



THE SPA

— AT —

STONEHEDGE

**THE SPA AT STONEHEDGE** is open daily, including Sundays, from 9:00am – 7:00pm.  
Spa treatments are by appointment only.

**DINE** in our spa from our seasonal Spa Lunch menu, available daily from 11am - 5pm.

 denotes Stonehedge signature services

Treatments available as of 11/01/2016  
Menu items are subject to change without notice

For OVERNIGHT SPA PACKAGES visit  
[www.thestonehedgehotel.com/specialoffers](http://www.thestonehedgehotel.com/specialoffers)



# FAQs

## WHAT IF I HAVE HEALTH PROBLEMS?

Please notify the spa receptionist when booking your treatments if you have high blood pressure, allergies, are pregnant or are under a doctor's care.

## WHAT SHOULD I WEAR DURING MY TREATMENTS?

Most body treatments are enjoyed without clothing; our therapists use proper draping techniques to keep you comfortable. However, undergarments may be worn if preferred. We do offer disposable bikini bottoms.

## IS THERE A MINIMUM AGE?

No. However, spa guests under the age of 18 must have a legal guardian sign for them.

## CAN GUESTS RECEIVE TREATMENTS TOGETHER?

Due to the cozy size of our rooms, only one person may receive a treatment per room. However, with advance notice, we do offer in-room couples massages for our overnight guests.

## WHAT ABOUT MY JEWELRY AND VALUABLES?

Please remove all jewelry during treatments. The Stonehedge does not assume liability for personal items. We do provide lockers for our spa guests; however, we recommend you leave jewelry and valuables behind.

## IS A TIP INCLUDED IN THE PRICE OF MY SERVICE?

No, a service fee has not been added to the price of your treatment. Here are some **tipping guidelines**: Tip 15% of the treatment cost if the service was average, and 20% or more if the therapist provided outstanding service. You can either

offer the tip directly to the therapist in cash – always appreciated – or add it to your bill.

## WHAT ABOUT PAYMENT FOR SPA SERVICES?

We accept cash and major credit cards. If you are an overnight guest, you may also charge spa services to your hotel account with an open credit card.

## WHAT IF I NEED TO CANCEL?

Cancellations must be made at least 24 hours prior to appointment to avoid a 50% charge of the scheduled service.

## WHAT OTHER AMENITIES DO YOU OFFER?

All spa guests have access to the four-season hot tub and pool, as well as the steam room and sauna. **Don't forget to bring your swimsuit!** We also offer complimentary fresh fruit and tea to enjoy in our newly remodeled waiting room.

# MASSAGES

Leave your worries behind when you indulge in one of our signature massage treatments. Our massage therapists tailor each session to your needs, leaving you feeling relaxed, refreshed and recharged.



## § HOT STONE MASSAGE

This massage uses the finest antioxidant rich Chardonnay grape seed oil infused with grapefruit. Warm stones are used to massage your muscles to help melt away tension.

80 minutes \$145

## § CLASSIC MASSAGE

This is a full body Swedish massage. Soothe your body, mind and spirit with this light-to-medium massage geared toward relieving stress and promoting relaxation.

50/80 minutes \$100/145

## THERAPEUTIC MASSAGE

If your body needs more than a light to medium classic massage, try this deep tissue massage, which utilizes Trigger Point therapy, Neuromuscular Therapy (NMT) and Deep Tissue work to help release holding patterns that can cause injury and pain. 50/80 minutes \$115/160

## EXPRESS TREATMENT

Got a pain in the neck? Or someplace harder to reach? Let our skilled therapists work out your problems areas with this focused 25 minute treatment. Choose one or two areas that need some quick attention and we will have you feeling back to normal in no time! 25/50 minutes \$65/\$100

## “SEEDLING” MASSAGE

Our pregnancy massage is designed to nurture you. This massage can help relieve your aches and pains and soothe your back and legs during this special time. Our therapists are specially trained to address prenatal issues and avoid specific areas that are contra-indicative to your pregnancy. *A doctor's note is required for this treatment.* 50/80 minutes \$100/145

## HEAD, NECK AND SHOULDERS

This treatment will ease tension, improve circulation and induce a feeling of relaxation for your head, neck and shoulders. 25/50 minutes \$65/\$100  
~ Our clarifying Facial Sinus Massage is the perfect ADD ON 25 minutes \$65

~ ADD ON Antioxidant rich Chardonnay grapeseed oil to any treatment \$10

# BODY POLISH TREATMENTS

You'll be silky smooth and utterly relaxed after one of our antioxidant-rich body treatments – perfect for special occasions or whenever you need a pick-me-up.



