



## Massages

SIGNATURE AMPERSAND MASSAGE 50/80 minutes, \$145/\$195

Start with a foot ritual enriched with hinoki wood and aloe butter to ground and connect to the earth just as the mountains do. Center the mind, release muscle tension, and soothe the skin with an aromatherapeutic massage using scents of rare barks, white woods and warm, earthy resins. Hot towels with gentle Thai rocking and compressing used throughout the massage helps not only to release tension deeper within the muscles but to provide gentle soothing.

SARANAC LAKE CUSTOM MASSAGE 50/80 minutes, \$130/\$185

This therapeutically relaxing massage relieves tension, provides pampering, and stress relief. This full body massage can be customized to focus on specific problem areas unique to you. Hot towels assist with providing comfort and tension release. Your choice of our Redflower signature oil selection adds customized aromatherapy throughout the massage:

- Wanderlust – hinoki cypress wood/balsam/vetivert grass (grounding)
- Indian Jasmine – jasmine/neroli/ylang ylang (relieves stress/uplifts the mood)
- Italian Blood Orange – orange blossom/grapefruit/Italian blood orange (strongest antidepressant/energizing)
- Icelandic Moonflower – rose absolute/sandalwood (happiness and joy/rest)
- French Lavender – lavender/orange peel/rosemary (calming/focusing)

FOCUS MASSAGE 25 minutes, \$75

Enjoy a 25 minute massage focusing on either the scalp or feet. Add to an existing treatment or standalone.

## Body Treatment

MOUNTAIN MUD MASQUE BODY TREATMENT 80 minutes, \$175

Detoxify and bring the whole body to a state of balance with this ritual body treatment and massage. A wrap enriched with rhassoul clay draws deep impurities out of the body and a warming massage with cardamom amber oil releases tension for a euphoric lightness of being.

CBD THERAPEUTIC MASSAGE 50/80 minutes, \$140/\$195

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, \$130/\$185

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.

DEEP TISSUE MASSAGE 50/80 minutes, \$140/\$195

This therapeutic massage applies specific and deeper pressure including trigger point treatment to release tension, increase flexibility, and promote recovery. The use of hot towels will enhance the treatment.

COUPLES MASSAGE 50/80 minutes, \$260/\$390

Experience a Saranac Lake Custom Massage in the company of your bestie or partner. Experience total bliss side-by-side and leave reconnected.

I GOT YOUR BACK 50/80 minutes, \$140/\$185

This therapeutic massage is focused on your tired back, neck, and shoulders. Peppermint essential oil and hot towels are integrated into the massage to relieve pain and boost blood circulation.

## Treatment Enhancements

*Incorporated into the scheduled spa treatment; does not add additional time.*

CBD INTENSIVE FOOT TREATMENT	\$30
CBD NECK AND SHOULDER ENHANCEMENT	\$30
HOT STONE ENHANCEMENT	\$30
HYDROGEL EYE MASK APPLICATION	\$30