

## SPA TREATMENTS, SERVICES & RATES

### Facials:

Mayflower Harmony Facial	90 min	\$255
Seasonal Balancing Facial	60 min	\$170
	90 min	\$255
Daily Defense Facial	60 min	\$170
	90 min	\$255
Sweet Violet Facial	60 min	\$170
	90 min	\$255
Deep Cleansing Facial	60 min	\$170
	90 min	\$255
Gentleman's Facial	60 min	\$170
	90 min	\$255
Hand Facial	30 min	\$85
Foot Facial	30 min	\$85
Scalp Facial	30 min	\$85
Intensive Eye Treatment	w/service	\$55
	alone	\$85
Intensive Lip Treatment	w/service	\$55
	alone	\$85

### Soul-Enhancing Rituals:

Thermal Sanctuary Experience	30 min	\$60
Deep Blue Lavender Embrace	90 min	\$240
Seasonal Balancing Ritual	90 min	\$255
Hammam	90 min	\$255
Japan	90 min	\$255

### Scrubs, Rubs and Soaks:

Mayflower Smooth-as-Silk	60 min	\$160
	90 min	\$240
Antioxidant Body Wrap	60 min	\$170
Moor Mud Wrap	60 min	\$170
Herbal Detox Wrap	30 min	\$85
	60 min	\$170
All Soaks	30 min	\$85

### Massages and Body Therapies:

Mayflower Massage	60 min	\$160
	90 min	\$240
Inn Massage	60 min	\$160
	90 min	\$240
Inn-Room Massage	60 min	\$180
	90 min	\$255
Couples' Massage	60 min	\$320
	90 min	\$480
Steeprock Stone Therapy	60 min	\$170
	90 min	\$255
Sports Massage	60 min	\$160
Pre or Post-Natal Massage	60 min	\$160
Reflexology	30 min	\$90
	60 min	\$170

Thai Massage	60 min	\$170
	90 min	\$255
Shiatsu	60 min	\$170
	90 min	\$255
Wild Lime Shiatsu Fusion	60 min	\$170
Reiki	60 min	\$160
Cranio-sacral Therapy	60 min	\$160
Lymphatic Massage	60 min	\$160
Mayflower Sweet Surrender	60 min	\$170

### Accupuncture

	60 min	\$165
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### Salon Services

Deep Scalp Rejuvenation	30 min	\$60
Mayflower Nourishing Manicure	45 min	\$70
Mayflower Nourishing Pedicure	60 min	\$90
Polish Change	15 min	\$25
Shampoo and Style	30 min	\$70
Ladies Haircut and Style	Time/fees vary	
Men's Haircut	45 min	\$65
Men's Manicure	30 min	\$60
Men's Pedicure	45 min	\$70
Waxing/Hair Removal	Time/fees vary	

### Active Body:

Private Yoga	60 min	\$110
	90 min	\$165
Pilates Reformer	60 min	\$110
	90 min	\$165
Personal Training	60 min	\$110
Private Pool Sessions	60 min	\$110
Tai Chi/Qi Gong	60 min	\$110
	90 min	\$165
Group hike/snowshoe	2.5 hrs	\$75
Group bike/kayak	2.5 hrs	\$85
Private Hike	2.5 hrs	\$120
Private Snowshoe or Cross-Country	2.5 hrs	\$120
Private Bike	2.5 hrs	\$120
Private Kayak	2.5 hrs	\$120
Adventure Race or Triathlon Training	60 min	\$110
Fly-Fishing	3 hrs	\$240
Rappelling	2.5 hrs	\$170

### Mind-Spirit:

Blue Heron Insights	90 min	\$160
Sound Therapy	60 min	\$110
Guided Imagery	60 min	\$110
Chakra Balancing	60 min	\$110
Meditation	60 min	\$110

*All prices quoted are inclusive of a 20% service charge.  
A 6% sales tax will be added to all services with the exception of spa treatments.*