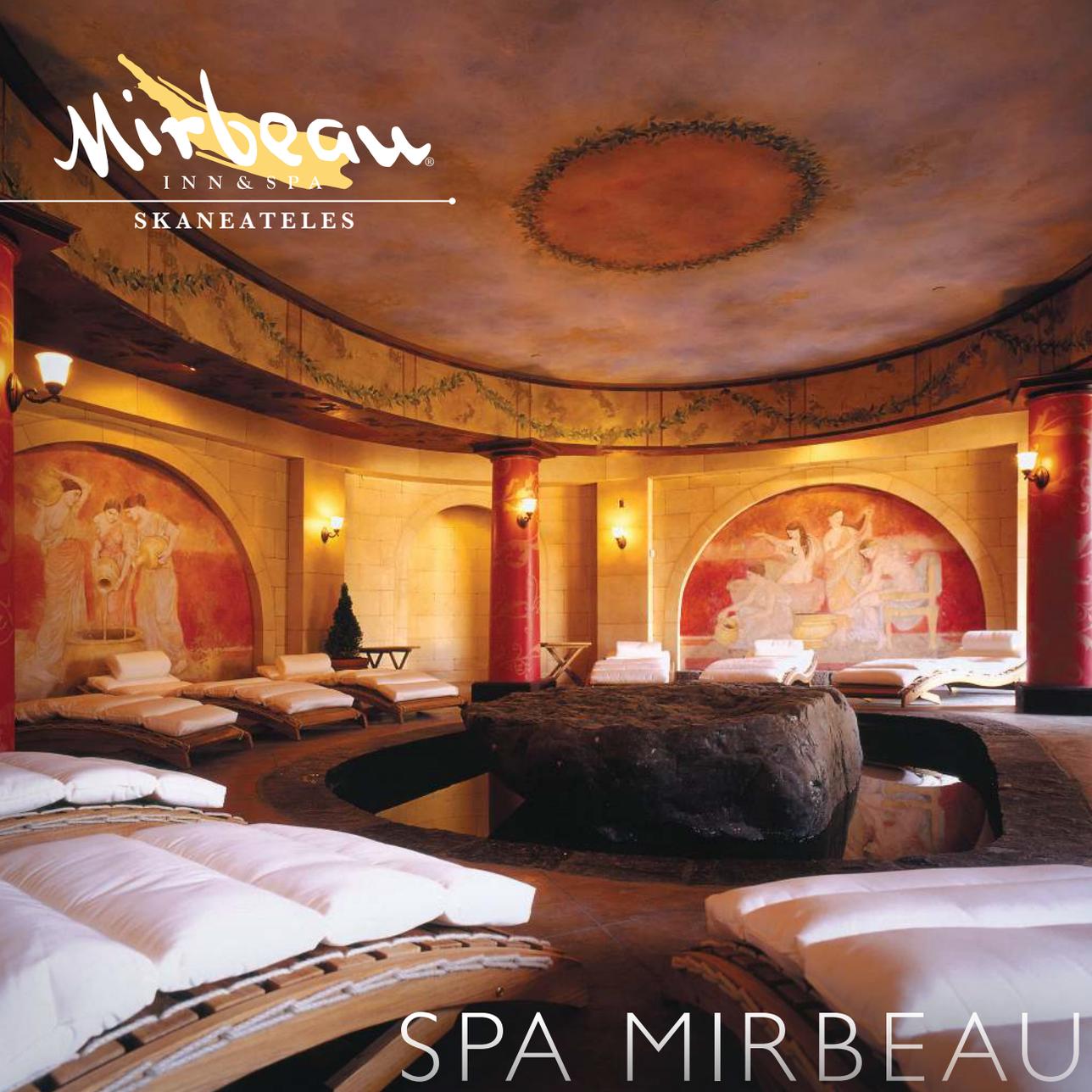


Mirbeau®

INN & SPA

SKANEATELES



SPA MIRBEAU

Feel warmly nestled in a plush robe, reclined near the fireplace while you let go. You could stroll to dip your toes into a heated foot pool as you contemplate your “Honey & Wine” body wrap, but that can wait. Did you doze off? Don’t worry, your therapist will gently wake you when it’s time for your 50 minutes of utter rejuvenation.

