EXPERIENCE YOURSELF IN A WHOLE NEW LIGHT

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 Serenity Garden to gather your thoughts on the day’s adventures.
MASSAGES

SPRINGS ETERNAL THERAPEUTIC MASSAGE
60 / 75 MINUTES
Allow your Springs Eternal Spa professional to pamper you with a customized full-body massage based on your preference of Swedish, Deep Tissue, or a combination of techniques.

HIMALAYAN SALT STONE MASSAGE
60 / 75 MINUTES
Warm, hand-carved salt stones from the Himalayan Mountains massage the body, soothe away stress and tension, and bring balance to the body, mind, and spirit.

THE ETERNAL CURE
75 MINUTES
Relax while skilled hands perform a back and foot exfoliation using a gentle scrub and warm towel compresses. Himalayan salt stones are then incorporated into a Swedish massage, offering warmth and comfort to stress points.

PRENATAL MASSAGE
60 MINUTES
This massage is designed to answer the developing needs of mother and baby and to give the nurturing treatment you both deserve. *Guest must be in their second or third trimester.

SERENITY MASSAGE
60 / 75 MINUTES
After a gentle, dry body exfoliation, embark upon a skin-nourishing journey as your therapist provides a full-body Swedish massage with a skin-softening infusion of Coconut Oil and Vitamin E and scent of your choice.

DR. ANDERSONS MUSCLE THERAPY MASSAGE
60 / 75 MINUTES
Allow Dr. Anderson’s curative legacy to continue as skillful hands and muscle mending therapy lotion provide targeted relief to problem areas, providing instant comfort. Warm salt stones are used to ease tense muscles while cool stones assist with inflammation.

AROMATIC JOURNEY MASSAGE
60 MINUTES
Create your own aromatic journey during this full body aromatherapy massage. Your provider will thoughtfully announce new aromas through inhalation, building an experience of either uplifting Zen or calming Relaxation.

ISLAND RETREAT MASSAGE
60 MINUTES
Reminiscent of waves rolling over the body, experience a lomi lomi inspired massage from the islands of Hawaii. Tropical scents accompany long, continuous, flowing strokes, while caring hands address the full body and mind.
MASSAGE ENHANCEMENTS

Complement any 60- or 75-minute massage by purchasing one of the below enhancements. These personalized additions are included within your scheduled treatment time.

BACK EXFOLIATION
Allow our team to gently exfoliate the hard-to-reach back area and reveal your softest skin. Exfoliation gloves are gifted for at-home use.

HONEY LAVENDER FOOT EXFOLIATION
Appreciate the benefits of relaxation-inducing lavender in this fine, natural sea salt foot exfoliation.

CBD OIL ENHANCEMENT
Packed with luxe organic hydrators and natural anti-agers; this oil sets the standard for the purest, high potency, organically grown full spectrum CBD

CBD FOCUS BALM
Allow our team to provide focus where areas of tension are present to alleviate stress in tired, sore muscles.

SPECIALIZED MUSCLE THERAPY
Provide tension areas instant comfort with a lightweight muscle-mending lotion providing both a warming and cooling effect.

HIMALAYAN SALT STONE
Upgrade to a new level of relaxation or deep tissue work as your therapist uses warm, hand-carved salt stones from the Himalayan Mountains for your massage.
BODY SCRUBS & TREATMENTS

INDIGENOUS HONEYSUCKLE SUGAR SCRUB

60 MINUTES
Allow your body to be treated to an exfoliation with our Cucumber Honeysuckle sugar scrub. After a therapeutic rinse, a hydrating application of our Cucumber Honeysuckle body butter will follow.
*Vichy upgrade based on availability.

PURE RADIANCE BODY SCRUB

60 MINUTES
A delicate pineapple sugar and herb-infused scrub exfoliates the skin, leaving skin smooth and glowing. After a warm mineral rinse, expert hands apply a hydrating body butter, exuding notes of fresh pineapple and coconut.
*Vichy upgrade based on availability.

HERBAL THERAPEUTICS BODY POLISH

60 MINUTES
Infused with hemp-seed oil and essential oils of sweet basil, rosemary, and lime, this all-natural sugar scrub will gently exfoliate the skin. After a warm rinse, a hydrating body butter rich in coconut oil and hemp seed oil will be gently applied.
*Vichy upgrade based on availability.

MINDFUL ESSENCE POLISH

60 MINUTES
Allow the fragrance you choose to direct the intention for this treatment, allowing the memory evoked from your chosen scent to create a journey of mindfulness throughout a gentle body exfoliation and hydrating oil application.
*Vichy upgrade based on availability.
FOCUSED THERAPY

EVITTS TRAIL RETREAT
30 MINUTES
Named after our expert level hiking trail, this service is designed to relieve tired muscles below the knee and throughout the feet using gentle exfoliation and massage.

HEALING HANDS
30 MINUTES
Allow your hands a luxurious text-free moment of therapy. Hands and forearms will be gently exfoliated in this treatment, followed by a warm towel compress and therapeutic massage.

