Sample the historic “Bedford Baths” using our signature indigenous product line inspired by local herbs and botanicals. Unwind with a soothing massage and beauty treatment, or simply spend a few moments in our serene spa garden to gather your thoughts on the day’s adventures.
**MASSAGES**

**DR. JOHN ANDERSON’S FUSION (SIGNATURE SERVICE)**

110 MINUTES
You have control to create an experience where you use your intuition coupled with the expertise of a trained therapist to guide you through a transformation. Begin with a warm and soothing bath, a Vichy shower with scrub, or a healing herbal infused wrap (choose dry brushing as an option instead of hydrotherapy). Then, select two tools to enjoy during your massage. Choose from bamboo rods, hot stones, or warmed herbal poultices. Afterwards, indulge in a relaxing foot scrub, hand exfoliation, calming eye pads or a tantalizing warm oil hair treatment.

**SPRINGS ETERNAL THERAPEUTIC MASSAGE**

50/80/110 MINUTES
Allow your Springs Eternal Spa Professional to pamper you with a customized massage based on your choice of Swedish, Sports, Deep Tissue or a combination of techniques.

**COUPLES’ MASSAGE**

50/80/110 MINUTES
Indulge in a serene massage with a companion. Our therapists’ expert touch will encourage new heights of relaxation, while strengthening your closeness. Couples massages can be shared with a significant other or with a friend.

**CURES AND WRAPS**

**THE ETERNAL CURE**

50/80/110 MINUTES
Ease away everyday stress with The Eternal Cure. Guests will receive a soothing back and foot exfoliation with a sugar scrub, followed by warm towel compresses. Expert hands then utilize indigenous and time-worn hot stones to offer comfort to stress points for a soothing and luxurious massage.

**HERBAL BODY WRAP**

80 MINUTES
Enjoy detoxification through a heat-intensive infusion. A light massage will be followed by a cocooning wrap with warm linen sheets steeped with aromatic herbs designed to induce perspiration, relax sore muscles, and soften the skin. Insulating blankets will capture moist heat, which can relieve arthritis pain and remedy digestive ailments.

**INTENSIVE HERBAL BODY CURE**

110 MINUTES
Treat your body to an intensive “cure” and benefit from an arrangement of services tailored to invigorate, relax and clear the mind. This service is a full experience, including a full body exfoliation, private soak, therapeutic massage, and a detoxifying herbal body wrap.
REST & RELAXATION

ETERNAL SERENITY MASSAGE
80 MINUTES
Using a customized product blend of your choosing, embark upon a sensory journey that will restore the spirit. Calm the mind and relax the body as your therapist begins with dry body brushing and ends with a soothing Swedish massage.

AROMATHERAPY MASSAGE
50 MINUTES
A sensory experience designed with the oils you choose. This traditional aromatherapy massage is a powerful and effective fusion of Eastern and Western massage styles that help rebalance mind, body and spirit.

PRENATAL MASSAGE
50 MINUTES
Rest as your body is soothed and your skin is pampered. This massage is designed to answer the developing needs of mother and baby and to allow the nurturing treatment you both deserve.
*For expectant mothers in their second and third trimesters only.

HYDROSSAGE
80 MINUTES
This combination of hydrotherapy and massage will stimulate circulation, ease muscle tension, improve flexibility and induce deep relaxation. An exclusive “water” scent is used to seal the body at the conclusion of this unique rejuvenating experience.
*Vichy shower upgrade available.

FOCUSED THERAPY

OLDHAM & ROSS WARM UP SESSION
25 MINUTES
A Bedford Springs exclusive massage therapy that combines stretching and acupressure, which will aid in improving the golfer’s game and in helping prevent injury.
*Guest remains clothed for this service.

HIKER’S DELIGHT
25 MINUTES
Tired toes will delight in this heavenly treatment focused on the feet. Sensitive, trained hands detect imbalances and work out stress points and tension, while restoring vitality and circulation.