This is what we mean by *life, classically balanced.*

If we unfairly attempt to make all of the noise out there fade, it is by design. You are now in a world-class Spa, a French Country-inspired Inn. There are landscaped gardens and water colored ponds surrounding you. And there are people who will do everything to see that you enjoy yourself and make this a gracious time indeed. Whether you are staying at Mirbeau overnight or just visiting for the day, welcome and enjoy today’s menu.



Treatment MENU

MASSAGES

Mirbeau Signature Massage

This classic Swedish massage relieves tense muscles and promotes relaxation through soothing manipulation enhanced by our specially formulated antioxidant-rich oils.

Just the Essentials Massage

A luxurious massage of the scalp, hands and feet with a hot oil scalp ritual for those who prefer to focus fully on these essential areas.

Mother-To-Be Massage

A selection of specially designed oils safely nourishes skin, and relieves stress and tension for the Mother-to-be.

Monet’s Favorite Fragrance Massage

True to our emphasis on classic balance, this aromatherapy treatment tends to physical, mental and emotional well being with your choice of natural essential oils and the benefits of Swedish massage.

Divine Indulgence Massage

A complete sensory experience that captures the indulgence, efficacy and relaxation of a signature Caudalie experience. Guests are transported with a Caudalie massage using the Divine Oil, a scent reminiscent of the French Riviera. Skin is left smoothed, moisturized and wrapped in a delicate fragrance.

Deep Tissue Massage

A full body, deep tissue massage releases tense muscles. Arnica infused oil gently relieves soreness and inflammation.

Nature’s Healer Massage

Enjoy this innovative healing technique which uses warm Himalayan salt stone crystals & cool river stones to massage and soothe away any accumulation of stress and tension while bringing the mind, body, and spirit into balance. Great deep muscle relief yet comfortable enough for even the most sensitive of guests.

Ashiatsu Massage

Firm “back walking” to pressure points along energy meridians. This Eastern bar therapy where the therapist uses his or her feet to provide a deep, luxurious pain-free massage.

Thai Massage

This ancient healing art blends assisted yoga with rhythmic deep tissue compressions for a relaxing effect. Wear comfortable clothing.

COUPLES

The Art of Living

Enjoy one of our custom aromatic baths in a private oversized soaking tub for two while enjoying champagne and chocolate covered strawberries. Slowly make your way to the massage table for an ultra hydrating and ex-foliating shea butter back scrub followed by a fire side massage, using deeply nourishing and delicately scented massage oils. Our focus is on calming the mind, detoxing the body, and bringing deep wellness, healing and togetherness.

It Takes Two

A romantic side-by-side signature massage in the privacy of a spa room - illuminated by the crackling flames of your own fireplace. Perfect for spending close time with your sweetheart, but also a lovely time for bonding between mother and daughter, siblings, or friends.

Monet’s Favorite Fragrance for Two

Relax with your partner and allow our aromatherapy selection of essential oils to relax and rejuvenate your mind, body & spirit. This side-by-side aromatherapy massage combines the healing effects of oils with the benefits of Swedish massage to stimulate your senses.

Divine Indulgence For Two

Indulge in a side-by-side massage with a complete sensory experience that captures the indulgence, efficacy and relaxation of a signature Caudalie experience. Skin is left smoothed, moisturized and wrapped in a delicate fragrance.

Deep Tissue For Two

A side by side full body, deep tissue massage releases tense muscles, while arnica-infused oils gently relieve soreness.

FACIALS

Mirbeau Signature Facial

(Radiance-Boosting - All Skin Types)

For dull, tired skin, this treatment instantly restores radiance and vitality while correcting uneven tone. A sculpting massage awakens natural luminosity of the complexion while restoring tone to facial contours.

Renew & Restore Facial

(Calming/Nourishing - Dry Skin)

The enriching and nourishing facial for parched, dull skin. Firm yet soothing techniques using fresh, luscious grapes restore comfort, softness and suppleness. Ideal for skin seeking calming, anti-inflammatory and anti-redness therapy.

