



Arbor x Halehouse Spa Service Menu

Massages:

60min Swedish Massage: Long, flowing strokes blend easily with intermittent pressure and aromatherapy oils in this classic of deep relaxation massage session.

60min Sports Massage: This invigorating massage is designed to prepare the body for active athletic pursuits, and incorporates fast warming strokes to prepare muscles for competitive endurance.

Deep Tissue Massage: Concentrated and slow forearm and elbow pressure to help alleviate chronic tension and discomfort in this deeply therapeutic massage. Focus is on the deepest layers of muscle tissue, tendons, and fascia.

Couples Massage: Relax, revitalize, and enjoy a massage together in your own, private treatment room, designed for ultimate comfort and serenity.

Facials:

60min BR Custom Facial: A French biological skincare line that takes a unique clinical approach to skincare, Biologique Recherche uses intentionally pure, concentrated, raw, and active ingredients with transforming results. Your skin will never be clearer, calmer or more luminous.

60min Halehouse Facial: A customized experience using products from Botnia Skin Care developed in conjunction with your esthetician based on your own specific goals and needs.

Other Services:

1-10min Cold Plunge Bath: When you take the plunge into the cold plunge bath, the chilled water instantly numbs the nerves that surround your joints and muscles, causing the release of hormones and endorphins that acts as an analgesic, which relieves inflammation and alleviates muscle strain and joint pain. Maximum 15 minutes is recommended in this space.

30min-60min Hyperbaric Chamber: Hyperbaric oxygen therapy improves circulation and is often used in conjunction with physical therapy to treat chronic muscle pain or acute injuries. This therapy allows oxygen to penetrate 3x deeper into damaged tissue, which can drastically speed-up healing and recovery times.

FAQ:

- ❖ Each guest should arrive 30mins prior to their treatment time.
- ❖ Each guest will receive a locker with a robe and sandals.
- ❖ The Springhouse amenities (listed below) are available to all guests pre & post treatment time.
 - Tepidarium
 - Steam Sauna
 - Vichy Shower
 - Salt Room
 - Cedar sauna