



SPRINGS  ETERNAL
SPA

Eight Springs, One Unique Experience



01 the bedford baths

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The Bedford Baths

For over 200 years, people have traveled to this unique destination for the healing properties of our mineral waters. Famed for the eight mineral springs running through the grounds and celebrated as a romantic mountain retreat, this historic resort has shared the honor of entertaining the famous, the fashionable and the powerful. Visitors came for the beautiful scenery, convivial atmosphere and to escape from the ills of the world. Many claimed to find “cures” from the famous mineral waters. The Sweet Spring, the Sulfur Springs, the Iron Spring and especially the Magnesia Spring were sought for relief from a myriad of maladies and touted by the physicians of the time.

The Bedford Baths at Springs Eternal Spa offer a unique experience for physical and spiritual cleansing.

The legendary Bedford Cure of the past has been combined with the technology of today to renew history and provide you with an exceptional Springs Eternal Spa experience called the Bedford Bath Ritual. It begins with our signature Black Walnut Ginger Body Polish, an aromatic steam followed by a cooling rinse in our Eternal Springs Mineral Deluge. Next, alternate between hot and cool mineral pools, both featuring massaging jets. As the final step, treat your body with our very own Hydrating Aroma Mist, infused with indigenous botanicals. The Ritual concludes with quiet reflection or meditation in the Relaxation Lounge.

Our facial services will provide you with the latest products and advanced technology designed to deliver active visible results while nurturing your skin and soul with an optimal rejuvenation approach.

ETERNAL GLOW INDULGENCE—An exceptional treatment designed to regenerate balance, improve skin health, vitality and well-being. A true mind, body and soul experience beginning with a luxurious back treatment using 100% natural, pure essential oils, followed by a customized state-of-the-art facial treatment to restore a youthful glow and the energetic balance of the skin.

COLLAGEN CURE—This facial infuses the moisturizing and healing properties of collagen deep into the skin and revitalizes damaged cells. This facial will dramatically reduce the appearance of fine lines and will improve your skin's tone. It is a rejuvenating experience, especially around the delicate areas of the eyes, mouth and lips.

MORNING DEW—A triple-layer treatment to provide intense hydration. An ampoule rich in vitamins and essential oils is massaged into the skin, followed by a lavender-mint thermal anti-free radical lift-off mask. While temperature changes in the mask occur, the ampoule is naturally penetrated leaving the skin repaired, moisturized and radiant.

“C” THE REVITALIZATION—This treatment is specifically designed for skin showing signs of atrophy or loss of elasticity. This intensive vitamin C treatment stimulates the vital functions of the skin and repairs cell damage. The skin will show immediate improvement in tone and firmness, while rediscovering a healthy glow.

ETERNAL YOUTH WITH CAVIAR—The most advanced defense in anti-aging. This facial lavishes your skin with pure caviar, pearl and revolutionary botanical extracts layered together to improve firmness smoothing away fine lines and wrinkles. A mineral mask leaves the skin visibly improved and vibrant.

FACIAL & BODY DEPILATION

- Eyebrow, Lip or Chin
- Lip & Brow
- Full Arms
- Full Legs
- Bikini
- Full Face
- Underarm
- Forearm
- Half Legs
- Full Back & Shoulders
- Half Back
- Chest
- Abdomen

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facial services

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ROSE RADIANCE—Natural Damask Rose Water is used to support circulation and purify your skin, which is left toned, polished, delicately scented and quite simply radiant. We recommend this facial for any mother-to-be, as products used in this treatment are safe for mother and baby!

AROMA THERAPY FACIAL—Discover the enhancing properties of essential oils with your very own prescribed facial unique to your skin type. A personalized custom combination uses a range of therapeutic essential oil-based products to boost your complexion, revive your skin texture and add a lasting glow to your appearance.

ROSACEA TREATMENT—This unique facial treatment has been created to reduce the redness associated with rosacea. Specific active ingredients are formulated to decongest and desensitize the most delicate complexion. A home-care program specifically designed to reduce redness at a higher level is recommended to sustain the results after the treatment.

TIMELESS EUROPEAN FACIAL—This classic facial offers deep pore cleansing, exfoliation and highly concentrated serums to address your skin's individual needs while providing complete relaxation through soothing massage. This facial is completed with a customized mask, followed by a treatment cream created specifically for your skin's needs.

GENTLEMEN'S CURE—This facial is specifically designed to treat gentlemen's skin needs. It helps soothe and nurture irritated skin caused by daily shaving and exposure to external elements. This refreshing facial is the cure for your skin's everyday demands and needs.

EYE CONTOUR TREATMENT: ANTI-WRINKLES—This eye treatment smooths wrinkles and fine lines around the eye area, protects from dehydration and prevents premature aging. It can be enjoyed alone or in conjunction with a facial.

