



AMPERSAND

SALON AND SPA

Limited Spa Service Menu | *Pricing**

Massages

SIGNATURE AMPERSAND MASSAGE 50/80 minutes, \$125/\$200

Starting with a foot ritual enriched with hinoki wood and aloe butter to prepare yourself for the journey ahead. Ground and connect to the earth just as the mountains do. Center the mind with an aromatherapeutic massage with notes of rare barks, white woods and warm, earthy resins to relax the muscles and soothe the skin.

SARANAC LAKE CUSTOM MASSAGE 50/80 minutes, \$110/\$175

This is YOUR massage designed and performed based on what your mood is for the day, for this moment in time. Based on your selection, the treatment experience will be customized to suit your mood, from therapy type to product selection. Therapy Types include: Swedish & Deep Tissue
Signature Scents include:

- *ground & center* – wanderlust
- *relieve stress & create euphoria* – indian jasmine
- *energize & boost mood* – italian blood orange
- *transport & rest* – icelandic moonflower
- *calm & focus* – french lavender

CBD THERAPEUTIC MASSAGE 50/80 minutes, \$150/\$240

This restorative massage uses CBD (cannabidiol) to enhance the healing qualities of massage. The cannabis plant is non-psychoactive and has properties to reduce inflammation and anxiety and promote overall wellbeing.

PRENATAL MASSAGE 50/80 minutes, \$110/\$175

A complete massage using specific pre-natal techniques to increase circulation, alleviate tired muscles and reduce water retention. This special treatment may only be enjoyed in the second or third trimester.

Facials

SUPERFOOD PRO-RADIANCE 50 minutes, \$125

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energizing detoxifying actives. Clinically proven to leave skin plumper, radiant and glowing with good health.

PRO-DEFINITION LIFT AND CONTOUR 50 minutes, \$125

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted youthful effect

Treatment Enhancements

CBD INTENSIVE FOOT TREATMENT	\$25
CBD NECK AND SHOULDER ENHANCEMENT	\$25
HOT STONE ENHANCEMENT	\$25
HYDROGEL EYE MASK APPLICATION	\$25
ACCUPRESSURE FACIAL MASSAGE (Facials Only)	\$25
HYDRATING HAND/FOOT PARAFFIN (Facials Only)	\$20

Schedule Your Service Today 518-354-5920

**Please inquire about our local resident offer.*