For over 100 years, guests have come to Omni Mount Washington Resort for fresh mountain air and the pristine landscape of nearly 800,000 acres of White Mountain National Forest. Inspired by our 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 Omni Mount Washington Resort will open your mind, rejuvenate your body and soothe your spirit.

Please call us at (603) 278-4286 for more information or to request customized packages and services, or visit brettonwoods.com/spa.


— SAMUEL ADAMS DRAKE
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. With the purchase of any package, you also receive a 10% discount off the same-day purchase of our spa retail products. If you prefer, we can customize a package expressly to meet your needs.

Based on an analysis of your skin, lifestyle, gender and nutritional habits, an experienced esthetician will help select the type of facial best suited to you. Our facials, which are individualized to suit both men and women, 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. Several of our facials also include massage of the head, shoulders and feet.

Body treatments range from a Signature Body Ritual featuring Mountain Mist botanicals to a variety of cleansing, nourishing, exfoliating and invigorating treatments. Settle in with a pleasant sigh, savouring the refreshing fragrances of lavender, ginger, lemongrass or essential oil blends. You’ll enjoy deep relaxation as an experienced therapist attends to your individual needs with care. A massage, hydro-massage shower or soak in our air-jet color therapy tub may be added to some treatments.
SOOTHE

NAIL CARE
Select a manicure, pedicure or both and pamper yourself with soft, smooth cuticles and nails carefully shaped and finished with a buffing or polish application. French polish and/or intense hydration treatment can be added to any nail treatment.

HAIR AND MAKE-UP
We offer a variety of make-up services as well as hair care and depilatory services for men and women. Please contact The Spa regarding your specific request.

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 speciality massage designed for a mother-to-be 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.
GUEST FAVORITES

MOUNTAIN MU-XING THERAPY
Mu-Xing Therapy is a treatment using warm bamboo and rosewood tools to perform Deep Tissue Massage techniques. Using an array of tools, the therapist applies a variety of massage strokes to promote a deep sense of overall well-being and relaxation. The warmth of the tools helps to melt stress away and release muscular tension. This is a focused 50-minute massage for either back or legs.

STICKS AND STONES
This 75-minute massage combines the powerful earth elements of wood and stone. Your massage therapist will use a combination of Mu-Xing therapy and Hot Stone Massage to bring you to the highest level of relaxation and relief from stress and tension. Let the warmth encompass you as you enjoy this blissful treatment.

THE FAB FIVE
Lay back and relax for 50 minutes as your therapist takes you away with a relaxing Scalp and Facial Massage using a custom serum, followed by a stress relieving neck massage. Let all your cares go as you are treated to a reflexology treatment for both your hands and feet using an intense moisturising lotion. Warm stones are added to aid in deep relaxation.

WELLNESS THROUGH ZENTS
Zents is a therapeutic body care line that is ultra hydrating born out of healing, and signature Quench treatments use hand-harvested organic shea butter to deliver intense moisture. The products use the purest ingredients and are free from harsh or harmful chemicals, and are also cruelty free. We would like to offer you the opportunity to embark on a scent journey to enhance your spa experience. Add a complimentary aroma to any massage, manicure or pedicure, or enjoy one of our new signature Zents Quench Treatments.

ADOPT THE PACE OF NATURE:
HER SECRET IS PATIENCE.
— RALPH WALDO EMERSON
PRESIDENTIAL RANGE
This relaxation journey includes three popular treatments: a 50-minute customized Facial, the Classic Pedicure and your choice of either a 50-minute Mount Washington Swedish, Reflexology, Mother-To-Be or Adventurer’s Massage, plus a 10% discount off the same-day purchase of our spa retail products.

THE SUMMIT
Reach new heights after you are transported with a 50-minute customized Facial, any 50-minute Body Treatment, a Classic Manicure, a Classic Pedicure, your choice of a 50-minute Mount Washington Swedish or Adventurer’s Massage and a Shampoo and Blow Dry/Style, plus a 10% discount off the same-day purchase of our spa retail products.

MOTHER NURTURE
Pamper and indulge the mother-to-be with a our Mother-to-Be Massage which relieves body tension and stress by focusing on the neck, back and joints, plus a 50-minute nourishing Naturopathica Facial and a Classic Pedicure for her hard-to-reach feet, plus a 10% discount off the same-day purchase of our spa retail products.