EYE CONTOUR TREATMENT: DECONGESTING—This eye treatment diminishes swelling around the eye area and prevents fluid retention. It aids in removing dark circles and reduces bags under the eyes. An essential eye care treatment and an absolute must before any special occasion. It can be enjoyed alone or in conjunction with a facial.



ETERNAL THERAPEUTIC MASSAGE—For centuries, men and women have enjoyed the benefits of relaxation, improved circulation, pain relief, stress reduction and injury recovery as a result of massage therapy. Allow your Springs Eternal Spa professionals to pamper you with a customized massage based on your choice of Swedish, Sports, Deep Tissue, or a combination of techniques.

ETERNAL SERENITY MASSAGE—The Eternal Serenity Massage begins with a brief invigorating dry body brushing to promote blood circulation and exfoliate the skin. Keep the dry body brush as our gift to you for your continued home use. Using a customized oil blend, you will embark upon a sensory journey throughout this massage, restoring your spirit, calming your mind and relaxing your body.

AROMATHERAPY MASSAGE—A personalized sensory experience based on how you are feeling that day and the oils you choose. This traditional Aromatherapy body massage is a powerful and effective fusion of both Eastern and Western massage styles that help rebalance mind, body and spirit.

SHOBER'S STONE MASSAGE—Reconnect with the earth using smooth river stones heated in our mineral spring water. This therapy provides isolated deep heat at strategic points on the spine, back, hands and feet.

AROMATIC STONE MASSAGE—Add the dynamic therapeutic sense of smell to the Shober's Stone Massage for a deeply relaxing and mind-releasing aromatic experience.

05 massage services

MOTHER-TO-BE MASSAGE – Rest as your body is soothed and your skin is pampered with the nourishing properties of rose oil. This massage is designed to answer to the developing needs of mother and baby and to give you the nurturing treatment you both deserve. This is for mothers-to-be in their second and third trimester.

HYDROSSAGE – This combination of hydrotherapy and massage will stimulate circulation, ease muscle tension, improve flexibility and induce deep relaxation.

HIKER'S DELIGHT – Heavenly for tired feet; release energy while tending to an area of the body too often overlooked.

BLACKBERRY RETREAT – Allow your hands the luxury of a text-free moment of therapy. This hand treatment begins with a gentle blackberry salt exfoliation followed by a massage with a moisturizing Blackberry Vanilla Body Butter.

SPA – TOGETHER SERVICES – We have a variety of spa services available for your coupled enjoyment. Be it a mother and daughter experience, a romantic couple's experience or a bridal gathering, our two Spa Suites offer numerous service pairings for your enjoyment. Select any of the following lists of services:

- All Massage Services, excluding Hydrossage Massage
- All Bath Services
- All Ritual Services



Inspiration from our beautiful mountain environment helped us create a variety of body rituals designed to offer you a unique Springs Eternal Spa experience.

RELAXING RITUAL—Experience this body ritual combining a body wrap and bamboo rod massage. A wrap blending a cocktail of relaxing essential oils, this treatment is completed with a refreshing leg and foot treatment which includes an application of a body butter that will leave your skin soft and velvety.

RELAXING BATH—Take pleasure in a calming and soothing bath of sweet almond oil, chamomile, hazel nut oil and lavender oil to rediscover the secret of total relaxation and glowing silky skin.

DETOX RITUAL—Experience this body ritual combining an exfoliation, body wrap, and a slimming massage using Wacapou wooden stones. Hydrating, soothing, replenishing and nourishing; this ritual will help drain and eliminate toxins.

DETOX BATH—Take pleasure in a detoxifying bath of three different types of seaweed and pine needle essential oil. Your skin will rediscover its original softness.

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body treatments
& rituals

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The Springs Eternal Spa body treatments are unique in that they are designed with an emphasis on a nurturing delivery, utilizing our healing Eternal Springs mineral water throughout the services, providing you with a full-body treatment experience.

HONEYSUCKLE GINGER DEW—Using our signature honeysuckle and ginger-inspired spa products, this body treatment will take you back into the hills of Pennsylvania. This service begins with an application of our indigenous Black Walnut & Ginger Body Scrub. After a therapeutic Mineral Spring rinse, an ultimate hydrating application of our Honeysuckle Body Butter follows. You will emerge refreshed and inspired to explore the local trails of Bedford Springs.

SUGAR MAPLE GLOW—A sweet and decadent full-body experience. This service begins with a full-body exfoliation with a rich Sugar Maple Soufflé Scrub. After a warm Mineral Spring rinse, a whipped Sugar Maple Body Butter is applied to the body.

