



Nestled amongst the birch trees at Hidden Pond, the Tree Spa's cottages surround themselves with a tranquil and peaceful environment to capture the healing properties of the earth.

We have created these spa treatments with our natural surroundings in mind and use ingredients indigenous to the earth throughout your treatment. 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 herbs and flowers from our spa garden, 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

You and your therapist will begin this journey by selecting an aromatic essential oil blend; you will discuss your therapeutic needs to develop a customized massage to center your body, mind and soul. A combination of massage techniques, scented oils and our serene surroundings will relax and renew.

Pure Therapy Massage 60 minutes \$130

Pure Therapy Massage 75 minutes \$160

Pure Therapy Massage 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. Particular attention will be given to areas of the body that are overused and stressed from repetitive and sometimes aggressive movements.

Goals of treatment can be to promote flexibility, reduce fatigue, improve endurance or prepare the body and mind for optimal performance. Your therapist will work in some stretching exercises to aid in increasing flexibility and mobility.

Sports Massage 60 minutes \$140

Sports Massage 75 minutes \$170

Warmed Stone Therapy

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. The combination of aromatherapy, warmth and massage techniques melts away tension and relieves stress. This unique and truly profound experience will leave you relaxed, balanced and soothed.

Pure Earth Heated Stone Therapy 75 Minutes \$175

Pure Earth Heated Stone Therapy 90 Minutes \$195

Warmed Bamboo Therapy

This unique and invigorating massage inspired by ancient Chinese, Indonesian and Japanese rituals uses warmed bamboo sticks that symbolize life energy, strength and longevity. Stimulation of the tissue by the natural bamboo sticks helps to promote circulation, improve lymphatic drainage and reduce muscle tension.

This deep therapeutic treatment induces a sense of well-being and balance. This massage is recommended for those preferring moderate to deep pressure.

Pure Fusion Bamboo Therapy Massage 75 Minutes \$175

Pure Fusion Bamboo Therapy Massage 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. This treatment is great for those experiencing jet lag or travel stress or those suffering from muscle tightness and tension in the back area.

Muscle Melt Renewal Massage 75 minutes \$170

Muscle Melt Renewal Massage 90 minutes \$190

Reflexology

This balancing treatment has origins dating back more than 3000 years. It is based on the theory that the reflexes in your hands and feet correspond to all parts of your body. 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. You will feel a sense of balance and renewal at the conclusion of this aromatic and therapeutic treatment.

Reflexology 60 Minutes \$140

May be added to any Massage or Body Treatment (30 minutes) for an additional \$80

For the Mother-to-Be

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 ankles. Specially blended herb-infused oils and gentle massage techniques help relieve muscle strain and tension on the lower back, legs and feet.

Mother-to-Be Well-Being Massage 60 Minutes \$140

Mother-to-Be Massage Well-Being Massage 75 minutes \$160

Pure Integration Thai Yoga Massage

If the mind and body are true alignment, a state of overall well-being is achieved. This integration between yoga and massage is used to promote the experience of both clarity and mind-body unity. 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. You will experience a sense of renewal, well-being and self-awareness. 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.

Pure Integration Thai Yoga Massage 60 Minutes \$160

Pure Integration Thai Yoga Massage 75 Minutes \$180

Pure Integration Thai Yoga Massage 90 Minutes \$200

Body Treatments

Herbal Garden Body Exfoliation

The aromatic, fresh scents of a garden in spring will delight your senses and rid your skin of dryness. Your treatment begins with a light dry brushing to remove surface dry skin and boost circulation. Your therapist will apply a warmed garden body scrub combined with scented herbs from our spa garden to exfoliate and refresh. The scrub is enriched with a blend of organic olive, sweet almond and jojoba oils and Pacific sea salts. 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.

Herbal Garden Body Exfoliation 60 minutes \$140

Herbal Garden Body Exfoliation 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. Your body wrap consists of soothing shea butter and noni to soften the skin and the peppermint scented French green clay detox body mask will help to draw out impurities while nourishing the skin. While cocooned in the body wrap with warmed blankets, your therapist will perform a light scalp and facial massage to aid you in relaxing and decompressing. A final application of a hydrating body butter will leave your skin renewed and hydrated.

French Green Clay, Seaweed, Grape Stem Cell Detox Wrap 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. Your scrub is followed by warming herbal compresses to moisten the skin and open your pores to encourage blood flow. A light massage using scented oil will restore moisture and leave your skin feeling silky smooth.

Maine Honey Body Buzz with Warm Remedy Wrap 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. Your journey begins with a scented foot soak and light massage using heated stones and aromatic oils. The massage techniques will alleviate foot and calf tension resulting in an overall sense of well-being and grounding. Great for athletes or those suffering from travel weariness.

