

ARBOR SPA AT THE BROOKMERE

We are delighted to welcome you to our spa retreat, tucked into beautiful Saratoga Springs, NY. Arbor Spa celebrates the natural beauty that surrounds us, while delivering unmatched luxury and indulgence.

Our spa services are enhanced with access to our full-service locker rooms and lounges where you can find a peaceful space to quiet your mind. Our talented team will make sure your visit to Arbor Spa is as relaxing as it is rejuvenating.



POLICIES

APPOINTMENTS

We recommend booking your spa appointments in advance to ensure the desired time is available for you. To secure your appointment, a credit card number is required at the time of your booking.

ARRIVAL

We suggest that you arrive at least 30 minutes prior to your scheduled appointment time. This will allow ample time to check-in, change, relax, and enjoy all of our wonderful amenities before your treatment.

ATTIRE

Robes, slippers, personal locker, and towels are provided for all Spa Guests. To enjoy all of our beautiful spa amenities, please bring your swimwear and appropriate fitness attire. For treatment, disrobe to the level of your comfort, and our licensed therapists will ensure you are securely draped, assuring privacy at all times.

CANCELLATION

Treatment times are reserved especially for you. We kindly request that cancellations or changes to appointments be made at least 24 hours in advance for single services and 48 hours in advance for multiple treatments. A 50% charge will be applied to your credit card for failure to follow this policy. No show appointments will be charged in full.

LATE ARRIVAL

As a courtesy to all of our guests, late arrivals will only receive the remaining available appointment time and will be charged the full-service fee.

AGE REQUIREMENT

All spa guests must be 18 or older to enjoy the spa and fitness center.

PREGNANCY & SPECIAL HEALTH CONSIDERATIONS

Please notify us while booking your service if you have high blood pressure, allergies, any physical ailments, or special needs. If you are pregnant, please make us aware of your due date as that would affect your choice of services.

ELECTRONICS

In consideration of our other guests, we ask that you turn off your cell phone or any other electronic devices before entering the spa, and leave them secured in your locker throughout your visit.

SERVICE CHARGE

A 20% service charge will be automatically added to your bill. Gratuities are at your discretion and should reflect satisfaction with your service.

GIFT CARDS

Spa Gift Cards are a wonderful way to give the gift of wellness, relaxation, and renewal. Please inquire at the front desk for guidance in selecting the ideal gift.

VALUABLES

Please do not bring or leave valuables in the Facility or lockers. We are not responsible for any theft or loss of personal property, including jewelry or other personal items.

**Kindly note that we assess a 0.5% convenience fee when processing credit card transactions.*



ARBOR SPA

MENU OF SERVICES

Arbor Spa at Brookmere

500 UNION AVENUE. | SARATOGA SPRINGS, NY 12866
SPA@ARBORSPA.COM | WWW.HOTELBROOKMERE.COM | 518-241-5000

SIGNATURE SERVICES

JOURNEY OF THE SPRINGS

80 MINUTES

Your journey begins the moment you step into the spa as you are guided to one of our lounges. There, a warm shoulder wrap will envelop you while your feet are pampered in a heated foot soak, using water rich in minerals and sourced right here in Saratoga Springs.

Next, you'll be called to your treatment room to enjoy a gentle full body exfoliation to reveal smoother, more radiant skin. A deeply hydrating body massage follows, enriched with lemongrass, rosehip, and vitamins C, E, and A to nourish and protect.

Enhance your glow with an antioxidant-rich face, neck, and shoulder massage, complemented by a green tea and aloe mask. Potent face serums, including rosehip, frankincense, myrrh, carrot seed, primrose, and vitamin E, boost firmness, brightness, and hydration. A soothing foot massage completes this replenishing journey, leaving you grounded and radiant.



TRIPLE CROWN

1 30 MINUTES

Start this journey in our private wellness lounge, where you'll enjoy a cup of tea and light snacks chosen from our specially curated spa menu.

After you've enjoyed this peaceful, private space, you'll be called to begin your full-body massage, using warm stones sourced from the Andes Mountains and customized to fit your specific needs.

Finally, you are pampered with the 50-minute Arbor Spa Custom Facial that leaves you feeling completely replenished and in a deep state of serenity.

MASSAGE AND BODY TREATMENTS

ARBOR SPA CUSTOM MASSAGE

50 MIN | 80 MIN

This exquisite experience is created especially for you, with your choice of pressure, sensations, and scents to surround you and pamper you. It includes your choice of fragrance and steamed towels to fully relax the body and melt away tension.

