



MAYFLOWER  
*Inn & Spa*

OUR SPA OFFERINGS

## SPA HOUSE

At the heart of Mayflower's 58 acre estate lies Spa House, our luminous 20,000 square foot sanctuary that provides an intimate number of guests a serene haven for activities and spa treatments.

Spa life at Mayflower revolves around our sun-filled Garden Room which overlooks Blue Heron Pond and the woods beyond with a vista Thoreau would have cherished.

You will discover our shimmering indoor pool, mosaic domed whirlpool and the seasonally scented Thermal Sanctuary. Botanical amenities enhance the experience of our residential-style changing rooms which have an assortment of robes, slippers, plush towels, warm-ups and t-shirts for use during your stay. Hospitality stations throughout Spa House provide a selection of healthy snacks and beverages for your refreshment.

Spa House offers 4 fully equipped exercise studios including a private Pilates studio and outdoor yoga and meditation gardens. You will experience spa services in one of our tranquil treatment rooms. A salon caters to your beauty needs with manicures, pedicures and hair treatments. Our Spa Shop offers an enticing selection of skin-care products, clothing and gifts.

In order to preserve the serene ambiance of Spa House, we provide slippers for your use. Spa House is available to all guests aged 16 and over.

## ACTIVE BODY

Whether a beginner, an experienced practitioner, or simply looking for something fun and invigorating, our wide variety of choices allows you to explore it all indoors, outdoors and in the pool. Classes are suitable for all levels of experience and knowledge.

### INDOOR

#### *Cardio*

##### **Cardio-Kickboxing**

An empowering and invigorating combination of martial arts, punches, blocks and footwork along with an incredible core workout for an energizing, intense session set to inspiring music. Empowering and invigorating.

##### **Pumped-Up Playground**

Play while you get a great cardio workout—Skip, jump, hop, hoola-hoop and rediscover those carefree days in this cardio class geared around playground games you used to play.

##### **Cardio Circuit To Go**

Learn how to exercise anywhere. A multiple station workout with dyna-bands, jump ropes, lunges, punching and more.

##### **Move It Move It**

Mix it up in this upbeat cardio-dance fusion mix of Latin, hip-hop and dancing to the oldies that stimulates physical and emotional well-being.

##### **Warrior Workout**

An integrated variety of conditioning and stretching exercises based in a variety of martial art and exercise traditions. Great for all levels of fitness.

##### **Zumba**

An upbeat class for any age, combining basic Latin rhythms with easy to learn moves and resistance training to sculpt and tone the entire body.

## *Yoga, Pilates and Chi*

### **Mayflower Yoga Flow**

An invigorating vinyasa-inspired yoga class that blends flowing movements, yoga poses and breath in a stimulating, muscle-toning class that leaves you feeling deeply stretched, toned and flexible. Challenging yet relaxing.

### **Blue Heron Yoga Blend**

Personalize your yoga with this one-on-one session. Our yoga guru will work with you to incorporate the goals and intentions identified in your Blue Heron Insights into a yoga practice custom blended for you to take home.

### **Sleep Yoga**

A gentle sequence to help you calm body and mind and improve the quality of your sleep.

### **Pilates Mat/ Magic Circle**

Keep your body supple and strong as you build endurance without building bulk with this complete series of graceful yet balanced body conditioning movements done on the floor.

### **Pilates Reformer**

A private or semi-private session using specialized equipment to condition the whole body.

### **Tai Chi & Qi Gong**

Whether on the lawn or in the studio, these ancient healing sequences are graceful, toning and fun to learn.

## *Tone and Stretch*

### **Mayflower Method**

A daily calisthenic sequence initiated from the core using weights, bands and the power of your own body to leave you feeling thoroughly toned and relaxed.

### **Mayflower Stretch and Release**

A daily late afternoon sequence of physical moves to stretch, relax and restore the body.

### **Have a Ball**

A fun total body workout using a combination of medicine balls, flex-a-balls, fit balls and tennis balls.

### **High Definition Sculpting**

Pure strength and pure intensity are the road to power and grace. This intensive body sculpting workout uses light weights and dance moves to focus on coordination, abs and glutes.

### **Roll With It**

A self-care class using foam rollers to help release and relax tired and tense areas.

### **Targeted Toning**

A 30 minute intensive workout that targets either upper or lower body — short, sweet and effective.

