

## SPA TREATMENTS

We recommend that you allow a minimum of 25 minutes prior to each scheduled service to enjoy the pleasures of our steam rooms, whirlpool or Thermal Sanctuary before meeting your treatment therapist in the Garden Room.

### FACIALS

Mayflower offers a range of facial treatments targeted to your specific needs, combining the finest in natural products and advanced techniques.

#### **Mayflower Stonecrop and Rose Facial**

Our potent signature facial, incorporating organic whole fruit and herb pulps and suitable for all skin types. Ideal for deep-cleansing, revitalizing and firming mature skin. Works to brighten the complexion as well as to soothe the skin. The 90 minute facial includes a stimulating paprika peel to further promote circulation and refine the skin. (60 or 90 minutes)

#### **Skin Soothing Facial**

A gentle facial for those with sensitive, couperose, rosacea or sunburned skin. Smooths, calms and helps to regenerate, leaving skin beautifully hydrated. (60 or 90 minutes)

#### **Seasonal Balancing Facial**

As the seasons change, so does our all-natural, ultra-relaxing and deeply nourishing facial. We incorporate seasonally adjusted botanical remedies in order to hydrate, purify and revitalize your skin. (60 or 90 minutes)

#### **Balancing Facial**

Designed to address the special needs of pre, post or perimenopausal skin through the use of products rich in phytoestrogens. Helps to rejuvenate, rehydrate and nourish the skin as well as reduce hormonal acne. (60 minutes)

#### **Hydrating Facial**

A gentle facial to soothe, hydrate and improve the elasticity of the skin and reduce the appearance of fine lines. An antioxidant rich facial mask, relaxing hand, arm and shoulder massage and nourishing foot treatment will leave you feeling nurtured and cared for from head to toe. Great for sensitive complexions and moms-to-be. (60 or 90 minutes)

#### **Gentleman's Facial**

A nourishing antioxidant facial tailored to the special needs of men's skin. A thorough neck and shoulder massage and invigorating scalp treatment will leave you feeling relaxed and refreshed. (60 or 90 minutes)

## ADDITIONAL FACIAL OPTIONS

### **Hand Facial**

A luxurious treatment to revitalize the hands, often the area most revealing of age— incorporating an exfoliation, masque and massage. (30 minutes)

### **Foot Facial**

A soothing aromatherapy experience for the feet with warm compresses, an exfoliating scrub and a relaxing foot massage. (30 minutes)

### **Scalp Facial**

A revitalizing treatment for dry scalp, damaged hair or split ends. Essential oils of rosemary, lavender and chamomile are massaged into the hair and scalp to condition, nurture and restore shine. (30 minutes)

### **Intensive Eye Treatment**

A specialized treatment for the delicate eye area to minimize the appearance of wrinkles, dark circles, puffiness and redness. (30 minutes)

### **Intensive Lip Treatment**

A specialized treatment to reduce fine lines around your mouth and to smooth and hydrate the lips. (30 minutes)

## SOUL REVIVING RITUALS

Rituals are complete sensory experiences that combine the benefits of scent, sound and skillful body work to induce deep, lasting relaxation.

### **Thermal Sanctuary Experience**

The pale marble palette of our signature warming room reflects a series of healing colors — indigo for clarity, gold for energy and pleasure, and green to enhance balance and self-acceptance. A scented mist provides warming moisture while ambient music and sound lull you into reverie. A red flower selection of flower oils and fruit essences is available for you to enjoy in your own time. You may choose to enhance this experience with any one of our relaxing massages.

### **Deep Blue Lavender Embrace**

red flower's synergistic blend of lavender, peppermint, rosemary, ginger grass and fir accompanies you through a gentle sequence of buffing, steam and massage. Enjoy a lingering sense of peace in the body and clarity of mind. Wonderful for relieving headaches and depression as well as soothing the digestive system. (90 minutes)

### **Seasonal Balancing Ritual**

An all-natural, seasonally scented sequence designed to ease the transition between the seasons. An herbal body wash is followed by a gentle sweet milk exfoliation, warming wrap, herbal scalp treatment and soothing full body massage. Gently revive with a fragrant herbal spritz. (60 or 90 minutes)