WARM BASALT STONE MASSAGE | 80 MIN

Relaxing and re-mineralizing massage using heated basalt stones to balance the central nervous system and improve circulation, leaving the body in a deep state of relaxation.

MOMMY-TO-BE MASSAGE | 50 MIN

Specifically designed to pamper you during this joyous time, this massage improves circulation and calms the body. Includes botanical body butter and body oil combination gently applied to help reduce the signs of stretch marks and to ease any skin irritation. This treatment is recommended once 1st trimester is complete and is safe up until due date.

CITRUS DRENCH | 80 MIN

Immerse yourself in this sensory, skin-polishing ritual with highly effective exfoliating agents. Our powerful citrus treatment eliminates dead skin cells for a radiant, soft skin. Highly concentrated Vitamin C emulsions envelop your body and lift your senses to reveal luminous, supple skin.

PURE BLISS BODY WRAP | 50 MIN

This begins with a light dry brush exfoliation and a generous application of our mineral-rich signature body butter for intense hydration. While you are wrapped in a warm cocoon, you'll enjoy a scalp, neck, shoulder and foot massage. You'll leave feeling like the most hydrated, glowing and supreme version of yourself.

COUPLE'S TREATMENTS

Enjoy any of our massage or body treatment options side by side in our intimate, private space.

MASSAGE AND BODY TREATMENT ENHANCEMENTS

REFLEXOLOGY

Gentle pressure is applied to specific points on hands and feet to stimulate energetic pathways and promote energetic flow.

MASQUE

Your choice of hydrating, plumping or detoxifying face masque is applied while you enjoy the face-up portion of your massage.

COOLING MUSCLE THERAPY

Immerse yourself in icy freshness and invigorate your skin with this Cryo-therapy enhancement.

ENERGIZING SCALP RITUAL

A luxurious blend of organic oils massaged into the scalp for a skin soothing, and shine-boosting hair treatment.

DRY BRUSH

Begin your massage with a dry body brush exfoliation to prep your skin for massage oil application and leave you glowing.

WARMING GEL THERAPY

Identify any extra-sore areas and we will use a warming gel to help melt away muscle tension.

SKIN CARE

DIAMOND LUMINOUS LUXURY FACIAL

50 MIN | 80 MIN

Indulgence, luxury, and the most sophisticated anti-aging ingredients are at the heart of this treatment. Using a three-step, multi-modal exfoliation and specific massaging technique, we will lift, tone and sculpt while simultaneously improving elasticity and luminosity. Surrender to the pleasure of being pampered and leave with skin firmed, toned, and radiant.

BLANKET OF ROSES FACIAL | 80 MIN

The ultimate skin rejuvenating facial with a lifting face, neck, and décolletage massage utilizing a rose extract and rose-quartz stones that lifts your spirit and smooths your skin. This age-defying treatment will take you on a journey of relaxation, radiance, and protection for more youthful and brighter skin. Our expert touch and precise ingredients relax wrinkles, melt stress, and impart a long-lasting radiant glow.



CITRUS ESSENCE | 50 MIN

An antioxidant treatment that restores vitality to sun-damaged skin and helps minimize signs of premature aging. Vitamin c stimulates collagen production and renews skin firmness, all while improving luminosity and hydration.

ARBOR SPA GENTLEMEN'S FACIAL | 50 MIN

An anti-aging and revitalizing treatment customized for men's unique skin and their daily rituals. It regenerates and soothes any irritation from shaving while hydrating for long-lasting results. For best results, gentlemen should shave two hours prior to treatment.

ARBOR SPA CUSTOM FACIAL | 50 MIN

Synergistically formulated with advanced botanical ingredients, including highly active concentrates and a tailored exfoliation. This treatment is prescribed based on your unique skin concerns and applied with relaxing massage techniques. The skin is left refreshed and younger-looking, revealing a radiant complexion.

SKIN CARE ENHANCEMENTS

ENERGIZING SCALP RITUAL

HAND OR FOOT EXFOLIATION

LED LIGHT THERAPY

HYDRATING COLLAGEN INFUSION MASQUE

G3P HYDROXY EXPRESS PEEL

For waxing services, call us to inquire.

**Please note that all enhancements do not add time to your service.*