**EMERSON RESET**
The Emerson Reset is a unique exclusive treatment using a synergy of delicate textures, essential oils and the power of human hands to provide the ultimate relaxing experience. This innovative Body Treatment uses Comfort Zone’s ProSleep™ rituals, acting on three different sensorial pathways for profound relaxation. Ayurvedic and Indonesian Sea Malay modalities, combined with the use of soft brushes, and music to reset your circadian rhythm, helps to achieve a quiet, peaceful body and mind. This is the ultimate tranquility experience.

**VIP COUPLES EMERSON RESET**
Includes a 30 minute Tranquillity™ Oil Soak followed by 60 minute Emerson Reset Treatment.
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
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.

BACK, NECK AND SHOULDER RELIEF
The perfect antidote to modern stress. This 30 minute calming focus massage for those on-the-go helps to relieve tension in the most common areas.

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. “Mountain Forest” reduces muscle tension and increases circulation; “Stress Free” calms and soothes; “Lavender” relieves stress and anxiety and helps ease insomnia; and our “Emerson Seasonal Scent” is specially blended to complement the four seasons.

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 just for 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 light face massage to deep cleanse the body and strengthen the immune system. Please note: This treatment is not suitable for sensitive skin.
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.

ITALIAN ALGAE BODY TREATMENT
Enriched with the thermal waters of Pisa, this refreshing treatment helps reduce water retention. Exfoliation removes dry, depleted skin and an algae mineral wrap minimizes the appearance of cellulite and helps to jumpstart metabolism. While the detoxifying wrap is giving your body a slimmer, lighter feel; enjoy a light face and scalp massage.

ITALIAN MUD WRAP
Indulge in therapeutic mud from the grottos of Italy. Warm, purifying, room temperature mud combined with thermal waters helps to relieve muscle aches, inflammation and joint pain. Begin with a renewing body scrub to exfoliate dry skin and increase circulation. The body is then wrapped in mineralized mud. A soothing face and scalp massage will have you drifting away to a state of bliss.

HYDROTHERAPY SOAK
Slip into a warm Himalayan Salt Soak with aromatherapy. A soothing respite for the senses.
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 Esculenta Seaweed and Lupin combined with galvanic and microcurrent result in the skin appearing more youthful and uplifted, especially in the jowel 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.
EVERYDAY FACIAL
Because each and every one is beautiful in their own way, this customized facial focuses on your skin’s needs and enhances your most beautiful features. Using the power of Comfort Zone’s natural-origin active ingredients, married with science and expertise, this prescriptive facial rebalances the skin with specific solutions for every skin condition. The skin looks more radiant, hydrated and glowing.

SUBLIME SKIN FACIAL
Our new “genie in a bottle” experience reveals a visibly firm, plumped and even-toned skin. Thanks to Comfort Zone’s exclusive Archi-lift™ technology, combined with innovative lifting massage techniques, this anti-aging treatment stimulates cellular regeneration, restores fullness and redefines the volume of the face.

SACRED NATURE
Our fully certified organic, all natural face treatment provides intense nourishment and age preventing efficacy; ideal for dry and sensitized skin. The special ritual bestows profound oxygenation and renewed energy.

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

GENTLEMAN’S FACIAL
Specially 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
- Recovery 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 13-16)
- Back, Neck and Shoulder Massage
- Teen Facial
- Classic Manicure

Please note: NY State law requires persons under age 18 to have a Parent/guardian present during all massage and body treatments. A consent form signed by a parent or adult guardian is required for treatments on anyone under the age of 18.
ALL of our sparitual nail care products are produced without DBP, toluene, formaldehyde or formaldehyde resin. Proudly vegan and cruelty-free, sparitual is deeply committed to caring for all living creatures.

ANC is a modern day acrylic dip system for beautiful, long lasting nails. ANC is odorless, flawless and does not require UV lighting.

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.

VEGAN CLASSIC MANICURE
Nail care with polish or buff. Hand massage included.

VEGAN 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 10 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
- Bikini
- Arm (half)
- Full Arm
- Leg (half)
- Full Leg

XTREME LASHES
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.

Emerson Salon Services
Find the perfect finishing touch for everyday or special occasions. Featuring updos, blowouts and mineral makeup by Jane Iredale.

Wedding Party ~ Please consult with our Bridal Specialist to plan your special day.
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 concerns. 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 to check in and enjoy our spa amenities, including 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.

SPA ETIQUETTE
We suggest you leave all valuables, including jewelry in your room or locker. The Emerson Resort & Spa is not responsible for lost items. Use of Cell Phones and Electronic Devices are NOT permitted in the Spa or Quiet Room.

CANCELLATION POLICY
There is a 24-hour cancellation policy. Missed appointments will be charged 50% of the full treatment cost. If you arrive late, your treatment time may be cut short or rescheduled.

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

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

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

5340 Rte-28, Mt Tremper, NY 12457
Call (845) 688-2828 for Reservations
www.emersonresort.com

Independently Owned and Operated