## SEASONAL BODY SCRUB

This detoxifying and invigorating salt treatment will exfoliate and soften your skin while it detoxifies your body. Relax in a whirlpool bath.

For completion of the treatment, we apply hydrating body moisturizer to soften your skin.

50 minutes \$115

## CLASSIC BODY GLOW

Our seasonal body scrub paired with our Classic Massage will leave your skin silky smooth and utterly relaxed. 80 minutes \$170

~ Upgrade to a Therapeutic Massage ADD \$15

## LUXURY BACK TREATMENT

Sea salt lifts dead skin cells to perfectly polish your back. Aromatic oil is massaged on the back, neck and arms. Hot stones are used to relax muscles and increase circulation.

50 minutes \$115

~ For the ultimate in relaxation ADD ON the Chardonnay Bubbles hydrotherapy soak  
25/50 minutes \$50/\$90

# SKIN CARE

Look and feel your best with one of our rejuvenating, collagen-boosting facials. Can't decide which one is best? Our estheticians can help you choose the ideal facial for your skin type and desired results. All our skin care treatments feature products from the Osmosis Skin Care wellness system, a unique line designed to optimize the skin and body's rejuvenation processes. Using a multi-tiered approach, we analyze the skin and body as a whole to treat skin conditions at their source, restoring beauty and wellness.



## CLASSIC FACIAL

Tailored for your skin type, your esthetician will choose products that will refine and pamper your skin. This five-step facial begins with a deep cleansing of the skin followed by an exfoliation treatment, steam, mask and facial massage that will revitalize your complexion leaving your skin soft, toned and naturally beautiful.

50/80 minutes \$100/145

## § MEDI-FACIAL

An exquisite facial that creates substantial increases in collagen and elastin using proven ingredients to achieve remarkable anti-aging results. Your esthetician will use organic and medical grade ingredients which repair the skin while reducing fine lines. Excellent for anti-aging and brightening the complexion. For all skin types, including rosacea. 50/80 minutes \$110/155

## § THE WORKS REJUVENATING FACIAL

Our most recommended and popular facial. Your personal esthetician will select one of our specialized medi-facials and customize your facial treatment to increase elasticity, produce collagen, and increase skin nutrition. This facial uses deeply penetrating ingredients for anti-aging and skin rejuvenation along with an eye and lip treatment. As you relax with this elegant facial, you will enjoy hot towels, delicious smells, extra pampering and massage. Excellent for all skin types. 80 minutes \$160

# SKIN CARE

(continued)



## § VITAMIN C SKIN BOOSTING FACIAL

Vitamin C combined with medicinal fruit and herbal compounds help boost healthy collagen production and restore antioxidant levels. Reduce the appearance of sun damage while increasing your skin's elasticity. This is a specialty medi-facial for non-sensitive skin that will brighten your skin leaving you with a radiant, youthful glow. 50/80 minutes \$110/155

## § GENTLEMAN'S FACIAL

This facial deep cleanses, energizes, tones, and moisturizes using products especially selected for men's skin. You will experience steaming towels and nourishing herbal and medical compounds massaged into the skin to smooth, renew and detoxify, leaving you refreshed and relaxed. We also offer a gentleman's medi-facial to target specific skin conditions and target fine lines and wrinkles. 50/80 minutes \$100/145  
~ UPGRADE to a Men's Medi-Facial \$110/155

## FACIAL PEEL INFUSIONS

The facial infusion treats all skin types and generates a 30-day collagen production increase. It is a more effective way to rejuvenate your skin than chemical peels and remodels your skin with no discomfort and will not inflame your skin. Excellent for those that want maximum anti-aging and skin repair. *Sun exposure must be limited for a few days after this facial.* 50 minutes \$135

