



The
Spa
at Mohonk
Mountain House

Rates Effective April 2011 through March 2012

AWARDS AND ACCOLADES

Travel + Leisure Magazine

One of the Top 3 Hotel Spas in the Continental United States and Canada

Condé Nast Traveler Magazine

One of the Top 20 Resort Spas in North America

USA Today

One of the 10 Great Places to Relax Your Mind and Body

Organic Spa Magazine

One of the Top 10 Green Spas and Resorts in the World

Luxury Spafinder Magazine

Best for Affordability

Favorite Resort/Hotel Spa in the Northeast, Mid-Atlantic, and Midwest

Best for Hiking, Environmental Practices, Favorite Spa Therapist, and Winter Sports

The Spa at Mohonk Mountain House

Since 1869, our scenic mountaintop resort has offered the perfect setting for visitors to relax and enjoy life's simple pleasures. Our natural environment and charming accommodations, combined with invigorating activities and meals prepared by a talented culinary team, have made Mohonk Mountain House a premier destination for generations.

Now, there's yet another way for our guests to restore the personal balance that is so important for today's fast-paced lifestyle: The award-winning Spa at Mohonk Mountain House.

You may create a fully-structured spa and fitness program when you visit The Spa at Mohonk Mountain House. Or, you may enjoy selected services as part of a remarkable resort experience. However you choose to enjoy your stay, our staff of expert practitioners is dedicated to making your experience extraordinary.

On our mountaintop, opportunities abound — for relaxation and renewal, for invigorating activity.

The choice is yours.



THE SIMPLE PLEASURES OF MASSAGE THERAPY

Signature Elements of Nature – “Mohonk Red” Massage

Feel your body sigh with relief, as tension bound within muscles is unraveled with this powerful, effective treatment. A relaxation breathing technique and aromatic inhalation of calming evergreen begins your journey to a complete sense of tranquility. Massage techniques including Swedish massage, Hawaiian Lomi Lomi massage, and traditional Thai stretches are used to de-stress and re-balance your entire body. In honor of the “Mohonk Red” Witch Hazel grown on our property, warmed towels infused with witch hazel cocoon your face and feet as this remarkable experience ends with a Guided Power Nap.

80 minutes, \$185

Intensive Massage

Directed toward specific areas of tension and imbalance of the muscular structure, our own combination of deep tissue and sports massage uses a variety of firm, direct massage techniques to loosen muscles and joints, which will increase your range of motion and increase circulation. An excellent choice for athletes of all levels.

50 minutes, \$130 80 minutes, \$180

Signature Elements of Nature – The Indigo Herbal Poulitice Massage

This powerful, deeply soothing treatment is ideal for those who are looking for immediate relief from the stresses of modern life. This treatment is inspired by the indigo plant grown locally, and features a steamed Indigo Herbal Poulitice (muslin pouch) to ease tension, relieve sore muscles, and increase circulation. A combination of Royal Thai Massage, acupressure, aromatherapy, and herbal heat detoxify the body and provide an overall sense of well-being. Our Guided Power Nap ends the experience, leaving you refreshed and renewed.

80 minutes, \$185

Mohonk Muscle Rescue

An intensive massage with arnica oil helps calm the nerves and provides relief to over-used muscles. Highlights of this treatment include deep heat compresses, flowing Swedish massage to increase circulation, direct pressure point work, and stretches to improve range of motion for enhanced well-being.

50 minutes, \$130 80 minutes, \$180

Warm Stone Massage

Balance, restore, and revive with a massage combining the deep heat of warmed basalt stones to enhance your sense of well-being.

65 minutes, \$135 80 minutes, \$175

Aroma-Massage

Our Aroma-Massage combines the best of therapeutic Swedish massage with the traditional practice of herbal medicine. Select one of our essential oil blends, relax with deep inhalation, and experience the natural benefits of this soothing therapy.

50 minutes, \$125 80 minutes, \$170

Swedish Massage

This classic therapeutic full-body Swedish massage will soothe muscular tension. Using firm pressure and traditional techniques of effleurage and petrissage, your massage therapist will enhance circulation and improve overall skin tone to promote a feeling of deep relaxation.

50 minutes \$120 80 minutes, \$165

Heavenly Head and Shoulders

Concentrating on tension in the upper body, this massage for face, head, shoulders, and neck relaxes and soothes stressed muscles and relieves sinus congestion, TMJ (jaw) pain, and headaches.

25 minutes, \$75 50 minutes, \$120

Reflexology

This traditional technique targets pressure points on the feet that relate to specific areas of the body. With each point revitalized, tension melts away and a heightened sense of well-being is felt throughout the body.

25 minutes, \$75 50 minutes, \$120 (includes hands)

Stress-Buster Back Therapy

Blending techniques of Swedish massage, acupressure, and stretching, this session will relieve tension and sore muscles for a quick pick-me-up. A soothing clay hot pack is applied to further relax and ease your upper and lower back.