## OUTDOOR

We offer a year-round selection of seasonal activities ranging from the super-challenging to the restorative.

### **Guided Hikes**

From rolling hills to scenic pinacles or a riverside saunter, our experienced guides are familiar with the best trails for each season.

### **Mayflower Mountain Challenge**

A fun and physically challenging class. Natural props at each of seven stations target every muscle and guarantee a great cardio workout.

### **Saunter**

A guided, meditative walk around Blue Heron Pond and paths beyond. This is a journey that is more about taking your time than going a distance.

### **Comfort Ride**

A leisurely guided bike tour along scenic trails or alongside Lake Waramaug.

### **Kayaking**

Traverse beautiful waterways and observe a variety of wildlife, from graceful herons to nesting birds, in one of our ultra-stable kayaks. Enjoy a leisurely paddle while getting a great upper-body workout.

### **Zen Fly Fishing**

The exquisite meditative art of fly fishing is easy to learn on Blue Heron Pond. Instruction in choosing the correct fly for each season, graceful casting and catch and release.

### **Archery**

Learn to quiet your mind while improving hand-eye coordination, balance and flexibility.

### **Tennis**

Take a private lesson or request an organized match.

### **Putting Clinic**

Learn to putt or refine one of the fundamental skills of golf.

### **Al Fresco Tai Chi or Qi Gong**

The grace of these ancient sequences is inspirational, but in conjunction with nature, the experience is that much more profound.

### **Snowshoeing**

A low impact yet cardio-vascular workout on snow covered trails. Experience the glorious vistas of New England at its winter best.

### **Cross Country Skiing**

For aerobic exercise and sheer winter beauty, nothing compares to the pleasures of cross country skiing.

## AQUATIC

All aquatic classes employ the resistance of water to give you a low-impact, full-body workout.

### **Aquatic Splash**

A fun but challenging workout complete with hand buoys and kickboards.

### **Swim Stroke Clinic**

Improve or learn the swimming techniques and body positioning that make swimming one of the most complete workouts for the body.

## SPA TREATMENTS

We recommend that you allow a minimum of 30 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.

#### **Oxygen Facial**

A results-driven facial using pure oxygen, Bio-Swiss certified organic extracts and medical-grade actives. Skin instantly looks plumper and more radiant, making this an ideal facial to help you look your best just before any special event. For optimal results, this facial may be repeated several times during your stay. Suitable for all skin types. (60 or 90 minutes)

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

A potent 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. Smoothes, calms and helps to regenerate, leaving skin beautifully hydrated. (60 or 90 minutes)

#### **Hydrating Facial**

A gentle facial to soothe, hydrate and improve the elasticity of the skin and reduce the appearance of fine lines. Great for sensitive complexions and moms-to-be. (60 or 90 minutes)

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

A potent deep cleansing 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)

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

A high-performance facial to soothe, hydrate and firm the skin using targeted serums and pure oxygen for visible results. (60 or 90 minutes)

## ADDITIONAL FACIAL OPTIONS

### **Back Facial**

An intensive deep-cleansing treatment for the entire back including steam, extractions and a therapeutic mask to ensure you can bare your back with confidence. Suitable for both ladies and gentlemen. (60 minutes)

### **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**

An organic treatment using a series of botanical oils to first cleanse the scalp, then restore, hydrate and condition your hair, finishing with a wonderfully relaxing scalp massage. (30 minutes)

### **Intensive Eye Treatment**

A specialized treatment 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)

## SOAKS

A selection of 30-minute therapeutic baths.

### **Revitalizing**

An uplifting blend of citrus and rosemary to invigorate the body and clear the mind.

### **Detoxifying**

A therapeutic blend of seaweeds, green coffee extract, eucalyptus and rosemary to invigorate and detoxify.

### **Nourishing**

A hydrating blend of rose, chamomile and cream to soothe and moisturize dry skin.

### **After-Sports**

A soothing blend of arnica and birch to ease muscular aches and pains.