HEALING HANDS
25 MINUTES
Allow your hands the luxury of a text-free moment of therapy; this hand treatment begins with a gentle salt exfoliation followed by a massage with moisturizing body butter.

SCALP MASSAGE
20 MINUTES
Warm oil is slowly drizzled onto your third eye, while pressure points are massaged gently in this very soothing treatment designed to relax the mind and nourish the scalp and hair.
HEATED TOOLS AND STONES

NATIVE ESSENCE
80 MINUTES
Warmed aromatic, healing muslin herbal poultices penetrate into sore and achy muscles, increasing lymphatic drainage, soothing muscular tension and relieving stiffness. Keep the unique herbal poultices to use for homecare.

WARRIOR’S MASSAGE
80 MINUTES
Through the use of expert hands, hot and cool stones, and Arnica oil, this energetic, invigorating massage increases circulation, lymphatic flow, and range of motion while decreasing muscle fatigue, tension and edema. The Warrior’s Massage is perfect for dedicated athletes or weekend warriors.

SHOBER’S STONE MASSAGE
80 MINUTES
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.

5 POINT MASSAGE
50 MINUTES
This stimulating experience incorporates the use of a warm oil scalp massage and heated elements of bamboo, stones, and water. Indulge your scalp, hands, and feet in a luxurious treatment meant to relax your entire body through the use of tools that represent the elements of water, wood, fire, metal, and earth.

*Optional upgrade to Intuitive Touch for 30 minutes for an additional charge.
PACKAGES

SPRINGS ETERNAL PACKAGE
This relaxing introduction to the spa features our signature 50-minute spa treatments.

INCLUDES
50 minute Eternal Therapeutic Massage
50 minute Timeless European Facial
50 minute Springs Eternal Spa Pedicure
50 minute Springs Eternal Luxury Spa Manicure

FIRST LADY PACKAGE
This ultimate spa day is the perfect gift. It features an array of services designed to awaken and invigorate the senses through an aromatic and sensory journey of treatments.

INCLUDES
110 minute First Lady Facial
80 minute Eternal Serenity Massage
65 minute Springs Eternal Luxury Spa Pedicure
65 minute Eternal Anti-Aging Manicure

ULTIMATE NUPTIAL PACKAGE
Prepare your mind and body for a sensational array of services that will leave you feeling pampered and relaxed before you walk down the aisle.

INCLUDES
50 minute Springs Eternal Therapeutic Massage
80 minute Mineral Radiance Collagen Facial
50 minute No Cold Feet Pedicure
50 minute Springs Eternal Luxury Spa Manicure

BUNDLE OF JOY PACKAGE
Mothers can sit back and relax while they experience a nurturing prenatal massage, hydrating facial, manicure and pedicure before or after the arrival of their new addition.

INCLUDES
50 minute Prenatal Massage
50 minute Prenatal Facial
50 minute Springs Eternal Spa Pedicure
50 minute Springs Eternal Luxury Spa Manicure
*For expectant mothers in their second and third trimester only.

DUKE OF BEDFORD PACKAGE
The spa’s most popular services for men are offered in one package, beginning with a healing therapeutic massage followed by a deep pore cleansing facial and pedicure.

INCLUDES
80 minute Warrior’s Massage
50 minute Gentleman’s Cure Facial
20 minute Back Facial
50 minute Gentleman’s Pedicure

SPRINGS ETERNAL EXPRESS PACKAGE
Whether you’re on the go or simply want to sample a variety of our menu offerings, this is the perfect package.

INCLUDES
25 minute Hiker’s Delight
20 minute Scalp Massage
30 minute Express Manicure
30 minute Express Pedicure
BODY TREATMENTS

DETOXIFYING THERMAL MUD WRAP
80 MINUTES
This body wrap begins with a brief, invigorating dry body brushing to promote blood circulation and exfoliate the skin. Organic ingredients high in minerals and trace elements give the body a powerful, natural detoxification. While the thermal mud penetrates, you are treated to a relaxing face and scalp massage. After a refreshing therapeutic mineral spring rinse, a luxurious moisturizer is lightly applied to the body.