25 minutes, \$75 50 minutes, \$120

Maternity Massage

Designed to enhance lower back comfort, relieve leg and foot tension, and promote a sense of well-being, this specialized pre- or post-natal massage leaves you feeling totally nurtured. Please note that many physicians do not recommend massage during the first trimester.

50 minutes, \$120

SPECIALIZED THERAPY

Cranial Sacral Massage, Reiki, or Shiatsu

50 minutes, \$120 80 minutes, \$165

For your convenience, an 18% gratuity will be added to all services.



SPA SOLUTIONS FOR MODERN LIVING

The burgeoning technologies and the hectic pace of modern lifestyles have led us to take a new look at solutions for daily stress. These treatments have been designed specifically to relax and relieve tension and renew body and mind.

New! High Heeler: Real Relief for Calves and Feet

Bring a spring back into your step with this new spa treatment that addresses the needs of being on your feet day-in and day-out. From extended hours on the job, to caring for the kids and running around town, the lower legs provide support and literally carry the weight of daily demands. An invigorating foot scrub and peppermint-infused massage leaves soles soothed and smoothed. Real results are achieved through massage and stretch techniques specific to the calves and feet, providing benefits felt from the hips to the toes.

50 minutes, \$120

New! Man on the Go: Real Relief for Calves and Feet

Constant standing, walking, running, and being on the go create lower leg fatigue that resonates throughout the entire body. An invigorating and refreshing foot scrub followed by a peppermint-infused massage leaves soles soothed and smoothed. Real results are achieved through massage and stretch techniques specific to the calves and feet, providing benefits felt from the hips to the toes.

50 minutes, \$120

New! Texting Tension Tamer

At last! A Massage for Multitaskers. Increased hours online require special care of shoulders and neck, addressed by an upper body massage certain to relieve sore muscles. Hands and forearms receive special treatment complemented by an organic vanilla crème.

50 minutes, \$120

Mohonk Muscle Rescue See page 2 for description

50 minutes, \$130 80 minutes, \$180

THE SIMPLE PLEASURES OF TOGETHERNESS

Signature Elements of Nature – “Mohonk Red” Couples’ Massage

A luxurious Couples’ treatment room, complete with a fireplace, complements side-by-side relaxation, calm, and tranquility. Massage techniques including Swedish massage, Hawaiian Lomi Lomi massage, and traditional Thai stretches are used to de-stress and re-balance. This remarkable simultaneous massage experience concludes with a Guided Power Nap for both of you.

80 minutes, \$370 per couple

Warm Stone Duo

Share the deep relaxation of a side-by-side Warm Stone Massage with a partner. This delightful experience combines the restorative features of massage and the unique, centering warmth of basalt stones.

65 minutes, \$290 per couple 80 minutes, \$370 per couple

“Just for the Two of You” Massage

Two massage tables, two massage therapists, one joyful experience! Each person may choose from Swedish, Intensive, Shiatsu, Reflexology or Maternity Massage (Maternity Massage is 50 minutes only).

50 minutes, \$250 per couple 75 minutes, \$320 per couple

“Hello Baby!” (For Parents-to-Be)

Your time together is now more important than ever, and this couples’ treatment is a delightful way to share some special moments side-by-side! Mom-to-be will enjoy a 50-minute Maternity Massage designed to enhance lower back comfort, relieve leg and foot tension, and promote a sense of well-being. For Dad-to-be, the 50-minute Eagle Cliff Deep Tissue Massage is sure to help melt away the stress of an expectant (or new) parent.

50 minutes, \$250 per couple





THE SIMPLE PLEASURES OF SKIN CARE

Signature Elements of Nature – “Mohonk Red” Facial

This luxurious treatment uses pure plant-based products and is customized for your skin type. The facial begins with a soothing herbal neck wrap and warm towels infused with witch hazel, honoring the “Mohonk Red” Witch Hazel plants grown on our grounds. Your session includes a deep cleansing exfoliation and a refreshing, skin-specific hydration, complete with an eye area treatment. A relaxing face, neck, and shoulder massage featuring warm and cool quartz stones (long renowned for their healing and regenerative properties) and our Guided Power Nap complete your experience.

75 minutes, \$155

Biodynamic Facial

Experience a unique hypo-allergenic facial treatment specifically designed for sensitive skin. This calming and soothing treatment features organic and biodynamic ingredients. The healing elements of echinacea, bearberry, and hawthorn will offer your skin restorative benefits that only the purest ingredients can deliver.

50 minutes, \$120

Youth Infusion

For an instant natural lift, this facial revitalizes with the benefits of diminished fine lines, wrinkles, and age spots. This stimulating and energizing treatment has age-defying benefits for smoother-looking skin that is refreshed and radiant. We add a special treat for the eyes by infusing moisture into this delicate area.

