

## A Unique and Individualized Experience Every Visit

Located atop Huckleberry Mountain among the ancient trees of Sherwood Forest, a GREEN Spa grew from a vision of natural elegance and meaningful getaways. Our team of spa service professionals is dedicated to recreating that sense of calm that relaxes and rejuvenates your mind, body and spirit. Each spa treatment is completely custom and individualized for you before your treatment. All scents and products are customized using only Natural and Organic ingredients.

Le Spa Forêt is proud to partner with Danielle and Company who are experts in individualized spa treatments. Aromachology™ (the use of scents to enhance the mind and body for total body wellness) is used with each individual treatment. Body Enhancers are also included in your treatment. They are enhancing herbs, fruits, and vegetable powders used to customize each treatment based on your desired experience. Your treatment is blended with the body enhancers right in the treatment room so your experience is fresh and unique right before your very eyes!



### In-Room Guest Massage

A choice of Therapeutic Relaxation, Deep Tissue, or Prenatal Massage in the comfort of your guest room.

**50-min \$120, 80-min \$170**



### Neck, Back and Shoulder Massage

A chair massage designed to relieve tension in the neck and shoulder to promote relaxation and well-being.

**30-min \$55**

# Le Spa Forêt

AT THE FRENCH MANOR

## PREPARING YOURSELF

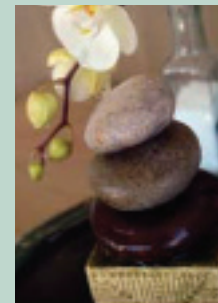
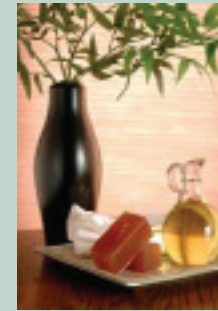
*To Prepare you with the ultimate spa experience, we ask that you follow these policies.*

- Please arrive 15 minutes prior to your appointment as services begin and end promptly.
- It is acceptable to disrobe entirely for your spa service, our therapists respect your modesty and are trained to keep you draped at all times. Only the area being massaged is uncovered.
- Robes, shower sandals and a locker for your possessions are provided.
- In consideration of other guests, we ask that all communication devices be turned off and left in your guestroom or spa locker.
- Spa services are designed for guests aged 17 and older. Nail services are available for those under age 17 with parental supervision. Please inquire at the Le Spa Forêt reception desk.
- Jewelry can get in the way of a green spa experience; we encourage that you leave these items in your guestroom or suite. We also have a safe available in our office for any valuables. Please inquire at the front desk.
- Please inform us upon booking of any allergies, ailments or disabilities, especially if you are pregnant or have high blood pressure.
- Services marked with the \*\* symbol use heat as part of the treatment. These services are not recommended for guests who have heart conditions, are sensitive to heat or are pregnant.
- Advance reservations are highly recommended. Please call 1-877-720-6090 or in-house touch 31.
- Cancellations or changes to treatments are accepted up to 48-hours prior to scheduled appointment without incurring a charge. Same day cancellations or no notification, charges are billed in full.
- In appreciation of outstanding service, gratuities may be given at your discretion. For groups of 6 or more, a 21% gratuity will be added.
- Prices and services are subject to change without notice.



# Le Spa Forêt

AT THE FRENCH MANOR



INDULGE in an Enchanted Green Spa Experience

P.O. Box 39 | 50 Huntingdon Drive  
South Sterling, Pennsylvania 18460  
877.720.6090 | [www.thefrenchmanor.com](http://www.thefrenchmanor.com)

## MASSAGE THERAPIES

Each of our Massages begins with an inhalation treatment of your chosen Aromachology™ scent. Your body is then massaged to your desired pressure with your choice of an organic oil, lotion, or crème application. The nourishment of our botanically based organic products will feed your skin and bring it to a soft and supple glow.