PEPPERMINT LAVENDER REFRESHER
80 MINUTES
Experience the sensation of the ultimate body and mind treatment. Begin with a scrub using only the finest aromatherapy products to exfoliate, followed by a cocooning wrap to ensure the oils penetrate to provide total renewal.

SUGAR MAPLE GLOW
50 MINUTES
A sweet and decadent full-body experience. This service begins with an all-over exfoliation using a rich Sugar Maple Souffle Scrub. After a warm mineral spring rinse, a whipped Sugar Maple Body Butter is applied to the body.

INDIGENOUS HONEYSUCKLE GINGER DEW
50 MINUTES
Using our Signature Honeysuckle and Ginger inspired spa products, this body treatment is reminiscent of the rolling hills of Pennsylvania. Allow your body to be treated to an application of our indigenous Crushed Walnut Body Scrub. After a therapeutic rinse, a hydrating application of cucumber mist and Honeysuckle Body Butter will follow. Skin will be hydrated and refreshed.

TAKE TIME OUT OF YOUR BUSY SCHEDULE AND SOAK IN A PREPARED BATH OF YOUR CHOICE:
Choose your Bath Ritual: Energizing, Herbal, Soothing, Cucumber Honeysuckle, Eucalyptus

BATHS
Couples or singles, 20 minutes (not available on Saturdays)

Optional vichy shower upgrade based upon availability.
PEEL AND GLOW FACIAL
50 MINUTES
The new dimension in anti-aging. Our peel and glow facial will leave your skin firmer, tighter and more youthfully defined with an ultra-luminous appearance. This treatment is ideal for any skin type showing signs of aging, pigmentation, or works as the perfect repair boost.

GENTLEMAN’S CURE FACIAL
50 MINUTES
Specifically formulated for men, the Gentleman’s Cure addresses targeted skin concerns. It helps soothe and nurture irritated skin caused by daily shaving and exposure to external aggressions. This nurturing and refreshing facial is the cure for your everyday demands and needs.

PRENATAL FACIAL
50 MINUTES
This facial infuses moisturizing and healing properties tailored to rejuvenate the skin. You will experience a gentle cleanse followed by a massage and a hydrating mask, leaving your skin smooth and nourished.

BACK FACIAL
20/50 MINUTES
A luxurious treatment paying special mind to the back and shoulders. Allow yourself to relax while enjoying a customized facial to address the often neglected back area.

ADVANCED CARE FACIAL
80 MINUTES
Customizable to give your skin what it needs, this facial guarantees results. Whether you’re looking for improved hydration, diminished signs of aging, or firming of the skin. We’ve included scalp, arm, hand and foot massages with this facial to make it the ultimate escape.

FACIALS

FIRST LADY FACIAL
(SIGNATURE FACIAL)
110 MINUTES
Experience an extraordinary facial for a first lady. Your journey to relaxation includes face, neck, shoulder, hand and foot massage. Enjoy a lifting, strengthening, hydrating and anti-aging facial that will leave your skin with an energetic balance and a restored youthful luminosity, using plant stem cells and peptides.

VITAMIN C FACIAL
80 MINUTES
Invigorate your skin with vitamin-rich antioxidants to treat imperfections caused by the environment, sun damage, and aging. This facial will improve skin texture and appearance.

MINERAL RADIANCE COLLAGEN FACIAL
80 MINUTES
This facial infuses powerful moisturizing and healing properties to collagen deep in the skin and revitalize damaged cells. It will reduce the appearance of fine lines and improve your skin’s tone. It is a rejuvenating experience, especially around the delicate areas of the eyes and mouth.

TIMELESS EUROPEAN FACIAL
50 MINUTES
A classic facial for a first-time spa goer or spa enthusiast, the Timeless European Facial will address your skin’s specific needs.