50 minutes, \$120

Deep Cleansing Radiance Facial

Relieve facial tension and leave the skin feeling smoother and softer with this highly exfoliating treatment customized to your skin needs. The unique organics featured in this facial are combined with traditional techniques of skin analysis, deep pore cleansing, facial massage, and reconditioning to remove impurities and maintain your skin's healthy glow.

50 minutes, \$120

Seasonal Bounty Facial

Each season we feature a specialized facial that celebrates the harvest of our region. Fresh, natural ingredients in our masks, creams, and exfoliants make this treatment unique and highly effective for renewing skin. Your Aesthetician will customize this treatment based on the results you desire.

50 minutes, \$120

Ageless Aging Enzyme Facial

This classic treatment will revitalize and refresh the skin through the use of natural enzymes to promote cellular renewal and then fortify the skin with the antioxidant action of beta carotene to help protect your skin from environmental stressors. A unique Vitamin K eye treatment revives tired eyes and smoothes fine lines.

50 minutes, \$120

Moisture Drench Healing Facial

This healing and moisturizing facial is designed to treat sensitive and moisture-deprived skin, as well as rosacea. This treatment utilizes anti-inflammatory extracts of chamomile, calendula, and mallow to calm and soothe. A deep hydrating blend of avocado, evening primrose, and rosehips helps to replenish and boost collagen production.

50 minutes, \$120

To Enhance Your Facial Treatment:

Facial Waxing - rates begin at \$20

Three-Step Lip Treatment - \$18

Three-Step Eye Treatment - \$18

Paraffin Hand Treatment - \$18

Paraffin Foot Treatment - \$18

Wild Lime Blossom Scalp Treatment - \$18

For your convenience, an 18% gratuity will be added to all services.





SIMPLE PLEASURES FOR GENTLEMEN

Signature Elements of Nature – “Mohonk Red” Massage

Feel your body sigh with relief, as tension bound within muscles is unraveled with this powerful, effective treatment. A relaxation breathing technique and aromatic inhalation of calming evergreen begins your journey to a complete sense of tranquility. Massage techniques including Swedish massage, Hawaiian Lomi Lomi massage, and traditional Thai stretches are used to de-stress and re-balance your entire body. In honor of the “Mohonk Red” Witch Hazel grown on our property, warmed towels infused with witch hazel cocoon your face and feet as this remarkable experience ends with a Guided Power Nap.

80 minutes, \$185

Signature Elements of Nature – The Indigo Herbal Poultrice Massage

This powerful, deeply soothing treatment is ideal for those who are looking for immediate relief from the stresses of modern life. This treatment is inspired by the indigo plant grown locally, and features a steamed Indigo Herbal Poultrice (muslin pouch) to ease tension, relieve sore muscles, and increase circulation. A combination of Royal Thai Massage, acupuncture, aromatherapy, and herbal heat detoxify the body and provide an overall sense of well-being. Our Guided Power Nap ends the experience, leaving you refreshed and renewed.

80 minutes, \$185

The Eagle Cliff Deep Tissue – Sports Massage

Tailored to your needs whether you're focusing on the aftermath of golf, tennis, mountain biking, rock climbing, skiing — or just want a great massage! Warm packs are placed on affected areas and special stretches address your concerns.

50 minutes, \$130 80 minutes, \$180



For Spa information or appointments, please call 877.877.2664.

Mohonk Muscle Rescue

This unique massage featuring arnica oil helps calm the nervous system and provides relief to over-used muscles. This treatment also includes a heated clay compress and flowing massage to increase circulation, along with direct pressure point work and stretches to improve range of motion for better athletic performance.

50 minutes, \$130 80 minutes, \$180

The Sky Top Revitalizer Facial

This effective facial is designed to deep clean and soothe aggressively exposed skin related to sports or shaving. Pure plant-based products fortified with antioxidants ensure visible results. Exfoliation using hot towels, invigorating facial massage, and re-hydration complete this treatment. (*Shaving prior to your treatment is not recommended.*)

*50 minutes, \$120 75 minutes, \$145
(includes Wild Lime Scalp Treatment)*

Huguenot Hand and Foot Remedy

Well-used hands and feet will be revived and reinvigorated after this manicure or pedicure designed especially for men. A warm, moist mask of paraffin follows an energizing massage.

*30 minutes, \$40 - Manicure 45 minutes, \$55 - Pedicure
70 minutes, \$85 - Combination*



THE SIMPLE PLEASURES OF BODY TREATMENTS*

Signature Elements of Nature – “Shawangunk Grit”** Mineral Body Treatment

This ritual begins with a restful hydro-tub soak to melt tension. The skin is then gently exfoliated with our own Signature “Shawangunk Grit” ** minerals combined with hydrating botanicals to leave skin silky and soft. A rich body cream with soothing rosehip and plantain is gently warmed and poured over the body for a relaxing massage. After a Guided Power Nap, you are certain to feel smoothed and renewed.

