



MAYFLOWER
Inn & Spa

Dear Guest,

We hope you have a relaxing, enjoyable experience during your stay. The following pages will provide you with a Site Map of the Mayflower Inn & Spa, as well as detailed information on the Spa and the services offered.

Finally, we have included copies of press articles for your reading pleasure.

Kind Regards,

John Trevenen
General Manager





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 relaxation resource 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 or 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 accessible to 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.

Double Step

A new twist to the step-class standard using two platforms. Challenging, fun and exciting way to burn off those extra calories.

Cardio Dance

An exhilarating combination of dance, salsa and a classic aerobics work-out.

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.

NIA

Have fun and play in this dynamic movement class as you enjoy the sensations of strength, flexibility, agility and balance. Set free the dancer within you.

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.

Pilates Mat

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.

Pilates Magic Circle

Tone and firm from the core with this easy-to-learn, easy-to-take-home workout using the Magic Circle.

Tai Chi & Qi Gong

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

Dance and Tone

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.

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.

Hikes and Snow Adventures

From a mountain challenge to a scenic hike, our experienced guides are familiar with thousands of acres of the best trails for each season.

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.

Bike Rides and Outdoor Adventures

Mountain Bike Challenge

From novice to seasoned trail blazer, we have an exhilarating mountain bike course for you.

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 graceful casting, catch and release — and choosing the correct fly for each season.

Saunters and Constitutionals

Morning Constitutional Walk

A brisk, energizing morning ritual.

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.

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.

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 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, acupressure 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.

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.

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.

Stress Management

We all have stress in our lives, it is part of being human. 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.

The Sensual Self

Women's sexuality changes with stages of life, family, and age. Women are naturally passionate, and that erotic energy can be connected to and built on to create a happy sexually fulfilling partnership, or a heightened awareness of the self as a sensual and sexual being. Learn how to have a fuller sensual life, find out how to make your body work for you, and how to make your fantasies come true.

Body Image Appreciation

Most women spend the majority of their lives thinking negative thoughts about their body. 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.

Finger Labyrinth, Buddha Board & Zen Garden

Portable relaxation at your fingertips. These clever and beautiful tools are available around Spa House and this class will show you how to make use of them.

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.

Music Therapy

Laughter and bonding are the keys to this workshop where you explore your inner music, songs and rhythms. Some sessions focus on voice and others use techniques from drumming to singing bowls.

What's in a Chant?

Call and Response is a fun and easy way to enjoy tone and vibration as effective tools to awaken energy and quiet the mind.

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

There are tricks to the trade to getting organized in your home and in your life. Our expert will give you some of the best strategies.

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 Joy of Tea

Tea as ritual, as a social moment, as a delicious way to treat your body and calm your mind in the company of others.

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.

PRIVATE SPA ACTIVITIES & RATES

FACIALS

<p>Mayflower Stonecrop Facial</p> <p>60 min \$180 90 min \$265</p>	<p>Balancing Facial</p> <p>60 min \$180</p>	<p>Scalp Facial</p> <p>30 min \$90</p>
<p>Seasonal Balancing Facial</p> <p>60 min \$180 90 min \$265</p>	<p>Gentleman's Facial</p> <p>60 min \$180 90 min \$265</p>	<p>Intensive Eye Treatment</p> <p>w/service \$65 alone \$90</p>
<p>Hydrating Facial</p> <p>60 min \$180 90 min \$265</p>	<p>Hand Facial</p> <p>30 min \$90</p>	<p>Intensive Lip Treatment</p> <p>w/service \$65 alone \$90</p>
<p>Skin Soothing Facial</p> <p>60 min \$180 90 min \$265</p>	<p>Foot Facial</p> <p>30 min \$90</p>	

SOUL-ENHANCING RITUALS

<p>Thermal Sanctuary Experience</p> <p>20 min \$90</p>	<p>Seasonal Balancing Ritual</p> <p>90 min \$245</p>	<p>Japan</p> <p>90 min \$250</p>
<p>Deep Blue Lavender Embrace</p> <p>90 min \$250</p>	<p>Hamman</p> <p>90 min \$250</p>	

SCRUBS, RUBS AND SOAKS

<p>Mayflower Smooth-as-Silk</p> <p>60 min \$165 90 min \$245</p>	<p>Moor Mud Wrap</p> <p>60 min \$165</p>	<p>All Soaks</p> <p>30 min \$90</p>
<p>Antioxidant Body Wrap</p> <p>60 min \$165</p>	<p>Herbal Detox Wrap</p> <p>30 min \$90 60 min \$165</p>	

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

Inn Massage

60 min \$165

90 min \$245

In-Room Massage

60 min \$175

90 min \$260

Couples' Massage

60 min \$330

90 min \$490

Steeprock Stone Therapy

60 min \$175

90 min \$260

Sports Massage

60 min \$165

Pre or Post-Natal Massage

60 min \$165

Reflexology

60 min \$165

Mayflower Balancing Treatment

60 min \$165

Immune Booster

60 min \$165

PMS Treatment

60 min \$165

Thai Massage

60 min \$165

90 min \$245

Shiatsu

60 min \$165

90 min \$245

Reiki

60 min \$160

Cranio-Sacral Therapy

60 min \$160

Lymphatic Massage

60 min \$160

Mayflower Sweet Surrender

60 min \$165

Acupuncture

60 min \$170

SALON SERVICES

Deep Scalp Rejuvenation

30 min \$65

Shampoo and Style

30 min \$65

Ladies Haircut and Style

60 min \$95

Men's Haircut

45 min \$75

Mayflower Manicure

45 min \$65

Mayflower Pedicure

60 min \$85

Men's Manicure

30 min \$55

Men's Pedicure

45 min \$65

Polish Change

15 min \$25

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

Private Yoga

60 min	\$110
90 min	\$165

Pilates Reformer

60 min	\$110
90 min	\$165

Personal Training

60 min	\$110
--------	-------

Private Pool Sessions

60 min	\$110
--------	-------

Private Tennis

60 min	\$100
--------	-------

Tai Chi/Qi Gong

60 min	\$110
90 min	\$165

Private Hike

2.5 hours	\$100
2+ people	\$80 each

Private Snowshoe or Cross-Country Ski

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

Private Bike

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

Private Kayak

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

Archery

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

MIND~SPIRIT

Blue Heron Insights

90 min	\$160
--------	-------

Sound Therapy

60 min	\$110
--------	-------

Guided Imagery

60 min	\$110
--------	-------

Chakra Balancing

60 min	\$110
--------	-------

Meditation

60 min	\$110
--------	-------

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.