



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*



[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 MANI/PEDI COMBO

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

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. The pedicure is finished with complete nail care and polish.

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

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

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

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

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*

Couples Massage Therapies

COUPLES MASSAGE

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

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

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 Board and Prosecco. 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.

<i>30 minute soak/60 minute massage</i>	<i>\$475</i>
<i>30 minute soak/90 minute massage</i>	<i>\$565</i>

CBD VIP COUPLES SOAK & MASSAGE

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

<i>30 minute soak/60 minute massage</i>	<i>\$490</i>
<i>30 minute soak/90 minute massage</i>	<i>\$580</i>

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

AYURVEDIC HEAD TREATMENT

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

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.

120 minutes/\$265

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



Body 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.

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

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

Elemis Biotec Skincare System

The Elemis Biotec Skincare System uses a combination of Elemis Pro-Formulas, Skin Renewing Touch and five Advanced Bio-Electric Technologies to revitalize aging skin and deliver true vitality to the complexion. For optimal results, multiple sessions are highly recommended.

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*

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*

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*

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*





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.

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).

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.

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).

Emerson Spa Enhancements

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. *NY State law requires children under age 18 to have a parent/guardian present during massage and body treatments. A consent form signed by a parent/guardian is also required.*

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>Cryo Leg Application</i>	\$25
<i>Ultrasonic Peel</i>	\$30
<i>Express Facial (Body Wrap treatments only)</i>	\$90

MASSAGE THERAPY ENHANCEMENTS

<i>Tarot Card Reading</i>	<i>30 minutes/\$45</i>
<i>Crystal Reiki Session</i>	<i>30 minutes/\$75</i>

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, Fridays and Sundays 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

NY State law requires children under age 18 to have a parent/guardian present during massage and body treatments. A consent form signed by a parent/guardian is also required.

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



Nail Salon

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

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 bootie. 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.

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 bootie deeply moisturizes, and complete nail care will leave your feet looking beautiful and ready to face the world.

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. *(Ages 10 and under)*

MINI GLAM MANI/PEDI COMBO *50 minutes/\$60*
NY State law requires children under age 18 to have a parent/guardian present during massage and body treatments. A consent form signed by a parent/guardian is also required.



Additional Nail Services

GEL MANICURE	45 minutes/\$45
FRENCH POLISH	15 minutes/\$10
POLISH CHANGE	15 minutes/\$15
NAIL ART	15 minutes/ \$10 and up

Nail Salon Enhancements

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

Waxing Services

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







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

The Emerson is an Independent, Woman Owned Business