80 minutes, \$170

**Fine quartz grains quarried from our cliffs.

Moss Hydrating Body Mask

In honor of the soft, gentle cover that is found throughout the grounds, this detoxifying treatment, with its body massage and gentle cocoon, incorporates a mineral rich seaweed serum fortified with a potent blend of anti-inflammatory moss extracts. Aiding in the elimination of toxins from the body, this treatment rehydrates and revitalizes the skin.

45 minutes, \$105

75 minutes, \$160 (includes an exfoliating Body Glow)

Herbal Rejuvenation Wrap

An East meets West ritual to balance the body and spirit. A warm botanical mix of natural herbs, grains, and spices are applied with a brisk friction massage. This cleanses, clears, and nourishes the skin. The cocoon wrap then adds hydration while enhancing detoxification. A finish moisturizer leaves skin lusciously smooth.

45 minutes, \$105

80 minutes, \$160 (includes a scalp and facial massage)

Exfoliating Body Glow

Choose a revitalizing body polish designed to stimulate the circulatory system and the senses, featuring rich minerals along with fresh herbal extract.

- **Rosemary Citron** – a traditional stimulating sea salt scrub
- **Espresso Mud Scrub** – a rich, earthy mud scrub featuring ground Arabica beans
- **Lemongrass Mimosa** – micronized walnut shells and bamboo remove dull, dry skin
- **Lemon Verbena** – the most gentle, yet effective exfoliation, for sensitive skin, with jojoba beads and oat proteins

45 minutes, \$95

To Enhance Your Body Treatment

Wild Lime Blossom Scalp Treatment ~ \$18

Lemon Verbena Foot Treatment ~ \$18

Paraffin Hand Treatment ~ \$18

Paraffin Foot Treatment ~ \$18

*We do not recommend shaving immediately prior to any body treatment.

For your convenience, an 18% gratuity will be added to all services.





THE SIMPLE PLEASURES OF WATER CURES*

Signature Elements of Nature – “Lake in the Sky” Water Cure

A clarifying and stimulating hot bath celebrates the surrounding forest, combining extracts of balsam fir, white pine, and pink peppercorn with an uplifting green mandarin essential oil. Relaxing color therapy and your choice of music complete this Signature experience.

20 minutes, \$70

Renewal Water Cure

Warming extracts of arnica, rosemary, basil, and bay laurel ease muscle strain and replenish energy in this restorative bath (80-90° F). This cure is highly recommended for muscle soreness and joint stiffness.

20 minutes, \$60

Refresh Water Cure

This relaxing, foaming milk soak (90-100° F) features calming extracts of oats, prized for their hydrating effect on the skin, along with bourbon vanilla and massola bark to ease nervous tension while softening the skin. Recommended for over-stressed nervous systems and dry, devitalized skin.

20 minutes, \$60

*Water cures may be added to any Spa treatment.

THE SIMPLE PLEASURES OF “SAMPLERS”

Samplers offer experiences to write home about! We've created these unique sensory excursions for your perfect spa day.

The Fragrant Earth

This treatment journey highlights many of the medicinal herbs found in the Mohonk gardens and surrounding woodlands that have been traditionally used for their therapeutic properties. The session begins with a stimulating body polish using rosemary salts to remove dull, dry skin followed by an intoxicating scalp and full body massage with evergreen extracts of pine, fir, and oakmoss to awaken the senses. Your journey concludes with a stimulating peppermint foot massage with soothing infusions of arnica, dandelion, and burdock.

110 minutes, \$210

Girls (or Guys) Gotta Getaway!

Delight in this escape from the fast-paced life you lead. Immerse yourself in our steaming outdoor heated mineral pool. Enjoy a 50-minute massage of your choice, and a 50-minute facial of your choice, booked in the same day, and enjoy a special spa gift to take home.

\$240 per person

Rest and Renewal

This restorative treatment begins with an aromatic foaming soak fortified with hydrating oat milk extracts and hypnotic essences of vanilla. It continues with a vigorous scalp, full body, hand, and foot massage with aromatic flower essences of lavender, verveine, rose, jasmine, neroli, and linden blossom.

110 minutes, \$210

For your convenience, an 18% gratuity will be added to all services.



THE SIMPLE PLEASURES OF THE SALON

Nail Services

Signature Elements of Nature – “Mohonk Red” Manicure and Pedicure

Begin this indulgent anti-aging treatment for the hands and feet with a refreshing soak featuring witch hazel, in honor of the “Mohonk Red” Witch Hazel plants grown on our grounds. Relax with a warm herbal neck wrap and restore your skin with a two-step exfoliation and rejuvenation treatment featuring our “Shawangunk Grit”^{*} mixture and a nutrient-rich white tea mask, complete with warm mitts and booties to further soften your hands and feet. Nail buffing or a multi-step, strengthening polish completes your service.

