

HEMLOCK
AT KENOZA HALL

MASSAGE

Kneipp Neuromuscular Massage (Deep Tissue Massage)

Deeply therapeutic, this custom massage - using Kneipp Arnica gel - targets chronic tension and pain. Your therapist will warm targeted muscles and work deeply to release the knots and adhesions and relieve the areas of pain and stiffness.

60 | 90 minutes
\$234 | \$330

Swedish Massage

Utilizing long, fluid strokes, this classic massage relieves muscle tension and improves circulation. The massage will gently guide you to relax and release stress, enhanced mental clarity, improved appearance, and greater flexibility.

60 | 90 | 120 minutes
\$186 | \$276 | \$342

Intentional Aromatherapy Massage

This treatment begins with the choosing of a written intention and a combination of corresponding aromatherapy oils. Essential oils can penetrate into the bloodstream and through the olfactory system, for a profound effect on the mind and body. Your therapist will help you choose the most effective blend for your specific intention.

60 | 90 | 120 minutes
\$192 | \$282 | \$348

Prenatal Massage

Nurture and support mother and baby, focusing on the areas of the body affected most by pregnancy, relieving tension, reducing inflammation, and improving circulation.

60 | 90 minutes
\$186 | \$276

FACIAL ENHANCEMENTS

Diamond Dermabrasion

Buff away damaged skin cells to reveal brighter, smoother skin. Fine lines and pores appear smaller and product absorption is maximized.

10 minutes | \$66

LED Light Therapy

Recommended for those with rosacea, hyper-pigmentation, and active breakouts.

15 minutes | \$66

High Frequency

Low-level electric current helps to tone and lift muscles. Ideal for acneic skin and to improve skin's tone as we age.

10 minutes | \$54

Oxygen

Reduce breakouts and deeply hydrate with collagen-producing oxygen. Ideal for sensitive and acneic skin.

10 minutes | \$54

Gua Sha Massage

Release tension and move lymph, preventing signs of premature aging.

10 minutes | \$66

Glycolic Peel

Help treat hyperpigmentation, photoaging, scars, and fine lines.

10 minutes | \$66



SKINCARE

Custom Facial

A fully customized facial experience designed to address your individual needs to reveal healthy, beautiful skin. Following a one-on-one consultation and skin analysis, your esthetician will draw from a library of locally handcrafted products to create a treatment plan developed specifically for you.

60 minutes
\$186

Men's Facial

This results-oriented service is specifically designed for men.; this facial includes deep cleansing, exfoliation, extractions, and a soothing mask designed to treat irritation brought on by shaving. A relaxing hand, foot, and scalp massage completes your treatment.

60 minutes
\$186

Credit Card Payments Only

Spa Hours are 10am-7pm M.F and 9am-7pm S.S

Please arrive 15 minutes early to you're scheduled appointment and feel free to relax and use any of our amenities including the barrel sauna, pool/hot tub, ice bucket, pod walk and more. Each treatment booked will receive a robe and sandals to wear between services.

Please note any health concerns with receptionist when booking. **24 hour**

Couples Massage

All of Hemlock Spa massages are available as couples' treatments. Please inquire for availability.
845-439-1264

A Single Bite Treatment Extensions

Join Hemlock Spa in supporting the health and wellbeing of our community by adding an extra 15 minutes to any spa treatment. In doing so, you will support our nonprofit, A Single Bite, and its mission to feed and educate our Sullivan County neighbors with real, local food. Learn more at www.asinglebite.org

Scalp Massage

Upgrade any treatment with an additional 15 minutes of scalp, neck and shoulder massage and provide a family in need with 4 healthy meals, delivered to their door.

15 minutes
\$50

Hand and Foot Massage

Extend any treatment with an additional 15 minutes of massage for the hands and feet and provide a family in need with 4 healthy meals, delivered to their door.

15 minutes
\$50

BODY TREATMENTS

Detox Herbal Wrap

Warm compresses steeped in a detoxifying herbal tea of gingerroot, allspice berries, rosemary, and eucalyptus wrap the body to remove impurities and toxins. An application juniper and berry seed oils deliver concentrated antioxidants while softness is sealed in with rare cloud berry cream.

60minutes
\$198

Kneipp Fig Milk & Argan Oil Body Scrub

A deeply soothing treatment ideal for those with dry, sensitive skin. An exfoliation with sugar and almond oil smooths the skin, while a deeply hydrating blend of shea butter, argan and marula oils lock in softness for days of healthy, glowing skin.

60 minutes
\$198

Catskill Clay Wrap

Welcome to the Catskills. Be cocooned in hydrating and detoxifying muds. A warm shower rinse with Forest Purifier smooths and tones the skin before being treated with an application of hydrating locally harvested goldenrod balm for deeply detoxified and glowing skin.

60 minutes
\$198

Return to Nature Ritual

A full body transformation, beginning with an invigorating exfoliation and healing cocoon, followed by a deeply hydrating application of inflammation reducing berry seed extracts, creating a rush of wellness, and revealing healthy, revitalized skin. Draw replenishment from nature, a feeling of radiant elation and optimal health.

90 minutes
\$300

PRIVATE CLASSES

Private Yoga

Enjoy a private yoga session, tailored to your needs and skill level. Our certified yoga instructors will develop a practice specifically designed around your movement goals and work with you one-on-one to perfect your form and technique, maximizing the benefits of your practice.

60 minutes
\$180

Couples Private Yoga

A private yoga session designed for two. Practice side-by-side or assisted yoga poses developed for your specific needs and skill level.

60 minutes
\$210

Private Aerial Yoga

Using a silk yoga hammock to help support poses and create a sense of weightlessness, your certified instructor will guide you through a personalized practice that is developed to address your individual needs. Excellent for beginners and those looking to take stretches to a deeper level, all are welcome as an excellent introduction to Aerial Yoga group classes.

60 minutes
\$180