QUIET MIND
30 MINUTES
Quiet your mind and release tension with this neck, head, and shoulder massage featuring gentle notes of clementine and lime.
WRAPS

MAGNESIA BIRCH WRAP
60 / 75 MINUTES
After a stimulating massage, your body is cocooned in a heat-intensive wrap infused with natural magnesium. While cocooned, a magnesium-rich Sweet Birch gel is massaged into the neck and feet, relieving tension, and re-energizing the body.

ANTIOXIDANT WRAP
75 MINUTES
A full-body massage with deeply hydrating vitamin-rich clementine oil begins this treatment before a warm vanilla green tea wrap cocoons the body. Expert hands will ease your mind during a soothing scalp massage to conclude this treatment.

SEAWEED MUD WRAP
75 MINUTES
After a dry body brushing for the full body, dead sea mud, highly concentrated in natural salts and minerals, is applied over the body in a velvety layer. While calming and anti-inflammatory properties take effect, a gentle face and scalp massage follow. After a mineral rinse, a moisturizing lotion is gently applied.

CBD BALANCE WRAP
75 MINUTES
An elevated wellness experience, this treatment begins with a full body exfoliation before a balancing CBD oil is applied to the skin. Once warmly cocooned, allow the benefits of CBD oil to begin while enjoying a gentle face and scalp massage. Skin will be left dewy with a hydrated and luxurious sheen.
FACIALS

SPRINGS ETERNAL FACIAL
60 / 75 MINUTES
A classic and timeless treatment, our Springs Eternal Facial is customized to address your skin’s specific needs.

ADVANCED SPRINGS ETERNAL FACIAL
75 MINUTES
A facial designed to focus on your skin’s specific needs, this advanced facial targets your specific anti-aging skincare goals.

DERMAPLANING FACIAL
60 MINUTES
Our Dermaplaning facial is a results-driven manual exfoliation treatment that improves the overall texture and tone of the skin.

LUXURY HYDRAFACIAL
60 MINUTES
An invigorating treatment that includes all the essentials of the Signature HydraFacial while addressing specific skin concerns with a Booster customized on your skin goals. This treatment concludes with LED Light Therapy.

SIGNATURE HYDRAFACIAL
30 MINUTES
This treatment deeply cleanses, exfoliates, extracts, and hydrates the skin utilizing super serums filled with antioxidants, peptides, and hyaluronic acid.

ELITE HYDRAFACIAL
75 MINUTES
The ultimate HydraFacial experience! This facial includes all the steps of our Luxury HydraFacial with added benefits of Lymphatic Drainage through the incorporation of Gua Sha techniques.

PERSONALIZE YOUR HYDRAFACIAL
Complement any Luxury or Elite HydraFacial by purchasing one of the below enhancements. These personalized additions are included within your scheduled treatment time.

LIP PERK
A refreshing treatment that exfoliates, hydrates, and plumps the lips. Comes with a take home lip serum.

EYE PERK
A brightening and refreshing treatment for the eye, the outer eye is toned, firmed, and hydrated. Comes with a 30-day take home regimen.

NECK AND DÉCOLLETÉ
Proprietary botanical extracts, derived from chia and grape seeds, revitalize the neckline and target signs of aging.
**FACIAL ENHANCEMENTS**

Complement any 60- or 75-minute facial by purchasing one of the below enhancements. These personalized additions are included within your scheduled treatment time.

**GUA SHA**
Incorporate traditional Chinese methods to reduce inflammation, tone, and brighten complexion with the use of a smooth Gua Sha stone.

**CBD ENHANCEMENT**
Elevate your wellness experience with a balancing CBD oil to support a healthy complexion.

**COLLAGEN EYE OR LIP TREATMENT**
Treat the delicate lip or eye area by restoring hydration with these nourishing and brightening collagen masks.

**COLLAGEN GEMCLINICAL EXPERIENCE**
A facial enhancement infused with active serums and hyaluronic acid, a luxurious collagen mask plumps and brightens the skin. Finish the enhancement with a customized gemstone booster serum, inclusive of a take home serum to continue self-care at home.

**HIMALAYAN SALT STONE ENHANCEMENT**
Allow warm, hand-carved Himalayan salt stones to upgrade your facial to the next level of relaxation.

**KANSA WAND**
Incorporate an ancient ayurvedic Kansa wand to relieve tension, calm the mind, and soften fine lines.

**LED**
Provide therapeutic treatment through red or blue light therapy to calm redness, promote even skin tone, and destroy acne causing bacteria.

**PEPTIDE PEEL**
Intended for age management, this lilac leaf stem cell peel features peptides and stem cells designed to enhance the effectiveness of your facial.

**PUMPKIN ENZYME**
Pumpkin pulp enzyme combined with essential oils and natural extracts deep clean and decongest pores, leaving the skin healthy and vibrant.
MANICURES
We provide quality nail services using a unique polish line that delivers advanced performance. Our long lasting, nontoxic, and quick-drying polish is designed to improve nail health over time, and is not compatible with acrylics, gels, or dip polish.