45 minutes, \$65 – Manicure

50 minutes, \$80 – Pedicure

80 minutes, \$135 – Combination

^{*}Fine quartz grains quarried from our cliffs.

Mohonk “Rock ’n’ Stone” Manicure and Pedicure

An opulent treatment for the hands and feet, the Mohonk “Rock ’n’ Stone” manicure and pedicure uses botanical ingredients to gently soothe and smooth even the most abused skin. A wrap of warm infused towels seals in needed moisture. Heated stones are used to gently massage hands or feet, increasing circulation and releasing tension. Buff or polish is included.

45 minutes, \$55 – Manicure

50 minutes, \$65 – Pedicure

80 minutes, \$115 – Combination

Mohonk’s Seasonal Manicure and Pedicure

Taking inspiration from the bounty of nature, this new twist to the traditional manicure and pedicure features ingredients specific to each season for a refreshing soak, scrub, mask, and moisturizing therapy. Enjoy a luxurious hand or foot massage and select from our palette of color for your nail polish.

30 minutes, \$45 – Manicure

45 minutes, \$60 – Pedicure

70 minutes, \$100 – Combination

Express Treatments

Short on time? Our technicians expertly trim, file, polish, and moisturize to refresh and renew hands or feet. French polish is not available with express treatments.

25 minutes, \$35 - Manicure 30 minutes, \$45 - Pedicure

Additional Nail Services and Enhancements

Paraffin Application (Hands or Feet) - \$18

Polish Change (Hands or Feet) - \$25

Note: Natural nails only. We regret that we cannot perform services on feet and hands that have skin irritations. Please ask one of our Spa Coordinators to suggest another treatment for you to enjoy.

Hair Care Services

Shampoo and Style Only - from \$45

Shampoo, Cut, and Style - from \$70

Revitalizing Hair and Scalp Treatment - from \$45

Single Process Color - from \$70

Partial Highlights - from \$70

Full Highlights - from \$100

Children's Cut (ages up to 13) - from \$40

Teens' Cut (ages 13-17) - from \$45

Gentlemen's Cut - from \$40

Mineral Makeup Services

Mineral Makeup Application - 25 minutes, \$55

Mineral Makeup Lesson and Application - 75 minutes, \$95

Bridal Services

Bridal Up-Do - from \$90

Bridal Makeup:

Application Only - 40 minutes, \$70

Consultation with Hair and Makeup Trial - 2 hours, from \$200

Wedding Day - 2 hours, from \$300

Wedding Party - Please consult one of our Spa Coordinators to tailor services for your special day.

Waxing Services*

*Chin - \$20**

*Lip - \$20**

*Eyebrows - \$20**

Underarms - \$40

Half Leg - \$55

Full Leg - \$80

Bikini - \$60

*Facial waxing services are available only as an exclusive add-on to a facial treatment.

For your convenience, an 18% gratuity will be added to all services.

SIMPLE PLEASURES FOR TEENS, AGES 16 AND 17*

Lavender Massage*

This fragrant treat for teens offers a total experience for the senses as it soothes and nurtures the body.

25 minutes, \$75

50 minutes, \$120

Teen Care Facial**

For normal or dry teen skin, this mini-facial features the stone crop succulents to gently cleanse, followed by a refreshing peach mask to renew and brighten youthful skin.

25 minutes, \$75

Teen Clearing Facial**

For oily or problematic skin, this mini-facial features a citrus exfoliating cleanser and a sour cherry mask to cleanse and refine youthful skin naturally.

25 minutes, \$75

**Please note, teen facials may include light exfoliation, but do not feature extractions.

Teen Manicure

Sure to please any discerning teen, our technicians trim, file, and expertly polish to perfection. A refreshing citrus lotion moisturizes teen hands.

25 minutes, \$35

Teen Pedicure

A light citrus soak, while overlooking scenic Lake Mohonk, refreshes teen toes. Gentle exfoliation follows, then trim, file, and polish to return active teen feet to pristine condition.

30 minutes, \$45

Teen Haircut

Ages 13-17

from \$45

*Please note that New York State law requires persons under age 18 to have a parent or adult guardian present during all massage treatments.

SIMPLE PLEASURES FOR “YOUNGER ONES,” AGES 6-15*

“Me Too!” Manicure

Feel all grown up with a manicure specially designed for those little hands, complete with a color to take home and use again.

25 minutes, \$35

“Me Too!” Pedicure

Refreshing citrus scents and a pedicure seat overlooking Lake Mohonk make this a treat, complete with a color to take home and use again.