### Therapeutic Relaxation Massage

Enjoy this Swedish-style massage that promotes relaxation using long strokes and kneading of the superficial muscles. **50-min \$90, 80-min \$130**

### Deep-Tissue Massage

This is a firm massage that combines a variety of techniques to target chronic muscle tension. Many enjoy the intensity and beneficial muscular releases specific to this approach. **50-min \$90, 80-min \$130**

### Le Effleurage

This soothing massage is a combination of Swedish and deep muscular techniques to provide a combination of relaxation and rejuvenation. **50-min \$90, 80-min \$130**

### Le Forêt Stone Massage\*\*

This form of body work uses hot and warm stones to bring relief to stiff and sore muscles. Alternating between the hot and warm elements provides a deeper sense of inner peace and balance. **50-min \$125, 80-min \$175**

### Prenatal Massage

May be received after the first trimester. This full-body massage encourages relaxation during pregnancy targeting specific areas while lying on your side in a secure position. **50-min \$90, 80-min \$130**

Please consult your doctor before scheduling a massage.



### Couples Massage

A Therapeutic Relaxation Massage offered for two, simultaneously. Performed in Le Spa Forêt's Couple Massage Suite complete with fireplace.

**50-min \$180, 80-min \$270**

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AT THE FRENCH MANOR



## FOR THE FACE

Our face has the most delicate skin of our entire body. Cherish it with your very own customized organic facial! Relax as our expert technicians mix together a perfect facial just for you! With all skin therapies, a neck and shoulder massage is included.

### Le Spa Forêt Classic Facial

Our Le Spa Forêt Classic Facial begins with a gentle cleansing of the face, followed by an application of toner to balance the skin. We then customize a masque specifically designed for your skin type and desired effect. As you relax with your masque, we will give you a soothing 10 minute neck and shoulder massage and your treatment will end with a moisturizing application of our delicate organic facial crème. **30-min \$85**

### Huckleberry Mountain Signature Spa Facial

Our 6 step signature spa facial starts with an organic herbal facial steam and a gentle cleansing of the face. Huckleberry powder is added to our facial for its super antioxidant powers and helps us fight off free radicals naturally. It is also an excellent source of vitamins and minerals. Next an application of a toner is applied to balance the skin. Your skin is then gently exfoliated with a soothing polisher to prepare the skin for your custom facial masque. As you relax with your masque, we will give you a soothing 20 minute neck and shoulder massage. Lastly, your treatment will end with a nourishing and hydrating application of our delicate organic facial crème. **60-min \$105**

### Urban Man Refresher Facial

This treatment is designed to address skin care concerns unique to men. It protects against the harsh effects of shaving and everyday environmental damage. A deep cleansing is followed by a smoothing exfoliation. A simple, relaxing and dynamic men's facial that is perfect for that urban man! **50-min \$85**

## FOR THE FEET

### Le Spa Forêt Classic Pedicure

Our Le Spa Forêt Classic Pedicure starts with a cleansing of the feet in a delicate herbal foot soak. Then an intensely hydrating peppermint nail and cuticle oil will be applied. Lastly your treatment will end with a nourishing application of our organic foot crème as we massage your feet and lower legs, buff and shape your nails and finish with the polish of your choice. **30-min \$50**

### Huckleberry Mountain Signature Spa Pedicure

Our signature Huckleberry Mountain Spa Pedicure includes our Le Spa Forêt Classic Pedicure but is further enhanced with our gentle foot polisher to soften and exfoliate the skin followed by an application of our skin tightening masque. We also use our signature Huckleberry Spa Enhancers to provide a boost of vitamins and antioxidants to your treatment. Lastly your treatment will end with a nourishing application of our Organic Foot Creme and as we massage your feet and lower legs, buff and shape your nails and finish with the polish of your choice. **50-min \$70**

## FOR THE HANDS

### Le Spa Forêt Classic Manicure

Our 4 step Le Spa Forêt Classic Manicure starts with a cleansing of the hands in a delicate herbal hand soak. Then an intensely hydrating nail and cuticle oil will be applied. Lastly your treatment will end with a nourishing application of our Organic Hand Creme as we massage your hands and lower arms, buff and shape your nails and finish with the polish of your choice. **30-min \$40**

### Huckleberry Mountain Stone Spa Manicure

This Manicure includes our Le Spa Forêt Classic Manicure but is further enhanced with our gentle hand and cuticle polisher to soften and exfoliate the skin followed by an application of our skin tightening masque. We also use our signature Huckleberry Spa Enhancer to provide a boost of vitamins and antioxidants to your treatment. Your treatment will end with a nourishing application of our Organic Hand Creme and as we massage your hands and lower arms, buff and shape your nails and finish with the polish of your choice. **50-min \$60**

**Add on Treatment to further enhance your Spa Experience \$15.00**

Organic Perfectsense  
Paraffin Treatment for the Hands or Feet