

## - Welcome to our Spa -

The Abbey Inn Spa is a peaceful sanctuary to create positive change for body and mind. Our sacred space utilizes the healing properties of nature with a collection of rejuvenating treatments to leave guests with restored balance, renewed energy, and natural radiance.

Spa guests are welcome to use the sauna and locker rooms. The sauna is available to every guest receiving a spa service.

## - Facials -

All facials are customized to meet client's skin care needs.

### THE ABBEY INN SIGNATURE FACIAL

50 min

This individualized facial treatment is highly personalized to meet your unique needs. Cleanse, exfoliate and soothe your skin with a mask made from an infusion of ultra-hydrating botanicals. Your skin is left repaired and nourished.

### TEEN SIGNATURE FACIAL

50 min

Teen facials typically begin with a deep cleansing, followed by gentle extractions. A healing mask will then help to rehydrate dry, flaky, irritated skin or eliminate oily particles. Created with the teen's complexion needs in mind, these facials can help with persisting teen skincare troubles or prevent them before the problem starts. Must be 16 or older to have a Teen Signature Facial.

### GENTLEMAN'S FACIAL

50 min

Our Gentleman's Facial provides a customized treatment that includes deep pore cleansing, exfoliation and a soothing mask. This facial helps repair the damage caused by daily shaving, skin sensitivity, dullness, aging and the environmental impact of both city and outdoor living.

### FACIAL ADD-ONS

- EYE MASK
- ICE GLOBE
- LIP TREATMENT
- CHOCOLATE DÉCOLLETÉ
- HAND TREATMENT

## - Geneo Treatments -

50 min

OxyGeneo provides a unique approach to facial treatments. Recruiting natural physiological processes to increase oxygen levels in the skin and achieve exceptional results. Unlike other technologies, OxyGeneo utilizes natural oxygen from within resulting in an effective treatment and immediate results.

### GENEO ILLUMINATE FOR SKIN BRIGHTENING VITAMIN C FACIAL

Geneo Illuminate unifies skin tone, improves pigmentation and rejuvenates the skin. The Geneo Illuminate OxyPod includes Kojic Acid and Vitamin C for an even skin tone effect, as well as Opuntia Fruit Extract and Carrot Extract for moisturizing and smoothing the skin.

### GENEO REVIVE FOR SKIN REJUVENATION RED ALGAE FACIAL

Geneo Revive refreshes dull skin, reduces fine lines and improves overall skin texture and appearance. The Geneo Revive OxyPod includes Red Algae, a powerful antioxidant with an anti-aging effect and also Caffeic Acid and Retinol, known to treat the signs of aging and assist in skin rejuvenation.

### GENEO BALANCE FOR OILY SKIN CHARCOAL FACIAL

Geneo Balance Charcoal Facial treatment purifies and soothes oily skin, improving its texture and appearance. The Geneo Balancing OxyPod includes Bamboo Charcoal for a detoxifying effect, Camu-Camu extract for vitamins and antioxidants and Mandelic Acid for treating acne-prone skin.

### GENEO ULTRASOUND & NEO MESSAGES FACIAL ADD-ONS

- ULTRASOUND WAVES
- HYALURONIC BOOSTER NEO MESSAGE
- VITAMIN C BOOSTER NEO MESSAGE

THE ABBEY INN

SPA

*Relax. Unwind. Rejuvenate.*



## - Microdermabrasion Treatments -

50 min

Microdermabrasion restores the youthful appearance of skin without chemicals, laser, surgery or extended periods of irritation and redness. Microdermabrasion successfully treats numerous skin conditions, improves skin texture, treats fine lines and wrinkles, treats acne, rosacea, skin pigmentation and reduces uneven skin tone.

### dmGLOW

50 min

dmGlow™ is a renewing and rejuvenating facial treatment which combines facial cup vacuum massage, dual exfoliation and botanical skin care to provide a fresh and radiant glow. The gentle suction helps to release muscle and fascia tension, temporarily plumping your skin as it reduces the appearance of fine lines and wrinkles. This skin care program that incorporates vacuum massage is highly recommended to make long lasting improvements to your skin.