SPRINGS ETERNAL LUXURY MANICURE
50 MINUTES
A warm soak, gentle sugar scrub exfoliation, and warm oil treatment with massage make this manicure the luxury service your hands and nails desire. Complete your treatment with the option of a Buff and Shine, Clear Coat, or Performance Polish.

SPRINGS ETERNAL EXPRESS MANICURE
30 MINUTES
An express treatment to transform your nails. Nails are perfectly shaped and manicured, and treatment completed with option of Buff and Shine, Clear Coat, or Performance Polish.

SHOBER’S RUN MANICURE
65 MINUTES
Warm river rocks and crisp luxurious cashmere oil cohesively warm the muscles while creating a luminous sheen of hydration. Complete your treatment with option of Buff and Shine, Clear Coat, or Performance Polish.

SPRINGS FRENCH MANICURE
65 MINUTES
A luxury manicure with a classic twist. This manicure is complete with the timeless French finish.

ETERNAL BLISS MANICURE
65 MINUTES
A warm soak followed by our signature bliss exfoliation and warm oil treatment. Enjoy a lower arm and hand massage using a balancing Kansa wand from India. Complete your treatment with option of Buff and Shine, Clear Coat, or Performance Polish.
PEDICURES
We provide quality nail services using a unique polish line that delivers advanced performance. Our long lasting, nontoxic, and quick-drying polish is designed to improve nail health over time, and is not compatible with acrylics, gels, or dip polish.

SPRINGS ETERNAL LUXURY PEDICURE
50 MINUTES
A warm soak, gentle sugar scrub exfoliation, and rich body butter application and massage leaves skin soft and nourished. Complete your treatment with option of Buff and Shine, Clear Coat, or Performance Polish.

SPRINGS ETERNAL EXPRESS PEDICURE
30 MINUTES
An express treatment to transform your nails. Nails are perfectly shaped and manicured, and treatment completed with option of Buff and Shine, Clear Coat, or Performance Polish.

SHOBER’S RUN PEDICURE
65 MINUTES
Warm river rocks and crips luxurious cashmere oil cohesively warm the muscles while creating a luminous sheen of hydration. Complete your treatment with option of Buff and Shine, Clear Coat, or Performance Polish.

SPRINGS FRENCH PEDICURE
65 MINUTES
A luxury pedicure with a classic twist. This pedicure is complete with the timeless French finish.

ETERNAL BLISS PEDICURE
65 MINUTES
A warm soak followed by our signature bliss exfoliation and warm oil treatment. Enjoy a lower leg and foot massage using a balancing Kansa wand from India. Complete your treatment with option of Buff and Shine, Clear Coat, or Performance Polish.
MAKE-UP SERVICES

SPECIAL OCCASION MAKEUP
Let our makeup professionals get you ready for a night out! Whether you’re looking for something natural and soft or a dramatic approach to your night, our makeup artists will have you looking beautiful and elegant. Upgrade your look and add expertly applied 24-hour lashes for an additional cost.

SALON ENHANCEMENTS
Complement any 50- or 65-minute nail service by purchasing one of the below enhancements. These personalized additions are included within your scheduled treatment time.

HONEY HEEL GLAZE
A honey-based serum is painted on the heels while warm towels envelop your feet to treat callused, dry feet and provide instant hydration. *Pedicure only

CASHMERE TREATMENT
Choose your scent journey for a soothing and nourishing coconut and Vitamin E oil infused scrub and massage with a luxurious cashmere oil.

FULL SPECTRUM CBD OIL
Elevate your wellness experience with a balancing CBD oil supply your skin with beneficial oils and nutrients.

ANTIAGING ENHANCEMENT
Add a dead sea mask treatment before a hydrating and brightening plum oil is applied to refresh the delicate skin on the back of your hands. *Manicure Only

KANSA WAND
Incorporate an ancient ayurvedic Kansa wand to your arm or leg massage to relieve tension and calm the mind.
HAIR SERVICES

LADIES CUT AND STYLE
Sit back and relax with a rich, customized, shampoo and conditioning before our salon professional achieves your desired cut and finished style.

GENTLEMAN’S CUT AND STYLE
Sit back and relax with a rich, customized, shampoo and conditioning before our salon professional achieves your desired cut and finished style.

BLOW DRY AND STYLE
Enjoy a shampoo and conditioning customized to your hair type, followed by a professional blow out and style.

SPECIAL OCCASION HAIR
Achieve an elegant, formal look for a very special day. Includes styles with use of hot tools, up-do’s, braids, and any style that would require pinning.

NOURISH & RECONSTRUCT HAIR CURE
A hair treatment that contains Roucou oil, a rich oil that restructures the hair, this treatment is a favorite amongst the team to create shine, tame frizz, and soften the hair. A hair butter, infused with natural antioxidants and vitamins, is applied to the hair, mid-shaft to ends, and wrapped in a warm steam towel. Complete the look with a professional blow dry.
CALL TODAY TO MAKE YOUR SPA APPOINTMENT.

Omni Bedford Springs Resort • 814-624-5633

OmniHotels.com/Bedford