

Seasons Spa

at the
Manor On Golden Pond

Route 3

Holderness, NH 03245

603-968-3348

* *

800-545-2141

All Spa Services are scheduled
by Reservation Only.

Spa Treatments are to be reserved at least 24
hours in advance.

A Credit card is required to hold a
Spa Service Reservation.

Spa Services will be charged to the credit card on
the morning
of the scheduled massage time.

Cancellation policy

Spa Services must be cancelled at least 48 hours
in advance or the full amount of the spa services
will be charged.

SPA PACKAGES

Ultimate Seasons Experience

\$400(per person) 180 Minutes

Our Exclusive Seasonal Scents
Start with a
Spring Promise Facial

Follow with a
Summers Magic Stone Massage

Continue with an
Autumn Splendor Sugar Scrub

Finish Off with a
Winters Dream Sole Delight

Wine and Cheese
served with House Wine

Half and Half

\$115.00(per person) 50 Minutes

Enjoy a combination of
Half Manor Signature Massage
AND
Half Harvest Splendor Facial

SPA PACKAGES

Thirst Quencher

\$250(per person) 100 Minutes

“Moisture is our skins best Friend”

Herbal Body Butter Wrap

Harvest Splendor Facial

Aromatherapy Paraffin Hand Treatment

Aromatherapy Paraffin Foot Treatment

Spa Lunch served with House Wine

The Royal Couple

\$450(per couple) 100 Minutes

Couples Granite Escape Therapy

Couples Seasons Sole Delight

Spa Lunch served with Champagne

Afternoon Delight

\$150(per person) 60 Minutes

Manor Signature Massage

Aromatherapy Paraffin Hand Treatment

Aromatherapy Paraffin Foot Treatment

Spa Lunch

Seasons Spa

At
The Manor On Golden
Pond

Imagine a place where the weary stress of
everyday life does not exist.

Your spa experience at Seasons Spa will
envelop your body, mind and soul in an oasis
of luxury and pampering that is sure to please
even the most seasoned spa-goer.

Relaxation begins at the door when guests are
greeted with a choice of flowering tea, and
then indulged in our one-of-a-kind, natural,
rejuvenating spa experience.

At the conclusion of your spa experience
rest in the aromatherapy tranquility room
soothed by the gentle sounds of
cascading falls and anticipate your
dreams that can come true.

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www.manorongoldenpond.com

Body Treatments

Manor Signature Massage

A completely relaxing massage using a variety of techniques customized for each guest's needs.

Instilling calmness and a sense of well being.

50 Minutes \$110.00

80 Minutes \$155.00

In Room Massage 50 Minutes \$175.00

Herbal Body Butter Wrap

Indulge your senses with the soothing hydrating blend of mango and shea butters infused with aromatic essential oils.

We begin this restoration treatment with a light skin exfoliation, then wrap you in a rich emollient to saturate your skin.

45 Minutes \$110.00

Prai Hot Sugar Body Scrub

Nourish your body and soul with a hot aromatic Prai Sugar Scrub.

Thai herbs infused with cane sugar and oils exfoliate and leave your skin smooth and hydrated

30 Minutes \$85.00

Japanese Citrus Salt Glow

This treatment will have you "dreaming of lemon cream pie".

Sea salts are combined with organic oils and citrus essential oils and massaged into the body, exfoliating and mineralizing your skin.

30 Minutes \$85.00

Reservations required for Spa Services

Body Treatments

Harvest Splendor Facial Treatment

We use natural skin care products.

This facial included cleansing, exfoliation, mask and moisture protection as well as a relaxing face, neck and foot massage. Excellent for both Men and Woman.

45 Minutes \$95.00

Comfort on The Rocks

Our signature hot stone massage.

Smooth heated stones are used to relax and massage muscles while dissolving stress. The stones glide across your body in long flowing strokes, while others are placed on various energy points.

The radiant heat along with the stone massage "melts" away deep muscular tension.

50 Minutes \$130.00

Maple Moments

A botanical mud wrap infused with pure NF maple syrup.

This warm, lavishly scented treatment is rich in natural vitamins, minerals and enzymes, the unique botanical mud rejuvenates and detoxifies your skin while deeply relaxing your soul.

45 Minutes \$110.00

Seasons Sole Delight

Points on the feet are massaged, with emphasis on specific points that bring

Revitalization and balance to the entire body.

40 Minutes \$85.00

Spa Lunches Available

Call 800-545-2141 * 603-968-3348

Body Treatments

Sabai Herbal Experience

The herbal ball is pressed along the acupuncture zones of the body in a series of motions used to increase blood flow. Lemon grass, Turmeric, Prai, Kaffir, Lime, Camphor, and Tamarind herbs are beneficial and have both anti-inflammatory and detoxifying properties that soothe the skin. This experience is like no other and will renew and refresh your body.

Petite Treatment 50 Minutes \$125.00

Full Treatment 80 Minutes \$175.00

Granite Escape

Exhale and relax as your therapist administers an advanced triphase stone massage therapy far exceeding traditional stone massage. Sabai synchronized therapeutic massage with micronized minerals Malachite and Sincite, de stress your entire being and entering you into blissful relaxation.

50 Minutes \$140.00

Black Bear Body Polish

An exclusive treatment to the Manor.

This treatment uses organic coffee and dead sea salts combined with pure essential oils to exfoliate and stimulate the skin.

30 Minutes \$85.00

Aromatherapy

Paraffin Treatments

Hands (Both) \$20.00

Feet (Both) \$20.00

Choice of

Lavender, Invigorating,

Infusion Detox

www.manorogoldenpond.com

Gentleman's Choice

Gentleman's Facial

This includes deep cleansing to remove impurities, using an all natural skin care line designed especially for men this treatment includes a deep cleansing scrub to remove impurities, a toning facial massage and massage of the neck and shoulders.

45 Minutes \$95.00

Seasons Sea Wrap

This seasons seaweed wrap detoxifies and deep cleanses the body inside and out.

A warm seaweed body mask combined with a blend of essential oils is applied to the body, before you are cocooned in a comforting herbal wrap. Let your thoughts drift away, while you are treated to a pressure point massage of the face and a scalp treatment.

50 Minutes \$110.00

Seasons Treatments Featured Each Season

Each season our signature massages will feature our aromatherapy seasonal essential oils

Spring Promise
Summers Magic
Autumn Splendor
Winters Dream

info@manorogoldenpond.com