Sole Soothing Herbal Leg and Foot Treatment 45 minutes \$100

Sinus Soothing Herbal Face, Neck and Scalp Treatment

Just breathe...this soothing treatment uses essential oils, warmed stones and light to moderate massage techniques to relieve sinus pressure and congestion. You will feel a sense of renewal and clarity with this signature herbal treatment.

Sinus Soothing Herbal Face, Neck and Scalp Treatment 45 minutes \$100

Almond Orange Fruit & Nut Body Polish

Awaken your senses and quench your dehydrated skin with this nourishing treatment! Your service will begin with an application of a Citrus Kombucha Body Wash combined with a fragrant Almond Orange Fruit & Nut Scrub. The gentle scrub contains apricot seed, orange oil, oat kernel and walnut shells. Warm, scented towels will be used to lightly buff your skin and remove the scrub. After a complete exfoliation, your therapist will apply a Grape Stem Cell, White Tea and Seaweed Body Butter to hydrate, tone and nourish. Your skin will feel smooth, soft and even-toned.

Almond Orange Fruit & Nut Body Polish 60 Minutes \$140

Almond Orange Fruit & Nut Body Polish 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, infused with Avocado Oil, Apricot Oil, Rose Hip and Vitamin E. The scented oil is drizzled upon your body and the therapist will perform a light massage for full benefit and relaxation. Your skin will feel nourished and soothed and you will leave with a sense of total body relaxation.

Ginger Coconut Argan Sugar Glow 60 minutes \$140

Ginger Coconut Argan Sugar Glow with Pure Therapy Massage 90 minutes \$190

Grape Stem Cell and White Tea Hydration Wrap

Calm and revitalize dry, parched skin with this 100% natural body 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. Next, a luxurious body butter containing grape stem cell, white tea and seaweed will be applied to promote hydration and skin renewal. Your body will be cocooned in a thermal blanket for maximum benefit. A calming scalp, head and neck massage will promote the ultimate in relaxation. This treatment is excellent for post-sun, dehydrated or dry skin

Grape Stem Cell and White Tea Hydration Wrap 60 minutes \$140

Grape Stem Cell and White Tea Hydration Wrap with Massage 90 minutes \$190

Facial and Skincare Services

Signature Radiance Facial

Give your skin the ultimate wrinkle-fighting it deserves. 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 to brighten skin, noticeably improve tone and texture, and minimize the appearance of fine lines and wrinkles, leaving skin noticeably radiant, hydrated and glowing

Signature Radiance Facial 75 minutes \$175

Anti-Aging Apple Stem Cell Facial

Fight the appearance of fine lines and wrinkles with cutting-edge, plant-based stem cells. 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 tightens, delivering an immediate “lifting effect” to improve the appearance of fine lines, wrinkles, uneven skin tone and texture

Anti-Aging Apple Stem Cell Facial 75 minutes \$175

Herbal Hydration Booster Facial

Help alleviate dryness and dehydration with our intensive hydration treatment. 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

Herbal Hydration Booster Facial 60 minutes \$145

Pure & Natural Organic Facial

The scientific organics facial incorporates the latest advances in natural/organic skin care, with 100% natural, minimum 70% organic ingredients. 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, tone, soothe, improve skin tone, and combat the visible signs of aging skin

Pure & Natural Organic Facial 60 minutes \$145

Blue Poppy Enzyme Brightening Facial

The Blue Poppy Enzyme Brightening Facial is a high-performance treatment which combines 100% natural, minimum 70% organic ingredients to address aging skin, uneven skin tone, dehydration, and breakouts. This facial begins with a facial analysis and deep cleansing to remove dirt, oil, and cellular debris. Next, an enzymatic face polish with papaya and mushroom extracts, blue poppy seeds, and raspberry extract gently but effectively remove dead skin cells. The visible signs of aging skin are reduced with organic grape stem cells, cutting-edge peptides, kombucha, tea extracts, and a wide variety of natural ingredients to leave skin vibrant, hydrated and glowing

Blue Poppy Enzyme Brightening Facial 75 minutes \$175

Gentleman’s Facial

A custom treatment suited for the gentleman, our men’s facial consists of a two-part exfoliation system to remove dead skin cells and brighten complexion. 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. A soothing arm and hand treatment is added to promote the ultimate in relaxation.

Gentleman’s Facial 60 minutes \$145

On-the-Go Mini Facial

An “afterglow” awaits you in minutes’ time! Our cleansing and brightening treatment begins with a light exfoliation to remove dead skin cells and boost cellular turnover. Powerful antioxidants, hydrating botanical extracts will repair free radical damage, improve skin tone and moisturize. This abbreviated treatment will leave your skin feeling brighter, hydrated and nourished.

