



Nestled amongst the birch trees at Hidden Pond, our spa cottages are surrounded by a tranquil and peaceful environment that captures the healing properties of the earth. We have created these spa treatments with our natural surroundings in mind, using ingredients indigenous to the earth throughout. Our philosophy of combining balance with nature ensures the right environment to restore your breath, rejuvenate your energy, and soothe your soul. Our trained therapists will work with you to customize your treatment using organic herbs, natural oils, and techniques designed to relax, renew, and create a sense of overall well-being. Allow the Tree Spa at Hidden Pond to restore your spirit and explore your potential for true balance and wellness.

2019 Spa Treatment Menu

Massage

Pure Therapy Massage

You and your therapist will begin this journey by selecting an aromatic essential oil blend and discussing your therapeutic needs to develop a customized and targeted massage. Relax and breathe deeply as your therapist soothes or invigorates your muscles depending on your needs. This focused treatment utilizes a combination of massage techniques, scented oils and our serene and peaceful surroundings to relax and renew.

60 Minutes \$140 | 75 Minutes \$175 | 90 Minutes \$190

Sports Massage

This massage will address the needs of our guests who exercise regularly. The particulars of the massage techniques used will be specific to the athlete's sport of choice. Particular attention will be given to areas of the body that are overused and stressed from repetitive and sometimes aggressive movements. Goals of treatment can be to promote flexibility, reduce fatigue, improve endurance or prepare the body and mind for optimal performance. Your therapist will work in some stretching exercises to aid in increasing flexibility and mobility.

75 Minutes \$185 | 90 Minutes \$205

Pure Earth Heated Stone Therapy Massage

Inspired by Native American rituals and utilizing the aromatic benefits of organic herbs and essential oils, warmed basalt stones are used in conjunction with long flowing strokes to soothe and renew. The combination of aromatherapy, warmth and massage techniques melt away tension. This unique and truly profound experience will leave you relaxed, balanced and soothed.

75 Minutes \$185 | 90 Minutes \$205

Muscle Melt Renewal Massage

This focused, tension-relieving massage uses scented oils, warmed towels and therapeutic gels to concentrate on the stress areas of the upper back, neck, shoulders and scalp. This treatment is great for those experiencing jet lag or travel stress or those suffering from muscle tightness and tension in the back area.

60 Minutes \$150 | 75 Minutes \$190 | 90 Minutes \$210

Reflexology

This balancing treatment has origins dating back more than 3000 years. It is based on the theory that the reflexes in your hands and feet correspond to all parts of your body. Your treatment begins with a warmed foot soak scented with therapeutic salts and aromatic essential oils. Your therapist will apply gentle but firm pressure to the various reflex points on your feet and hands. You will feel a sense of balance and renewal at the conclusion of this aromatic and therapeutic treatment.

60 Minutes \$145

Mother-to-Be Well-Being Massage

This massage is designed to relax the mother-to-be using special positioning and pillows to ensure the safety and comfort of both mother and baby. A warm, scented foot soak to will help to alleviate swollen ankles. Specially blended herb-infused oils and gentle massage techniques help relieve muscle strain and tension on the lower back, legs and feet

60 Minutes \$145 | 75 Minutes \$170 | 90 Minutes \$190

Add-On Muscle Spot Therapy

This 15-minute add on to any massage will allow your therapist to target a specific area of concern or stress. Using a natural, therapeutic gel with warm towels will help to alleviate tension and strain. Only available as an add-on to any massage. 15 Minutes \$40

Add-On Reflexology

A 30-minute Reflexology Treatment can be added to any massage. 30 Minutes \$80

H Gillerman Organics Aromatherapy Massage Treatments

These signature massage treatments feature organic therapeutic formulations from Hope Gillerman, a leading holistic practitioner and aromatic healer. They have been designed to address the most common modern-day stress issues.

60 Minutes \$155 | 90 Minutes \$205

True Relaxation

Surrender to deep muscle relaxation and renew your body with this soothing treatment. Stress Remedy (lavender, tangerine, sandalwood) calms you down and Muscle Remedy (basil, birch and vetiver) will relieve any muscle aches and inflammation.

