



AMPERSAND

SALON AND SPA

Limited Spa Service Menu | *Pricing**

Massages

SIGNATURE AMPERSAND MASSAGE 50 mins \$125
80 mins \$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 mins \$110
80 mins \$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 mins \$150
80 mins \$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 mins \$110
80 mins \$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.

MT. MARCY MINERAL SCRUB 50 mins \$125
Enjoy a full body, invigorating exfoliation using our mineral salt scrub and the choice of one of our five signature scents. This treatment includes a body polish, refreshing rinse, and a moisture application. You will feel relaxed and rejuvenated, while your skin is left silky soft and glowing.

Body Treatments

MOUNTAIN MUD BODY WRAP 50 mins \$125
Detoxify and bring the whole body to a state of balance with this ritual body treatment. A wrap enriched with rhassoul clay draws deep impurities out of the body for a euphoric lightness of being.

TRI-LAKES REVIVAL 50 mins \$125
Inspired by the thorough art of caring for the body, this energizing and vitalizing body treatment blends layers of exceptional ingredients and pure scents deeply into the skin to stimulate blood flow. A vigorous exfoliation with warming gingergrass and bamboo releases vital energy throughout the body for deep softness.

Massage/Body Treatment Enhancements

CBD MASSAGE ENHANCEMENT \$25
HYDROGEL EYE MASK APPLICATION \$25
HOT STONE ENHANCEMENT \$25
LIP TREATMENT \$25
CBD INTENSIVE FOOT TREATMENT \$25

Schedule Your Service Today 518-354-5920

**Please inquire about our local resident offer.*