All treatments must be taken by the same person on the same day.
BODY TREATMENTS

ADD A 25-MINUTE LOCALIZED MASSAGE TO ANY BODY TREATMENT

MOUNT WASHINGTON SIGNATURE BODY RITUAL
Treat your body like a temple with the ultimate in hydrotherapy, while soothing your inner soul. In our Signature treatment, our Vichy-massage shower’s seven jets flow over your body, relaxing the muscles in a virtual waterfall. You will then experience a triple exfoliation, which gently removes dull layers of skin in three stages, improving circulation, and invigorating your senses with Mountain Mist, our signature body line. The service finishes with a tension-melting scalp massage and body hydration application. This ritual will leave you feeling relaxed and renewed.

ALPINE BODY GLO
Rejuvenate your body and spirit with an exfoliation using our Signature Body Polish under our invigorating Vichy-massage shower, followed by an expert application of our Signature Body Crème.

LEMONGRASS MIMOSA BODY SCRUB
Enjoy this invigorating scrub that uses crushed walnut shells, bamboo and lemongrass to exfoliate away dry tired skin. Relax while you receive an application of soothing Bergamot Lotion.

COFFEE BEAN BODY POLISH
This detoxifying treatment will awaken all your senses while treating your body to an exfoliation using a Coffee Bean Body Polish. You will then be treated to a warm wrap, head and scalp massage, ending with a hand-harvested shea butter lotion application.

MOOR MUD WRAP
This detoxifying treatment begins with a full body dry brush treatment followed by an application of organic Moor Mud. Relax in a cocoon of warm blankets, while impurities are drawn out of the body. After a soothing shower, a hydrating Sicilian Bergamot lotion will be applied.
ULTIMATE ZENTS JOURNEY
This ultra-hydrating 100-minute ritual will quench the skin and soothe the mind. Your Zents Journey begins with a stimulating full-body scrub under the Vichy-massage shower. When your exfoliation is complete, hand-harvested shea butter quench is then expertly applied to your skin before you are wrapped in a cocoon of comfort. Your scalp is treated to a hot-oil massage, as the warmth and moisture of the wrap reinvigorates your skin from the neck down. Your Zents Journey will finish with your choice of a Swedish Massage or the Moisture Drench Facial.

ZENTS COCOON
This indulgent 75-minute treatment begins with a gentle full-body scrub to remove dead and dry skin. Warmed hand-harvested shea butter quench is then expertly applied to your body before you are wrapped in a cocoon of comfort. Your scalp is then treated to a penetrating hot oil scalp ritual followed by a full-body lotion application.

MOROCCAN OIL INTENSE HYDRATING TREATMENT
Dried orange peel and organic sugar exfoliate while antioxidant rich Argon oil nourishes, creating a hydrating, sumptuous treatment that leaves the skin soft, luminous and revitalized during this 50-minute treatment.

MOROCCAN OIL INTENSE HYDRATING BODY WRAP
Our 75-minute Moroccan Oil Intense Hydrating experience is enhanced to allow deeper penetration of hydration. After the sumptuous orange peel exfoliation, you are cocooned in a warming wrap and treated to a hot Moroccan Oil scalp massage and hair mask tailored to your specific hydration needs. Your body is then soothed by a hydrating application of the Moroccan Oil Body Soufflé. The ultimate in luxurious hydration!
MASSAGES

MOUNT WASHINGTON SWEDISH MASSAGE
Your therapist will consult with you to personalize your massage with techniques using light to medium pressure, beneficial oils or lotions.

DEEP TISSUE MASSAGE
This corrective and therapeutic massage uses expert application of deep pressure to focus on deeper layers of muscle tissue.

HOT STONE MASSAGE
The deep, penetrating energy of warm basalt stones helps the body relax and dissolve stress.

MOUNTAIN MU-XING THERAPY
Mu-Xing Therapy is a treatment using warm bamboo and rosewood tools to perform deep tissue massage techniques. Using an array of tools, the therapist applies a variety of massage strokes to promote a deep sense of overall well-being and relaxation. The warmth of the tools helps to melt stress away and release muscular tension. This is a focused 50-minute massage for either back or legs.

STICKS AND STONES
This 75-minute massage combines the powerful earth elements of wood and stone. Your massage therapist will use a combination of Mu-Xing therapy and Hot Stone Massage to bring you to the highest level of relaxation and relief from stress and tension. Let the warmth encompass you as you enjoy this blissful treatment.

AROMA MASSAGE
Treat multiple senses with this ancient practice combining a variety of relaxing scents with healing touch and a warm oil scalp treatment.

ADVENTURER’S MASSAGE
A combination of massage and stretching, this massage relieves muscular tension while increasing flexibility and circulation. Ideal for sports and fitness enthusiasts, and may be customized to target major muscle groups used in a golf swing, hitting the slopes or other chosen sport.
SPA REFLEXOLGY
This ancient practice is wonderful for full body relaxation. By working the reflex points within the foot, we are aiding to promote the body’s own healing powers...more than just a foot massage!