25 minutes, \$45

Children's Haircut

Ages up to 13

from \$40

*Please note, our “Younger Ones” treatments for ages 6-15 are for Salon only. Persons under the age of 16 are not allowed in the Spa changing rooms, saunas, steam rooms, verandas, solarium, or mineral pool.

For your convenience, an 18% gratuity will be added to all services.



THE SIMPLE PLEASURES OF WELLNESS

Use of the fitness center, yoga/motion studio, and pool is complimentary for overnight guests. Select daily fitness classes are also complimentary for overnight guests*. Classes include yoga, Pilates, Qi Gong, meditation, breathing, and relaxation, outdoor stretches, and walks. Classes in our pool feature Ai Chi and aqua aerobics. Please check our Activities Schedule daily for a listing of classes.

*Indoor Cycling class, when available, is \$10.00 per participant.

Full-Spectrum Fitness -
complimentary for overnight guests

Enjoy our fitness center, fully equipped with Precor® treadmills and ellipticals, stationary bicycles, strength equipment, and free weights. A spacious exercise room, green roof for outdoor classes, and the spectacular 2,200 acres of our mountaintop provide a wonderful palette of possibilities for classes. Ages 16 and over.

Yoga – Qi Gong – Core Strengthening –
Personal Training (by appointment)

Let our skilled professionals design a private session to meet your needs and experience level. Whether you are experienced in fitness or a first-timer, you will enjoy working one-on-one to customize a routine that will meet your specific goals. Bottled water is provided.
(Please bring appropriate footwear.)

50 minutes, \$85 – Private Instruction for one
50 minutes, \$125 – Private Instruction for two

Cardio Mountain Trek (by appointment)

Where else can you find the beauty of a pristine mountaintop, a comprehensive fitness center, and private instruction for an hour that can help re-shape your body and your life? We've taken the best of the best at Mohonk to bring this trek to you. This includes an individual training session of your choice in our comprehensive fitness center coupled with a guided hike on Mohonk trails.
(Please bring appropriate footwear, hat, and sunscreen.)

90 minutes, \$150 – Private Instruction for one
90 minutes, \$220 – Private Instruction for two

Peace in the Pool (by appointment)

This unique combination of guided stretching, Tai Chi, and meditation features the quiet and serenity of water. You are guided through the experience to achieve a mental clarity and relaxation of body, mind, and spirit, as the calmness of water and our unique overhead and underwater pool music soothe throughout your session. A great way to wash away the stress of daily life and a grounding tool you can use again and again.

50 minutes, \$90 - Private Instruction for one

50 minutes, \$150 - Private Instruction for two

Meditation (by appointment)

Learning to meditate is a skill that can be used to enhance every area of your life. Meditation alleviates stress, lowers blood pressure, promotes general well-being, and is one of the healthiest habits you can cultivate. *The Three Minute Meditator* techniques taught at Mohonk Mountain House offer skills that can be integrated throughout your day, with life-enhancing results. A copy of the book, *The Three Minute Meditator*, written by David Harp and Nina Smiley, Ph.D., will support your efforts at home.

50 minutes, \$90 - Private Instruction for one

50 minutes, \$150 - Private Instruction for two

Meditation with Nina Smiley, Ph.D.* (by appointment)

Learn to meditate in a private session with Nina Smiley, Ph.D., co-author of *The Three Minute Meditator*. Understanding how to integrate these remarkable techniques within a busy life can reduce stress and improve relationships in almost no time at all. As *Prevention* magazine describes the effectiveness of this book, "The road to inner peace just got shorter." *Meditation* magazine notes that this book is "...filled with deep insight that is made all the more effective because it is presented in a light-hearted, entertaining fashion." A copy of the book, *The Three Minute Meditator*, will support your efforts at home.

*50 minutes, \$135 - Private Instruction for one with the author**

*50 minutes, \$195 - Private Instruction for two with the author**

*Subject to availability. Instruction requires advance reservation confirmation. Reservations may be made within two weeks of requested booking date.