## BACK FACIAL

Relax with a deep cleansing back facial to detoxify and smooth every inch of your back. Hot towels and a healing, penetrating masque are selected for your skin type. Feel your stress melt away as we finish with a relaxing and rejuvenating neck and back massage. 50 minutes \$125

## FACIAL ADD-ONS

Get even more value from your treatment with one of these popular facial add-ons. *Available when a full facial is booked.*

**ULTIMATE EYE TREATMENT** Hydrates, plumps, helps reduce wrinkles and firms the skin around the eyes. Eyes appear more dewy, youthful and softened. \$20

**ULTIMATE LIP TREATMENT** Helps reduce fine lines and create full lip appearance while moisturizing, plumping, and smoothing dry chapped lips. \$20

~ Eye and lip treatment together \$34

**DÉCOLLETÉ TREATMENT** Don't stop at the neck line! Skin on the décolleté is highly susceptible to ultraviolet (UV) damage and more likely to show signs of aging, such as sagging, fine lines and wrinkles and uneven pigmentation. Improve the health and appearance of your décolleté with this add-on treatment. \$40

# ADD-ONS

Make your spa treatment even more relaxing, and enhance your results, with one of our popular add-ons. Choose as many as you like!

*(Available when full treatments are booked.)*



## SPA REFLEXOLOGY

We help you break the stress cycle by massaging and stimulating reflex areas in the feet that correspond to specific body parts. This popular treatment stimulates healing, helps to release toxins and refreshes your whole system so you leave feeling like you can take on the world again. 25 minutes \$75

~ ADD ON Essential Oil \$10

## FACIAL SINUS MASSAGE

A facial sinus massage involves gentle massage and pressure applied with the hands to the skin on the forehead, nose, cheeks and neck. Lotion or oil can be infused with essential oils to open your sinus passages relieving pain, pressure and congestion. Facial sinus massage is great for those who suffer from frequent headaches, stress or sinus congestion. 25 minutes \$75

## CHARDONNAY BUBBLES

This relaxing treatment starts with a hydrotherapy soak in our antioxidant-rich chardonnay bubble bath. This bubble bath has a bouquet of pomegranate, antioxidant French chardonnay grape seed extract, aloe vera and other botanical extracts. Following your soak, you'll enjoy an application of our aromatic chardonnay body moisturizer. This treatment is very effective for those who suffer from dry skin, especially during the winter months. 25/50 minutes \$50/90

# SPA PACKAGES

Whether you want to treat yourself, someone special or a group of friends, we have a spa package for you. Information on overnight spa packages can be found on our website at [TheStonehedgeHotel.com/SpecialOffers](https://TheStonehedgeHotel.com/SpecialOffers). Overnight guests can also enjoy in-room massage treatments for individuals and couples. Don't see what you're looking for? We'll be happy to work with you to create a customized spa package that fits your needs.



## CHARDONNAY SPA DAY

Treat yourself to a day of pampering.

- Chardonnay Salt Glow
-  Hot Stone Massage
- Vitamin C Facial
- Spa Reflexology
- Spa lunch

4 hours of treatments \$405 per person

## CIRCLE OF FRIENDS

Perfect for you and your “circle of friends,” this is a great way to celebrate friendship. Package for your group of four or more.

-  Classic Massage
- Mini facial
- Spa lunch

1.5 hours of treatments \$175 per person

## JUST FOR TWO

Come with your spouse, partner, mother, daughter or your best friend. Make it a special day “just for two.”

- Vino Massage or  Classic Massage
- Seasonal Body Glow or Seasonal Body Scrub
-  Classic Facial or  Gentlemen’s Facial
- Spa lunch

\$265 per person

*Note: Treatments held in separate rooms*

**CHOICE PACKAGE** Choose two or more full treatments and receive 10 percent off. *Note: Treatments must be booked for the same person and completed on the same day.*



The Stonehedge Hotel & Spa  
160 Pawtucket Boulevard  
Tyngsboro, MA 01879

978 649 4400

[info@thestonehedgehotel.com](mailto:info@thestonehedgehotel.com)

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