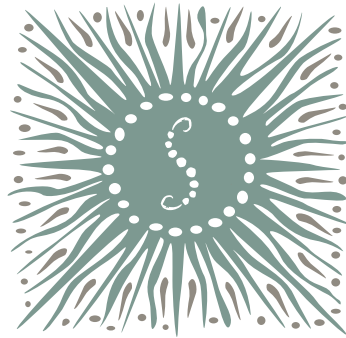


SHERBORN



DAY SPA

*Menu of Services*

SHERBORN



DAY SPA

*Welcome to Sherborn Day Spa,  
borne of the authentic spas of yesterday.  
Elegant. Professional. Complete.*

*Here, a close-knit team of talented massage  
therapists, estheticians and cosmetologists bring you  
the most advanced treatments from around  
the world. We use only the finest products with the  
freshest ingredients and we employ the latest  
in spa technology. Our holistic approach to spa  
therapies ensures that you will revel in your favorite  
treatments while you renew, rejoice and rejuvenate,*

*Sherborn Day Spa  
Around the corner, a million miles away*



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## *Skin Care Treatments*

Rejuvenate, nourish, hydrate and balance your skin with our customized facial treatments. Our highly trained estheticians will analyze your skin, recommend a facial treatment based on your individual needs and design an at-home skin care regime. Each facial will include cleansing, toning, exfoliation, massage and masque specific for your skin type.

### *Facials*

- **Organic Rejuvenating AHA Facial**

For a more youthful glowing complexion, nothing equals the age-old benefits of fresh herbs and fruits. Using only the finest organic ingredients, we layer pure paprika and organic AHA to exfoliate and stimulate while using crushed red rose petals to nourish and plump dry, dehydrated skin. For the finishing touch, a customized masque from creamy carrots or organic fruits and herbs will leave you as radiant and refreshed as nature intended you to be.

- **Oxygen Facial Treatment**

For those with mature, tired, sun-damaged skin, this treatment delivers pure oxygen along with 87 vitamins, minerals, enzymes, and amino acids to moisturize and revitalize every skin cell for a brighter, tighter, more youthful look.

- **Oxygen Acne Facial Treatment**

A revolutionary skin care treatment, the "Oxyceutical System" employs pure oxygen along with effective medication and skin-friendly ingredients that clear clogged pores. Oxygen is a natural bactericide, decreasing the potential for inflammation and redness.

- **Vitamin C, Rosehip and Maize Facial Treatment**

Relied upon for centuries by those with sensitive skin, rosacea, and acne, fresh rosehip soothes even the most distressed skin types. The rosehip's natural abundance of Vitamin C is responsible for reducing inflammation, redness, and providing high levels of anti-oxidant protection. This experience is as soothing and refreshing as it is cleansing and detoxifying.

- **Stone Journey Facial**

Nourishing, protective, replenishing and soothing, this stone massage is enhanced with natural oils rich in minerals and vitamins. Your face, neck, shoulders and décolleté will be drenched and rubbed with velvety oil and smooth stones. As the stones glide and press over your overworked muscles, you will feel the tension just melt away. Your skin will be restored to a youthful bloom.

- **Customized European Facial**

This journey to healthier more beautiful skin begins with a skin analysis to determine your individual skin needs. A customized masque, toner and moisturizer are applied after indulging in the healing powers of steam, cleansing and massage. Our treatment does not end here; your technician will advise you on a daily skin routine to maintain your healthy, vibrant skin between visits.

- **Young Adult Facial with Skin Care Consult**

A therapeutic treatment tailored to meet the special needs of young adult skin, this beneficial program begins with a private consultation and skin analysis. Next, a deep pore cleansing, exfoliation and appropriate treatment masque will be applied by your esthetician. Finally, a detailed home prescription is provided to help with at-home care.

### *Peels*

An exfoliating treatment leaving the skin with a radiant glow, a peel is performed before a facial. It aids in deep pore cleansing and ingredient absorption.

