

Tree Spa

at HIDDEN POND

Nestled amongst the birch trees at Hidden Pond, our spa cottages are surrounded by a tranquil and peaceful environment that captures the healing properties of the earth. We have created these spa treatments with our natural surroundings in mind, using ingredients indigenous to the earth throughout. Our philosophy of combining balance with nature ensures the right environment to restore your breath, rejuvenate your energy, and soothe your soul. Our trained therapists will work with you to customize your treatment using organic herbs, natural oils, and techniques designed to relax, renew, and create a sense of overall well-being. Allow the Tree Spa at Hidden Pond to restore your spirit and explore your potential for true balance and wellness.

Massage

Pure Therapy Massage

This massage will be customized to your needs, lighter pressure for relaxation or deeper techniques to provide a therapeutic benefit. A combination of massage techniques, scented oils and our serene surroundings will relax and renew.

60 Minutes \$130 | 75 Minutes \$160 | 90 Minutes \$180

Sports Massage

This massage will address the needs of our guests who exercise regularly. The particulars of the massage techniques used will be specific to the athlete's sport of choice. Your therapist will incorporate stretching exercises to aid in increasing flexibility and mobility.

60 Minutes \$140 | 75 Minutes \$170

Pure Earth Heated Stone Therapy Massage

Inspired by Native American rituals and utilizing the aromatic benefits of organic herbs and essential oils, warmed basalt stones are used in conjunction with long flowing strokes to soothe and renew.

75 Minutes \$175 | 90 Minutes \$195

Pure Fusion Bamboo Therapy Massage

Massage techniques aided by natural bamboo sticks help to promote circulation, improve lymphatic drainage and reduce muscle tension. This deep therapeutic treatment induces a sense of well-being and balance.

75 Minutes \$175 | 90 Minutes \$195

Muscle Melt Renewal Massage

This focused, tension-relieving massage uses scented oils, warmed towels and therapeutic gels to concentrate on the stress areas of the upper back, neck, shoulders and scalp.

75 Minutes \$170 | 90 Minutes \$190

Reflexology

Your treatment begins with a warmed foot soak scented with therapeutic salts and aromatic essential oils. Your therapist will apply gentle but firm pressure to the various reflex points on your feet and hands.

60 Minutes \$140

Mother-to-Be Well-Being Massage

This massage is designed to relax the mother-to-be using special positioning and pillows to ensure the safety and comfort of both mother and baby. A warmed, scented foot soak will help to alleviate swollen feet and ankles.

60 Minutes \$140 | 75 Minutes \$160

Pure Integration Thai Yoga Massage

Originating in India, this Integrated Thai Yoga Massage combines gentle, assisted yoga stretches with deep-tissue manipulation to move stagnant life-energy through existing energy channels. This integration of Thai Yoga and massage modalities is performed on a massage table. Please wear comfortable, loose fitting pants or yoga pants for this service.

60 Minutes \$160 | 75 Minutes \$180 | 90 Minutes \$200

Body Treatments

Herbal Garden Body Exfoliation

Your therapist will apply a warmed garden body scrub combined with scented herbs to exfoliate and refresh. After the removal of the scrub with warmed towels, your body will experience a soothing application of scented oils and body butter to restore hydration and suppleness.

60 Minutes \$140 | With Pure Therapy Massage — 90 Minutes \$190

French Green Clay, Seaweed, Grape Stem Cell Detox Wrap

This body wrap begins with a gentle ginger-lime sugar exfoliation to improve skin tone, suppleness and texture. Next an application of a detox mask will renew and revitalize skin. A final application of a hydrating body butter will leave your skin renewed and hydrated. Includes a light head and scalp massage.

75 Minutes \$175

Maine Honey Body Buzz with Warm Remedy Wrap

Our signature body treatment begins with a skin smoothing, body-brightening exfoliation using an organic scrub to alleviate dryness and restore suppleness. A light massage using scented oils will restore moisture and leave your skin feeling silky smooth.

75 Minutes \$195

Sole Soothing Herbal Leg and Foot Treatment

Relieve tired leg muscles and feet with this soothing, pressure point massage using aromatic oils and warmed stones.

45 Minutes \$100

Sinus Soothing Herbal Face, Neck and Scalp Treatment

This soothing treatment uses essential oils, warmed stones and light to moderate massage techniques to relieve sinus pressure and congestion.

45 Minutes \$100

Almond Orange Fruit & Nut Body Polish

Your service will begin with an application of a Citrus Kombucha Body Wash combined with a fragrant Almond Orange Fruit & Nut Scrub. Warm, scented towels will be used to lightly buff your skin and remove the scrub. After a complete exfoliation, your therapist will apply a nourishing body butter to hydrate and tone.

