



the
SPA
at the Heritage Hotel

Relax, Renew, Rejuvenate



Hours

Friday 10:00am - 6:00pm • Saturday 10:00am - 5:00pm
Sunday 10:00am - 2:00pm

522 Heritage Road, Southbury, CT
www.SpaHeritageHotel.com • 203-267-2639



Massage

| | |
|--|-----------------------------|
| Soothing Tension Massage..... | 60 min \$120 / 90 min \$170 |
| Package of 6 sessions 60 min \$600 | |
| Deep Muscle Massage..... | 60 min \$140 / 90 min \$190 |
| Sports Massage for Injury Prevention..... | 60 min \$150 / 90 min \$190 |
| CBD Massage | 60 min \$150 / 90 min \$190 |
| Eases arthritis, joint pain, muscle discomfort and inflammation. | |
| Hot Stone Massage..... | 60 min \$150 / 90 min \$200 |
| Mums-to-be Massage | 60 min \$130 / 90 min \$170 |
| Rest & renew in this naturally nurtured massage ideal for expectant mothers as well as post birth. Gentle, restorative and entirely tailored massage. | |
| Reflexology | 30 min \$75 / 45 min \$95 |
| Romantic Retreat Couples Massage | 60 min \$275 / 90 min \$375 |
| In-Room Massage | 60 min \$140 / 90 min \$190 |
| Aromatherapy Enhancements | \$25 |
| Beautifully Balanced massage experience to calm both body and mind with a therapeutic blend of essential oils which frees skin of environmental stress and toxins. Enhance your massage with aromatherapy. Choose one of our aromatic, therapeutic oils and indulge in a multi- sensory journey. | |
| Foot/ Hand Scrub Treatment Add- On \$25 each | |
| Cupping | 30 min \$80 |
| Relieve pain, muscle tension, inflammation, blood flow, promote cell repair, and offer relaxation. It may also help form new connective tissues and create new blood vessels in the tissue. Suggested add on to a deep tissue massage. | |
| Scalp OR Neck OR Shoulder Massage..... | 30 min \$75 ea. |

Skincare

| | |
|---------------------------------------|---|
| Deep Cleansing Signature Facial | 60 min \$125 |
| Express Facial..... | 30 min \$75 |
| Fresh and Full Hydration | 60 min \$150 |
| Micro Dermabrasion | \$125 per session / 6 sessions \$585 |
| Anti-Aging Facial..... | 60 min \$150 |
| Bright Skin Facial | 60 min \$150 |
| Sensi Peel | \$125 per session/ Schedule 3 receive the 4th FREE (Must be paid in full prior) |

Advanced exfoliation is a comfortable treatment to increase cell turnover. The peel will improve and prevent most skin concerns, including discoloration, aging, rosacea, and acne. Leave with a healthy glow. Schedule a treatment during your lunch break.

With any facial a Sensi Peel may be added on for \$50

| | |
|-------------------------|-------|
| Sensi NoPeel Peel | \$125 |
|-------------------------|-------|

This protocol is designed to treat fair skin types with a desire for brighter, smoother skin without the potential of post-treatment visible exfoliation. Good new entry level peel or in between peel treatment. Experience gentle exfoliation with no expected visible peeling or downtime. NoPeel Peel removes impurities, detoxifies pores, and helps reduce inflammation post-treatment while boosting collagen production to help prevent signs of premature aging.



Double Lift Facial..... 60 min \$180

A treatment that helps fight the signs of premature skin aging.

A combination of active serums stimulates collagen production to deliver instant results.

Gentleman's Facial 60 min \$140

Clear Back Treatment..... 30 min \$80 / 60 min \$115

A typically overlooked part of your skin is softened, cleaned, moisturized, and hydrated. Clears your back of dead skin cells, oil and dirt, and breakouts. Stimulates production of collagen, and leaves your back glowing!