## 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)

### **Hamam—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)

### **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)

### **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)

## 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. Choose from three delectable scents. (60 or 90 minutes)

### **Midnight Honey Body Buzz with Warm Honey Massage**

Whole grains, organic oils and pure honey weave together to create a rich, round, darkly-scented full-body experience, complex in its therapeutic benefits, yet wildly engaging to the senses. (60 or 90 minutes)

### **Detox Sea Mud Wrap**

Enjoy the potent benefits of marine mud therapy in this therapeutic cocoon. A gentle exfoliation is followed by an application of warm, bubbly marine mud. Enveloped in a cozy blanket, 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)

### **Thermo-Reducing Wrap**

An effective contouring wrap using a self-heating clay, targeted serums and cellulite massage to help trim and sculpt the body. Visible results after one treatment but for optimal results this treatment can be repeated daily for up to five days. (60 minutes)

## MASSAGES AND BODY THERAPIES

A variety of body therapies from deep tissue to light touch to our ultimate sleep-inducer—Mayflower Sweet Surrender. Your therapist will work with you to create the optimal blend of techniques and pressures bearing in mind your individual needs and preferences.

### **Mayflower Massage**

Our signature massage, using a personalized combination of rhythmic massage techniques and blended oils 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, self-heating mud, crytonic gel and arnica-infused massage oil. This series of compressions, stretches 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 dispel tension and energize you. 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, pressing on the meridians or 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)

### **Aston-Patterning**

Decrease pain and the likelihood of injury and learn to utilize your body's full potential. This highly personalized session utilizes a combination of body work, movement analysis, fitness coaching and ergonomics. (90 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.

### **Mayflower Nourishing Manicure**

Our signature manicure includes a thorough exfoliation for your hands and forearms with our seasonally scented salt scrub, followed by a hydrating mask and hot towel compress as well as nail conditioning and shaping and buffing or polish application. (45 minutes)

### **Mayflower Nourishing Pedicure**

Our signature pedicure includes a soothing soak, thorough exfoliation with our seasonally scented salt scrub, hydrating foot mask, hot towel compresses and thorough lower leg and foot massage as well as nail conditioning and shaping and buffing or polish application. (60 minutes)

### **Honey Buzz Manicure**

A gentle honey dust exfoliation followed by a hydrating honey mask and Midnight Honey oil massage to leave your arms and hands soft and smooth. Includes nail conditioning and shaping and buffing or polish application. (45 minutes)

### **Honey Buzz Pedicure**

A delicious treat for the feet incorporating a cleansing soak, honey dust exfoliation of the feet and lower legs, hydrating honey mask and Midnight Honey oil massage to leave your legs and feet soft and smooth. Includes nail conditioning and shaping and buffing or polish application. (60 minutes)

### **Warming Ginger Manicure**

This soothing manicure includes a gentle rice bran exfoliation and warming paraffin hand treatment, followed by a hydrating lotion application. It also includes nail conditioning and buffing or nail polish application. (45 minutes)

### **Warming Ginger Pedicure**

This soothing pedicure includes a purifying soak, gentle rice bran exfoliation and warming paraffin foot treatment, followed by a glorious foot and calf massage to help increase circulation. Warming and nourishing for the body and soul. It also includes nail conditioning and buffing or nail polish application. (60 minutes)

### **Gentleman's Manicure**

A thorough exfoliation and massage of the hands and forearms followed by shaping, cuticle care and buffing to add the final touch to your professional image. (30 minutes)

### **Gentleman's Pedicure**

A therapeutic soak followed by a thorough exfoliation and relaxing lower leg and foot massage as well as overall nail, cuticle and callus care and buffing to leave feet looking their best. (45 minutes)

### **Polish Change**

Shaping, moisturizing and polish change.

### **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)

### **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.

### **Lady's or Gentlemen's Haircut**

Work with our expert stylist to create a new look.

### **Hair Removal**

We offer gentle waxing for the face and body.

## **MIND ~ SPIRIT**

### **TOOLS AND STRATEGIES**

Explore ways to quiet the mind and focus your intentions with specific tools, strategies, meditative rituals and pastimes.

### **Labyrinth**

Unlike a maze, the labyrinth seeks to quiet the mind; it offers an opportunity to walk in meditation to a place within, where the rational mind merges with the intuitive. It is there that we can re-discover our spirituality by invoking the sacred into the everyday; we can become closer to ourselves and our spirituality.

### **Finger Labyrinth, Buddha Board & Zen Garden**

Portable relaxation at your fingertips. These clever and beautiful tools are available around Spa House.

