



## THE SPA

### **MOUNT WASHINGTON SWEDISH MASSAGE**

A favorite of those new to receiving massage as well as those seeking pure relaxation, Swedish Massage uses long, gliding strokes and light to medium pressure to ease the body and mind. (60 Minutes, \$150)

### **DEEP TISSUE MASSAGE**

This corrective and therapeutic massage uses expert application of deep pressure to focus on deeper layers of muscle tissue and “knots”, perfect for those with chronic muscle tension. (60 Minutes, \$170)

### **HOT STONE MASSAGE**

This classic technique uses the penetrating energy of warm basalt stones to help the body relax and dissolve stress. (60 Minutes, \$170)

### **MOTHER-TO-BE MASSAGE**

This massage relieves body tension and stress by focusing on the neck, back and weight-bearing joints. (60 Minutes, \$150) *Please note: Massage can only be done past the thirteenth week of pregnancy and it is NOT recommended for those women experiencing a high-risk pregnancy.*

### **MOUNT WASHINGTON SIGNATURE FACIAL**

More than just a facial... the perfect balance between total relaxation and results. Our expert estheticians thoughtfully address your skin's specific needs while crafting an atmosphere of total relaxation, allowing you to float away. (60 Minutes, \$150)

### **AGELESS HANDS MANICURE**

Our hands show the hard work and care we've given this world, don't they deserve extra love and attention? Our anti-aging manicure features a peel to improve skin brightness and texture, as well as a hand mask and serum to boost collagen and elasticity. Finish with a classic polish color of your choice or a high-gloss buff. (60 Minutes, \$65)

### **GEL UPGRADE TO CLASSIC MANICURE**

Please inform us at time of booking if gel removal is also needed so we may allot additional time. (Gel Manicure \$75, Gel Manicure with Gel removal \$85)

### **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. Finish your look with classic nail polish or a high-gloss buff. (60 Minutes, \$80)

### **Additional Notes:**

Spa Hours are Monday, Tuesday, Thursday, Friday and Saturday 10:00 AM to 5:30 PM, Sunday 9:00 AM to 4:30 PM. 20% Gratuity will automatically be added to all services.

Room number or credit card needed at time of booking; cash cannot be accepted.

Per New Hampshire State Re-Opening Guidelines:

- All common areas, lounges and locker rooms are closed
- Guests are required to wait outside Spa doors until asked to enter the Spa at the time of their service and to leave immediately following their service
- Guests are required to have their temperature taken as well as complete a health survey prior to entering the Spa
- Guests will be required to wear masks while in the Spa
- No food or drinks will be served in the Spa

To book, please call 603-278-4286 or email [mwspace@omnihotels.com](mailto:mwspace@omnihotels.com)