### **Hamмам—a red flower Treatment Ritual**

A rich combination of detoxifying washes, clay, exfoliation and steam in a ritual of relaxation that has its roots in the ancient Byzantine bath house. An intoxicating blend of orange blossom, jasmine, bergamot, amber and clove provides an invigorating and therapeutic experience for mind and body. (90 minutes)

### **Japan—a red flower Treatment Ritual**

A deeply nourishing and exquisitely scented ritual blending layers of exceptional ingredients. You'll be purified with yuzu mimosa sea algae, deeply scrubbed with ohana ginger grass, polished with a cherry blossom rice buff and hydrated with rose, camellia and plum. Finish with a shiatsu massage using kinmoxei wild lime silk oil to energize and restore the whole body. (90 minutes)

### **Mayflower Balancing Treatment**

A deep feeling of peace and contentment is awakened in this nurturing and grounding treatment with a custom blend of oils carefully chosen for their centering properties. We invite you to set your intention to release old ideas and welcome fresh new ones. The treatment incorporates dry brushing, compression, rhythmic massage and energy work. (60 minutes)

### **Immune Booster Treatment**

Give your immune system a boost with this potent combination of dry brushing, hot ginger compresses, an essential oil imbued balm, acupuncture work and reflexology. These synergistically combine to help combat the adverse effects of stress, poor nutrition and environmental pollutants on the body. (60 minutes)

### **PMS Treatment**

Melt away tension with this comforting nurturing treatment. Specific massage techniques are combined with the application of warm compresses infused with essential oils and a specialty balm created to help ease cramps and lighten mood. (60 minutes)

## SCRUBS & WRAPS

These treatments provide a variety of opportunities to nourish, purify, energize and relax the body using a potent selection of natural botanicals, essential oils and muds.

### **Mayflower Smooth-as-Silk Scrub**

The ultimate in all-natural exfoliation using sugar and sea salt scrubs created especially for the Mayflower Spa. Your scrub will be followed by a rich, smoothing shea butter application and massage. (60 or 90 minutes)

### **Antioxidant Body Wrap**

A potent treatment to calm the mind and nourish the skin. Thorough dry brushing is followed with warm aromatherapy compresses and the application of a nutrient-rich red clay mask from shoulders to toes. A warm blanket envelops you to optimize hydration while an expert scalp massage or foot treatment takes you to a new level of relaxation. (60 minutes)

### **Moor Mud Wrap**

Enjoy the potent benefits of natural Moor peat therapy as well as the antioxidant qualities of green tea in this therapeutic cocoon. A gentle exfoliation is followed by a thick layer of warm organic mud. Enveloped in a cozy blanket, let the natural medicinal properties release impurities while your scalp and feet are gently massaged to induce a blissful state of deep relaxation. (60 minutes).

### **Herbal Detox Wrap**

A wonderfully aromatic and purifying experience. Lie back and relax as we gently polish and exfoliate your body before enveloping you in a detoxifying succession of hot, fragrant, herb-soaked linens. Emerge feeling rested and restored. (30 or 60 minutes)

## SOAKS

A selection of therapeutic baths.

### **Revitalizing**

An uplifting blend of citrus and rosemary to invigorate the body and clear the mind. (30 minutes)

### **Detoxifying**

A therapeutic blend of organic Moor peat, mineral spring waters and salts to promote circulation and stimulate the immune system. (30 minutes)

### **Nourishing**

A hydrating blend of rose, chamomile and cream to soothe and moisturize dry skin. (30 minutes)

### **Rebalancing**

A meditative blend of sandalwood, pine and lavender to soothe both mind and body. Wonderful for insomniacs. (30 minutes)

### **After-Sports**

A soothing blend of arnica and birch to ease muscular aches and pains. (30 minutes)

## **MASSAGES AND BODY THERAPIES**

A variety of body therapies from deep tissue, to light touch, to our ultimate sleep-inducer—Mayflower Sweet Surrender.

