



**EMERSON SPA**

INSPIRED BY THE EARTH'S ELEMENTS AND  
THE TRANQUILITY OF THE CATSKILLS

# Signature Treatments

## 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. *60 minutes/\$190*

EMERSON RESET COUPLES *60 minutes/\$380*

## VIP COUPLES EMERSON RESET

Includes a 30 minute Tranquillity™ Oil Soak followed by a 60 minute Emerson Reset Treatment. *\$470*



**[ comfort zone ]**

SKIN SCIENCE SOUL

### 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.*

*120 minutes/\$299*

### 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.

*90 minutes/\$245*

### 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.

*75 minutes/\$230*

### 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.

*60 minutes/\$60*

### 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.

*60 minutes/\$75*

### EMERSON SIGNATURE MANI/PEDI COMBO

*120 minutes/\$130*

# 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.

*30 minutes/\$120 60 minutes/\$160 90 minutes/\$210*

## 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.

*60 minutes/\$170 90 minutes/\$220*

## 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.

*60 minutes/\$180 90 minutes/\$235*

## 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.

*30 minutes/\$115*

## 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.

*30 minutes/\$120*

## 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.

*30 minutes/\$115*

## 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.

*60 minutes/\$185*

## 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.*

60 minutes/\$170

## APRES SKI BODY WRAP

Relieves muscle aches, inflammation and joint pain with a warm and cold remedy. The treatment begins with a therapeutic body wrap using mineralized mud from the grottos of Italy, followed by a cryo leg gel application. The combination of warm and cold results in instant relief and provides a lasting feeling of freshness and invigoration.

75 minutes/ \$225

## 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.

60 minutes/\$165 90 minutes/\$215

## 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.

75 minutes/\$195

# 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.

Relaxation	60 minutes/\$330	90 minutes/\$430
Aromatherapy	60 minutes/\$340	90 minutes/\$440
Firm Swedish	60 minutes/\$350	90 minutes/\$450
Deep Tissue	60 minutes/\$370	90 minutes/\$480

## 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.

30 minute soak/60 minute massage	\$475
30 minute soak/90 minute massage	\$565

## CBD VIP COUPLES SOAK & MASSAGE

The ultimate spa experience for two enhanced with the soothing and healing properties of CBD oils.

30 minute soak/60 minute massage	\$490
30 minute soak/90 minute massage	\$580

# Global Therapies

## 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.

*30 minute feet only/\$110 60 minute feet and hand/\$165*

## 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.

*60 minutes/\$170*

## 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.*

*30 minutes/\$115*

## 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.*

*45 minutes/\$170*

# *Spiritual Healing*

## 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. *60 minutes/\$160*

## CHAKRA RENEWAL

A complete energy cleanse and reset. A 30 minute tarot card reading identifies areas of energy blockage, followed by a 60 minute crystal reiki session to release blockage and renew chakra alignment. Includes guidance for healthy energy focus practices. *90 minutes/\$180*

## MIND, BODY, SOUL

30 minute tarot card reading, 30 minute focused massage and 30 minute crystal reiki therapy combine to clear energy pathways and refresh the life force connection between mind, body and soul. *90 minutes/\$220*

## CHAKRA RESET THROUGH REFLEXOLOGY

Pressure points in the foot are energetically connected to

other areas of the body, mind and spirit. Using pressure points identified in the Reflexology foot chart, your therapist will treat congested and/or weakened Chakras by using crystals and essential oils, promoting healing and relief from feeling overwhelmed, unfocused and in need of clarity. *60 minutes/\$185*

## COMPLETE MIND, BODY, SOUL AND SPIRIT

A full two hours devoted to establishing a complete connection between mind, body, soul and spirit. Begin with a tarot card reading to identify areas of discord and disconnect. A 60 minute relaxation massage then cleanses, soothes and heals energy points throughout the body. A crystal reiki session completes the treatment, returning you to a natural relationship between the mind, body soul and spirit and a feeling of peace. *120 minutes/\$265*

*Please note: Spiritual Healing treatments are not available to guests under age 16.*



### 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.

*30 minutes/\$120 45 minutes/\$160 (includes lotion application)*

### 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.

*45 minutes/\$165*

### 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.

*75 minutes/\$210*

### 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.

*75 minutes/\$210*

### DEEP BODY RENEWAL WRAP

Nestle into a cocoon of soothing warmth with our Deep Body Renewal Wrap. This treatment includes exfoliation, while the wrap nourishes, tones and firms the body.