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MANICURES

SPRINGS ETERNAL LUXURY MANI-CURE (SIGNATURE SERVICE)

50 MINUTES
Pamper your hands and nails with our luxury manicure. After an aromatic Honeysuckle hand soak and exfoliation, your hands will be placed in our warmed natural oil treatment for deep hydration, followed by a hand and arm massage to work the oils into the skin. Your hands will emerge pampered with fingernails at their utmost perfection.

*Optional upgrade to a Classic French Manicure for an additional charge.

GENTLEMAN’S MANICURE

50 MINUTES
This manicure reshapes and buffs nails, cleans up cuticles, and moisturizes hands. An ultra rich, deep treatment and relieves stress as refined oils soften, restore, and condition.

SPRINGS ETERNAL EXPRESS MANICURE

30 MINUTES
A mini treatment to transform your hands and nails resulting in perfectly manicured and expertly polished nails.

ETERNAL ANTI-AGING MANICURE

65 MINUTES
Reverse the signs of aging on the area that shows it first. A unique blend of fruit and plant acids combined with volcanic ash in a whipped marshmallow scrub will lift dead skin cells away revealing younger, healthier looking skin.

PEDICURES

SPRINGS ETERNAL LUXURY PEDI-CURE (SIGNATURE SERVICE)

65 MINUTES
Relax while your feet are wrapped in a warm oil treatment and heated booties to allow for deep hydration. Afterwards, enjoy a soothing massage, working the oils deeper into the legs and feet. This pedicure includes all nail maintenance along with our softening foot soak and exfoliation. Your feet will emerge pampered and your toes brilliantly polished.

*Optional upgrade to a Classic French Pedicure for an additional charge.

SPRINGS ETERNAL SPA PEDICURE

50 MINUTES
This perfect pedicure is designed to target not only the cuticles and nails but the entire foot. Start off with an aromatic Honeysuckle foot soak, followed by a Cucumber Honeysuckle Sugar Scrub. End with an application of our hydrating Honeysuckle Lotion for added moisture.

SPRINGS ETERNAL EXPRESS PEDICURE

30 MINUTES
The perfect pedicure for the person on the go: Your nails will be groomed, cuticles tidied, perfectly buffed and polished in under 30 minutes!

BLACK CHARCOAL DETOX PEDICURE

65 MINUTES
Designed to remove toxins and impurities, this pedicure is sure to leave you feeling detoxed. A deep cleansing, purifying scrub, nourishing mask, and massage using the finest black charcoal ingredients will leave your feet soft and smooth.

GENTLEMAN’S PEDICURE

50 MINUTES
A specialty 50 minute pedicure designed just for gentlemen to groom cuticles and buff out the rough edges, leaving skin nourished and soft. The service concludes with a lower leg and foot massage.
HAIR SERVICES

NOURISHING HAIR CURE (SIGNATURE SERVICE)
A service so blissful you won’t want it to end. Beginning with the sensation of having your hair thoroughly brushed, a balancing shampoo is the prelude to a nourishing hair mask. As the mask penetrates the hair, you’re treated to a hand massage with natural oils followed by a scalp massage. After a light rinse and towel dry, your hair will be left with added moisture and shine. Customize your service by choosing one:
- Hair Building Cure for damaged and over-worked hair
- Energizing Cure helps with scalp issues and hair growth
- Detoxifying Cure helps eliminate mineral build-up from daily washing and product use

RECONSTRUCTIVE MIRACLE HAIR CURE
Keeping your hair and scalp healthy is as important to us as it is to you. Let us bring your hair back to life with our Nourishing Reconstructive Miracle Mask. Enjoy the same relaxing qualities of our Nourishing Hair Cure with added benefits. This treatment is great for over-processed, over-stressed hair and will leave hair and scalp healthy and rejuvenated.

