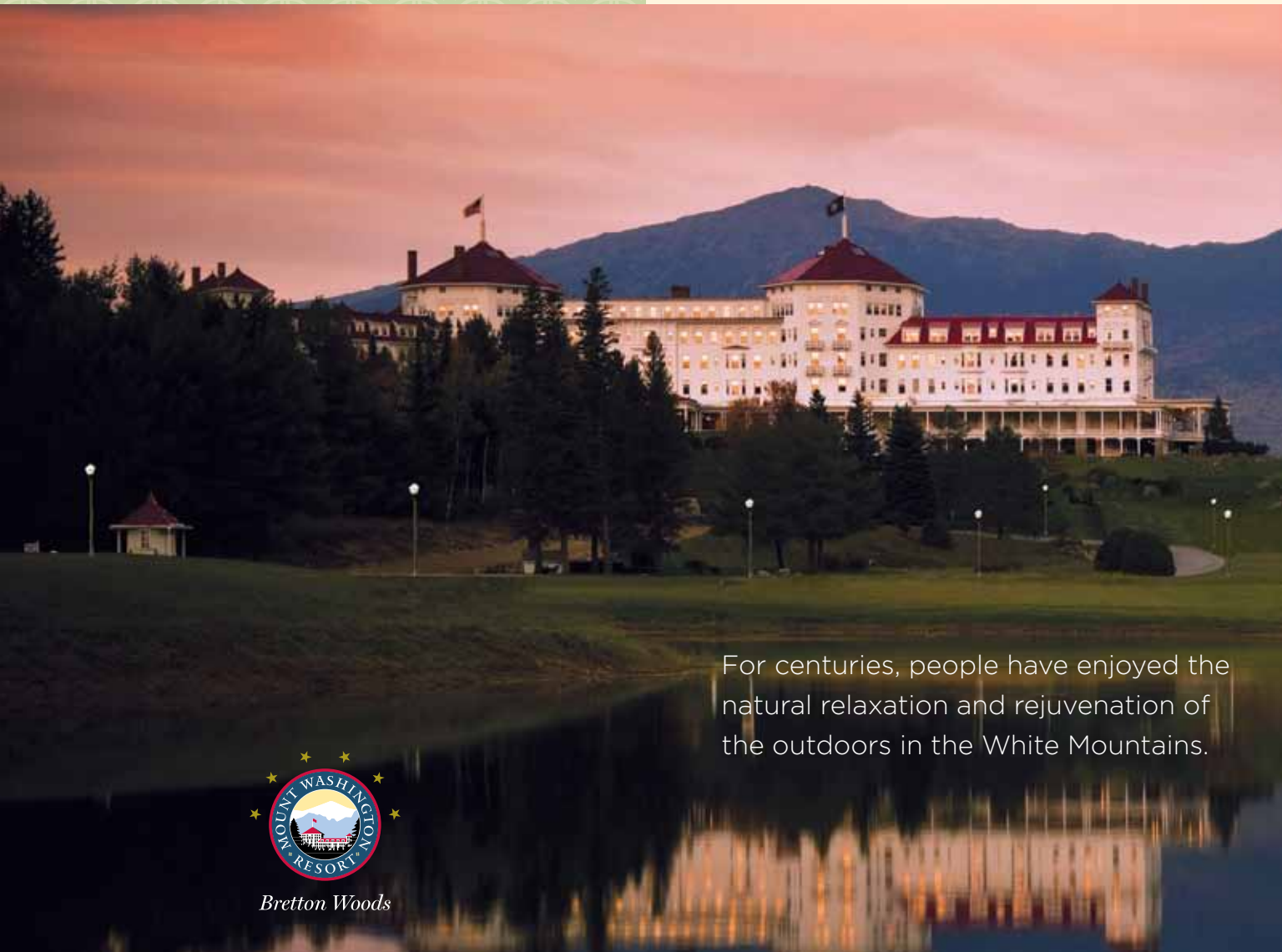




THE SPA



For centuries, people have enjoyed the natural relaxation and rejuvenation of the outdoors in the White Mountains.