TROPICAL SALT-MOUSSE BODY EXFOLIATION—The first of its kind, the tropical salt mousse exfoliation treatment is enriched with pure squalane oil and organic papaya-pineapple fruit. Delightfully aromatic, as the formula is scrubbed all over the body, impurities and toxins are gently removed, the skin emerges smooth to the touch and visibly brightened.

PEPPERMINT LAVENDER REFRESHER—Renew your body and mind with the legendary healing powers of lavender, peppermint, and rose to comfort and soothe your body.

DETOXIFYING THERMAL MUD WRAP—This body wrap begins with a brief invigorating dry body brushing application to promote blood circulation and exfoliate the skin. Keep the dry body brush as our gift to you for your continued home use. This intense treatment uses a symphony of organic ingredients high in minerals and trace elements and gives the body a powerful natural detoxification, promoting blood circulation. While the thermal mud penetrates, you are treated to a face and scalp massage. After a tingling therapeutic Mineral Spring rinse, a green tea moisturizer is applied.

HERBAL BODY CURE—Your body will enjoy a detoxification through this heat-intensive infusion, beginning with a light massage. Warm linen sheets infused with aromatic herbs are wrapped around you to induce perspiration, relax sore muscles and soften the skin. Insulating blankets prevent moist heat from escaping while a cold compress is applied to your forehead, all while your face and scalp receive massage therapy.

TROPICAL ESCAPE WITH PAPAYA WRAP—Experience a glorious sensory escape as you are enveloped by the scent of vanilla and fruits. A butter-like mask is applied that is nourishing and repairing, as it counteracts premature aging and sun damage by delivering smoothing and rejuvenating benefits. Includes a full salt mousse exfoliation.

It's true that the eyes are the windows to the soul. Our eyes, face, hair and make-up services will return vitality to how you see the world while making you look as radiant outside as you feel inside.

NOURISHING HAIR CURE—A service so blissful you won't want it to end. It begins with the wonderful sensation of having your hair thoroughly brushed. Then a balancing shampoo is the prelude to a nourishing hair mask. As the mask penetrates the hair, you are treated to a calming hand massage and paraffin hand treatment. At last, an indulgent scalp massage, rinse and light blow-dry style complete the experience. This service is extremely healing for chemically treated, dry or coarse hair, leaving it soft, shiny, strengthened and nourished.

- Ladies' Cut & Style
- Blow Dry & Style
- Gentlemen's Cut & Style
- Bridal Party Hair Services
- Bridal Hair Consultation
- Updo

MAKE-UP SERVICES

- Make-Up Application
- Bridal Party Make-Up
- Make-Up Lesson
- Bridal Make-Up Consultation
- Bridal Make-Up Application

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salon services

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The perfect cure for your hands and feet, our manicure and pedicure services all use our Springs Eternal mineral water, giving you multiple dimensions of therapy.

SPRINGS ETERNAL SPA MANI-CURE—Uses our signature Honeysuckle Spa Collection products. With an aromatic honeysuckle hand soak, exfoliation, hydrating treatment, massage and paraffin treatment, your hands will emerge pampered and your nails brilliant! All water used for this service is directly derived from our very own silky soft Eternal Spring.

ZENTSATIONAL MANI-CURE—This manicure will take your mind on the ultimate retreat while allowing you to escape on your very own scent journey! All water used for this service is directly derived from our very own silky soft Eternal Spring.

CLASSIC FRENCH MANI-CURE—Enjoy our signature Springs Eternal Spa Mani-CURE with the added indulgence of the traditional French polish technique.

SPRINGS ETERNAL SPA PEDI-CURE—Uses our signature Honeysuckle Spa Collection products. With an aromatic honeysuckle foot soak, exfoliation, hydrating treatment, massage and paraffin treatment, your feet will emerge pampered and your toes brilliant! All water used for this service is directly derived from our very own silky soft Eternal Spring.

ZENTSATIONAL PEDI-CURE—Take your mind on the ultimate sensory journey. We will customize your foot soak, exfoliation, lotion and massage essences to your heart's desire. This pedicure is a rare customized service designed to offer you the most meticulous nail care while allowing you to escape on your very own scent journey! All water used for this service is directly derived from our very own silky soft Eternal Spring.

CLASSIC FRENCH PEDI-CURE—A couture look for your feet, this indulgent French polish technique is absolutely lovely when added to our Springs Eternal Signature Spa Pedi-CURE.

ANTI-AGING MANI-CURE—Refresh and renew tired sun-damaged hands. Created to rejuvenate mature hands with youth serum and hand salve infused with Swiss Apple stem cells to minimize the appearance of sun damage, age spots, fine lines and wrinkles.

