




# Le Spa Forêt

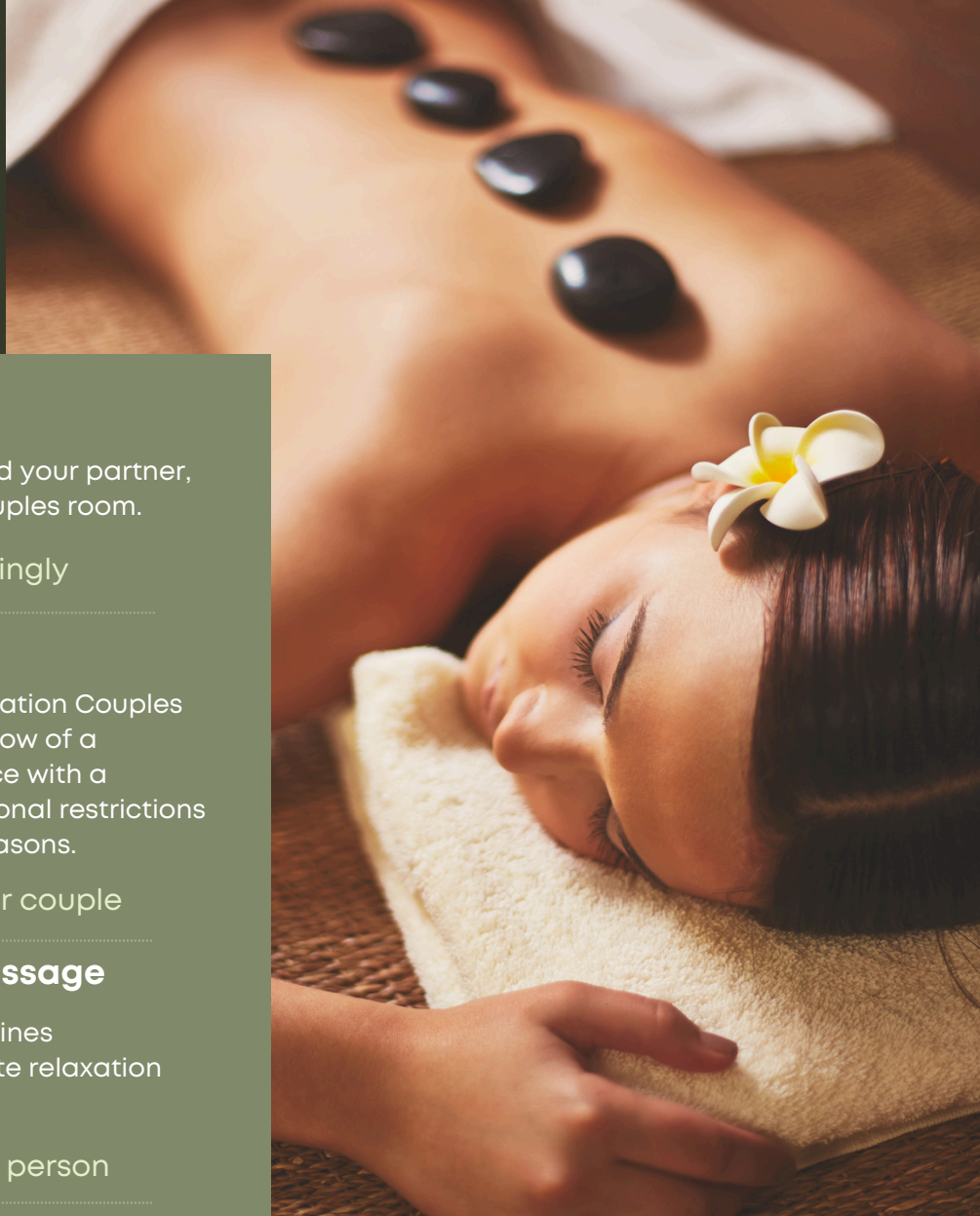
## Spa Treatment Guide

50 HUNTINGDON DRIVE, NEWFOUNDLAND, PA 18445  
[WWW.THEFRENCHMANOR.COM](http://WWW.THEFRENCHMANOR.COM)



When you step through the doors of Le Spa Forêt, prepare to be swept into a state of pure bliss. Complete with a variety of teas, fruit-infused spring water, snacks, a dry sauna, and an indoor salt-water pool, every moment spent at our spa will soothe every inch of the body. Arrive early or stay after your spa treatment to enjoy each of these complimentary amenities. After all, nothing compares to the peace and tranquility of a Pocono Mountains destination spa.

EST. 1990  
*The French Manor*  
1990



## Couples Massage

Massages of your choice for you and your partner, performed simultaneously in our couples room.