THE FAB FIVE
Lay back and relax for 50 minutes as your therapist takes you away with a relaxing Scalp and Facial Massage using a custom serum, followed by a stress relieving neck massage. Let all your cares go as you are treated to a reflexology treatment for both your hands and feet using an intense moisturising lotion. Warm stones are added to aid in deep relaxation.

SCALP AND FACIAL MASSAGE
This deeply relaxing treatment starts with a hot towel press, followed by a Scalp and Facial Massage with your choice of serum. It can be booked on its own or added to any massage, facial or body treatment.

DUET
With two therapists and a private massage room, share this relaxing experience with a family member, friend, partner or spouse.

MOTHER-TO-BE MASSAGE
This massage relieves body tension and stress by focusing on the neck, back and weight-bearing joints.

'NOTE: This massage can only be done if you are past your thirteenth week of pregnancy and it is NOT recommended for those women experiencing a high-risk pregnancy.

Please do inform us if you are pregnant or have another condition affecting your choice of services. For your comfort and safety, you must be past your first trimester if you wish to receive a massage. Do not use essential oils if you are being treated for low blood pressure; if pregnant, please check with your doctor before using essential oils.
SKIN CARE

HIGH PERFORMANCE FACIALS

DOCTOR BABOR COLLAGEN BOOSTER THERAPY FACIAL
Plump and densify your skin with this collagen booster therapy. Using ultra-potent hyaluronic acid and collagen to boost the skin from the inside out and smooth lines and wrinkles, the effect of this treatment is amplified with a thermo sculpting mask to seriously lift and reshape the facial contour.

DOCTOR BABOR BRIGHTENING CELLULAR FACIAL
For a smoother, brighter, more refined complexion, this results-driven facial uses effective solutions for treating uneven skin tone and hyper pigmentation from sun and other environmental damage.

BABOR REVERSIVE FACIAL
Turn back time. Utilizing the revolutionary time-reverse technology of the BABOR Re-Youth complex, this innovative luxury facial treatment retains and extends skin cell lifespan, reactivates the skin’s own anti-aging mechanism and recclaims lost radiance as it visibly smooths fine lines and wrinkles. The lifting effects of this treatment are further intensified by the exclusive, deeply relaxing massage techniques.

HSR® HIGH SKIN REFINER LIFTING FACIAL
This complete skincare system for the face, eyes and décolleté contains the unique HSR® Lifting Integral Complex with a four-fold anti-aging effect which delivers an immediate lifting effect. Specially designed for skin tone improvement, HSR® lifting uses a multitude of innovative complexes to firm, tighten and lift the skin. It becomes firmer, more elastic and plumper while the face regains its shape and youthful appearance.
SKIN CARE CONTINUED

MOUNT WASHINGTON CUSTOMIZED FACIAL
This classic facial is crafted by our professional estheticians for your personal skin care needs and concerns. Rejuvenate your skin with a natural exfoliation, deep pore cleansing and gentle mask customized to your skin type. Choose between a 50 minute or 75-minute experience.

NATUROPATHICA BIO-ENERGY LIFTING FACIAL
This multi-step advanced treatment removes impurities and exfoliates devitalized skin, while at the same time infusing the skin with Naturopathica’s Bio-Energy Lift™ Serum—a blend of a Copper and Amino Acid Complex using a BT Micro clinically proven to increase firmness up to 13 times, elasticity up to 1.6 times and collagen density up to 7.5 times, lifting and re-energizing the skin instantly. This powerful combination of state-of-the-art technology and high-performance ingredients helps to repair environmental damage, erase fine lines and wrinkles, and plump, firm and contour the skin, delivering the lasting results of smooth, radiant skin.

THE NATUROPATHICA FACIAL
This facial nourishes your skin and soul. Using organic ingredients and the natural healing properties of botanicals, Naturopathica protects and rejuvenates your skin, delivering visible results. Choose from aloe and chamomile, pumpkin enzyme, vitamin C15 or Argan and peptide. Aloe and chamomile soothe and restore sensitive skin; Pumpkin enzyme balances and clarifies acneic skin; Vitamin C15 firms and brightens sun-damaged skin; Argan and peptide smooth and plump mature skin.

BLACK DIAMOND GENTLEMEN’S FACIAL
This high-performance facial uses products created with consideration for men’s skin exposed to shaving and outdoor sports.