Bretton Woods

The Spa at the Omni Mount Washington Resort
310 Mount Washington Hotel Road, Bretton Woods, NH 03575
877-278-2920 • 603-278-4286
mwspa@omnihotels.com
omnihotels.com/mountwashington

OMNI  HOTELS & RESORTS
mount washington | new hampshire



Now we offer a similar
experience indoors at

The Spa

at the Omni

Mount Washington Resort.





inspire

For over 100 years, guests have come to the Omni Mount Washington Resort for fresh mountain air and the pristine landscape of nearly 800,000 acres of White Mountain National Forest. Inspired by its setting, our 25,000-square-foot Spa brings the outdoors inside to treatment rooms with sweeping views of Mount Washington, the Presidential Range and Crawford Notch. Our Signature treatments feature custom Mountain Mist products rich with traditional New England botanicals that have been used for centuries to soothe muscles, smooth and protect the skin and reduce inflammation.

Like the abundant natural beauty all around, The Spa at the Omni Mount Washington Resort will open your mind, rejuvenate your body and soothe your spirit.

Please call us at 603-278-4286 or visit omnihotels.com/mountwashington for more information on our services or to request customized packages and services.

Spa Packages

For your enjoyment and relaxation, we offer a variety of packages that combine a range of spa treatments and services. Depending on your selection, each of our Treasures of Time packages includes two or more of the following: facial, massage, shampoo and blow dry, manicure, pedicure or body treatment.

Wedding Services

The Spa's full-service salon and image center will complement your natural radiance as you get ready to walk down the aisle! Or let us help melt away your jitters with a selection of treatments specifically for brides and grooms to be.



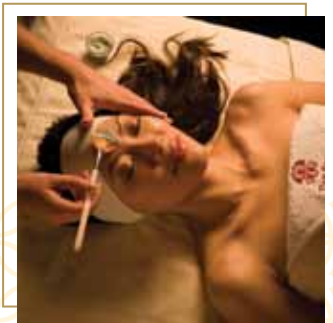
cleanse

Skin Care

Based on an analysis of your skin, lifestyle, gender and nutritional habits, an experienced aesthetician will help select the type of facial best suited for you. Our facials address various skin types and problems, including sun-damaged and moisture-deprived skin. Take some time out to relieve tension and to clean, regenerate and rejuvenate the skin to bring out natural beauty, reduce the appearance of wrinkles and promote a welcome feeling of relaxation and well-being.

Body Treatments

We offer a variety of cleansing, nourishing, exfoliating and invigorating treatments including our Signature Body Ritual featuring Mountain Mist botanicals. Settle in and savor the refreshing fragrances of fresh lemons, ginger, lemongrass or essential oil blends, while you enjoy deep relaxation. A massage, hydro-massage shower or bath in our air-jet color therapy tub may be added to some treatments.



revitalize

Massages

Our wide range of techniques and approaches offers something for everyone to enjoy and appreciate. Massage is a wonderful way to ease muscle soreness, calm the mind, promote sleep, revitalize, detoxify or clear respiratory congestion. You might choose from a specialty massage designed for a mother-to-be, golfer or outdoor enthusiast, and decide between light pressure or an intensive deep tissue massage. Your therapist will consult with you to customize your massage by including beneficial oils or lotions, aromatherapy products and application of warm stones if you so choose. Massage treatments for couples are also available.





soothe

Nail Care

Select a manicure, pedicure or both and be pampered with soft, smooth cuticles and nails carefully shaped and finished with a buffing or polish application. Some treatments feature massage and deep hydration, while others are specially designed to help relieve pain and stiffness. French polish and paraffin can be added to any nail treatment.

Hair and Make-up

We offer a wide range of make-up services as well as hair care, tinting and depilatory services for men and women. Please contact The Spa regarding your specific request.