50 Min or 80 Min—Priced Accordingly

## Fireside Couples Massage

Share a romantic Therapeutic Relaxation Couples Massage, enhanced by the warm glow of a fireplace. Remember your experience with a keepsake Huckleberry candle. Seasonal restrictions apply during spring and summer seasons.

50 Min—\$315 / 80 Min—\$405 per couple

## Therapeutic Relaxation Massage

An invigorating massage that combines techniques and pressures to promote relaxation and rejuvenation.

50 Min—\$150 / 80 Min—\$195 per person

## Deep Tissue Massage

A firm massage that combines a variety of techniques to target chronic muscle tension and soreness.

50 Min—\$160 / 80 Min—\$210 per person

## Le'Effleurage Massage

A light and relaxing massage that uses slow, soothing strokes and techniques to help promote well-being.

50 Min—\$145 / 80 Min—\$190 per person

## Prenatal Massage

Relax while your therapist targets specific areas while laying on your side in a secure position, or face down with the support of a pregnancy pillow. Offered only to clients out of their first trimester, or 12+ weeks.

50 Min—\$165 per person

# MASSAGE THERAPY

## Love Is In The Air Couples Massage

The delicious scent of fresh baked whoopie pie envelopes your senses as a soothing compress hugs tired muscles, nourishing and hydrating as you inhale and exhale. Finally, a glistening body oil is deeply massaged into arms, shoulders and legs—leaving plump, hydrated skin in its wake.

50 Min—\$350 per couple Deep Tissue—Add \$20 pp  
80 Min—\$460 per couple Deep Tissue—Add \$30 pp

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# MASSAGE THERAPY Continued

## Warm Bamboo “Mu-Xing” Massage

This massage uses different sized and shaped heated bamboo and rosewood tools to perform a variety of firm massage techniques.

50 Min Upper Body—\$175 per person

80 Min Full Body—\$230 per person

## Le Spa Forêt Hot Stone Massage

Heated stones are used to bring relief to stiff and sore muscles while providing a deep sense of inner peace and balance.

50 Min—\$175 / 80 Min—\$230 per person

## Rosemary Relaxation CBD Massage

You'll begin with earthy notes of rosemary and mint filling your senses as a warm compress wraps skin in hydrating vitamin-E splendor. Next, muscle tension is gently caressed away with a skin-restoring Hi-Bio® hemp massage oil with CBD — Warming on contact, this blend is rich with lycopene and antioxidants to replenish skin with moisture.

50 Min—\$175 per person    Deep Tissue—Add \$20

80 Min—\$230 per person    Deep Tissue—Add \$30

## Rainbow Maker CBD Massage

Relax with a warming CBD oil that nourishes the skin and brings luminosity with mineral highlights. This massage includes a steaming towel wrap for your hands and feet, infused with coconut oil and vitamin E.

50 Min—\$175 per person    Deep Tissue—Add \$20

80 Min—\$230 per person    Deep Tissue—Add \$30

## Bourbon Bliss Massage

This massage features an invigorating brown sugar & bourbon back scrub and uses heated stones to melt tension away, and is enhanced by the smell of a vanilla bourbon scented oil. Includes a glass of bourbon for you to enjoy afterwards. \*

\*Please note you may feel the effects of alcohol sooner than usual following a massage.

50 Min—\$185 per person    Deep Tissue—Add \$20

80 Min—\$240 per person    Deep Tissue—Add \$30

## MASSAGE ENHANCEMENTS

### Back Treatment    \$30

Enjoy an invigorating honey lavender salt scrub for your back. The natural sea salts exfoliate while vitamin E rich oils help nourish and moisturize your skin.

### Foot Treatment    \$25

A luxuriously rich and ultra-smooth wildflower honey-based serum is massaged into feet, followed by a warm towel wrap to lock in the moisture.

### Healing Hemp    \$30

Enhance your massage with an all-natural CBD massage oil infused with organic arnica, calendula, chamomile, and ginger roots to help reduce pain and inflammation.

### Bamboo Treatment    \$25

Heated bamboo and rosewood tools help to reactivate and stimulate blood circulation.

#### Address:

50 Huntingdon Drive  
Newfoundland, PA  
18445

#### Spa Open Hours:

Open Daily from 9 am - 6pm

#### Website:

[www.thefrenchmanor.com](http://www.thefrenchmanor.com)



# BODY TREATMENTS



## BENEFITS OF BODY TREATMENTS

### DETOX

Remove toxins to help take the load off your liver and kidneys.

### PAIN RELIEF

Ease muscle aches and tired joints, can also reduce inflammation.

### SKIN HEALTH

Exfoliate and heal your skin.

### Mellow Moonchild CBD Body Nourishment

Skin is polished to perfection with a sweet muscadine moonshine salt scrub; then moisturized with a custom blend of CBD oil and silky body mousse for optimal relaxation and hydration.