60 Minutes \$140 | With Pure Therapy Massage — 90 Minutes \$190

Ginger Coconut Argan Sugar Glow

This dazzling natural treatment begins with a lively citrus-kombucha body wash followed by the vibrant aromas of a Ginger Lime Scrub. The scrub will exfoliate and your skin will be gently buffed to remove dehydration. After removal of the scrub with warmed, scented towels, your therapist will apply nourishing Coconut and Argan Oil to hydrate and renew your skin.

60 Minutes \$140 | With Pure Therapy Massage — 90 Minutes \$190

Grape Stem Cell and White Tea Hydration Wrap

Your skin will be light exfoliated by dry brushing to remove the buildup of dead skin cells; it will also help to improve circulation and the lymphatic flow throughout the body. A luxurious body butter will be applied to promote hydration and skin renewal. Your body will be cocooned in a thermal blanket for maximum benefit.

60 Minutes \$140 | With Pure Therapy Massage — 90 Minutes \$190

Lavender Infused Foot Treatment

This treatment begins with a soothing scented foot soak infused with organic bath salts and herbs and flowers. Your feet will be lightly buffed and polished with an exfoliating scrub. Then comes a moisturizing envelopment with a rich hydrating cream that locks to moisture. This relaxing treatment ends with a light massage using warmed stones for the calves, ankles and feet. You will feel renewed and rejuvenated as your needs require. 45 minutes \$100

Facial and Skincare Services

Signature Radiance Facial

Our signature radiance facial is a customized treatment that combines active Vitamin C, natural fruit acids, and a wide variety of potent botanical extracts and coenzymes. This treatment will brighten skin, noticeably improve tone and texture, and minimize the appearance of fine lines and wrinkles, leaving skin noticeably radiant, hydrated and glowing.

75 Minutes \$175

Anti-Aging Apple Stem Cell Facial

Our Anti-Aging Apple Stem Cell Treatment combines natural botanicals, fruit acids and powerful antioxidants to improve visible signs of aging. The apple stem cell mask helps tone and tighten, delivering an immediate

“lifting effect” to improve the appearance of fine lines, wrinkles, uneven skin tone and texture.

75 Minutes \$175

Herbal Hydration Booster Facial

The hydration booster facial consists of a two-part exfoliation system to remove dead skin cells and instantly improve tone and texture, while minimizing the appearance of fine lines and wrinkles. Plant-based ceramides, hyaluronic acid and botanical extracts help restore natural moisture, leaving skin hydrated, toned and firmed.

60 Minutes \$145

Pure & Natural Organic Facial

Natural fruit acids, derived from bilberry, sugar cane and sugar maple, help rapidly exfoliate dead skin cells for immediate improvement in skin clarity and texture. Organic grape stem cells, kombucha, spirulina, seaweed and tea extracts nourish, soothe, improve skin tone, and combat the visible signs of aging skin.

60 Minutes \$145

Blue Poppy Enzyme Brightening Facial

This facial begins with a facial analysis and deep cleansing to remove dirt, oil, and cellular debris. Next, an enzymatic face polish extract gently but effectively removes dead skin cells. The visible signs of aging skin are reduced with a wide variety of natural ingredients to leave skin vibrant, hydrated and glowing. 75 Minutes

\$175

Gentleman's Facial

Vitamins, minerals, peptides and botanical extracts will improve tone, texture and address irritation associated with shaving. This facial will combat the visible signs of aging skin and restore hydration. 60 Minutes \$145

On-the-Go Mini Facial

This abbreviated treatment will your leave skin feeling brighter, hydrated and nourished.

This service is only available as an add-on to a massage or body treatment.

30 Minutes \$85

Lavender Head-to-Toe Naturally

Your journey begins with a warmed foot soak, scented with aromatic oils and herbs, followed by a full body facial. Includes a light body exfoliation, a rich masque, and an application of a hydrating moisturizer. Your treatment will conclude with an express facial to cleanse and hydrate, leaving you refreshed and renewed.

90 Minutes \$195

A Phytocell Peel Off Mask may be added to any facial. This intensive, 100% natural professional marine-based peel-off mask includes apple stem cells, acerola and more. This amazing mask will tone, reduce the appearance of fine lines and wrinkles, brighten and soothe. \$40 additional (please allow 15 Minutes extra).

Spa Enhancements

Each Spa Enhancement is 15 Minutes in length and designed to target areas in need of attention and promote an even greater sense of well-being. These services are designed to be an add-on to any facial, massage or body treatment.

