

Bridge House Spa Menu



Welcome

At Twin Farms, we invite guests to set aside their daily lives and experience the many different forms of relaxation and well-being.

In that same spirit, the Bridge House Spa provides a haven designed to nourish body, mind, and spirit. Tucked under Twin Farm's own scenic covered bridge, our spa offers a selection of healing massages and pampering treatments for face and body.

Our experienced staff will personalize each treatment to attain your desired results. We use the French skincare line Biologique Recherche, widely acclaimed for its holistic approach. After your treatment, we invite you to relax in our steam room and shower facilities.

In addition to the spa's two treatment rooms, we are pleased to offer many of our treatments in your Cottage or Suite. Please contact the spa for further details.

Twin Farms

Bridge House Spa

Facial Treatments

Biologique Recherche Bespoke Journey

This personalized wellness experience is designed to provide an instant lifting effect while exfoliating, hydrating, tightening, and protecting the skin. Using a specialized sequence of massage techniques and a highly effective combination of active ingredients, customized to your own skin type and needs, the treatment results in instant transformation.

**Service only available in the spa.*

60 minutes. \$325

Biologique Recherche Lift

Our ultimate age-defying facial therapy combines transformative clinical-grade products and sculpting massage techniques to dramatically tone, tighten, and reshape the contours of the face. An ideal selection for those seeking intensive skin regeneration and tailor-made results.

**Service only available in the spa.*

90 minutes, \$450

About Biologique Recherche

Biologique Recherche's methodology has earned an enviable reputation for effectiveness, thanks to its winning combination: a clinical approach to personalized skincare; unadulterated, concentrated, and practically raw products; and complex formulas applied with original and rigorous treatment protocols. Its holistic approach to skin means that each protocol is devised specifically in response to a personalized dermo-cosmetic diagnosis. Understanding the messages your skin sends allows Biologique Recherche's rigorously trained experts to fine-tune each treatment to the individual's own skincare needs.

Mind & Body Well-being

Rejuvenating Scalp, Hands & Feet Treatment

Achieve ultimate relaxation with this nourishing ritual. Your therapist begins by gently massaging a warm, enriched oil into your hair and scalp to promote circulation and relieve stress. Hands and feet are then treated with a stimulating, shea-infused exfoliation, followed by a massage using deeply hydrating body butter and focusing on important acupressure points. The result is therapeutic for both mind and body

**Service only available in the spa.*

60 minutes, \$275

Spa Wave

Treat yourself to a unique spa experience that brings mind and body into a state of complete relaxation. As you melt into the soothing, heated water mattress, you are immersed in a combination of gentle soundwaves, calming music, comforting vibrations, and healing light therapy. These elements combine to slow down mental activity and allow your body to settle into a state of deep relaxation. The Spa Wave helps to boost immunity, relieve stress, reduce chronic pain, balance mood, and spark creativity.

**Service only available in the spa.*

60 minutes, \$250

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Massages



Signature Massage

Allow yourself to unwind with the soothing strokes of a classic Swedish massage, coupled with your choice of three aromatherapy blends designed to relax, restore, or refresh body and mind.

60/90 Minutes, \$245/\$350

Revitalizing Body Massage

This revivifying treatment invigorates and deeply hydrates skin to restore its plump, youthful look. Essential vitamins, minerals, and nutrients promote healthy-looking skin, while the intoxicating scent of 100% natural botanical blends soothes the senses.

60/90 Minutes \$305/\$410

Himalayan Salt Stone Massage

Long renowned in the East for its healing properties, the Himalayan Salt Stone massage soothes away stress and tension and promotes an increased sense of well-being. When heated, the Himalayan salt stones give off negative ions that help restore the body's natural energy flow. Additionally, the minerals aid in drawing out toxins and provide a gentle exfoliation, leaving the skin soft and smooth.

**Service only available in the spa.*

60/90 Minutes \$275/\$390

Mother-To-Be Massage

A luxurious massage created specifically for expectant mothers in their second or third trimester. Your therapist uses gentle, flowing strokes to relax stressed muscles and reduce swelling in the arms and legs. Finally, ultra-rich shea butter is gently applied to the stomach and hips to soothe, moisturize, and improve skin elasticity.

**Service only available in the spa.*

60 Minutes \$275

Muscle Melt Massage

Recover from the day's activities, stiffness from travel, or minor injuries with this focused massage featuring potent, arnica-infused products. A soothing application of a hydrating arnica body balm and steaming towels further enhances this treatment's effectiveness.

60/90 minutes, \$275/\$390

Custom Massage

Enjoy a massage that is tailored to your personal preferences and specific needs. Your session begins with a consultation with your therapist to gain a better understanding of what you would like to accomplish from your massage and any issues you may be experiencing. With this knowledge, a customized massage will be created just for you. Your therapist may incorporate a combination of various massage modalities, stroke techniques, and pressures to best address your specific needs.

60/90 Minutes \$275/\$390

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In-Room Rituals

Couple's Massage

Enjoy a relaxing treatment together in the comfort of your Cottage or Suite. You each may choose from the following massages, but they must have the same duration: Bridge House Signature, Deep Tissue, Muscle Melt, Revitalizing Body Massage.

60/90 minutes, price varies based on treatment selection

Love In Bloom

(May - September)

This romantic treatment includes a custom couple's massage using our specially curated Love blend of essential oils. A warm bath is drawn for you, complete with rose petals and a bottle of chilled champagne.

90 Minutes, \$450 Per Person

Fireside Ritual

(October - March)

Enjoy the warmth and soothing sound of a crackling fire as you unwind with a heated massage using a luxurious aroma-enhanced massage candle. Your treatment finishes with a hot bath infused with a muscle-relaxing elixir, accompanied by a bottle of chilled champagne.

90 minutes, \$450 per person

Enhancements

Hot Stone

Add three heated river stones to your treatment. The heat of the stone penetrates targeted muscles to further relax the body and stimulate circulation.

\$55

Spa Wave 30 Minutes

Add the ultimate power nap to the end of any treatment. The Spa Wave boosts immunity, relieves stress, reduces chronic pain, balances mood, and sparks creativity.

\$130



In accordance with the State of Vermont 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.

Twin Farms

Thank you for understanding