AURA BALANCE HAND OR FOOT RITUAL—Choose your aromatherapeutic journey - Relax, Rejuvenate, Refresh and Renew. This aromatherapy hand or foot ritual uses an organic and hydrating blend of herbs to exfoliate, hydrate and moisturize, leaving your hands or feet rejuvenated.



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**fitness services
& packages**

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SEVEN SPRINGS GUIDED STRETCH & WALK—A guided stretch session warms up muscles and clears the mind, preparing you for a brisk walk along our seven mineral springs. From rolling terrain to gentle hilly hiking, this instructed walk is suitable for all fitness levels.

ONE-ON-ONE HATHA YOGA—Learn Asanas and proper yoga technique to attain both physical and energy balance. This service is offered in our Movement Studio and is the perfect beginning, middle or end to any day at the spa.

SUNRISE HATHA YOGA CLASS—Start your day out right and learn Asanas and proper yoga technique to attain both physical and energy balance. This service is offered in our Movement Studio.

OPEN-USE WEIGHT GYM—Open use of the cardiovascular and weight equipment.

INDOOR AND OUTDOOR SWIMMING—Open swimming in the heated swimming pools.

The Bedford Cure Packages

All packages include full use of Springs Eternal Spa facilities including: Bedford Baths, Mineral indoor swimming pool, outdoor swimming pool, verandah and Spa Garden, Relaxation Lounge and Fitness Center.

SPRINGS ETERNAL CURE—Includes Bedford Baths, Sugar Maple Glow, Aromatherapy Massage, Springs Eternal Spa Pedi-CURE, Springs Eternal Spa Mani-CURE, Essentially Custom Facial and lunch.

NATURE CURE—Includes Bedford Baths, Seven Springs Guided Stretch & Hike, Shober's Aromatic Stone Massage and Timeless European Facial.

DEEPTENSION CURE—Includes Bedford Baths, Herbal Body Cure, Hydrossage, Blackberry Retreat and Zentsational Pedi-CURE.

ETERNAL LUXURY CURE—Includes a Relaxing Ritual with Relaxing Bath, Eternal Glow Indulgence, Zentsational Mani-CURE, Nourishing Hair Cure and blow dry & style.

About Your Springs Eternal Spa Visit

Reservations—In order to enjoy the best selection of spa services, we highly recommend that you make your spa reservations at least four - six weeks in advance. We have both male and female service providers, and you will be scheduled with either unless you indicate your preference. Reservations for non resort guests will be accepted 72 hours prior based upon availability.

Cancellations—If you must cancel or change your spa reservation, please notify us at least 24 hours prior to your scheduled appointment time to avoid a cancellation charge. Cancellations made with less than a 24-hour notice will be charged full value of the service. “No-shows” will also be charged in full.

Time of Arrival—It is important to arrive on time for your treatment to enjoy both the full spa experience as well as your individual treatments. Late arrivals will result in modified treatment times and services. If your schedule allows, we highly recommend that you allow yourself an hour prior to your spa service to enjoy our Bedford Bath Ritual, otherwise please arrive at least 30 minutes prior to your spa service. If you are a guest of the resort, we encourage you to leave your personal belongings in the security of your guest suite. Men receiving facials should shave no less than two hours prior to their facial for ultimate comfort.

Special Considerations—Guests who have high blood pressure, heart conditions or any other medical complications are advised to consult with a physician prior to reserving any spa appointments. Please make your spa service provider aware of any medical conditions.

If You Are Expecting—Your medical professional’s consent is requested before we begin your treatment. If this is unobtainable, we request that you sign a waiver of liability prior to your service. Please let us know at the time of reservation in which trimester you will be at the time of your appointment.

Spa Etiquette—For the peace, quiet and well-being of our guests, we respectfully request that cell phones be turned off while in the spa and voices kept low in the relaxation lounge.

Gratuities—For your convenience, an 18% service charge will be added to the price of all services, subject to your discretion.

Refunds & Payments—All spa treatments, packages, products and day spa guest passes are non-refundable, non-transferable and non-exchangeable once purchased. We accept cash and all major credit cards. For convenience, you may also bill your spa charges to your guest suite. Prices are subject to change without notice.

Restrictions—The minimum age requirement for access into the Spa Locker Rooms, Baths, Relaxation Lounge, and Fitness Center is 18 years of age. Guests 18 years of age and over may enjoy private spa services in Massage, Facials, Baths, Body Treatments, and Salon Services. Children of guests 14-17 years of age may enjoy all Salon Services and a Teen Facial, but must be accompanied by an adult for their entire service.

Springs Eternal Spa Products—Our signature body care line has been designed using the ancient art of aromatherapy, naturopathy and botanicals indigenous to the mountains around Bedford. We use only the purest ingredients from naturally grown botanical sources. Bring these products home and feel the benefits of your spa treatment long after you leave the spa!



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RESORT & SPA



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