*75 minutes/\$210*

*Body Therapies*



# *Elemis Biotec Skincare System*

*The Elemis Biotec Skincare System uses a combination of Elemis Pro-Formulas, Skin Renewing Touch and 5 Advanced Bio-Electric Technologies to revitalize aging skin and deliver true vitality to the complexion. For optimal results, a series package is highly recommended. Receive the first treatment free when you pay for a series in advance.*

## **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 jawline area. *60 minutes/\$210  
10 treatments, 1 every 2 weeks/\$1,890*

## **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. *60 minutes/\$190  
6 treatments, 1 every 3 weeks/\$950*

## **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. *60 minutes/\$200  
10 treatments, 1 every 2 weeks/\$1,800*

## **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. *60 minutes/\$190  
6 treatments, 1 every 3 weeks/\$950*





*Facials*

#### EVERYDAY FACIAL

*60 minutes/\$180*

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

*60 minutes/\$200*

Our "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.

#### SKIN REGIMEN FACIAL

*60 minutes/\$200*

The perfect treatment to counteract the stress of modern life and the effects from pollution. This facial detoxifies the skin and is formulated to specially remove impurities and imperfections. The efficacy of a glycolic peel, coupled with a plant-based charcoal mask, will reveal a glowing, brighter complexion.

#### SACRED NATURE

*60 minutes/\$200*

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.

#### SACRED NATURE MASK REPAIR SOLUTION

*60 minutes/ \$210*

Designed to battle damaging effects caused by long-term mask use, our organic Mask Repair Solution uses Sacred Nature products by Comfort Zone to reduce dryness, redness and skin irritations that occur due to daily use of face coverings. A cleansing balm and exfoliating mask are applied, followed by a youth serum and hydra cream to reinforce the skin barrier and enhance skin resilience and vitality.

**EXPRESS FACIAL** *30 minutes/\$135*  
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).

**RADIANT GLOW FACIAL** *60 minutes/\$190*  
Following extractions, an occlusive paraffin mask is applied, infusing nutritional ingredients and moisture into the skin to hydrate and soften. A perfect solution to combat the aged appearance of mature, dehydrated and/or dull skin (not recommended for sensitive, reactive or acne prone skin).

**ROSE QUARTZ FACIAL** *60 minutes/\$185*  
A lustrous facial designed to remove skin impurities. The mineral oil-free formulas used nourish the skin's lipid barrier, soothing it with hydration and leaving skin feeling petal smooth.

**GENTLEMAN'S FACIAL** *60 minutes/\$180*  
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.

**TEEN FACIAL** *(Ages 13-16) 45 minutes/\$140*  
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.*

## *Emerson Spa Enhancements*

### ESTHETIC ENHANCEMENTS (Facials and Body Therapies)

<i>Peel Off Mask</i>	\$25
<i>Sublime Eye Patch</i>	\$20
<i>Oxygen Infusion</i>	\$30
<i>Light Therapy</i>	\$30
<i>Cold Stone Face Massage</i>	\$20
<i>Extractions</i>	\$20
<i>Paraffin Foot Treatment</i>	\$25
<i>Cyro Leg Application</i>	\$25
<i>Ultrasonic Peel</i>	\$30
<i>Crystal Reiki Session 30 minutes</i>	<i>/\$75</i>
<i>Express Facial (Body Therapy treatments only)</i>	<i>\$90</i>

### MASSAGE THERAPY ENHANCEMENTS

*Tarot Card Reading 30 minutes/\$45*

A close-up photograph of several smooth, dark grey hot stones resting on a person's skin. The stones are arranged in a loose line, with one in the foreground being in sharp focus. The background is softly blurred, showing more stones and the texture of the skin.

