

# haven

a serene spa retreat

Haven Spa, 6464 Montgomery Street, Rhinebeck, NY 12572  
(845) 876-7369 • havenrhinebeck.com • closed Tuesdays

## skincare

Technology meets serenity at Haven Spa! Haven offers the latest skincare technology including microdermabrasion, advanced peels, and the revolutionary patented Environ DF machine.\* At Haven, all of our facials are designed with your specific goals in mind.

**ENVIRON REVITALIZING FACIAL** This result-oriented facial begins with a 10% lactic acid peel, followed by a deep infusion of essential vitamins and antioxidants with the Environ DF machine. Your skin will be more resilient, more radiant, and more youthful. 60 min. \$125

**ENVIRON FOCUS FACIAL** An extraordinary facial, offered as a one-time treatment or in a series of six, that gradually increases the concentration and penetration of medical grade anti-aging ingredients to increase hydration, assist in production of collagen and elastin, decrease pigmentation, and plump up wrinkles. Includes an at-home treatment regimen, with an easy to use Focus Facial Kit, to enhance your clinical results. Initial 60 min. incl. kit \$155 | Single follow-up \$140 Series of six (without kit) \$799

**THE INTENSIVE** Using the Environ DF machine, this customized vitamin-rich, damage-fighting facial gives your skin the power to defend itself from sun damage, while infusing it with vitamins to lighten and brighten. We finish with a one-two punch of collagen and retinol to tighten and plump. 60 min. \$135

**THE INTENSIVE-C** By infusing your skin with vitamin C, this anti-aging treatment will firm, lift and add radiance, visibly transforming your skin. 60 min. \$140

**ENVIRON ACNE FACIAL** Let's face it. This deep cleansing, oil-busting treatment is just what you need to get your skin back in control. The Environ DF machine optimizes the delivery of lactic acid into the skin to dissolve clogging and congestion. You'll clearly see the difference. 75 min. \$125

**ENVIRON TEEN ACNE FACIAL** (No DF machine) 60 min. \$90

**ENVIRON ROSACEA/SENSITIVE SKIN FACIAL** A calming and restorative skin treatment for those of us who experience redness, irritation and dryness. Using a combination of vitamins, anti-oxidants, and growth factors, we will begin to rebalance and restore your skin's integrity. 75 min. \$135

### Environ DF Machine

\*This machine provides facial treatments which are at the very forefront of scientific skin care. It uses ultrasound (sonophoresis) and electrical current (iontophoresis) to penetrate higher amounts of active vitamins and antioxidants into your skin, for one of the most result-oriented facials available.

**LIGHT TCA PEEL** Talk about good chemistry! TCA (trichloro acetic acid) is our fabulous, medium-depth chemical peel, highly effective in promoting skin smoothness and vitality. Also improves superficial discoloration and eliminates fine wrinkles. 30 min. \$138 | 60 min. + facial \$158

**GLYCOLIC PEEL** Peeling is believing. This quick, effective treatment utilizes a range of pharmaceutical-grade glycolics that deeply exfoliate, lighten age spots, and reduce the appearance of fine lines over time. 30 min. \$80 | 60 min. + facial \$120

**MICRODERM THERAPY** This revolutionary resurfacing treatment is exactly what you need for dull, lifeless skin. Developed in Europe twenty years ago, the Microderm treatment gently removes dead skin and oxygenates skin cells. We'll lighten sun damage, and loosen and refine clogged mature pores. If ever there was a miracle treatment in skincare, this is it. Just Microderm 30 min. \$98 Microderm + Skin Specific Facial 60 min. \$138 Microderm + Glycolic Peel 60 min. \$178 Microderm + Environ Revitalizing Facial 60 min. \$190 Microderm + The Intensive Facial 60 min. \$200 Microderm + TCA Peel 60 min. \$230 Microderm + TCA Peel + Environ Revitalizing Facial 75 min. \$255

**THE SKIN SPECIFIC** No two skin types are alike. Our aestheticians customize this facial to your changing needs, starting with a thorough skin analysis. Complete with intensive cleansing, extractions, a customized mask, and a personalized skin cream, you'll emerge a glowing version of your former self. 60 min. \$88