### **Blue Heron Insights**

Know yourself and work from your strengths. This one-on-one consultation gives you a better understanding of what motivates you. Get tips on how to optimize interactions with others and identify potential hindering factors. Apply the self-awareness gained in this process throughout your Mayflower Experience.

### **Blue Book It! — An Exploration of Journaling**

Whether you want to start a novel, record the events of the day, or ease your mind by writing down the thoughts that interfere with a good night's sleep. Explore techniques and the practice of journaling.

### **Breath & Mindful Meditation**

Learn to relax and be completely present. Explore breathing techniques that help quiet the mind, lower your stress and soothe the body.

### **Chocolate, Chuckles and Chi**

A variety of light hearted stress-reduction techniques for body, mind and spirit. Chocolate consumption guaranteed!

### **Stress Management**

Learn how your personality type tends to deal with stress at home, at work and in your relationships. Through simple relaxation skills and techniques learn new ways to cope and manage stress.

### **Body Image Appreciation**

What would it be like to love and appreciate your body exactly as you are? What would you spend your time thinking about instead? Learn why we judge ourselves so harshly and how to learn to love yourself. Feeling positive about our bodies leads to better self-care, healthier eating habits and a lifetime of positive self-esteem.

### **Sleep Well**

Fall asleep more easily and improve the quality of your sleep. This session, in conjunction with other relaxation inducing experiences at Mayflower, will go a long way to reducing sleep disturbances. Please complete your Sleep Diary prior to arrival to optimize the value of this session.

### **The Knitting Circle**

Knitting is a relaxing as well as a productive pastime. Our instructor will get you started with a variety of projects to choose from and work on throughout the week and beyond.

### **Organize your Life**

Learn easy strategies to reduce clutter and get organized in both your home and your life.

## NURTURING CREATIVITY

### **Watercolor and Landscape**

The New England landscape is a wonder in every season and watercolors are a vivid, fun and inspiring way to enjoy it even more. Let your creativity loose and be inspired!

### **The Art of Flowers**

Flower arranging is beautiful, relaxing and brings you closer to the nature around you. We will show you how to reap the benefits.

## NUTRITION

### OUR CULINARY PHILOSOPHY

Every spa meal at Mayflower is a celebration of flavor and nutrition. Mayflower Spa Cuisine is an approach to spa dining which incorporates fresh seasonal ingredients to produce meals which are delicious, elegant and satisfying.

The basis of our philosophy is that learning to make healthy, real-world choices is the key to maintaining healthy weight and a balanced diet.

Our skilled culinary teams are always happy to teach you to prepare Mayflower Spa Cuisine so that you can continue the pattern of healthy eating you savor at Mayflower long after you leave us.

## CLASSES AND WORKSHOPS

### **Mayflower Spa Cuisine Demonstrations**

These are interactive sessions where you will learn to prepare a wide variety of healthful recipes and sample them too!

### **Mindful Eating**

Learn about your relationship to food—change patterns and enhance the benefits of eating with knowledge. Discover which foods affect mood, spirit, and why.

### **Nutrition Consultation**

A one-on-one session with our nutritionist to explore your eating patterns and emotional triggers and learn new eating strategies. We recommend that you complete a food diary prior to your arrival to optimize the value of this session.

## SPA ACTIVITIES & RATES

### FACIALS

#### Oxygen Facial

60 min	\$220
90 min	\$330

#### Stonecrop Facial

60 min	\$180
90 min	\$265

#### Skin Soothing Facial

60 min	\$180
90 min	\$265

#### Hydrating Facial

60 min	\$180
90 min	\$265

#### Gentleman's Facial

60 min	\$180
90 min	\$265

#### Gentleman's Oxygen Facial

60 min	\$220
90 min	\$330

#### Back Facial

60 min	\$200
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#### Hand Facial

30 min	\$90
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#### Foot Facial

30 min	\$90
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#### Scalp Facial

30 min	\$90
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#### Intensive Eye Treatment

w/service	\$65
alone	\$90

#### Intensive Lip Treatment

w/service	\$65
alone	\$90

### SOAKS AND SOUL-REVIVING RITUALS

#### All Soaks

30 min	\$90
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#### Hamman

90 min	\$250
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#### Immune Booster Treatment

60 min	\$165
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#### Thermal Sanctuary Experience

20 min	\$90
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#### Japan

90 min	\$250
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#### Mayflower Balancing Treatment