# Spa Packages

Our specially designed Spa Packages are offered Mondays, Thursdays and Fridays and feature some of our most popular treatments at a 10% discount. All Spa Package elements must be enjoyed on the same day and cannot be substituted.

## TEEN PACKAGE (Ages 13-16) \$265

Back, Neck & Shoulder Massage	30 minutes
Teen Facial	45 minutes
Classic Manicure	30 minutes

## FOR THE GENTLEMAN \$385

Firm Swedish Massage	60 minutes
Gentleman's Facial	60 minutes
Recovery Pedicure	60 minutes

## DAY OF LUXURY \$369

Relaxation Massage	60 minutes
Everyday Facial	60 minutes
Luxury Spa Pedicure	50 minutes

## A LITTLE R&R \$315

Relaxation Massage	30 minutes
Express Facial	30 minutes
Classic Manicure	30 minutes
Classic Pedicure	45 minutes

## PRENATAL \$365

Prenatal Massage	60 minutes
Everyday Facial	60 minutes
Classic Pedicure	45 minutes

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



# Nail Salon

## DD DAZZLE DRY®

Flawless nails without flawed ingredients. Unlike ordinary lacquers, Dazzle Dry is specially formulated to expand and contract with the natural nail. The signature four-step system works together to deliver high-performance wear and protection allowing nails to become healthier and stronger over time.

## SPARITUAL

Slow Beauty For A Fast World.

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.

## KS KIARA SKY.

Kiara Sky's innovative nail extensions provide a lightweight alternative to traditional nail enhancements. Specifically designed to last up to three weeks without lifting or chipping, Kiara Sky's Gelly Tips are soak off and can be easily removed without damage to the nail.

STRUCTURED GEL MANICURE	60 minutes/\$55
STRUCTURED GEL MANICURE WITH GEL TIPS	90 minutes/\$70
COLOR REMOVAL	\$5



# ANC

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.

ANC MANICURE

*60 minutes/\$55*

ANC MANICURE WITH TIPS

*90 minutes/\$70*



**RECOVERY PEDICURE** *75 minutes/\$80*  
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** *45 minutes/\$55*  
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** *50 minutes/\$70*  
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.

**LUXURY MANI/PEDI COMBO** *95 minutes/\$120*

**CBD PEDICURE** *60 minutes/\$70*  
All the benefits of our guest favorite Luxury Pedicure... plus a CBD Bath Bomb Soak and CBD Eco-fin Bootie treatment. Designed to pamper and rejuvenate tired, aching feet and leave you walking on cloud nine.

**CLASSIC MANICURE** *30 minutes/\$40*  
**CLASSIC PEDICURE** *45 minutes/\$55*  
**CLASSIC MANI/PEDI COMBO** *75 minutes/\$90*

#### 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. *(Ages 10 and under)*  
*Mini Glam Manicure* *25 minutes/\$30*  
*Mini Glam Pedicure* *25 minutes/\$40*  
*Mini Glam Mani/Pedi Combo* *50 minutes/\$60*



## *Additional Nail Services*

GEL MANICURE 45 minutes/\$45  
FRENCH POLISH 15 minutes/\$10  
POLISH CHANGE 15 minutes/\$15  
NAIL ART 15 minutes/\$10 & Up

## *Nail Salon Enhancements*

<i>Eco Fin Hand Mitts</i>	\$10
<i>Callus Remover</i>	\$10
<i>Soak Off</i>	\$10
<i>Dazzle Dry</i>	\$10
<i>Glass of Prosecco, Red or White Wine</i>	\$10
<i>Pure Indulgence - A glass of Prosecco, Red or White Wine and a Warm Neck Wrap</i>	\$15

## *Waxing Services*

<i>Eye, Lip or Chin</i>	\$15	<i>Back</i>	\$80
<i>Underarm</i>	\$30	<i>½ Leg</i>	\$45
<i>Arm (half)</i>	\$35	<i>Full Leg</i>	\$55
<i>Full Arm</i>	\$45		







# *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 20 minutes prior to your treatment time to check in and enjoy our spa amenities, including our Relaxation Room, Quiet Room, Steam, Sauna, Fitness Center and outdoor Hot Tub. Bathing suits are required for the Hot Tub area.