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

On-the-Go Mini Facial 30 minutes \$85

Lavender Head-to-Toe Naturally

Look and feel your best, naturally, from head to toe with this customized treatment. Your journey begins with a warmed foot soak, scented with aromatic oils and herbs, followed by a full body facial. Included is light exfoliation, a rich masque and an application of a hydrating moisturizer. An express facial treatment to cleanse, exfoliate and hydrate your face and neck will conclude to leave you feeling cleansed and renewed.

Lavender Head-to-Toe Naturally 90 minutes \$195

A Phytocell Peel Off Mask may be added to any facial. This intensive, 100% natural professional marine-based peel-off mask with 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 and self-care.

These services are designed to be an add-on to any facial, massage or body treatment.

15 minutes \$40 each

Phytocell Peel Mask

A Phytocell Peel Mask may be added to any facial. An intensive, 100% natural professional marine-based peel-off mask with apple stem cells, acerola and more.

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.

Revital-Eye Treatment

Awaken tired and fatigued under eyes in minutes! Our eye treatment combines a unique phytelene complex of iron, magnesium, manganese and copper to energize skin with vitamins and antioxidants to hydrate, brighten and tone. Great treatment for all skin types, especially those looking to help alleviate under-eye puffiness, pigmentation, dryness, fine lines and wrinkles.

Botanical Hydrating Hand Treatment

Enjoy a soothing and calming hand treatment combining the most natural botanicals, vitamins and nourishing extracts. Our hand treatment intensively treats dehydration and pigmentation of the hands. Warmed mitts are used to help nourishment and hydration. This service is available as an add-on to any massage, body treatment or facial.

Botanical Hydrating Foot Treatment

This luxurious treatment begins with a two-step exfoliation to cleanse and remove dead skin cells. A rich, emollient hydrating cream is applied along with warmed booties to restore nourishment and relieve tired and fatigued feet. This service is available as an add-on to any massage, body treatment or facial.

Coconut Argan Ginger Hand Treatment

This gentle exfoliating and hydrating hand treatment will alleviate dryness and aid in conditioning dry cuticles. Hands are gently buffed and exfoliated with a special blend of sugar cane, noni, safflower, sweet almond and apricot kernel oil. Grape stem cells, shea butter, coconut and argan oil will nourish, hydrate and combat visible signs of aging.

Coconut Argan Ginger Foot Treatment

Alleviate dryness and rough skin. This foot treatment begins with a light buffing using a ginger-lime scrub to exfoliate away dryness. An application of a body butter containing grape stem cells, white tea, coconut argan oil and seaweed will hydrate and soothe. Your feet will feel buffed, nourished and renewed.

Almond & Orange Stem Cell Hand Treatment

Designed to combat dryness and aging of the hands, 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.

Almond & Orange Stem Cell Foot Treatment

This soothing foot treatment will address the issues of tired and fatigued feet. Experience the exfoliation of an almond, orange fruit and nut scrub and the purification from a French clay, seaweed and peppermint detox mask. Hydration levels are restored and your feet will feel soothed and pampered with grape stem cell, white tea and seaweed body butter

Wild Lime Oil Scalp Massage

This aromatic treatment uses wild lime blossom oil to deeply nourish and pamper your scalp.

Muscle Spot Therapy

Sometimes an extra 15 minutes is just what you need! Using the healing properties of Arnica and some warmed towels, this time will be focused on areas of inflammation, stress or tightness.

Sinus Soothing Face Treatment

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

Sole Soothing Herbal Foot Treatment

Relieve tired leg muscles and feet with this soothing, pressure point massage using aromatic oils and warmed stones. The light massage techniques will alleviate foot tension and strain resulting in an overall feeling of renewal.

Additional Spa Enhancements

On-the-Go Mini Facial

An “afterglow” awaits you in minutes’ time! Our cleansing and brightening treatment begins with a light exfoliation to remove dead skin cells and boost cellular turnover. Powerful antioxidants, hydrating botanical extracts will repair free radical damage, improve skin tone and moisturize. This abbreviated treatment will leave your skin feeling brighter, hydrated and nourished.

30 minutes \$85

Reflexology

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 guests can enjoy the peaceful environment of the Tree Spa at Hidden Pond, we respectfully request that all guests keep noise to a minimum. For your safety, we recommend that you refrain from drinking alcoholic beverages before receiving a spa treatment. To ensure a serene and pleasant visit, children are not permitted in the spa. In consideration of other guests, please leave your cell phone behind in order to preserve and atmosphere of serenity. 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 listed 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 their service(s) to their room account.