50 Min—\$185 per person    Deep Tissue—Add \$20  
80 Min—\$240 per person    Deep Tissue—Add \$30

### French Cocoa Wrap

This luxurious body wrap begins with a dry body brushing followed by an application of warm, organic cocoa butter, before you're wrapped in a thermal blanket.

50 Min—\$160

### Fire and Ice Face and Body Treatment

You'll enjoy a blueberry & bamboo body scrub before an application of a firming & shaping gel to tighten the skin. A cool snow algae and facial masque will detoxify your pores and leave you feeling refreshed.

50 Min—\$210 / 80 Min—\$255

### Amber Dead Sea Mud - Detox Body Wrap

Soothe, heal, and cleanse the body and mind! The natural healing properties of Dead Sea Mud and selected clays are blended with essential oils which are rich in anti-inflammatory, desensitizing and healing properties (Lavender, Chamomile, Damania, Marigold, Lime, Corflower and St. John's Wort).

50 Min—\$195 / 80 Min—\$250



## Facials

Cleanse your premier asset with any one of our rejuvenating facials! We offer a variety of facials that target a number of concerns. Our luxe facials feature award-winning products from Circadia & Noteology that are sure to give you a new, radiant glow!

### **Huckleberry Mountain Signature Spa Facial**

This organic facial was designed for the purpose of relaxation and features all local products. Includes a custom masque with enhancements of your choice and does not offer extractions. Ideal for sensitive skin, but is perfect for any and all skin types.

30 Min—\$125 / 50 Min—\$160

### **Firming Peptide Facial**

This renewing facial uses potent anti-aging peptides, antioxidants, stem cells and botanicals to stimulate new cell growth and repair, leaving you with a firm glow. Ideal for aging skin; includes extractions and a raspberry enzyme treatment.

50 Min—\$190 / 80 Min—\$235

# FACIALS

## CONTINUED



### Caviar Lime & Passion Fruit Facial

This gentle facial uniquely exfoliates skin leaving you with a polished, healthy glow and a boost of antioxidant support. Includes extractions and is good for all skin types.

30 Min—\$125    50 Min—\$165

### Chocolate & Champagne Facial

This rejuvenating facial features an oxygen treatment that'll boost skin's circulation and stimulate cell turnover while you enjoy the sweet aroma of chocolate and cocoa powder. Ideal for acneic skin; includes extractions and a cocoa enzyme treatment.

50 Min—\$210

### Marshmallow Whip Hydrating Facial

Maximize hydration with this soothing facial that uses a complex blend of peptides and botanicals to target dull, dehydrated skin. Ideal for dry and sensitive skin, but good for all skin types and includes extractions.

30 Min—\$125 / 50 Min—\$165

### Hi-Bio Hemp Radiating Facial

This crisp facial targets dull, lackluster skin and features CBD products to help your complexion find its own natural glow and banish dark circles and fine lines. Ideal for dry and dull skin, but good for all skin types and includes extractions.

30 Min—\$130 / 50 Min—\$165

### Gentleman's Facial by Circadia

This facial effectively addresses the skin care concerns of men and will refresh skin while improving overall health and appearance with a green tea masque that draws impurities out. Good for all skin types and includes extractions.

30 Min—\$130    50 Min—\$165

## FACIAL ENHANCEMENTS

### Hot Stones \$25

Enjoy the use of heated stones to help melt away tension and increase circulation and overall well-being. While your facial; masque sets, the stones will be massaged into an area of your choice: neck and shoulder, arms and hands, or feet and legs.

### Microdermabrasion \$55

This minimally invasive procedure uses abrasion to renew overall skin tone, texture and creates a more youthful appearance.

### Lip Treatment \$20

A gentle scrub using Blackberry Wine Lip Polish followed by a leave-on Bluephoria Lip Mask, a nourishing jelly lip mask to mega-drench and soothe your lips in deep, heavy-duty hydration.

### Eye Treatment \$30

A custom blend of vitamins and peptides with a snow algae & spirulina cooling mask designed to soothe and rehydrate tired, puffy eyes while protecting against dark circles and wrinkles, treatment is enhanced with cold stones.

### Dermaplaning \$90

A cosmetic treatment using a special tool that gently exfoliates, removes fine facial hair (peach fuzz), and leaves skin much brighter and smoother.

### Alpha Beta Peel \$35

A perfect blend of acids designed to exfoliate without harshness, irritation, or inflammation. Suitable for most skin types, but ideal for combination or oily skin.

### Lactic Acid Peel \$35

Designed to gently exfoliate while removing damage on the outer layer of your skin. Suitable for sensitive skin and is ideal for dry or aging skin.

# DERMAPLANE FACIAL TREATMENTS

## Age Reversing Deluxe Facial

This facial incorporates dermaplaning with our Marshmallow Whip Mask and Cooling Ice Globes to hydrate and soothe the skin, reduce fine lines and wrinkles, and leaves your skin soft, refreshed and smooth as glass!