Resveratrol Lifting Facial

(Firming - Anti-Aging)

For skin losing its youthful look, specific sculpting techniques strengthen and firm facial contours. This treatment promotes re-volumizing, lifting & firming, instantly reviving skin for an overall younger appearance.

Vinopure Facial

(Combination/Oily)

A detoxifying and balancing facial for blemish-prone skin. Deep cleansing with extractions, followed by Caudalie's Purifying Concentrate, help clear the complexion, leaving skin shine-free with noticeably finer, tighter-looking pores.

Organic Radiance Facial

This organic treatment includes a natural fruit acid peel to rapidly exfoliate dead skin cells and improve skin tone and texture. Active, natural, cutting-edge peptides, organic grape stem cells, potent antioxidants and plant extracts help improve skin tone and texture, brighten, and fight the appearance of fine lines and wrinkles.

SkinFit Radiant Facial

This ultimate age-defying facial includes active vitamin C, natural fruit acids, and a wide variety of potent botanical extracts, peptides, and coenzymes combined with the NuFace microcurrent treatment to brighten skin, tighten and tone facial muscles, and minimize the appearance of fine lines and wrinkles. Skin is left noticeably hydrated and radiant.

Premier Cru Facial

A supreme beauty ritual providing a comprehensive anti-aging treatment for unparalleled results. The decadent scrub prepares the skin for the benefits of a lengthy massage with the Caudalie Anti-Aging-Roller. A Hydrogel mask creates an immediate lifting effect, followed by the application of our exceptional cream, Premier Cru, the quintessence of Caudalie's three patented, natural, active ingredients. Fine lines and wrinkles are visibly smoothed and refined, leaving the complexion radiant, youthful and glowing with vitality.

NEW! Intraceutical Signature Facial

Breathe deeply and without pause while oxygen works to deliver hyaluronic acid and custom anti-aging active ingredients deep into the skin. The Intraceuticals signature facial incorporates innovative hyaluronic technology and a methodical layering technique to achieve instant results with visible improvement in the following days. Choose from the skin quenching Rejuvenate Treatment to deliver ultimate hydration or the Opulence Treatment to brighten and balance dull uneven skin tone.

NEW! Intraceutical Advanced Lift Facial

Luxury meets technology. This advanced facial fuses two of the industries' most coveted technologies - Intraceuticals, and NuFace Microcurrent - for instant lift and visible tightening. Oxygen powers skin collagen boosting and smoothing peptides to target the appearance of expression lines around the eyes, lips and forehead while enhancing overall volume, hydration and vitality. Choose an Antioxidant, Vitamin A, Vitamin C+3, or Collagen booster treatments containing cutting edge ingredients to address your skin's specific needs.

FACIAL ENHANCEMENTS

A variety of optional enhancements are available that may be added to any of our facials, for you to look and feel even more beautiful. Select from French zip waxing for brow or lip, or choose one of the following options:

Wow Brow

Brows are lifted with NuFace microcurrent technology, opening the eyes for a wide-eyed youthful look. Results are instant and uplifting.

Lip Definer

Add volume to the lips with NuFace microcurrent technology, lifting and sculpting the jaw line and reducing the appearance of smile lines. Results are instant and uplifting.

Intraceutical Eye Mask

A beautiful moisture rich eye treatment that specifically targets fine lines, dark circles, puffiness, and stressed skin. Hydrolyzed plant proteins help to soothe and tighten tired, overworked eyes. The Intraceuticals Hyaluronic Micro Molecule leaves the eye area feeling nourished and tighter with a visibly brighter appearance.

Intraceutical Lip Mask

This unique moisture mask helps to define the lip line, providing a full and rich natural color. Super hydrators Hyaluronic Acid and brown algae provide a burst of hydration to approve the appearance of fine lines, promoting a soft texture to the lips and skin surrounding the mouth.

Intraceutical Atoxylene Treatment (Notox - Botox)

Help to stop the lines of time. Hardworking peptides instantly help to smooth your skin for a dramatic reduction in the appearance of fine lines and wrinkles.

**Available only with Intraceutical Signature Facial*

MIRBEAU KURS

Europeans know Kur as the foundation of traditional Spa experience: a centuries old renewal ritual of exercise, proper nutrition and care of face and body. Treatments involve a soak in a jetted mineral bath for relaxation and balance.

