



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 signature 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.

Please notify Twin Farms of any cancellations or changes at least 24 hours in advance of the scheduled appointment to avoid being charged the full value of the treatment. Same day bookings are final and will be subject to the cancellation policy if canceled or changed.

# Bridge House Spa

## Facial Treatments

### 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 LightStim Elipsa further delivers benefits of infrared light reducing fine lines and wrinkles, diminishing inflammation and redness while improving skin tone and function. In addition, the focused placement allows for areas of joint pain to be addressed as well (ie. ankles, knees, elbows.) The ultimate rejuvenation facial to balance and detoxify your body.

\*Service only available in the spa.  
60 Minutes \$375 / 90 Minutes \$495



### Marine Collagen Facial

Masque Biologique Féerie is an intense facial and neck treatment that tenses, tones, and revitalizes your skin. It contains Marine Collagen, a moisturizing and tightening active ingredient that produces magnificent results. The sheet mask provides hydration while tightening and firming up the skin for a refreshed and smoother complexion. Provides an instant skin firming and tightening effect.

60 Minutes \$450

### 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



### 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 Facial

Our ultimate age-defying facial therapy combines transformative clinical-grade products and sculpting massage techniques to dramatically lift, 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.  
60 Minutes \$450

# Bridge House Spa

## Massages

### Relaxation Massage

Enjoy our signature, relaxing massage created to release tension and welcome nature's sense of perfect ease that surrounds you at Twin Farms. Enjoy a deep state of relaxation with this light to medium pressure massage. A combination of Swedish and effleurage techniques are tailored for a soothing & relaxing massage just for you.

60 Minutes \$275 / 90 Minutes \$390

### Infrared Massage

Experience the healing benefits of a far infrared therapy mat, 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. Enjoy a light to medium pressure relaxation Swedish and effleurage massage, resulting in the ultimate rejuvenation therapy.

\*Service only available in the spa.  
60 Minutes \$305 / 90 Minutes \$410

### Balance & Restoring CBD Massage

Balance your mind and body, restore with our CBD enhanced treatment. Steamed aromatherapy infused 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

### 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 \$285 / 90 Minutes \$395

### 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 \$285 / 90 Minutes \$395

### 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 \$285 / 90 Minutes \$395

### 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 \$285 / 90 Minutes \$395

### 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 soothe, moisturize, and improve skin elasticity.

\*Service only available in the spa.  
60 Minutes \$285



# Bridge House Spa

## Luxury Additions

### 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

### 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 protected. While your hair soaks in a warm nourishing 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

### CBD Therapy

An additional layer of relaxation to complement any massage with this blend of arnica and full spectrum hemp extract. \*Not available with Hot Stone or Himalayan Stone Massage.

30 Minutes \$130

### 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 hydro gel eye compress penetrates the skin's surface. The perfect complement to any facial or massage.

30 Minutes \$145

## 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: Relaxation 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



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