CEZANNE EXPRESS KERATIN TREATMENT
Working through the cuticle to the cortex, this treatment replaces lost or damaged proteins resulting in not only a strengthened exterior of your hair, but interior. You will leave with healthier, stronger, smoother hair with reduced frizz and more manageability. This treatment lasts up to six weeks.

GLOSS TREATMENT
Have a special occasion or just want to achieve that healthy shine? Our Finest Pigments Shine treatment is just for you. Using powerful antioxidant abilities, this treatment enhances color and protects the structure of the hair. Start with a gentle shampoo and an application of our Finest Pigments Shine Serum, then enjoy a moisturizing oil treatment on the hands. Finish with a light blow dry that will leave you with healthy multi-dimensional shine to the hair.

LADIES CUT AND STYLE
Sit back and relax while your locks are tamed by our stylists in a rich shampoo and conditioner. Followed by a professional cut and style, you’re sure to feel renewed.

GENTLEMAN’S CUT AND STYLE
Whether you’re looking for a new style or just a trim, you’ll be in good hands.

BLOW DRY AND STYLE
Enjoy a refreshing wash followed by a professional styling using our top of the line hair care products.
*Does not include styling with curling iron or flat iron.

HOT TOOL UPGRADE
Choose a hot tool upgrade to include a styling tool to your style.

SPECIAL OCCASSION HAIR
Achieve an elegant, formal look for a very special day. Includes curls with an iron, up-do’s, braids, and any style that would require pinning.

MAKE-UP SERVICES

SPECIAL OCCASSION MAKE-UP
Let our makeup professionals get you ready for a night out. Whether you’re looking for something natural and soft or bold and dramatic, our makeup artists will have you looking beautiful and elegant.

MAKE-UP LESSON
Following a consultation with your makeup artist, you’ll be given the tools and tricks to enhance your best features. The first half of your makeup application is completed by your makeup artist, and then using what you’ve learned, you’ll complete the second half.

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SPECIALTY SERVICES

INTUITIVE TOUCH
50 MINUTES
Reiki, a form of Japanese healing, is a gentle hands-on technique that reduces stress, eases pain and facilitates healing through energy work. Reiki will energize and balance the body, mind, emotions and spirit.

SHAMANIC AND REIKI HEALING
50 MINUTES
Restore and renew with an expert who will guide you in your journey to reduce emotional stress and assist you in relaxing your mind, body and spirit as you receive necessary healing. This service is administered with little to no touch as your Reiki Master and Shaman works with balancing your “life force energy,” leading you to feeling calm, balanced and focused after your session.

*Advanced reservations required.
FITNESS SERVICES

MORNING YOGA

60 MINUTES
Awaken the body and spirit through mindful movement. Suitable for any level of practitioner from beginner to advanced. This service is offered in our Movement Studio, available at 8:30 a.m. and 10:00 a.m. Thursday through Sunday. Group or private sessions are available upon request. Advanced registration required for 10:00 a.m. Morning Yoga.

POWER VINYASA YOGA FLOW

60 MINUTES
Power Vinyasa Flow Yoga is a powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements. It incorporates strength, flexibility, balance, cardio and physical and mental stamina in one session. Advance registration is required. Available at 12:15 pm on Saturdays and private sessions are available upon request.

MEDITATION

30 MINUTES
Enter a state of peaceful awareness through guided meditation to reduce stress and promote relaxation. Available at 11:30 a.m. on Saturdays and private sessions are available upon request. This service is offered in our Movement Studio.

PRIVATE MAT PILATES

60 MINUTES
Core strengthening sessions are tailored to guests’ fitness and experience levels. This service is offered in our Movement Studio. Advanced reservations required.

GUIDED HIKE

Enjoy the beautiful property of Bedford Springs by experiencing a customized hike. Choose a meditative hike, a scenic hike, an adventurer’s hike, or a historical hike. Advanced reservations required. Guests will meet at the spa desk.
CALL TODAY TO MAKE YOUR SPA APPOINTMENT.

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