- **Glycolic Acid Peel**
- **Salicylic Acid Peel**
- **AHA & Paprika Peel**
- **Microdermabrasion**

A very effective exfoliating treatment using sterile crystals for reducing wrinkles, acne scars, hyperpigmentation and enlarged pores, this remarkable treatment, followed by a soothing masque, stimulates collagen production while re-texturizing your skin. A series is recommended for best results. Buy six and get the next free.



### *Skin Care Add-ons*

- **Foot Treatment**

Exfoliation, massage and heat treatment

- **Facial Paraffin Masque**

Incredibly hydrating

- **Specialized Masques**

Organically grown herbs and fruits, hand-picked for perfection

- **Lymphatic Facial Drainage**

Massage that cleanses the skin tissue of waste and toxins

## Massage and Relaxation Therapies

### Massage

Massage is a natural rejuvenator; practically a necessity of contemporary life. Its stimulating, cleansing and healing effects can help bring balance to the mind, body and spirit.

- **Swedish Massage**

This classic European massage uses long, kneading strokes to promote relaxation and improved circulation.

- **Deep Tissue Massage**

This highly therapeutic massage is designed for individuals who want a more detailed session that works on specific muscle groups.

- **Hot Stone Journey**

During this wonderfully therapeutic treatment, natural stones become an extension of the therapist's hands. Deep penetrating heat of basalt stones is combined with traditional massage techniques to release muscular tension.

- **Soothing Session**

This light massage performed by our licensed estheticians uses effleurage stroking to nourish and hydrate the skin.

- **Stress Buster Massage**

For the back, shoulders and neck, this relaxing massage is for the individual who needs quick release from daily stress.

- **Reiki**

Reiki is an ancient and sacred healing technique originating from the Tibetan Sutras. Through warm and nurturing touch, concentrated life force energy is received.

- **Chair Massage**

This massage is done while you are fully clothed and concentrates on upper body tension.

- **Foot Reflexology**

This natural, holistic therapy is based on the theory that there are points on the feet that correspond to specific organs in the body. Our technicians will have you feeling invigorated all over.



## *Water Therapies*

The use of water treatments for medicinal purposes dates back thousands of years and has been found to have many therapeutic qualities including increased circulation, detoxification, re-mineralization, and stress relief. The Vichy Shower will gently cascade warm water, massaging the entire body while enveloping you in a soothing aromatherapy steam. Each session includes a cool, moonstone facial massage and a relaxing scalp massage.

- **Herbal Cellulite Wrap**

Trace minerals from an underground lake in Hungary have boiled and fermented for centuries creating a high potency blend of sulfur, spring water and phytoestrogens. Using these minerals, this treatment will detoxify, purify, and stimulate the lymphatic system to release toxins and excess fluids. The body is dry-brushed to loosen dead skin cells, then cleansed and, finally, treated to an herbal wrap. Cool waters will rinse away all herbal extracts to reveal a firmer, more even-textured skin. Treatments should be done weekly for long term results.

- **Dead Sea Salt Glow**

Journey to the banks of the Dead Sea for a truly invigorating and moisturizing treatment which stimulates circulation and treats dry or rough areas of the body. Salts are worked over the entire body for the ultimate exfoliating experience. The unique properties of this special combination will stimulate circulation and soften heels, elbows and any other rough areas of the body.

- **Moor Mud Cocoon**

After a thorough exfoliation, your body is wrapped in deliciously warm Moor Mud - an organic, black bog mud containing thousands of plant extracts and trace elements. Cocooned in aromatic steam, you drift away as the ingredients penetrate your skin drawing out impurities and stimulating circulation.

- **Tangy Fruit, Almonds & Rose Body Facial**

Organically grown, hand-picked fruits, herbs, and flowers are chosen specifically for this sensory experience. The body is softly exfoliated with crushed almonds and minerals, then massaged with velvety sweet rose petals for luxuriously smooth skin. Pulp of tangy oranges and pumpkins are layered onto the skin as a complete body masque. The enzymes create an unparalleled radiance and rosy glow while the honeydew lotion is a unique finishing touch.





## Body Therapies

Spa body treatments help restore balance and well-being while fostering a positive, healthy body image. These treatments induce a sense of relaxation while promoting the elimination of toxins and producing radiant, well-hydrated, smooth skin. Each treatment includes a relaxing scalp massage.