50 min \$210

## Beyond Botox Facial

Defy the aging process with the incredible firming and anti-aging facial. It begins with dermaplaning. Next is a gel-based peel to exfoliate and rebalance the skin, smooth fine lines and wrinkles, clear congestion, and add hydration. The mask then increases oxygen delivery, firms the skin, and promotes collagen and elastin production to reveal healthy, youthful glowing skin!

80 min \$240



## BENEFITS OF DERMAPLANING

- ~ Brighter, more youthful skin tone.
- ~ Aids in product absorption.
- ~ Removes small hairs or peach fuzz.
- ~ Reduces fine lines and wrinkles.
- ~ Smoother skin.
- ~ Eases hyperpigmentation and evens skin tone.
- ~ Removes bacteria and clears pores to limit breakouts.
- ~ Can reduce deep scars from acne or pox.





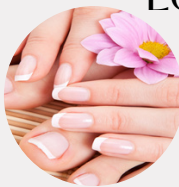
## NAIL ENHANCEMENTS

<b>French Tips</b>	add \$10
<b>Gel Removal</b>	add \$10
<b>Healing Hemp</b>	\$30
<b>Gel Polish to any Mani</b>	add \$15
<b>Gel Polish to any Pedi</b>	add \$20
<b>Hot Stone Massage for Hands or Feet</b>	add \$25



## NAIL SERVICES

### Le Spa Foret Classic Mani or Pedi



30 Min Mani — \$60 / 30 Min Pedi — \$70

For those who love timeless simplicity, this express treatment includes expert nail shaping, gentle buffing, and a flawless polish application. Enjoy this clean, classic care to keep your hands or feet looking neat and polished.

\* If you have gel to be removed, you must choose a 50 min mani or pedi.

### Huckleberry Mountain Signature Spa Manicure or Pedicure

50 Min Mani — \$80 / 50 Min Pedi — \$90

Immerse your hands and feet in a soothing herbal soak, followed by expert nail and cuticle care. Enjoy a custom mask and an organic sugar scrub to gently exfoliate and renew. This luxurious treatment concludes with a relaxing massage using rich creme infused with your choice of essential oils, leaving you refreshed, polished and perfectly pampered.



### Happy Camper CBD Manicure or Pedicure

50 Min Mani — \$80 / 50 Min Pedi — \$90

Cleanse in a refreshing rosemary mint mineral soak before exfoliating with a citrus grass salt scrub and relax with a soothing peat masque for your hands and/or feet. A light-as-air CBD mousse is applied before nail buffing, shaping, and polishing of your choice.

### Gentlemen's Manicure or Pedicure

50 Min Mani — \$80 / 50 Min Pedi — \$90

Includes our classic nail service and is further enhanced with an organic sugar scrub to prep your skin before a custom masque of your choice is applied to your hands and/or feet.

### Kiss of Bliss Mani/Pedi

50 Min — \$160

Swoon into a spicy-sweet cinnamon soak as skin is nourished and warmed by grapeseed, olive fruit and orange peel oils. Then, an organic shea butter sugar scrub transforms rough skin into soft newness. You'll be treated with an antioxidant-packed CoQ10 cocoa treat with a decadent chocolate softening mask. A white coconut and pineapple scented shea and cocoa butter massage finish leaves you in truly delightful relaxation bliss.



# How to Spa

Spa guests are provided with the use of the following during their visit:

- Salt Water Pool & Dry Sauna
- Luxurious Robes and Sandals
- Fruit-Infused Water, Mighty Leaf Teas and Snacks
- Therapist Consultation
- Lockers & Changing Area

Our spa is small and intimate so last minute appointments may be difficult to schedule. We encourage booking your spa appointments as soon as possible. For guests not staying on property, spa appointments are limited to mid-week, based on availability. For more information, please call our office at 570-676-3244 or dial extension 131 for in-house calls.

Spa treatments are designed for guests aged 18 and older. Nail services may be available for those under age 18 with parental supervision. In appreciation of outstanding service, gratuities may be given at your discretion. For groups of 6 or more, a 21% gratuity will be added for your convenience. Prices, services and availability are subject to change without notice.

## **Arrival Time**

Suggested arrival time for appointments is 15-20 minutes prior to your appointment. Arriving late may result in a shortened treatment.

## **Cancellation Policy**

We require a 72-hour notice for any appointment changes or cancellations. For cancellations of a shorter notice, there will be a \$55 cancellation fee per hour of missed appointments. For same day cancellations or no-shows, services will be billed in full.

## **Spend The Day At The Spa**

For spa day packages, scan the QR code using your tablet or smart phone.



*Enjoy your day at the Spa!*