Natural Rest

This treatment helps to balance body rhythms, improve sleep and address issues with jet lag. Travel Remedy (litsea, cedarwood, palmarosa) will assist with travel related weariness while Sleep Remedy (blood orange, clary sage, lavandin) helps you to sleep deeper without interruption. You will feel renewed and re-energized the next day.

Pure Breathing

Ward off respiratory issues with this aromatherapy treatment designed to enhance relaxation and deep breathing. Sinus Remedy (eucalyptus, orange, pettigrain) clears the breathing passageways while Chest Remedy (spruce, fir, cardamom) will reduce physical issues associated with fatigue and body stress. You will leave this treatment energized and inspired.

Clear Mind

This treatment addresses mental clarity and focus by promoting a sense of well-being and grounding. Tension Remedy (peppermint, lavender) will aid in reducing head and neck tension while improving clarity and thought. Jaw Clenching Remedy (chamomile, vetiver, patchouli) assists in calming the mind and spirit. This treatment is good for those wanting to shift gears mentally to a more focused and balanced approach to everyday living

Body Treatments

Herbal Garden Body Exfoliation

The aromatic, fresh scents of a garden in spring will delight your senses and rid your skin of dryness. Your treatment begins with a light dry brushing to remove surface dry skin and boost circulation. Your therapist will apply a warmed garden body scrub combined with scented herbs from our spa garden to exfoliate and refresh. The scrub is enriched with a blend of organic olive, sweet almond and jojoba oils and Pacific sea salts. After the removal of the scrub with warmed towels, your body will experience a soothing application of scented oils and body butter to restore hydration and suppleness

60 Minutes \$145 | With Pure Therapy Massage — 90 Minutes \$200

Lemon Verbena Body Polish

Awaken your senses and quench your dehydrated skin with this nourishing treatment! Bright citrus notes of Lemon Verbena and gentle buffing grains are blended with our hydrating Aloe Vera and Shea Butter to ease the discomfort of dryness. Your skin will feel smooth, soft and hydrated.

60 Minutes \$145 | With Pure Therapy Massage — 90 Minutes \$200

Hidden Pond Hydration Body Wrap

Drift away in your private tree house while we use mineral rich sea salts, rosemary and citrus essential oils to stimulate your body's circulation and removing dull and dry skin. This relaxing and invigorating scrub will soften your skin and leave the surface smooth and polished. Your therapist will begin with dry brush, exfoliation of the skin followed with a massage to help you relax and soak in a beautiful Bergamont hydrating lotion.

60 Minutes \$155 | With Pure Therapy Massage — 90 Minutes \$210

Naturally Organic Body Firming Polish

This hydrating treatment utilizes natural ingredients to address dryness, dehydration and the appearance of cellulite. Your journey will begin with a body cleanse and gentle scrub utilizing emerginC's Citrus Kombucha Body Wash and a Ginger Line Scrub to stimulate lymphatic flow and circulation. The exfoliation will remove dehydrated skin leading to a brighter complexion. An application of the Body Firming Serum, containing highly active ingredients, will firm and smooth your skin. Your journey will be finished with a warm application of a Coconut-Argan Oil, infused with botanical oils, for the ultimate in hydration and relaxation.

60 Minutes \$155

Naturally Organic Targeted Toning Leg Treatment

This targeted treatment will address the appearance of cellulite while toning and firming the skin on your legs and thighs. Your service begins with an invigorating body brush and cleanse with a Citrus Kombucha Body Wash to stimulate lymphatic flow, improve hydration and the appearance of your skin. An application of emerginC's Body Firming Serum containing high performance ingredients will firm and tone. A final application of a rich Grape Stem Cell, White Tea and Seaweed Body Butter will hydrate and improve muscle tone for a smoother appearance.