- **Dead Sea Paraffin Body Treatment**

A wonderfully warm experience for the entire body, this treatment starts with a lymphatic massage and is followed by an application of warm paraffin. As your body releases toxins, circulation and hydration increase to give your skin a healthy glow.

- **Back Facial**

Here's a relaxing treatment for the back, shoulders and upper arms. Similar to facial skin care, a "back facial" provides deep cleansing, massage, and hydration for those hard-to-reach areas.

- **Herbal Hibernation Wrap**

A delicious herbal experience that detoxifies your entire body, this wrap helps eliminate impurities, relax your muscles and hydrate your skin. First, a fleece sheet is soaked in an aromatic infusion of allspice, lavender, calendula petals, clove, eucalyptus, ginger root, and rosemary. The fleece is wrapped around your body and you are warmed for up to 20 minutes. Enjoy a moonstone facial massage and a scalp massage while this cocoon of therapeutic, aromatic herbs penetrates your body and draws out impurities.



## Waxing and Hair Removal

For effective hair removal with less irritation, we use Austrian Green Wax with azuline and French White Wax with sweet almond oil.

Eyebrow	Bikini	Full Arm
Upper Lip	Half Leg & Bikini	Half Back
Chin	Full Leg & Bikini	Full Back
Face	Stomach	Half Chest
Half Leg	Underarm	Full Chest
Full Leg	Half Arm	Patches

## Nail and Foot Care

- **Chocolate Lovers' Pedicure**

Enjoy the decadence of chocolate without the guilt or even the calories. Our products offer the pleasures of chocolate loaded with the finest nutrients. Relax in our state-of-the-art massage chairs while your lower legs and feet are pampered. Feet will be soaked in a whirlpool bath of chocolate-raspberry, followed by a gentle chocolate mineral exfoliation treatment to remove rough dry skin and calluses. Finally, a cuticle treatment, nail-shaping and a warm chocolate paraffin masque is followed by a lower leg and foot massage.

- **Lavender Luxury Pedicure**

This Luxurious Treatment begins with a soak in a whirlpool of lavender fizz marbles. Relax as the small bubbles caress and soften at the skin and cuticles. Next, a lavender peel is applied to the feet and lower leg for a complete skin exfoliation. Nourishing and warm paraffin will hydrate and sooth your tired toes. This pedicure ends with applications of a heavenly lavender scented lotion and polish of your choice.

- **Peppermint Pedicure**

Put the spring back in your step with cooling, energizing and invigorating peppermint. This wonderfully aromatic and energizing treatment starts with a warm foot soak in peppermint essential oil. As you soak, you will feel the tension and heaviness just disappear. Your feet are then scrubbed with peppermint granules, leaving skin tingling and soft. A moisturizing peppermint lotion with anti-fungal and bacteria-fighting properties is massaged into your feet to complete this stimulating experience.



- **Pedicure Express**

Our express pedicure is designed for the client who maintains regular pedicures and needs a light touch up. After a foot soak, toenails are filed, cuticles are pushed back, a fresh coat of polish is applied and you're off.

- **Paraffin Foot Treatment**

A warm treatment to soften and soothe tired feet

- **Polish Change**

No time for a full pedicure? Freshen up with a polish change.

- **Foot Care Add-Ons**

French Polish  
Hot Stone

\* All pedicures are finished with your choice of polish and come with a 2-day free touch up if necessary.



## *Nail and Hand Care*

Manicure

French Manicure

Lavender Hand Treatment  
including an exfoliation, paraffin and manicure

Paraffin Hand Treatment  
(warm and hydrating)

Nail Tips with Overlay  
of Silk or Linen Full Set and Manicure

Silk Wrap Full Set and manicure

Linen Wrap Full Set and manicure

Silk or Linen Overlay

Removal of artificial Nails

Maintenance Manicure  
(for Tips and Wraps)

*\* All manicures are finished with your choice of polish and come with a 2-day free touch up if necessary.*

## *Make-up Artistry*

At Sherborn Day Spa, our own fragrance-free, hypo-allergenic make-up line is both long-lasting and reasonably priced. With our great selection of the latest shades, we can help you make a beautiful difference.