CLEANSING BACK TREATMENT
A customized and relaxing treatment for your back. This includes a cleanse, followed by a detailed skin analysis, a deep pore exfoliation and detoxifying treatment mask, and finished with a hydrating lotion application.
MICROCURRENT INTENSIVE UPGRADE
Added to any facial, the Bio Therapeutics Micro tool uses ultrasonic therapy for gentle and effective deep cleansing, product penetration, as well as microcurrent technology to stimulate collagen and elastin synthesis in cells. Benefits include deep cleansing of the pores, enhanced product penetration from sound waves and healing from micro-currents.

GLYCOLIC OR AHA PEEL UPGRADE
Upgrade any facial with an advanced Glycolic or AHA Acid peel to reduce fine lines and wrinkles, leaving skin fresh and radiant.

EYE REPAIR TREATMENT ADD-ON
This relaxing eye treatment can be added on to any facial to help smooth the skin around the eyes, decrease puffiness and reduce discoloration.
CLASSIC MANICURE
Your hands will be treated to an exfoliation using a sugar and sea salt blend and a self-heating system for superior saturation. It is infused with anti-oxidants beta carotene, vitamins C & E and emollient-rich carrot and sunflower oils. You will then receive a luxurious hydration with an award-winning cream formulated with shea butter, avocado and jojoba oil. A botanical brightening complex helps to even skin tone while a broad-spectrum sunscreen provides protection from the sun’s harmful rays.

GEL MANICURE
Enjoy a dry manicure with instantly dry nails that last up to two weeks. Gel removal service also available.

CLASSIC PEDICURE
Soothe your feet with a relaxing footbath soak, foot and lower leg exfoliation with a shea butter body polish and a tension relieving massage, using a penetrating moisturizer infused with the aroma of your choosing, and finished with nail polish or a high-gloss buff.

MOUNT WASHINGTON SIGNATURE MANICURE
Get the royal treatment with exfoliation and massage of the hands and forearms, featuring a deep hydration treatment with warm hand-harvested shea butter concreta to soften and rejuvenate the hands, followed by nail and cuticle shaping and a buffing or polish application.

MOUNT WASHINGTON SIGNATURE PEDICURE
Enjoy an unparalleled experience as your feet and lower legs have a warm, aromatic soak in our air-jet whirlpool footbath, exfoliation with our Signature Body Polish and massage with our soothing Crème, followed by expert nail and cuticle shaping, a soothing hand-harvested shea butter concreta wrap and a nail polish or high-gloss buff.

NAIL CARE
ADD FRENCH POLISH OR INTENSE HYDRATING TREATMENT TO ANY NAIL CARE
**MOROCCAN OIL PEDICURE**
Our classic pedicure is enhanced with a dried orange peel and Argan oil exfoliation, and antioxidant-rich Argan oil hydration to nourish the skin.

**PEDICAKE PACKAGE**
Ages 12 & under—must be accompanied by an adult. Treat little hands and feet to something sweet. This fun treatment looks good enough to eat. Your sweetie pie makes a selection of Pedicake and watches it fizz away in a warm foot bath while being treated to a delicious “frosting” sugar scrub of her lower legs and feet, followed by a sugar scrub hand treatment and lotion application. The treatment ends with a polish application and something special to take home.

**PIRATE PACKAGE**
Ages 12 & under—must be accompanied by an adult. Arrr Matey! Fit for a pirate’s life before a walk down the plank, this package includes a foot soak and exfoliation with nail cleaning & clip followed by a trim of the fingernails. Little pirates are set to sail with loot including an official eye patch and bandana.
You can always look your very best with a wide array of make-up services and hair care treatments, plus depilatory services for men and women—all in the elegant, nature-inspired environment of The Spa. Please inquire at The Spa Reception Desk regarding your specific request.

HAIR CARE
Shampoo & Blow Dry/Style
Shampoo, Cut & Blow Dry/Style
Special Occasion Styling
Partial Highlight
Full Highlight
Hair Color
Intensive Hair Treatments
(includes Shampoo & Blow Dry/Style)
Men’s Haircut

MAKE-UP
Express Make-Up Application
Special Occasion Make-Up
Make-Up Consultation:
An interactive service with full color match and application with tips and techniques customized to your skin type and skill level.

DEPILATORY SERVICES
Brow
Lip
Chin
Brow with Shaping
Lip & Brow
Lip/Chin/Brow
Sides of Face
LIVE IN EACH SEASON AS IT PASSES; BREATHE THE AIR, DRINK THE DRINK, TASTE THE FRUIT, AND RESIGN YOURSELF TO THE INFLUENCE OF THE EARTH.

— HENRY DAVID THOREAU, WALDEN