60 min	\$165
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#### Deep Blue Lavender Embrace

90 min	\$250
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### SCRUBS AND WRAPS

#### Mayflower Smooth-as-Silk

60 min	\$165
90 min	\$245

#### Detox Sea Mud Wrap

60 min	\$170
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#### Thermo-Reducing Wrap

60 min	\$170
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#### Midnight Honey Body Buzz with Warm Honey Massage

60 min	\$170
90 min	\$250

#### Herbal Detox Wrap

30 min	\$90
60 min	\$165

All prices quoted are exclusive of a 20% service charge.  
A 6% sales tax will be added to all services with the exception of spa treatments.

## MASSAGES AND BODY THERAPIES

### Mayflower Massage

60 min	\$165
90 min	\$245

### In-Room Massage

60 min	\$175
90 min	\$260

### Couple's Massage

60 min	\$330
90 min	\$490

### Mayflower Sweet Surrender

60 min	\$165
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### Steepprock Stone Therapy

60 min	\$175
90 min	\$260

### Sports Massage

60 min	\$165
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### Reflexology

60 min	\$165
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### Pre or Post-Natal Massage

60 min	\$165
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### Thai Massage

60 min	\$165
90 min	\$245

### Shiatsu

60 min	\$165
90 min	\$245

### Reiki

60 min	\$160
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### Cranio-Sacral Therapy

60 min	\$160
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### Lymphatic Massage

60 min	\$160
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### Aston-Patterning

90 min	\$285
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### Acupuncture

60 min	\$170
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## SALON SERVICES

### Mayflower Nourishing Manicure

45 min	\$65
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### Mayflower Nourishing Pedicure

60 min	\$85
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### Honey Buzz Manicure

45 min	\$65
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### Honey Buzz Pedicure

60 min	\$85
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### Warming Ginger Manicure

45 min	\$65
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### Warming Ginger Pedicure

60 min	\$85
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### Gentlemen's Manicure

30 min	\$55
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### Gentlemen's Pedicure

45 min	\$65
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### Polish Change

15 min	\$25
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### Deep Scalp Rejuvenation

30 min	\$65
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### Shampoo and Style

30 min	\$65
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### Lady's Haircut and Style

60 min	\$95
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### Men's Haircut

45 min	\$75
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### Waxing/Hair Removal

Time/fees vary

All prices quoted are exclusive of a 20% service charge.

A 6% sales tax will be added to all services with the exception of spa treatments.

## ACTIVE BODY

### *Indoor*

#### **Private Yoga**

60 min	\$110
90 min	\$165

#### **Pilates Reformer**

60 min	\$110
90 min	\$165

### *Outdoor*

#### **Private Hike**

2 hours	\$100
2+ people	\$75 each

#### **Private Bike**

2.5 hours	\$120
2+ people	\$90 each

#### **Private Kayak**

2.5 hours	\$120
2+ people	\$90 each

#### **Personal Training**

60 min	\$110
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#### **Private Pool Session**

60 min	\$110
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#### **Fly Fishing**

1 hour	\$110
2+ people	\$80 each

#### **Archery**

1 hour	\$110
2+ people	\$80 each

#### **Private Tennis**

60 min	\$100
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#### **Private Fitness Session**

60 min	\$110
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#### **Tai Chi/Qi Gong**

60 min	\$110
90 min	\$165

#### **Private Snowshoe or Cross-Country Ski**

2 hours	\$110
2+ people	\$80 each

## MIND~SPIRIT

#### **Labryinth Session**

45 min	\$90
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#### **Blue Heron Insights**

90 min	\$160
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#### **Journaling Session**

45 min	\$90
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#### **Breath and Mindful Meditation**

60 min	\$110
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#### **Chocolate, Chuckles and Chi**

60 min	\$110
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#### **Sleep Well**

45 min	\$90
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#### **The Knitting Circle**

60 min	\$110
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#### **Organize Your Life**

45 min	\$90
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#### **Watercolor and Landscape**

90 min	\$180
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#### **The Art of Flowers**

90 min	\$180
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## NUTRITION

#### **Mindful Eating**

60 min	\$110
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#### **Nutrition Consultation**

60 min	\$190
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All prices quoted are exclusive of a 20% service charge.  
A 6% sales tax will be added to all services with the exception of spa treatments.