



SPA MIRBEAU

Mirbeau  
INN & SPA  
*Life. Classically Balanced.*

Resting Area



Aqua Terrace

Let your mind wander. Feel warm nestled in a plush robe.

Recline near the fireplace. Stroll to dip your toes into a heated foot pool as you contemplate your Honey & Wine body wrap. Did you doze off? Don't worry, your therapist will gently wake you when it's time for your 50 minutes of utter rejuvenation.

Mirbeau Inn & Spa  
*Life. Classically balanced.*

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.



## 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, featuring four plant-based oils and 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** - A European Stone Massage. This ancient art applies smooth, heated river stones and Swedish massage for calming, deep muscle relief.

**Ashiatsu Massage** - Firm "back walking" to pressure points along energy meridians. This Eastern bar therapy where the therapist uses their 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** - One of our aromatic herbal baths in a private oversized soaking tub for two, chocolate covered strawberries, and massages by the fire.

**It Takes Two** - A romantic side-by-side 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 and spirit. This side-by-side aromatherapy massage combines the healing effects of these 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)** - Ideal 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.

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

**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 and firming, instantly reviving skin for an overall younger appearance.

**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.

**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.

## Facial Additions

*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.*

# 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 three steps for relaxation and balance.*

**Our Luxury Collection** - Enjoy a purifying, and hydrating organic Moor Mud wrap followed by a bath laden with thermal mineral crystals. Finished with a relaxing full body massage using a deeply nourishing and antioxidant-rich body balm for head to toe healing.

**Our Barrel Collection** - An invigorating and detoxifying Cabernet 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 sooth 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 and 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 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 a head-to-toe healing.

**Impressionist Retreat** - A purifying wrap. In the fashion of Monet, authentic thermal Moor Mud is painted on the body, then enveloped in warm, herbal soaked linens while the benefits of mud draws impurities from skin and toxins from the body.

**Mother-To-Be Body Polish** - Especially for moms-to-be, this gentle yet effective treatment uses an ultra-hydrating organic shea infused body polish to exfoliate dry dull skin. Next a hydrating quench rich in organic coconut oil is melted down and painted onto the belly to maximize skin strength, health and elasticity, leaving skin quenched, 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 and honey provides intensive moisturizing to the skin, protecting against dehydration.

**French Clay Detox** - 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.

## HAND & FOOT TREATMENTS

*Treatment includes a relaxing massage of the hands and feet, nail care and polish for a beautifully groomed and refined appearance.*

**Classic Manicure** - Traditional grooming of the cuticles and nails, followed by a light exfoliation and hydrating honey mask.

**Classic Pedicure** - Traditional cleaning and grooming of the nails, cuticles, and rough calluses, followed by a light exfoliation and a hydrating honey mask.

**Fields of Lavender Manicure** - A luxurious, healthy and nourishing treatment using 100% natural plant-based moisturizer and pure essential oils that are painted on to soften and hydrate your tired hands. Lavender infused balms rich in natural antioxidants absorb into the skin to deeply nourish and protect.

**Fields of Lavender Pedicure** - A luxurious, healthy, and nourishing treatment using 100% natural plant-based moisturizer and pure essential oils that are painted on to soften and hydrate your tired feet. Lavender infused balms rich in natural antioxidants absorb into the skin to deeply nourish and protect. Nails are impeccably groomed and polished.

## 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. This service ends with a five-minute skin fitness conditioning, which provides a daily dosage of anti aging vitamins and antioxidants, especially formulated for men.

**Deep Sea Mud Wrap** - The high concentration minerals, vitamins and trace elements found in natural, bubbling, self-heating Seaweed/Algae mud provides detoxification to cleanse the skin of impurities and purify the body. The service is finished with a rich nourishing and antioxidant-rich body balm. Some devotees experience lessening of muscle aches and improved circulation, making this an excellent choice for the sports enthusiast.

**Men's Estate Facial** - Male skin is biologically different from female skin. 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, while delivering immediate and noticeable results.

**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 calused feet. Hot towels and a relaxing massage of the feet and legs round out the experience.

## 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.

### 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 or dinner for two.

## Enjoy complimentary indulgences with every Spa appointment and let your experience last the entire day.

With our compliments, before or after your spa treatment:

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 room or dry sauna

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

### GIFT CARDS

*Gift Cards are available for spa treatments, dining and overnight accommodations.*

### GRATUITIES

*For your convenience, a gratuity of 20% will be automatically added to your final bill for all Spa services. Day Spa Packages are inclusive of gratuities and taxes on the included items.*

### 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, 72 hours notice is required to avoid charges for the service.*

*Guest passes for use of facilities are only available for purchase Sunday - Friday.*

The Village of Skaneateles (skinny-AT-liss) is located directly on the shore of beautiful Skaneateles Lake and is the gateway to the prolific Finger Lakes wine country. Skaneateles is famous for unique shops, peaceful lakeside parks and the special farms and markets that serve as the pantry to our award winning restaurant and wine bar.



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