

# RELAX

Release stress. Welcome serenity.

## HONOR'S HAVEN

RETREAT & CONFERENCE



CATSKILLS  
— SPA & FITNESS —

### Honor's Haven **Membership**

	1-Month	3-Month	6-Month
Membership (Individual)	<b>\$95</b>	<b>\$265</b>	<b>\$510</b>
Discounted Rate*	<b>\$85</b>	<b>\$240</b>	<b>\$460</b>

\*\* 1year membership: no longer in 2023

\*\* Youth membership: no longer in 2023

\*Discounted rate will be applied for seniors (55 years+), state employees, teachers, hospital employees and veterans. You must currently hold these positions to be applicable for the discounted rate.

\*Cannot combine discounts/promotional rates.

\*Children are not allowed in the locker rooms under any circumstances.

\*Children must be supervised at all times by parent or legal guardian

Spa Facility	Sports Facility	Amenities
Dry / Wet Sauna Locker Room Shower Room Hot tub Jacuzzi	Indoor Pool Tennis Courts Basketball Courts Fitness Center Nature Trails	Shampoo Conditioner Body Wash Lotion Towels



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For More Information, Please Contact **SPA DESK.**

In House Ext. **3087** / Direct Phone **845-210-3087**

E-mail [spa@honorshaven.com](mailto:spa@honorshaven.com)

## Massage Price 25 Min | 50 Min | 75 Min

Swedish	\$70	\$105	\$145
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Swedish massage is the most basic and relaxing massage. It uses medium pressure with long flowing strokes applied to most of the body and is intended to soothe minor aches and pains by reducing stress, improving blood circulation, lymphatic drainage, and minor muscle repair. It is also a medium that unifies and aligns the mind, body, and spirit.

Deep Tissue	\$75	\$115	\$160
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Deep Tissue Massage incorporates medium to deep pressure intended to move past the surface muscles and target more complex and specific muscle structures. The purpose of the Deep Tissue Massage is to alleviate pressure surrounding recurrent injuries or weakened areas of the body. The deep tissue technique is specifically tailored to the needs of the client and may or may not include the entire body, trigger point therapy, and stretching techniques.

Reflexology	\$75	\$110	N/A
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Reflexology is a massage that applies pressure to the feet and hands using specific thumb, finger, and hand techniques. Based on a system of zones and reflex areas that reflect an image of the body on the feet and hands, reflexology works under the premise that such therapy affects physical change to the body. This is a delightful treat for tired feet.

Aromatherapy	\$75	\$115	\$155
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Aromatherapy Massage is the practice of adding essential oils derived from flowers, bark, stems, leaves, and roots to a base oil to enhance the psychological and physical well-being of a client during a massage. The combination of inhalation (to stimulate brain function) and skin absorption (whole body systemic healing and pain relief) contributes to the improvement of the mind, body, and soul triad.

Hot Stone	N/A	\$115	\$155
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Smooth basalt or river rocks are immersed in hot water until they begin to retain heat. The heated stones are lubricated with oil and then applied to the body with pressure in a series of long flowing strokes. The Hot Stones allow a therapist to provide therapy past the surface muscle structures, without the invasiveness found in a Deep Tissue Massage, by infusing the surface muscles with a penetrating heat which encourages them to be more malleable and relaxed.

Low Back Release	N/A	\$120	\$160
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Low Back Release is a highly specialized massage which utilizes a predominantly deeper pressure and focuses on pain in the lower back region. Treating the body as a system, the massage begins on the back, applies trigger point therapy to the Gluteal muscles, and stretches to the quadriceps, hips, hamstrings, and calves. This massage is fairly invasive and requires constant communication between the therapist and client (not for relaxation.)

Prenatal	N/A	\$115	N/A
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Prenatal Massage is a massage tailored specifically for pregnant women. The massage incorporates a light to medium pressure to induce relaxation, encourage lymphatic drainage, improve blood circulation, and reduce stress. Usually done after the passage of the first trimester, the prenatal massage avoids certain trigger points along the shoulder region and in the foot region. The technique is applied while the client is in the side lying position to ensure the comfort of both the mommy and baby-to-be.

## Facials & Skin Care Price

Signature European Facial	50min	\$105
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Relax and enjoy this customized treatment. Our personalized facial is geared to your specific skin care needs. Each facial begins with a thorough cleansing before a skin analysis. The skin is exfoliated, detoxified and clarified through a process of steaming and deep pore cleansing. Face, neck and arms will be massaged throughout the facial to ensure it is as comfortable and relaxing as possible, leaving your mind and spirit restored.

Add-on's to the Signature Facial	
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Stimulating Treatment	\$25
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Corrects dehydration, free radical, and environmental damage

Age-Defying Purifying Treatment	\$25
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Our anti-aging facial is loaded with layers of High-powered antioxidant serums, anti-aging peptides and resveratrol, providing new ways to quench the skin's need for protection and free radical fighting power.

Glycolic Peel	\$25
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Exfoliates and loosens impactions, clarifies the complexion, and reduces the appearance of scars, fine lines, and hyperpigmentation.

Express Facial	25min	\$75
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Mini Signature European Facial to refresh and replenish the skin

Microderm Polisher	50min	\$115
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Deeply exfoliates all skin types helping to increase microcirculation & stimulate cell removal. The result is improved clarity and texture. Your skin will be infused with vital nutrients and glow with health.

Enzyme Peel	50min	\$115
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You will experience a refinement of the skin that smooths away the appearance of fine lines and wrinkles leaving your senses soothed, your body and mind relaxed, and your skin luminous.

Relaxing Back Facial	50min	\$135
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Designed to bring purity and balance to the skin on the back, this treatment will focus on cleansing, skin exfoliation, back massage and masque therapy. Perfect if you are having skin challenges on your back, seasonal skin changes or for a special occasion

Salt Body Scrub	50min	\$145
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A rejuvenating and detoxifying treatment that uses healing touch to create inner calm and renew the body and senses. Treatment begins with a salt body scrub and ends with an application of rich body butter to complete the experience.

Mud Wrap	50min	\$145
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Allow yourself to be immersed in our nourishing, hydrating and detoxifying mud body wrap. This treatment starts with a dry exfoliation of the body followed by the application of warm mud. You are then wrapped and allowed to rest while your wrap goes to work soothing your skin. The treatment is finished with an application of rich body butter.

## Acupuncture Healing Price

Acupuncture Healing	60min	\$150
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This treatment, tailored to your individual needs and condition, will remind the body to flow freely, regain balance/centeredness and nourish new growth. This can be profound and helpful for patterns of disharmony ranging from muscular strain to chronic stress and anxiety. Per your practitioner's discretion, Acupuncture, gua sha, cupping, aroma, massage or guided meditation will be included in this treatment.