil onto the third eye (forehead) to quiet and calm the mind. The oil is then massaged into the scalp, neck and shoulders. A marma-point facial soothes the senses and completes the Shirodhara experience. *Please note: Hair should be dry and preferably unwashed prior to treatment.*

AYURVEDIC HERBAL BODY TREATMENT

A total body detox experience that uses herbal exfoliation, aromatic infused oils, hot towel wrap and a marma-point facial to deep cleanse the body and strengthen the immune system. *Please note: This treatment is not suitable for sensitive skin.*

Global Therapies



SEASONAL BODY SCRUB

Mineral rich sea salts are combined with one of our seasonal essential oil blends to scrub away dry, flaky skin, stimulate circulation and leave you feeling polished and velvety smooth.

BALINESE COFFEE POLISH

Organic coffee, naturally rich in antioxidants, is blended with Coffee Absolute, Shea Butter and Pure Cane Sugar for a java inspired wake-up call. Followed by an application of Vanilla Lotion, your skin will feel soft, smooth and refined.

SEAWEED BODY WRAP

Enriched with Nori Seaweed, Pacific Sea Salts, exotic clays and green tea, this treatment is a cocoon of warmth, repair and moisture for ultra-dry skin.

HYDROTHERAPY TREATMENT

Slip into a warm Himalayan Salt Soak bath with your choice of aromatherapy blend. A soothing respite for the senses.

Body Therapies

Elemis Biotec Skincare System

The Emerson is proud to introduce the Elemis Biotec Skincare System. The combination of Elemis Pro-Formulas, Skin Renewing Touch and 5 Advanced Bio-Electric Technologies delivers the complete solution for dynamic skincare results. Choose from a variety of Elemis Biotec facials, each targeting specific skin needs to reveal a new generation of skin services.

BIOTEC FIRM-A-LIFT

An uplifting facial to help fight the appearance of sagging and aging. A powerful infusion of plant stem cells, Alaria Esculentia Seaweed and Lupin combined with galvanic and microcurrent result in the skin appearing more youthful and uplifted, especially in the jawline area.

BIOTEC SENSITIVE SKIN SOOTHER

A de-sensitizing facial, to help soothe and calm delicate skin. The extra-soothing properties of Allantoin, Willowherb and Frankincense work in harmony with an O₂ infusion and light energy to leave the skin feeling comforted, calm and nourished.

BIOTEC LINE ERASER

The absolute facial to help maintain a youthful, ageless appearance. Face and eyes are targeted with a highly effective infusion of Padina Pavonica, African Birch Bark and Tri-Peptides. A microcurrent helps reduce the appearance of wrinkles, while light energy and an O₂ infusion leave the skin visibly smoother and youthful.