### CBD FACIAL & DÉCOLLETÉ

60 min

CBD facials are designed to let your skin reap the most benefits from this cannabis compound. CBD, non-intoxicating cannabis derivative, is now ubiquitous in the beauty world. Having a CBD facial has many benefits to repairing sun damage, acne, clogged pores, reducing the appearance of wrinkles, and fine lines. CBD rejuvenates your skin with potent anti-inflammatory ingredients leaving your skin looks refreshed and glowing.

A peel is incorporated in your Microdermabrasion treatment.

## - Dermaplaning Facial -

Dermaplaning is a safe and highly effective physical exfoliation procedure. It gently shaves the skin's surface, removing the top layer of dead skin. Dermaplaning is also excellent to rid the face of excess fine hairs which can accumulate dirt and oil. Vellus hairs, as opposed to terminal hair, will not grow back thicker or darker. Exfoliation of dead cells, along with the removal of fine hair, results in healthier, brighter skin that has a smoother look and feel which is a perfect base for a flawless make up application. Instant results with no down time.

## - Waxing -

EYEBROWS  
LIP  
CHIN  
FULL FACE

HALF ARM  
FULL ARM  
HALF LEG  
FULL LEG

UNDERARM  
BIKINI  
BRAZILIAN  
CHEST  
BACK

## - Massages -

### THE ABBEY INN CORNERSTONE MESSAGE

50 min

Our signature massage combines the healing properties of massage and the heat from lava stones to relieve tension and stress. This warming massage loosens muscles, increases circulation and promotes deep relaxation.

### RESTORATIVE AROMA MESSAGE | 50 min

This aromatic sensory journey is designed to relieve tension and restore your balance. Using a customized blend of essential oils and therapeutic massage techniques, you'll drift away into total relaxation and leave restored, renewed, and radiant.

### SWEDISH MESSAGE | 50 min

Provides relaxation for the entire body using long gliding strokes in upward motions along muscle groups. Improves circulation and lymph drainage.

### DEEP TISSUE MESSAGE | 50 min

This therapeutic massage combines long, deep strokes and firm pressure to enhance circulation, balance energy, and promote well-being. This massage is ideal after sports activities or to improve flexibility and relaxation.

### MOTHER-TO-BE | 50 min

Our expert therapists will create a personalized treatment for your specific needs using massage techniques safe for expecting mothers. This specialty service will focus on releasing stress and inflammation and promoting well-being. Expecting mothers must be in their second trimester to have the Mother-To-Be massage.

### THE ABBEY INN COUPLES CORNERSTONE MESSAGE

50 min

Enjoy our signature massage together! Our Cornerstone Massage loosens muscles, increases circulation and promotes deep relaxation by combining the healing properties of massage and the heat from lava stones to relieve tension and stress.

### SWEDISH COUPLES MESSAGE | 50 min

Our Swedish Couples Massage provides relaxation for the entire body using long gliding strokes in upward motions along muscle groups to improve circulation and relaxation.

### ASK ABOUT OUR MESSAGE ADD-ONS!

Must be 18 years old and above to receive a massage treatment.

## - Arrival and Check-In -

As a valued Abbey Inn Spa guest, we invite you to enjoy our luxurious relaxation area, and recommend arriving at least 30 minutes prior to your scheduled start time. Upon arrival, you will be promptly escorted to the locker area where you will be assigned a locker and robe.

Each guest deserves the courtesy of starting and ending services on time. Arriving late will reduce your treatment as we must end at the scheduled time in order to honor the next guest's appointment. Please understand that you will be billed for the full treatment value.

## - Cancellation Policy -

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 services. No-show appointments will be charged in full. Should you arrive 15 minutes past the appointment time – service will not be honored, and you will be charged in full.

## - Spa Gift Certificates -

Spa gift cards are a wonderful way to give the gift of health, relaxation and beauty to the special people in your life. We will be more than happy to assemble a group of services to fit all personalities or special occasions. Gift cards may be purchased at the Spa or by phone. Gift cards may not be redeemed for cash value.

Visit our website for treatment descriptions and pricing at the [abbeyinnspa.com](http://abbeyinnspa.com)

The Abbey Inn Spa can be rented out for bridal parties or special occasions.

Call us to book your appointment at 914.736.3261

900 FORT HILL ROAD, PEEKSKILL, NY 10566

 @abbeyinnspa  @abbeyinnandspa