**MEN'S DEEP CLEANSE** Our SKIN SPECIFIC FACIAL, customized for men. We use lactic acid to combat ingrown hairs, and pay special attention to exfoliation, hydration and extractions, to make your face as kissable as can be. 60 min. \$88

**THE QUICK FIX** Fix it fast! A swift way to repair and stimulate your skin with powerful bioactive ingredients. Your skin will be deep cleansed, clarified, and hydrated in a flash! (Does not include steam, extractions or massage.) 30 min. \$62

**FACIAL CONSULTATION** Not sure what's going on with your skin or which facial is right for you? Our expert skincare specialist will discuss your specific needs and design a program specifically for you. 15 min. \$20 (applied to your next facial)

**FACIAL ENHANCEMENTS** (Add to any facial): Colustrum Plumps and hydrates the skin. \$12 Vitamin Infusion Intensive infusion containing A+C, reduces fine lines & lightens sun spots. \$9 Jane Iredale Makeup Refresher 15 min. \$20 Jane Iredale full makeover 45 min. \$65

## massage therapies

**TEMPLE OF THE SOUL RITUAL** The Indonesians believe that the pursuit of outer beauty is part of one's search for inner beauty and peace. This body treatment begins with an exfoliating Bamboo Lemongrass and Mimosa scrub to slough away dry skin, followed by 15 minutes in our aromatherapy infused steam room, and a 50 minute full-body Swedish massage, with an intoxicating blend of bourbon vanilla-infused oils. 90 min. \$175

**TAHITIAN ISLAND RITUAL** The lush tropical flowers, soothing lagoon waters, and tranquility of the Polynesian islands inspire this luxurious treatment, which begins with a rich, exfoliating scrub of aloe vera, lemon verbena and litsea cubeba, followed by an aromatherapy-infused steam, and a hydrating, full-body, 50 minute massage with a blend of shea butter and Madagascar vanilla. 90 min. \$175

**REJUVENATE & RESTORE RITUAL** A detoxifying and rejuvenating mud treatment of coffee, dandelion and tobacco simultaneously scrubs away dead skin cells, and draws impurities and cellulite-inducing water from the skin, while sealing in moisture. A therapeutic steam shower cleanses and hydrates, and then we finish with a full-body Swedish massage. 90 min. \$175

**SWEDISH MASSAGE** A stress-busting, tension-relieving, muscle-relaxing MUST for anyone living in our fast-paced world. This customized full-body Swedish massage is guaranteed to aid circulation and reduce fatigue. 30 min. \$52 | 60 min. \$88 | 90 min. \$125

**DEEP SWEDISH** Somewhere between heaven and earth, is this perfect massage. Deep, but not too deep, it's the quintessential happy medium. 30 min. \$58 | 60 min. \$92 | 90 min. \$130

**DEEP TISSUE** The name says it all. This therapeutic technique releases pain using slow, deep pressure across the muscles. 30 min. \$62 | 60 min. \$98 | 90 min. \$135

**MEDI-MASSAGE** Sports-related injuries? Recurrent back problems? This therapeutic, medical massage is an effective, no-nonsense approach for muscular pain and tension. Please wear loose-fitting clothing. (Initial treatment requires a 90 min. session, which includes a consultation.) 60 min. \$98 | 90 min. \$135

**HOLY STONE** A truly spiritual experience. You'll float away as smooth, heated volcanic stones melt tension and release tight muscles, while we massage your stress into oblivion. 60 min. \$100 | 90 min. \$140

**REFLEXOLOGY** Much more than just a foot massage. This ancient Chinese technique addresses all areas of the body, stimulating circulation and opening up reflex zones. 30 min. \$55 | 60 min. \$85

**PREGNANCY MASSAGE** Moms-to-be, this is just the thing. Swollen legs, burning back muscles and decreased circulation – we'll take care of it all. Recommended for your second and third trimester. 30 min. \$65 | 60 min. \$90 | 90 min. \$125

## body treatments

**LEMON CHIFFON BODY POLISH** An exfoliating lemon and jojoba bead full-body scrub is followed with a warmed oil rub-down, and then we cocoon you in blankets and massage your scalp and shoulders. The finish is a fabulous anti-oxidant, age-defying cream. *60 min. \$88*

**SEA SALT SCRUB** The quintessential scrub. Sea salt and essential oils exfoliate the body from head to toe, removing dry, itchy skin and increasing overall circulation. *45 min. \$80*

