

# Bridge House Spa Menu



*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.*

*Our belief in environmental stewardship and personal well-being is part of our culture at Twin Farms. Protecting the precious natural settings that surround our property goes hand in hand with enhancing the quality of life for our guests and staff.*

*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*

### Infrared Facial

*Feel your face and body relax while lying on a far infrared therapy mat during your customized Biologique Recherche facial. Originally designed by NASA, the mat provides warmth and relaxation as the energy from the far infrared rays penetrates deep into the muscles to help improve sleep quality, boost immune system, circulation, reduce stress, anxiety and pain relief. The ultimate rejuvenation facial to balance and detoxify your body. \*Service only available in the spa. 60 Minutes \$375/ 90 Minutes \$495*

### Gentleman's Facial

*Specifically designed for men, a deep pore cleansing facial. This treatment includes cleansing, exfoliation, facial massage, a nourishing hydration treatment and a de-puffing and dark circle eye treatment. This anti-stress, detoxifying facial helps to relax and restore the skin barrier from shaving irritation and reduces wrinkles. \*Service only available in the spa. 60 Minutes \$325/ 90 Minutes \$450*

## Mind & Body Well-being

### Rejuvenating and Repairing Hair & Scalp Treatment

*Warm Marula oil, enriched with botanicals & vitamins, and a protein rich Marula repair cream are massaged into the hair and scalp to balance and restore its vitality and shine. The invigorating scalp treatment, incorporating L-arginine, promotes hair growth and increases blood supply to the hair follicles, stimulating the roots to promote thicker and more vibrant looking hair, leaving it silky to the touch and lastingly protected. While your hair soaks in a warm anti-oxidant tea infused terry towel, enjoy a relaxing exfoliating and deeply hydrating hand treatment and a rapid renewal de-puffing anti-aging eye treatment. Excellent for all hair types. 60 Minutes \$275*

### Rapid Renewal Eye Treatment

*No more tired eyes, firming and de-puffing eye therapy. This rejuvenating and cooling eye mask treatment is designed with our specialized formula which works to diminish the signs of aging, dark circles and puffiness around the eyes. Enjoy a deeply hydrating hand and arm treatment while our powerful hydrogel eye compress penetrates the skin's surface. The perfect complement to any facial or massage. 30 Minutes \$145*

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## Massages



### 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 Minutes \$275/90 Minutes \$390

### 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 Minutes \$275/ 90 Minutes \$390

### Deep Tissue Massage

Treating the deepest layers of your muscles, this detoxifying focused massage releases the body from knots and accumulated tension promoting oxygen flow, improving range of motion and energizing your body.

60 Minutes \$275 / 90 Minutes \$390

### 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 Minutes \$275/90 Minutes \$390

### Infrared Customized Massage

Experience the healing benefits of a far infrared therapy mat, with a customized massage. Originally designed by NASA, the infrared radiant heated mat of amethyst and tourmaline crystals provides warmth and relaxation as the energy from the far infrared rays penetrates deep into the muscles to help ease pain, reduce stress, improve sleep quality, and boost the immune system. \*Service only available in the spa.

60 Minutes \$305 / 90 Minutes \$410

### 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

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## Massages

### Balance & Restoring CBD Massage

*Balance your mind and body, restore with our CBD enhanced treatment. Steamed anti-oxidant infused tea towels soothe tense muscles while a massage, utilizing a blend of arnica and full spectrum hemp extract, will take you to a new sense of relaxation. This soothing massage can ease conditions such as chronic pain, inflammation, and joint pain while improving range of motion and circulation. Leave feeling both mentally and physically rejuvenated while enjoying a blissful state of relaxation.*

60 Minutes \$305/ 90 Minutes \$410

\*Add-On CBD to any massage, \$55

\*cannot be added to Hot Stone or Himalayan Stone Massage

### Percussion Theragun Massage

*This focused massage targets to loosen muscles and fascia, increasing range of motion and flexibility, and decreasing soreness and stiffness. Utilizing a combination of hands-on massage and a focused use of the Theragun Pro your therapist works to relieve muscular tightness and reduce physical stress placed on bones and joints. You will experience increased blood circulation through the deep muscle stimulation which brings more oxygen and nutrients into the muscles, reduces muscle fatigue and promotes healthy sleep.*

60 Minutes \$275 / 90 Minutes \$390

## 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: Custom Massage, Muscle Melt, Deep Tissue, Balance and Restoring CBD and Percussion Theragun Massages.*

60/90 Minutes, price varies based on treatment selection

### Fireside Ritual

*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

### Focused Massage

*Target specific areas of concern by adding a Focused massage to any 60 or 90-minute treatment.*

30 Minutes \$130

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