Our Luxury Collection

Enjoy a purifying and hydrating body polish with an organic Moor Mud wrap followed by a bath laden with thermal mineral crystals and arnica. Finished with a relaxing full body massage using your own, personally selected, lotion and oil for long lasting ultra hydration.

Our Barrel Collection

An invigorating and detoxifying grape seed scrub followed by an aromatic red vine bath. A relaxing and nourishing massage finishes the treatment to leave skin nurtured and moisturized.

VICHY TREATMENTS

Our Vichy Shower has eight adjustable shower jets to caress your body under an invigorating waterfall. These services are designed to increase blood circulation, hydrate the skin and soothe the nervous system, enabling your body to balance and your muscles to relax.

French Country Vichy

A nod to a balanced French County lifestyle, this body scrub relies on simple natural ingredients and the healing properties of water. The healing begins with a sugar, salt and organic shea butter body polish to exfoliate and replenish the skin followed by a relaxing massage under an invigorating waterfall of eight shower heads. Finished with an age-defying probiotic lotion leaving your skin soft and glowing.

Reviving Waters Vichy

Awaken the body and mind with the powerful combination of energizing pink grapefruit, stimulating rosemary and invigorating juniper berries. A blend of natural corn cob and bamboo extracts smooth and polish the skin while stimulating lymph, and removing dead skin cells. Skin is replenished and revitalized with a moisturizing body lotion high in essential fatty acids leaving the skin plump and silky smooth.

BODY TREATMENTS

Mirbeau Ritual

Delicately slough away dry dehydrated skin to reveal your soft, cashmere skin. The body exfoliation uses an all natural sugar scrub which preserves skin's moisture balance and is followed by a lusciously hydrating full body quench, infusing skin with warm body butter for head-to-toe healing.

Impressionist Retreat

Begin with a scent journey and choose your own delicately fragrant oils. Hot towels prepare your skin as thermal Moor Mud is painted on and you are enveloped in warm, herbal soaked linens. The benefits of the mud draws impurities from skin and toxins from the body while the lotion and oil application leave your skin cashmere soft with a healthy glow.

Mother-To-Be Body Polish

Specially for moms-to-be, this gentle yet effective treatment uses gentle exfoliation of the body followed by ultra-hydrating organic coconut oil massaged into the skin to maximize strength, health, and elasticity, and leave the skin soft and glowing.

Crushed Cabernet Scrub

A blend of grapeseeds, honey and brown sugar create a scrub that invigorates and refines, to stimulate microcirculation and drainage of excess toxins. Caudalie's contouring concentrate and body lotion are then carefully applied to restore skin's radiance.

Honey & Wine Wrap

A nourishing and fortifying wrap to address chronically dry skin. A warm blend of wine yeast and honey provides intensive moisturizing to the skin, protecting against dehydration and restoring supple skin.

French Clay Detox

Your journey begins with an invigorating exfoliation to remove dead skin cells. Next, warm French green clay and seaweed is applied to the body to remove toxins, nourish the skin, and stimulate circulation and lymphatic drainage. A calming scalp massage is performed during the body wrap and the skin is replenished with a coconut-argan body oil.

Organic Body Firming Wrap

The service begins with an invigorating dry brush exfoliation to help remove dead skin cells, stimulate lymphatic flow and circulation, and brighten the skin. A clinically proven organic body firming serum and a warm drizzle of nourishing coconut-argan oil is applied to help reduce the appearance of cellulite while toning and firming the skin. The body is wrapped in a hydrating cocoon while you enjoy a relaxing facial and scalp massage.

HAND & FOOT THERAPIES

Classic Manicure

Traditional grooming of the cuticles and nails, followed by a light exfoliation and hydrating honey mask. Complemented by a gentle hand massage and finished with polish of your choice.

Classic Pedicure

Traditional cleaning and grooming of the nails, cuticles, and rough calluses, followed by a light exfoliation and a hydrating honey mask. Complemented by a gentle foot massage and finished with polish of your choice.