**BAMBOO LEMONGRASS SCRUB** No need to be flaky. This amazing scrub combines powdered bamboo and walnut shells to banish dry skin. The experience is completed with an uplifting blend of essential oils and massage. *45 min. \$85*

**WARM MILK AND HONEY WRAP** First, we buff you with a dry brush to get rid of dead skin cells. Then, we drizzle you with heated honey-oil, wrap you up in warm blankets and treat you to a scalp massage. Finally, we finish you off with a milk-and-honey cream. Yes, this is the Promised Land. *60 min. \$88*

**DETOXIFYING ESPRESSO MUD\*** Fragrant and finely ground coffee beans are blended with Indian sarsaparilla, honey, tobacco and black silt clay in this detoxifying, multi-purpose scrub and mud treatment. It simultaneously scrubs away dead skin cells while drawing impurities and cellulite-inducing water from the skin and sealing in moisture. (\*This treatment can cause chills.) *60 min. \$95*

**BUFF AND BRONZE** Now you can look like a Brazilian beauty without committing the ultimate faux pas of sunbathing. First, get buffed down with an invigorating salt scrub, then lie in repose as a professional, flawless suntan is applied.

Full Body	60 min. \$88
Upper Body	30 min. \$45
Legs	30 min. \$45
Face	15 min. \$25
Decollette & Face	20 min. \$30

## waxing

All hair needs to be 1/4 inch long for best results. Hard or soft wax available.

<b>Brow Shaping &amp; First time</b>	\$20+
Lip	\$14+
Chin	\$14+
Eyebrow	\$16+
Lip, Chin, Eyebrows	\$38+
Sideburns	\$14+
Half-Arm	\$22+
Underarm	\$24+
Bikini	\$36+
French Bikini	\$45+
Brazilian	\$60+
Full Leg	\$65+
Full Leg & Bikini	\$90+
Half-Leg	\$34+
Back	\$52+
Foot	\$14+
Hand	\$14+

**LASH & BROW TINTING** Show off those peepers! Professionally tinted lashes and brows make the daily necessity of mascara and pencils a thing of the past! *Lashes \$28 | Brows \$7*

## spa parties

Whether it's a Girls' Night Out, a birthday, wedding, or any special occasion, it's always fun to spa with friends at Haven! Call our Spa Party Consultant and she will cover every detail with you to create a memorable spa experience for you and your friends! For more info, visit [havenrhinebeck.com](http://havenrhinebeck.com).

## hand & foot therapy

**HAVEN CLASSIC NAILS** Our Classic Manicure starts with a warm sudsy soak, followed by a complete scrub. We follow with fabulous nail work, massage, and to top it all off... polish! For our Classic Pedicure, we soak your tootsies in an aromatic bath, and work those calluses. We clip, trim, and buff your nails into shape, and finish with your favorite color.

Classic Manicure	30 min. \$26
Classic Pedicure	45 min. \$45
Classic Mani & Pedi	75 min. \$68

**HAVEN SPA NAILS** The deluxe-with-a-capital-D version of our Classic Nails. Our Spa Manicure & Pedicures treat you to an aromatic soak, exfoliation, and scrupulous nail work. Extra time is devoted to pampering you with a soothing massage, a tension-melting, warm neck wrap, and ultra-hydrating, warm paraffin dip. And, oh yes! Polish! Finally, we paint your nails to perfection. Get both for the ultimate two-hour bliss-out.

Spa Manicure	45 min. \$40
Spa Pedicure	60 min. \$60
Spa Mani & Pedi	120 min. \$88

### NAIL TREATMENT ADD-ON'S:

Paraffin dip	\$10
Polish change	\$15
French	additional \$5
Shellac add-on polish	\$20

## shellac hybrid gel polish

This revolutionary product applies like polish, wears flawlessly for 14 days of high gloss shine, has zero drying time, and there is absolutely no damage to the natural nail in the process. Sounds too good to be true! *Shellac add-on polish 30 min. \$20*

## princess services

(For girls between the ages of 4 and 12)

<b>PRINCESS FACIAL &amp; MASSAGE</b>	45 min. \$75
<b>PRINCESS MANI &amp; PEDI</b>	30 min. \$35
<b>PRINCESS PACKAGE</b>	75 min. \$110

(All three services listed above.)