### **Mayflower Massage**

Our signature seasonal balancing massage, using a combination of rhythmic massage techniques and blended oils selected to encourage your body to respond to the rhythms of each individual season. (60 or 90 minutes)

### **Mayflower Sweet Surrender**

A gentle blend of cranio-sacral, lymphatic and acupressure work to soothe the nervous system and help induce deep relaxation in the body. A selection of sleep music, guided visualizations and aromatherapy blends is available to enhance the session. (60 minutes)

### **Steeprock Stone Therapy**

Bring your life energy into balance. Our deeply relaxing sequence uses warm smooth Steeprock river stones and potent oils to soothe your body as it frees your spirit. (60 or 90 minutes)

### **Sports Massage**

Ease sore muscles with our soothing combination of therapeutic techniques and arnica-infused massage oil. This series of compressions and free-flowing movements minimizes muscle soreness and stiffness and dispatches any painful knots. (60 minutes)

### **Reflexology**

This therapeutic session focuses pressure on the reflex zones of your feet, hands and ears that correspond with organs and structures throughout your entire body. You will feel your body come into joyous balance. (60 minutes)

### **Pre or Post-Natal Massage**

A purposeful yet gentle combination of strokes considerate of the special needs of the mother-to-be or the new mother. A wonderful way to ease lower back pain, relieve weary legs and simply enjoy being nurtured. (60 minutes)

### **Thai Massage**

Where massage meets yoga. Using a combination of assisted stretches, energy work and acupressure, this experience will revitalize, dispel tension and uplift you to a state of deep relaxation. Please wear loose-fitting clothing. (60 or 90 minutes)

### **Shiatsu**

Restore your equilibrium with this traditional Japanese therapy that uses a variety of techniques to stimulate energy flow. Customized to the needs of your body, the session may include gentle holding or pressing on the meridians, or when appropriate, more dynamic rotations and stretches. Please wear loose-fitting clothing. (60 or 90 minutes)

### **Reiki**

A Japanese energetic therapy using a light touch, or no touch, to treat the whole person including body, emotions, mind and spirit. The many beneficial effects include relaxation and feelings of peace, security and well-being. (60 minutes)

### **Cranio-Sacral Therapy**

Dissipate stress and encourage a feeling of well-being. This gentle, non-intrusive hands on therapy works on the head and spine to bring about the release of tension and blocked energy by restoring the optimum flow of cerebral spinal fluid. Please wear loose-fitting clothing. (60 or 90 minutes)

### **Lymphatic Massage**

A gentle, rhythmic treatment that uses slow, light and circular movements on the skin without any oil or lotion. It is a tension dissolving technique that stimulates the flow of fluid through the lymphatic vessels and nodes, thereby supporting a healthy immune system and ridding the tissue of excess fluid. (60 minutes)

### **Acupuncture**

A powerful and ancient technique using fine needles to stimulate the body's natural healing abilities and promote physical and emotional well-being. Treatments can help with digestion, carpal tunnel, migraines, pain relief, sleep issues and many other challenges. (60 minutes)

## SALON SERVICES

Enter our luxurious world of treatment oriented beauty services for the hands, feet, scalp and hair.

### **Deep Scalp Rejuvenation**

An intensive treatment to deep condition and stimulate the scalp. Surrender to a feeling of deep relaxation while we cleanse, deep condition and massage your scalp. Includes a hydrating hand treatment. (30 minutes)

### **Mayflower Nourishing Manicure**

Our signature manicure includes both rejuvenating anti-aging and hydrating treatments to reveal younger looking hands before a complete manicure. (45 minutes)

### **Mayflower Nourishing Pedicure**

Our signature pedicure exfoliates with seasonal natural scrubs, before enveloping, warming and rejuvenating your active feet with hydrating botanical oils and a glorious rub. It includes nail conditioning and a buff or nail polish. (60 minutes)

### **Gentleman's Manicure**

Exfoliation and massage followed by shaping, buffing and corrective product application to enhance your professional image. (30 minutes)

### **Gentleman's Pedicure**

A therapeutic soak followed by a thorough exfoliation, glorious massage, buffing and shaping to enhance your professional image. (45 minutes)

### **Polish Change**

Shaping, moisturizing and polish change.

### **Shampoo and Style**

Look your best—shampoo with products selected for your hair needs and enjoy new tips on blow-dry techniques from one of our experts.

### **Hair Removal**

We offer gentle waxing for the face and body.