45 Minutes \$110

Lavender Infused Foot Treatment

This treatment begins with a soothing scented foot soak infused with organic bath salts and herbs and flowers. Your feet will be lightly buffed and polished with an exfoliating scrub. Then comes a moisturizing envelopment with a rich hydrating cream that locks to moisture. This relaxing treatment ends with a light massage using warmed stones for the calves, ankles and feet. You will feel renewed and rejuvenated as your needs require.

45 Minutes \$105

Sole Soothing Herbal Leg and Foot Treatment

Relieve tired leg muscles and feet with this soothing, pressure point massage using aromatic oils and warmed stones.

45 Minutes \$105

Sinus Soothing Herbal Face, Neck and Scalp Treatment

This soothing treatment uses essential oils, warmed stones and light to moderate massage techniques to relieve sinus pressure and congestion.

45 Minutes \$105

Facial and Skincare Services

Bio-Energy Lift Firming Facial

This luxurious treatment delivers instant rejuvenation by accelerating cellular respiration, bringing fatigued, over stressed skin back to life. Using our 'Energize and Firm' Collection, a blend of a copper and Amino Acid Complex, peptides, vitamins and minerals your skin will be left firm, lifted and revitalized.

90 Minutes \$240

Lavender Head-to-Toe Naturally

Look and feel your best, naturally, from head to toe with this customized treatment. Your journey begins with a warmed foot soak, scented with aromatic oils and herbs, followed by a full body facial. Included is light exfoliation and an application of a hydrating lavender moisturizer. An express facial treatment to cleanse, exfoliate and hydrate your face and neck will conclude to leave you feeling cleansed and renewed.

90 Minutes \$220

Hidden Pond Holistic Signature Facial

Retreat to the woods in Maine for a magical facial. This holistic facial embraces beauty rooted in wellness, understanding that radiant skin is a reflection on how or skin feels and is taken care of. Our expert estheticians will help to customize your facial and identify your skins personality. Beginning with a detoxifying lymphatic brushing, relaxing aromatherapy and massage targeted active ingredients from plant stem cells to peptides into the skin, making sure to pay close attention to just what your skin needs. Leave with a holistic prescription of skin care helping to deliver true and lasting results. You will leave glowing and feeling fantastic!

75 Minutes \$195

Herbal Hydration Booster Facial

Help alleviate dryness and dehydration with our intensive hydration treatment. The hydration booster facial consists of a two-part exfoliation system to remove dead skin cells and instantly improve tone and texture, while minimizing the appearance of fine lines and wrinkles. Plant-based ceramides, hyaluronic acid and botanical extracts help restore natural moisture, leaving skin hydrated, toned and firm.

60 Minutes \$150

Pure & Natural Organic Facial

The scientific organics facial incorporates the latest advances in natural/organic skin care, with 100% natural, minimum 70% organic ingredients. Natural fruit acids, derived from bilberry, sugar cane and sugar maple, help rapidly exfoliate dead skin cells for immediate improvement in skin clarity and texture. Organic grape stem cells, kombucha, spirulina, seaweed and tea extracts nourish, tone, soothe, improve skin tone, and combat the visible signs of aging skin.

60 Minutes \$150

Rawceuticals® “Walk in the Woods™” Facial

Pure, active, cold pressed botanical extracts and cutting-edge natural cosmeceuticals combine in this revolutionary facial to help hydrate, soothe, nourish and firm. Fight the appearance of fine lines and wrinkles directly with these powerful and results-oriented ingredients. This toning and firming facial begins with our “Walk in the Woods” signature opening relaxation ritual that includes a deep cleanse. These botanicals include highly-mineralized Argentiere ice cap water, carrot seed oil, cocoa butter, black cumin seed oil and Kakadu plum extract. Your skin will be nourished and pampered with a combination of unique raspberry seed, avocado and kaolin clay. A pumice dual mask/gommage treatment will gently exfoliate to remove dry skin. You will leave feeling refreshed and hydrated by this signature facial treatment.

60 Minutes \$160

Gentleman’s Facial

A custom treatment suited for the gentleman, our men’s facial consists of a two-part exfoliation system to remove dead skin cells and brighten complexion. Vitamins, minerals, peptides and botanical extracts will improve tone, texture and address irritation associated with shaving. This facial will combat the visible signs of aging skin and restore hydration. A soothing arm and hand treatment is added to promote the ultimate in relaxation.