FACIAL ENHANCEMENTS:

Anti- Aging Eye & Lip Treatment.....\$25

Anti-Acne Mask.....\$50

Manual Lymphatic Drainage (MLD).....\$30

Cupping.....\$30

Lip Scrub\$15

Aromatherapy\$25

CBD\$30

Lash Tint.....\$30

Brow Tint.....\$25

Combo.....\$50

Body Treatment

Nourished Glow Exfoliation.....\$85

Prepare your skin with a dry brush exfoliation before being hydrated to delight your skin. Enjoy a refreshing back and body exfoliation prior to any massage to instantly soften, smooth and revitalize the skin. The benefit to dry brushing is it encourages blood circulation, cell regeneration, and lymphatic drainage. All of these actions promote internal detoxification which can aid in weight loss, cellulite reduction, and the elimination of accumulated toxins.

**It is suggested to follow the dry brush treatment with a full body massage.*

Tropical Sugar Scrub 60 min \$100

Papaya is one of the richest plant sources which dissolves dead skin cells, draws out toxins, and stimulates new growth. Coconut oil acts as a gentle exfoliator as well while sealing in precious moisture, reducing oxidative damage and promoting collagen formation. This unique treatment focuses on skin renewal and relaxation for that beauty glow.

Nail Services

Express Manicure.....30 min \$25

Express Pedicure45 min \$45

Express Combo\$60

Spa Signature Manicure60 min \$45

Spa Signature Pedicure.....60 min \$80

Spa Combo..... \$115

Hot Stone Pedicure.....\$55

Gel Manicure\$45

French Manicure\$50

Polish Change.....\$15



| | |
|---|--------------------|
| Gel/Shellac Soak Off | \$20 |
| Child's Mani/ Pedi | \$15/\$21 |
| (age 10 & under) | |
| Foot & Leg Revival | 60 min \$80 |
| A wonderful treat for sore legs and feet while experiencing this time for self-care. This treatment includes a hydrating exfoliation enhanced with Aloe Vera and peppermint to lock in moisture and a massage from ankle to knee to improve circulation, invigorate, and rid discomfort of your feet. | |
| Cherry Blossom Pedicure | 60 min \$90 |
| Cherries are full of antioxidants. Cherries are a potent source of antioxidants and anti-inflammatory compounds. Cherry blossom essential oil added to the massage will leave your feet feeling renewed. Choose a pretty Spring/Summer polish to complete your service. | |
| Happy Hydrated Hands | 30 min \$40 |
| We will offer your hands the perfect renewal treatment designed to revitalize and repair dry skin. A gentle exfoliate will be followed by an ultimate hydrating wrap. Finish with a rejuvenating hand massage. | |

Waxing

| | |
|-----------------------------------|-------------------------|
| Lip/ Chin/ Nose | \$15 ea |
| Side of Face | \$20 ea |
| Brow Wax/ Tweezing | \$18 and up |
| Under Arms | \$28 |
| Half Arm/ Full Arm..... | from \$30 / \$40 |
| Half Legs/ Full Legs | from \$50 / \$70 |
| Chest/ Back..... | from \$45 / \$75 |
| Bikini..... | from \$25 |
| Brazilian Bikini..... | \$50 & up |

Special Day of Pampering..... 3 hours \$270 (\$295 value)
Spend the day of self care. Start with a calming, soothing and relaxing personalized massage, followed by a one hour signature facial. To complete this luxurious experience, settle in and relax with your manicure.

Tranquility Spa Package..... up to 4 hours \$375 (\$395 value)
Begin your Zen journey with a body scrub including sugar cane, 90 minute relaxing Soothing Tension Massage, followed by a 60 minute Deep Cleansing Facial. Blending aromatherapy essential oils this treatment will soothe your senses. Schedule being in the spa up to 4 hours.

Plan your Baby Moon Spa Getaway and Spa Baby Shower with us.

Cancellation Policy: Any cancellation or changes to treatment or appointment time within 24 hours of scheduled services will result in a charge of the full price of your booked session.



Guests of the Heritage Hotel may enjoy some massage services in the comfort and privacy of their guest rooms.

Touch 6047 from your guest telephone to schedule your appointment and assure we can accommodate services in your room.