YOUR SPA EXPERIENCE AT MOHONK MOUNTAIN HOUSE

- **Scheduling Appointments** — We recommend that you schedule spa services and private instruction prior to arrival in order to better secure a treatment time most convenient to you. Reservations are subject to availability and must be guaranteed by a credit card. To speak with one of our Spa Coordinators, please call 877.877.2664. Within the Mountain House, please press 2751 from any phone. Spa and fitness rates are subject to change without notice; please call to confirm our current rates. Please mention your request for a male or female practitioner at the time that you schedule your appointment.
- **Arriving for Your Service** — Please arrive 30 minutes prior to your service to ensure that we start on time. Late arrival will, unfortunately, preclude receiving the full time for your treatment.
- **Cancellation Policy** — Please call 24 hours in advance if you need to change or cancel your appointment, otherwise you will be charged for the service. Appointments missed without the 24-hour cancellation notice will result in a 100% charge for reserved services.
- **Age Requirements** — Spa appointments are available for persons age 16 and over. Please note that New York State law requires persons under age 18 to have a parent or adult guardian present during all massage and body treatments. Salon appointments specifically designed for younger clients, ages 6-15, are based on manicures and pedicures in the Salon only. Persons under the age of 16 are not allowed in the Spa changing rooms, saunas, steam rooms, verandas, solarium, or mineral pool. The fitness level of the Spa features a cardiovascular and strength-training center for those ages 16 and over. Persons under 16 years of age must have a parent or adult guardian present at all times while in the indoor heated swimming pool.
- **Gratuities** — For your convenience, an 18% gratuity will be added to all spa services and to private instruction. This gratuity is distributed in full to your service provider(s).
- **What to wear during a spa treatment** — Our staff is trained in proper draping designed to ensure modesty and comfort throughout the service. However, if you are more comfortable, you may wear undergarments for your treatment. Disposable undergarments are also available upon request.

- **What to bring** — Bring your bathing suit to relax in the outdoor co-ed mineral pool or indoor swimming pool areas. Complimentary use of our spa robes, slippers, and lockers is provided for all spa treatment guests. For the fitness facility, please bring workout clothes and appropriate shoes. Please do not bring jewelry or other valuables to the Spa. In-room safes are available in your hotel room. Unfortunately, we are not able to take responsibility for valuables that are lost or left at the Spa. The Spa, fitness center and pool areas are alcohol- and smoke-free environments.
- **Verandas, Solarium, and Mineral Pool** — These amenities are available only to guests ages 16 and over receiving spa and private wellness treatments. Overnight guests of Mohonk who choose not to have a service, may purchase access to the Spa, when available, for use of steam, sauna, verandas, and mineral pool for \$25.00 per person per day. Please note, bathing suits are required for use of the outdoor heated mineral pool.
- **Tea Bars** — For your convenience, we offer complimentary fruit and herbal or black teas to enjoy in the verandas or solarium before and after your Spa services.
- **Electronic Devices** — To preserve our tranquil environment and guest privacy, please note that use of pagers, cell phones, and other electronics are restricted in the Spa, fitness center, and pool areas.
- **Smoking** — Please remember the entire Spa and associated outdoor terraces, including the mineral pool area and green roof, along with the entire Mohonk Mountain House, is a no-smoking facility.
- **If You Are Pregnant** — Please inform us when scheduling your appointment so we may assist you in selecting the appropriate treatment. Some treatments are not recommended for you in your first trimester. Avoid treatments and facilities incorporating heat, aromatherapy, warm stones, deep pressure, steam and sauna, and the outdoor heated mineral pool.
- **Medical Concerns** — We always recommend that you consult with your physician if you have questions or concerns regarding Spa use and treatment considerations. Please inform us of any medical or special needs such as high blood pressure, allergies, pregnancy, or any other special circumstances that may require our attention.

For your convenience, an 18% gratuity will be added to all services.



GENERAL INFORMATION

About Our Staff

All of our massage therapists, aestheticians, cosmetologists, and nail technicians are well-qualified professionals, licensed in New York State. Mohonk professional massage and aesthetics staff receive advanced training to provide spa services to individuals experiencing cancer and mastectomy.

Retail Shop

Our skin care and body care lines are by Eminence, an organic line from Hungary using herbs and fruits, and Naturopathica, a natural line from New York State. These and our own private label products are available in the Spa lobby.

The Facilities

The Spa at Mohonk Mountain House includes 16 treatment rooms, relaxation verandas, a solarium, outdoor heated mineral pool, and both men's and women's changing rooms, each complete with a steam room and sauna.

Our comprehensive fitness center features Precor® strength, cardio equipment, and free weights, and is available to persons age 16 and over who are staying overnight at the Mountain House.

Our 60-foot-long indoor heated pool, featuring underwater music, is a swim-at-your-own-risk facility for overnight guests only. Persons under 16 years of age must have a parent or adult guardian present at all times while in the indoor heated swimming pool.

Day Guests

Day guests are welcome to book spa appointments and private instruction, subject to availability. Please inquire about the availability of midweek specials and day packages which include meals. Please note, the fitness center and indoor pool located with the Spa Wing are normally not available for day visitors of the Spa. On midweek days, non-holiday and non-peak time frames, a \$25.00 pool and fitness daily pass is an option, subject to availability, for a day spa visitor age 18 and older to add to a spa appointment.

Hours

- **The Spa at Mohonk Mountain House** — 8:00 a.m. – 8:00 p.m.
- **Fitness Center and Pool Facilities** — 6:00 a.m. – 9:00 p.m.

Gift Cards

Whether for an anniversary, birthday, or holiday gift, a Gift Card from The Spa at Mohonk Mountain House is a wonderful way to say “congratulations,” “thank you,” or “thinking of you.” Gift Cards may be purchased in the Spa lobby or by calling 877.877.2664.



