

Twin Farms BRIDGEHOUSE SPA



Massage

CUSTOMIZED SIGNATURE 60/90 Minutes - \$225/\$320

Enhanced by creating your own aromatherapy blend, this massage is customized to your specific pressure and aroma preferences and is designed to promote relaxation of the whole body.

HIMALAYAN SALT STONE 60/90 Minutes - \$235/\$330

Experience profound relief to tight, sore muscles with this massage that uses warm Himalayan salt stones. Your skin will be remineralized and your body's natural energy flow realigned. **service only available in the spa*

MOTHER-TO-BE 60 Minutes - \$235

A light massage, specially created for expectant mothers in their second and third trimester. This massage is designed to reduce stress, decrease swelling in the arms and legs, and relieve aches and pains in muscles and joints.

**service only available in the spa*

MUSCLE MELT 60/90 Minutes - \$235/\$330

This focused massage is designed to release tension using a deeper pressure. Warm heat packs and a muscle soothing balm are used to enhance the effectiveness. Relax and enjoy this deeply therapeutic massage.

In Room Ritual

FIRESIDE RITUAL (Sept. - March) 90 Min - \$400 per person

Enjoy a crackling fire, champagne and a drawn bath while enjoying a customized massage using aroma enhanced massage candles. A soothing muscle balm will be applied to melt away all your aches and pains. Finish with a hot bath infused with specialty elixirs and salts.

**service available in guest room only*

LOVE IN BLOOM (May-Sept.) 90 Minutes - \$400 per person

This romantic treatment includes a custom couple's massage using our Intentional Aromatherapy Love blend. An aroma enhanced warm bath will be drawn for you, complete with rose petals and a bottle of champagne.

**service available in guest room only*



TATA HARPER®

REVITALIZING BODY MASSAGE 60/90 minutes - \$255/\$350

This revitalizing body massage invigorates skin and deeply hydrates to restore a plump, youthful look. Essential vitamins, minerals, and nutrients nourish to help promote healthy looking skin, while the intoxicating scent of our farm-fresh, 100% natural aromatic blends soothes the senses.

Spa Wave

Beta Wave therapy for overall well-being and better sleep 30/60 Minutes - \$120/\$230

Treat yourself to a unique spa experience that will transform your mind and body to a total state of relaxation. As you experience the luxurious water mattress, you'll be immersed in a combination of gentle sound waves, calming music, and comforting vibration that will slow down mental activity and allow your body to settle into a deep state of rest. Benefits include boosted immunity, reduction of chronic pain, stress relief, and more. *Enjoy as a 30 minute add-on to any service, or experience it as an hour long stand-alone treatment.*

ACCOMPANIMENTS

FOCUSED MASSAGE 30 Minutes - \$100

A great 30 minute addition to any treatment.

HAPPY HANDS & FEET 30 Minutes - \$100

Rejuvenate your hands and feet with this shea infused exfoliation followed by a deeply hydrating hand and foot massage.

ENHANCEMENTS

REJUVENATING HAND TREATMENT - \$50

This hand treatment adds long lasting hydration while receiving a relaxing hand massage that will create a protective layer to keep your hands feeling soft and smooth.

CBD OIL/BALM No Additional Time - \$50

Enhanced herbal healing for massage



In accordance with Vermont state and the CDC, we require that all guests complete a health questionnaire and sign a waiver before service. We will continue to offer treatments in your cottage or suite, as well as in the Bridge House Spa. We also require that both guests and therapists wear a disposable mask through the duration of the treatment. Thank you for understanding.



**RELAIS &
CHATEAUX**

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