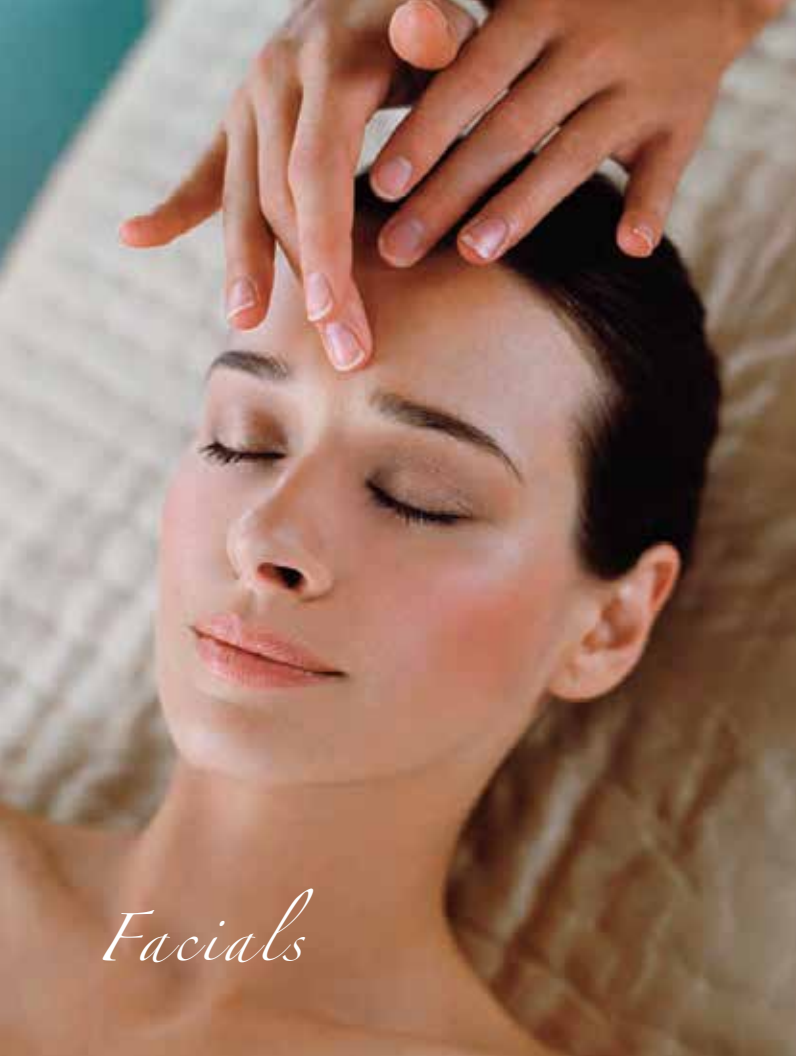
BIOTEC SKIN RESURFACER

A high-tech double peel infused with concentrated Lactic and Hyaluronic Acid for fresher, more youthful looking skin. Ultrasonic, steam and light energy reveal a skin that is noticeably smoother with a more even tone, while minimizing the appearance of blemish marks and fine lines.



ELEEMIS

DEFINED BY NATURE, LED BY SCIENCE



Facials

EVERYDAY FACIAL

Customized by your esthetician to target specific skin types, this facial addresses dry, oily, sensitive, sun-damaged, rosacea and/or acne-prone skin. Includes deep cleaning, toning, steam, exfoliation and a personalized mask.

EXPRESS FACIAL

For those on-the-go, this mini version of our Everyday Facial cleanses, moisturizes and exfoliates the skin and is completed with a customized mask (steam and extractions are not included).

TEEN FACIAL

A perfect introduction to facials for teenage skin related issues. The Teen Facial includes cleansing, light exfoliation, some extractions if needed and a customized mask. *Please note: New York State law requires persons under age 18 to have a parent or adult guardian present during all massage and body treatments. A parental consent form signed by a parent or adult guardian is required for treatments on anyone under the age of 18.*

GENTLEMAN'S FACIAL

Especially suited for men's skincare needs, this facial is designed to deeply cleanse while soothing skin irritations caused by shaving, sports and the elements.

Spa Packages

Our specially designed Spa Packages are offered Monday – Friday and feature some of our most popular treatments at a 10% discount. All Spa Package elements must be enjoyed on the same day.



DAY OF LUXURY

- Relaxation Massage
- Everyday Facial
- Luxury Spa Pedicure

A LITTLE R&R

- Relaxation Massage
- Express Facial
- Classic Manicure
- Classic Pedicure

FOR THE GENTLEMAN

- Firm Swedish Massage
- Gentleman's Facial
- Luxury Spa Pedicure

PRENATAL

- Prenatal Massage
- Everyday Facial
- Classic Pedicure

Please note: This package is not available in your first trimester and all treatments for expectant mothers require a physician's note.

TEEN PACKAGE

(Ages 14-17)

- Relaxation Massage
- Teen Facial
- Classic Manicure

Please note: New York State law requires persons under age 18 to have a parent or adult guardian present during all massage and body treatments. A parental consent form signed by a parent or adult guardian is required for treatments on anyone under the age of 18.



Nail Salon

SPARITUAL

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All of our SpaRitual nail care products are formulated with vegan ingredients from around the world. Nail lacquers and nail care essentials are produced without DBP, toluene, formaldehyde or formaldehyde resin. Each nail lacquer contains a signature scent to create a multisensory experience. Proudly vegan and cruelty-free, SpaRitual is deeply committed to caring for all living creatures. Enjoy a Vegan Classic Manicure or Vegan Classic Pedicure.