60 Minutes \$150

On-the-Go Mini Facial

An “afterglow” awaits you in minutes’ time! Our express brightening treatment begins with a deep exfoliation to remove dead skin cells and boost cellular turnover. Allow powerful antioxidants, soothing and hydrating botanical extracts repair free radical damage, improve skin tone and moisture. This “quickie” treatment will be sure to leave skin brighter, tighter, hydrated and nourished. Please note: this treatment may not be booked as a stand-alone service; it is available as an add-on to any massage or body treatment.

30 Minutes \$90

Add-On Enzyme Power Peel- Facial Enhancement

Create a personalized facial experience with herbal enzyme peels, designed to treat skin imbalances such as blemishes, hyper pigmentation, fine lines and wrinkles. Please note: this treatment may not be booked as a stand-alone service; it is available as an add-on to any facial.

15 minute \$40

Add-On Eye Contour and Hydrating Lip Treatment - Facial Enhancement

Awaken tired and fatigued under eyes in minutes! Our eye treatment helps reduce puffiness, under eye discoloration and the appearance of fine lines and wrinkles. Hydrating lip treatment gently exfoliates and hydrates to leave lips feeling smooth and supple. Please note: this treatment may not be booked as a stand-alone service; it is available as an add-on to any facial.

30 Minutes \$80

Spa Enhancements

Each Spa Enhancement is 15 Minutes in length and designed to target areas in need of attention and promote an even greater sense of well-being. These services are designed to be an add-on to any facial, massage or body treatment. \$40 each

Wild Lime Oil Scalp Treatment

This relaxing scalp treatment may be added to any massage or body treatment. Soothe your scalp and your senses with this rejuvenating therapy. This service is available as an add-on to any massage, body treatment or facial.

Sinus Soothing Face Treatment

This soothing treatment uses essential oils, warmed stones and light massage techniques to relieve sinus pressure and congestion.

Sole Soothing Herbal Foot Treatment

This pressure point massage incorporates aromatic oils and warmed stones. The light massage techniques will alleviate foot tension and strain resulting in an overall feeling of renewal and balance.

Spa Policies

Reservations

Due to the size of the spa and limited availability, we highly recommend that you schedule your treatments in advance of your visit.

Spa Etiquette

To ensure that all guests can enjoy the peaceful environment of the Tree Spa at Hidden Pond, we respectfully request that noise be kept to a minimum. For your safety, we recommend refraining from drinking alcoholic beverages before receiving a spa treatment. Children are not permitted in the spa. In consideration of other guests, please leave your cell phone behind. Smoking is prohibited.

Early Arrival Requested

We strive to ensure that all of our guests are seen at their scheduled time, so please plan to arrive 10 Minutes prior to your appointment to complete the Guest Intake Form. If your arrival is late, your service may need to be shortened or adjusted to accommodate our schedule and other guests.

Cancellation

A 24-hour cancellation notice is required for all appointments or you will be billed for 100% of your service and gratuity.

Special Consideration

Please advise us of any medical condition, injury, or if you are currently under a physician's care. Conditions such as pregnancy, high blood pressure or heart ailments are of special interest to our spa professionals. We strive to provide you with the best attention possible and want to be sure that our treatments do not interfere with any issues you may be experiencing. We will customize our services to fit your needs whenever possible.

What to Wear

For most treatments, no special clothing is necessary. Our therapists are well versed in proper draping techniques to ensure your privacy and comfort.

Gratuities

Prices do not include gratuity. A 20% gratuity will be added to your service(s).

Location | Parking

The Tree Spa is located near our restaurant, Earth at Hidden Pond, on the other side of the Serenity Pool. Parking is available in front of Earth or near the Event Barn.

Payment

We accept Visa, Master Card, American Express and Discover. Guests of Hidden Pond and The Tides Beach Club may charge services to their room account.