Phytocell Peel Mask

This amazing mask will tone, reduce the appearance of fine lines and wrinkles, brighten and soothe. Please note this is not a stand-alone treatment and can only be combined with a facial. 15 Minutes \$40

Revital-Eye Treatment

Great treatment for all skin types, especially those looking to help alleviate under-eye puffiness, pigmentation, dryness, fine lines and wrinkles. 15 Minutes \$40

Botanical Hydrating Hand Treatment

Our hand treatment intensively treats dehydration and pigmentation of the hands. Warmed mitts are used to help nourishment and hydration. 15 Minutes \$40

Botanical Hydrating Foot Treatment

A rich, emollient hydrating cream is applied along with warmed booties to restore nourishment and relieve tired and fatigued feet. 15 Minutes \$40

Coconut Argan Ginger Hand Treatment

This gentle exfoliating and hydrating hand treatment will alleviate dryness and aid in conditioning dry cuticles. A blend of natural ingredients will nourish, hydrate and combat visible signs of aging.
15 Minutes \$40

Coconut Argan Ginger Foot Treatment

This treatment includes a light buffing with a ginger-lime scrub and an application of a rich, hydrating body butter. Your feet will feel soothed, nourished and renewed. 15 Minutes \$40

Almond & Orange Stem Cell Hand Treatment

This treatment incorporates apricot seeds, walnut shell and oat kernel. Intense exfoliation and the hydration provided by the body butter and coconut-argan oil will leave your hands smooth and renewed. 15 Minutes \$40

Almond & Orange Stem Cell Foot Treatment

Experience the exfoliation of an almond, orange fruit and nut scrub and the purification from a French clay, seaweed and peppermint detox mask. Your feet will feel soothed and pampered with a grape stem cell, white tea and seaweed body butter. 15 Minutes \$40

Wild Lime Oil Scalp Massage

This aromatic treatment uses wild lime blossom oil to deeply nourish and pamper your scalp. 15 Minutes \$40

Muscle Spot Therapy

Using the healing properties of arnica, massage techniques and warmed towels, this time will be focused on areas of inflammation, stress or tightness. 15 Minutes \$40

Sinus Soothing Face Treatment

This soothing treatment uses essential oils, warmed stones and light massage techniques to relieve sinus pressure and congestion. 15 Minutes \$40

Sole Soothing Herbal Foot Treatment

This pressure point massage incorporates aromatic oils and warmed stones. The light massage techniques will alleviate foot tension and strain resulting in an overall feeling of renewal and balance. 15 Minutes \$40

Additional Spa Enhancements

On-the-Go Mini Facial

Our cleansing and brightening treatment begins with a light exfoliation to remove dead skin cells and boost cellular turnover. Powerful antioxidants and hydrating botanical extracts repair free radical damage, improve skin tone and moisturize. This abbreviated treatment will your leave skin feeling brighter, hydrated and nourished. 30 Minutes \$85

Reflexology

A 30-minute Reflexology Treatment can be added to any massage | body treatment.
30 Minutes \$80

Spa Policies

Reservations

Due to the size of the spa and limited availability, we highly recommend that you schedule your treatments in advance of your visit.

Spa Etiquette

To ensure that all guests can enjoy the peaceful environment of the Tree Spa at Hidden Pond, we respectfully request that noise be kept to a minimum. For your safety, we recommend refraining from drinking alcoholic beverages before receiving a spa treatment. Children are not permitted in the spa. In consideration of other guests, please leave your cell phone behind. Smoking is prohibited.

Early Arrival Requested

We strive to ensure that all of our guests are seen at their scheduled time, so please plan to arrive 10 Minutes prior to your appointment to complete the Guest Intake Form. If your arrival is late, your service may need to be shortened or adjusted to accommodate our schedule and other guests.

Cancellation

A 24-hour cancellation notice is required for all appointments or you will be billed for 100% of your service and gratuity.

Special Consideration

Please advise us of any medical condition, injury, or if you are currently under a physician's care. Conditions such as pregnancy, high blood pressure or heart ailments are of special interest to our spa professionals.

We strive to provide you with the best attention possible and want to be sure that our treatments do not interfere with any issues you may be experiencing. We will customize our services to fit your needs whenever possible.

What to Wear

For most treatments, no special clothing is necessary. For our Pure Integration Thai Yoga Massage, please wear loose comfortable pants (i.e. yoga or sweat pants). Our therapists are well versed in proper draping techniques to ensure your privacy and comfort.

Gratuities

Prices do not include gratuity. A 20% gratuity will be added to your service(s).

Location | Parking

The Tree Spa is located near our restaurant, Earth, on the other side of the Serenity Pool. Parking is available in front of Earth or near the Event Barn.

Payment

We accept Visa, Master Card, American Express and Discover. Guests of Hidden Pond and The Tides Beach Club may charge services to their room account.