Refined Elegance Manicure

This ultra-hydrating service begins with a soak using an anti-aging fruit enzyme followed by a smoothing and hydrating body polish. Indulge in a warm moisture infusion of organic shea butter balm and coconut oil that plumps tired looking hands/arms while leaving a radiant youthful glow. Nails are impeccably groomed and polished.

Refined Elegance Pedicure

This ultra-hydrating service begins with a soak using an anti-aging fruit enzyme followed by a smoothing and hydrating body polish. Indulge in a warm moisture infusion of organic shea butter balm and coconut oil that plumps and rejuvenates tired looking feet/legs while leaving a radiant youthful glow. Nails are impeccably groomed and polished.

NEW! Dazzle Dry Nail Polish

Enhance your nail service with our long wearing, quick drying, natural and vegan polish.

MIRBEAU MEN

Men's Essential Massage

For the busy businessman, active sportsman or any man who wants to feel his best. This massage relieves tension and encourages incredible relaxation. We end with a five-minute skin fitness conditioning, which provides a daily dosage of anti-aging vitamins and antioxidants, especially formulated for men.

Men's Estate Facial

This green science organic men's face treatment is customized to your unique lifestyle and grooming challenges. Luxurious hot towels; relaxing neck and shoulder massage and age-delaying ingredients combine to create the ultimate treatment experience that addresses even the toughest male skin concerns.

Men's Hand Treatment

The ultimate men's hand treatment for those dry tired hands that are always on show, either on the golf course or in the executive office.

Men's Foot Treatment

Invigorating mint and cool lime combine to revitalize tired feet and legs while deeply hydrating dry or callused feet. Hot towels and a relaxing massage of the feet and legs round out the experience.

Body Booster 4 Men Vichy

Your skin will feel ultra-smooth and refreshed after a Lime Ginger exfoliating body scrub followed by a body-blitzing full VICHY shower. A custom Ylang Ylang massage followed by an invigorating Black Spruce and Siberian Ginseng scalp ritual, rounds out this sophisticated total wellness treatment, exclusively for men.

Deep Sea Mud Wrap

An invigorating brightening body scrub, followed by a marine botanical mud wrap to naturally warm and detoxify the body. Enjoy your custom wellness massage with an organic aromatherapy massage oil blend. A 4-minute best practice grooming routine, deeply hydrating treat for tired feet, and revitalizing scalp massage rounds off this head to toe professional wellness treatment.

DAY SPA PACKAGES

For those fortunate enough to enjoy the elegance and comfort of Spa Mirbeau as a regular getaway destination, we invite you to experience our Day Spa Packages, with a choice of your favorite treatments as well as delicious dining. All Day Spa Packages are inclusive of all taxes and gratuities on the included items.

A Touch of Class

A choice of any 50-minute treatment and a three-course lunch.

Monet's Palette

Two 50-minute treatments or one 100-minute treatment and a three-course lunch for one guest.

Just A Day Away

Choose any manicure and pedicure, two 50-minute treatments or one 100-minute treatment and a three-course lunch.

Close To You

Reconnect with one 50-minute It Takes Two Couples massage and a quiet lunch.

Enjoy complimentary indulgences

with every Spa appointment and let your experience last the entire day.

Lounge or nap in the Resting Area with heated foot pool. Submerge in the outdoor whirlpool with private bar in the Aqua Terrace.

Meditate in our eucalyptus-infused steam rooms.

Take a complimentary exercise class or work out in the fitness center.

Mirbeau Gift Cards | Gift Cards are available for spa treatments, purchases at La Boutique, dining at The Bistro, and overnight accommodations. Accepted at all Mirbeau Inn & Spa Resorts and Spa Mirbeau locations.

Club Mirbeau Memberships | We offer 3-month trial and yearly memberships. Call the number below or visit our website for full details.

Gratuities | For your convenience, a gratuity of 20% will be automatically added to your final bill for all Spa services. Day Spa Packages include gratuities and taxes.

Spa Etiquette | The Spa at Mirbeau welcomes all guests 18 years and older. We are a non-smoking facility. Please do not bring cell phones, electronic devices or outside food & beverage into the Spa. If you must cancel or reschedule your service, 48 hours notice is required to avoid charges for the service. Guest passes for use of facilities are only available for purchase Sunday - Friday.



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