- **Make-up Lesson**

A step-by-step professional tutorial to show you the newest techniques and apply the right colors for you.

- **Make-up Application**

Professionally applied make up for a special occasion or for anyone who wants a fresh, new natural look.

- **Young Adult Make-up Lesson**

A light touch that enhances youth and brings out natural beauty.

- **Custom-blend Foundation**

Specially formulated and customized by our professionals to match your skin perfectly.

- **Bridal Make-up**

Our make-up artists will customize your make-up application to suit your needs for your special day. We start with a trial run scheduled one to two weeks before the big day. We will discuss the look you are after and follow with a make-up application.



## *Hair Services*

### **Hair Styling**

Women's Shampoo, Cut and Style  
Men's Shampoo, Cut and Style  
Child's Cut and Style (10 and under)  
Shampoo & Style  
Curly hair to straight/flat iron  
Updo - Adults & Bridesmaids  
Updo - Teen  
Pre-Bridal Consult\*  
Bride's Hair Design\*

### **Advanced Color Techniques** (Complimentary consultation )

Semi-Permanent Hair Color  
Permanent Hair Color  
Foil Highlighting (Partial)  
Foil Highlighting (Full)  
Cap Highlighting

### **Texturizing Services**

Permanent Waves  
Conditioning Treatment with split end repair  
Mineral Build-up Removal

*\* Brides are encouraged to have hair and veil consult prior to the wedding day*

## *Amenities and Considerations*

### **Scheduling an Appointment**

We recommend that you make your next appointment prior to leaving the spa to ensure a time that accommodates your schedule. Due to length of our special spa packages, advance booking is important, especially with large groups.

### **When to Arrive**

We request that you arrive at least 15 minutes prior to your first scheduled spa appointment. This allows you the time to fill out our client intake form, change, and prepare for your first service. All spa services have a specific time schedule and early arrival allows for a relaxed and unhurried experience. If late arrival is inevitable, your service(s) may be shortened or rescheduled as a courtesy to our next guest. The full value of your treatment will be applied.

### **Cancellation Policy**

Sherborn Day Spa requires a 24-hour notice of cancellation for all single services. For multiple services or packages, a 48-hour notice of cancellation is required. All multiple services and packages are reserved with a credit card number. A 50% charge of all services scheduled will be made on the card in the absence of a 48-hour cancellation.

### **Personal Comfort**

Your comfort is important to us. We provide private locker rooms, plush robes and wraps, slippers and sandals for all spa clients for the duration of their services. Modest draping is observed during all body treatments and body massages. Please feel free to bring a swimsuit or wear our disposable undergarments provided for our varied spa and hydrotherapy services. Complimentary teas, nuts, fruit and water are available for your enjoyment.

### **Environment**

In order to preserve the essential elements of the spa experience, we ask that you turn off your cell phones and pagers upon entrance to the spa. Of course, smoking is not permitted on the premises.

### **Personal Property**

We strongly suggest that you do not bring jewelry or valuables into the spa. We regret we cannot be responsible for lost or stolen articles.

### **Children**

We ask that no children under the age of 10 be in the facility without a scheduled appointment for service and accompanied by an adult.

### **Gratuity**

Gratuities are not included and are a matter of personal discretion, reflecting your level of satisfaction with your service. All gratuities are made through the Spa Coordinator at the reception desk. He or she will ensure that the proper amount is received by the spa technician(s) that serviced you. You may add any amount at the time of check-out in cash or check.

### **Walk-ins**

Walk-ins are welcome depending upon availability.

### **Pricing**

Prices are subject to change without notice.

### **Gift Certificates**

Spa and salon gift certificates make an ideal year-round gift for any special occasion. Certificates may be purchased for any dollar amount, service, package, or retail items.

### **Refunds**

Refunds are not accepted on the purchase of gift certificates. If a certificate has been purchased for specific services, other spa services or retail products may be substituted equaling the original dollar amount of the certificate purchased.

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*Around the corner, a million miles away.*

*24 North Main Street • Sherborn, MA 01770 • Phone: 508.650.1111 • Web: [www.SherbornDaySpa.com](http://www.SherbornDaySpa.com)*