AMAZING NAIL CONCEPTS

ANC is a modern day acrylic dip system for beautiful, long lasting nails. ANC is odorless, flawless and does not require UV lighting. Enjoy an ANC Manicure or ANC Manicure with Tips.

RECOVERY PEDICURE

Callous remover, Himalayan Salt Soak and a healing foot massage will comfort severely dry, cracked and overworked feet. An Eco-Fin booty deeply moisturizes, and complete nail care will leave your feet looking beautiful and ready to face the world.

LUXURY SPA MANICURE

Complete nail care with exfoliant and Eco-Fin hand treatment. A pressure point massage from hands to elbows completes your treatment. Perfect for dry, rough hands.

LUXURY SPA PEDICURE

Complete nail care, using a Himalayan Salt Scrub, mask and Eco-Fin booty. Feet and legs are given a deep pressure point massage, followed by polish or buff.

CLASSIC MANICURE

Nail care with polish or buff. Hand massage included.

CLASSIC PEDICURE

Foot and nail care. Using a salt scrub infused with essential oil, callouses are buffed smooth followed by a pressure point massage.

GLAM FOR LITTLE ONES

Special nail services for our glamorous guests age 14 and under. Select a Mini Glam Manicure, Mini Glam Pedicure or a Mini Glam Mani/Pedi Combo.

Additional Nail Services

- Gel Manicure
- Gel Polish Remover Soak
- French Polish
- Polish Change
- Nail Art

Waxing Services

- Eye, Lip, Chin
- Underarm
- Arm (half)
- Full Arm
- Bikini
- Back
- Leg (half)
- Full Leg



XTREME LASHES BY JO MOUSSELLI

Introducing eyelash extensions by Xtreme Lashes for beautiful, long lashes. Semi-permanent and natural looking, synthetic eyelashes are applied one by one to each individual natural lash by our expertly trained therapists.

Your Spa Experience

Thank you for choosing the Emerson Spa. It is our pleasure to provide you with spa treatments inspired by the Earth's elements and the tranquility of the Catskills. Our experienced therapists deliver rejuvenating, pampering treatments to suit the health, lifestyle and desire of every guest.

Please let us know when booking your treatments if you have any therapist preferences. We also request that you inform us of any medical conditions such as high blood pressure, allergies, pregnancy or any other circumstances that may require attention. Consult your physician if you have specific questions regarding medical conditions and treatments. Your therapist is dedicated to providing the best experience possible and may also ask you questions regarding your treatment.

Please arrive at least 30 minutes prior to your treatment time. If you arrive late, your treatment time may be cut short or rescheduled. You may wish to arrive even earlier to enjoy our spa amenities, including full use of our Relaxation Room, Quiet Room, Steam, Sauna, Fitness Center, outdoor Hot Tub and outdoor Pool (seasonal only). Bathing suits are required for the Hot Tub and Pool areas.

We suggest you leave all valuables, including jewelry in your room or locker. The Emerson Resort & Spa is not responsible for lost items.

There is a 24-hour cancellation policy. Missed appointments will be charged 50% of the full treatment cost.

Groups of 6 or more receive a 10% discount on treatments. This offer cannot be combined with any other specials or packages. A 20% gratuity will be added automatically to the final group bill. Gratuity is based on the full treatment price prior to any discounts.

Please ask our Spa Desk for information regarding Fitness Classes and Fitness Center membership.

SPA LUNCHEON

Enjoy light and delectable selections prepared by Ralph's Cafe. Inquire at the Spa Desk for menu and pricing. Requires 72 hours advance notice.

GIFT CARDS

Spa Gift Cards are available for purchase at the Spa Desk. The gift of relaxation is the perfect gift for any special occasion.





Conveniently located just two hours from New York City, 20 miles west of Exit 19 off the New York State Thruway (I-87) on Route 28 in Mount Tremper.

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