**PRINCESS SPA PARTY** A fabulous birthday party idea! Includes a Princess Manicure and Pedicure, plus a Mini Makeover. Bring your cupcakes and have your Princess Party on our front porch or our lower level. Moms are treated to a complimentary glass of champagne while their princesses are pampered. *\$40 per guest for parties of 3 or more.*

### MOTHER/DAUGHTER PRINCESS PACKAGE

She loves playing dress-up with your jewelry and your makeup. So she'll really love having her nails done just like mommy's. Best part is, you get your nails done too! Classic Manicure for Mom and a Princess Mani/Pedi for your little princess. *30 min. \$60*

## serene teen services

(For girls between the ages of 13 and 18)

**CLEAN & SERENE TEEN FACIAL** A totally awesome facial created for the under-20 crowd. Skin analysis is followed by super-purifying, cleansing, and extracting as needed, plus an easy-to-follow skin care routine so you can keep up the good work. *45 min. \$75*

<b>SERENE TEEN MASSAGE</b>	30 min. \$52
<b>SERENE TEEN MANI &amp; PEDI</b>	60 min. \$60
<b>SERENE TEEN PACKAGE</b>	

(All three services listed above) *2.5 hours \$150*

### SERENE MOTHER/DAUGHTER PACKAGE

Finally! A cool way to spend quality time together that you can agree on. A Serene Teen Facial and Serene Teen Mani & Pedi for daughters, and a Quick Fix Facial and a Classic Manicure & Pedicure for Moms. *1.5 hours \$262*

## packages

**THE ROYAL TREATMENT** A full day of Haven. When you just need to be treated like a queen or king for the day. A Skin Specific Facial, Holy Stone Massage, Spa Manicure and Spa Pedicure, Spa Lunch, Sea Salt Body Scrub and Make-up Refresher. *6 hours \$375*

**MOTHER'S DREAM DAY** Busy Moms, this one's for you. Let us pamper you from head to toe, while you take a break from the hectic day-to-day! A 60 minute Swedish Massage, a Skin Specific Facial, a Classic Manicure and Pedicure, the Makeup Refresher and a Spa Lunch. *4.25 hours \$275*

**THE CLASSICS** A perfect sampling of Haven's Classic treatments. A Skin Specific Facial, 60 minute Swedish Massage, and Classic Manicure & Pedicure. *3.75 hours \$225*

**THE HAVEN ESCAPE** When you need to make a quick getaway to recharge. A Skin Specific Facial or a 60 minute Swedish Massage followed by a Spa Manicure and Pedicure. *3.25 hours \$170*

**SPA KISS** A short but sweet spa pick-me-up! A Quick Fix Facial, 30 minute Swedish Massage, and Classic Manicure. *2 hours \$138*

**THE GQ** Our Men's Spa Package, just right for the hard-working, stressed-out, modern man. A Men's Deep Cleanse Facial, Deep Tissue Massage, and Sea Salt Scrub. *3.25 hours \$260*

**THE 3 P'S** For all the challenges that come with that new bundle of joy, Haven's Pre or Post Pregnancy Package is just what new moms need. A Pre/Post Pregnancy Facial, Pregnancy Massage, and Haven Classic Pedicure. *3.25 hours \$210*

## how to haven

A quick guide to the Haven Experience.

### SPA ETIQUETTE

The spa environment is one of tranquility and relaxation. Please respect other guests' right to privacy and quiet. We ask that you turn off your cellphone before you enter the spa. We also kindly request that you refrain from bringing young children into the spa, and while you're here, please use a low speaking voice. Plan to arrive 15 minutes before your scheduled appointment to check-in, change and have a moment to relax. There is a no smoking policy for the grounds of Haven Spa. And finally, please leave your valuables at home, as we are not responsible for lost or stolen items.

### GRATUITY

15-20% gratuity is industry standard and greatly appreciated.

### CANCELLATION POLICY

We require at least 24 hours notice to cancel any single service, 48 hours for three or more services. Regretfully, no-shows will be charged the full service fee.

### GIFT CERTIFICATE POLICY

Gift certificates are non-refundable and not redeemable for cash. Gift certificates are valid for one year only and may not be combined with any other offer or discounts. Certificates must be presented before services are rendered. We are not responsible for lost or stolen gift certificates. No exceptions.

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