## PRICING

Therapies and pricing are subject to change.

## GIFT CARDS

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

## 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.**

## YOUNG GUESTS

Spiritual Healing treatments and Spa amenities, including the Relaxation Room, Quiet Room, Steam, Sauna and outdoor Hot Tub may be enjoyed by guests age 16 and older.

## CANCELLATION POLICY

There is a 48-hour cancellation policy. Missed appointments will be charged 100% 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.



# *Spa Bites Menu*

Enjoy a variety of artisan boards, sandwiches, housemade soups, specialty cocktails and beautiful views of the Esopus Creek and Mount Tremper. Dine inside or on the Spa Bites Deck during warmer months.

## *Spa Bites*

ACAI BOWL - acai, housemade granola, strawberries, blueberries, coconut flakes with almonds, bananas and drizzle of honey (v)	\$14	ROASTED TURKEY BREAST SANDWICH - with our housemade chipotle mayonnaise, lettuce, tomato on toasted peasant bread	\$13
AVOCADO TOAST - mashed avocado, roasted tomatoes, and feta cheese on peasant bread (v)	\$13	SIGNATURE FLATBREAD - with pepperoni, bacon, red sauce and mozzarella cheese	\$19
HUMMUS AND WARM PITA - housemade hummus served with pita (v)	\$12	HOUSEMADE POTATO WEDGES with spicy honey mustard dipping sauce (v)	\$7
CHEESE BOARD - local aged gouda, ny sharp cheddar, honeybee goat gouda and mild buttery brie, served with mediterranean olive mix, honey, tangerine marmalade and organic crostini	\$22	GREEK SALAD - romaine lettuce, tomato, cucumber, red onion, assorted Greek olives, feta cheese and a housemade Greek dressing (v)	\$14

Menu and pricing are subject to change. Please visit [emersonresort.com/spabites](http://emersonresort.com/spabites) or ask for the Spa Desk for a current Spa Bites menu.

Gluten free substitutions available - \$2 per item.

## *Spa Sips*

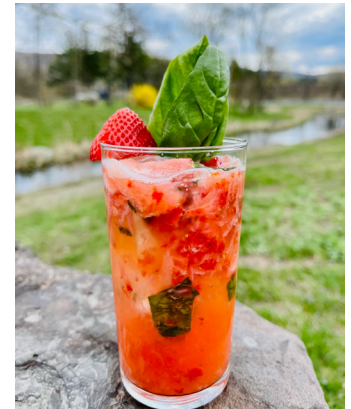
IMMUNE SCHEIN ELDERBERRY ELIXIR SHOT	\$4
GREEN COCONUT TEA HOT	\$4
SPINDRIFT SPARKLING WATER: STRAWBERRY	\$4.50

## *Wines and Brews*

CAVIT PINOT NOIR	\$10
CAVIT PINOT GRIGIO	\$10
BRIDGE LANE ROSE	\$10
PROSECCO	\$10
BUD LIGHT	\$6
LABATT BLUE	\$6
MICHELOB ULTRA	\$6
HEINEKEN	\$7
STELLA	\$7
ANGRY ORCHARD	\$7

## *Specialty Cocktails*

SOOTHE THE SOUL Bourbon, Star Anise, Black Cardamom Syrup, Fresh Lemon Juice	\$12
CALM THE MIND Tequila, Kaffir Lime, Lemongrass Syrup, Fresh Lime Juice	\$12
REFRESH THE SPIRIT Vodka, Hibiscus, Rose Petal Syrup, Fresh Lemon Juice	\$12



Items are subject to change seasonally. Please visit <https://emersonresort.com/spabites> or ask the Spa Desk for current Spa Bites menu.





Welcome Back to the Catskills™

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

Menu and pricing subject to change

[www.emersonresort.com](http://www.emersonresort.com)

Independently Owned and Operated