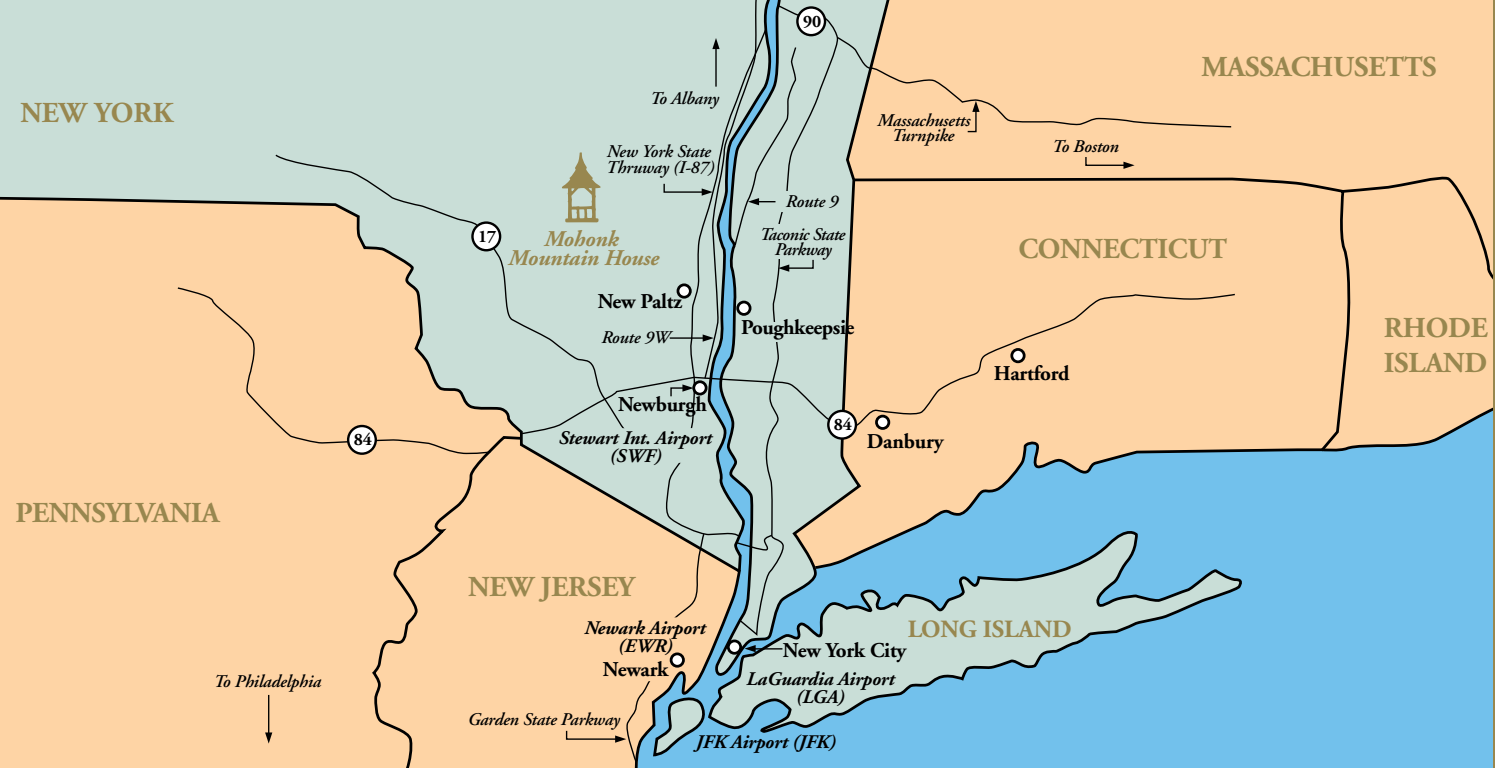


Getting Here

The Spa at Mohonk Mountain House is conveniently located only 90 miles north of New York City, just outside the town of New Paltz. Nearby airports in Newburgh (Stewart International Airport) and Albany provide easy access to our mountaintop. Please call our Guest Services department at 845.256.2015 for directions to Mohonk Mountain House. Complimentary transportation for overnight guests is available from the Adirondack Trailways bus station in New Paltz.

Location Within Mohonk Mountain House

The Spa at Mohonk Mountain House, fitness center, and pool are located in the Spa wing at the end of the Rock Building. Access is available on the ground/pool level or from the Rock Building's second floor via a connecting corridor.





The
Spa
at Mohonk
Mountain House

1000 Mountain Rest Road • New Paltz, New York 12561

www.mohonk.com

For Spa information and reservations: 877.877.2664 or 845.256.2751

For overnight information and reservations: 800.772.6646