

Fitness

We have a complete fitness center with state-of-the-art exercise equipment and spectacular mountain and lake vistas. Fitness walks, water aerobics, exercise classes and morning swims in our 60' indoor pool, and personal training are all available by appointment. Unwind in our sauna or jacuzzi and recharge your spirit.

INDIVIDUAL TRAINING SESSIONS

\$75

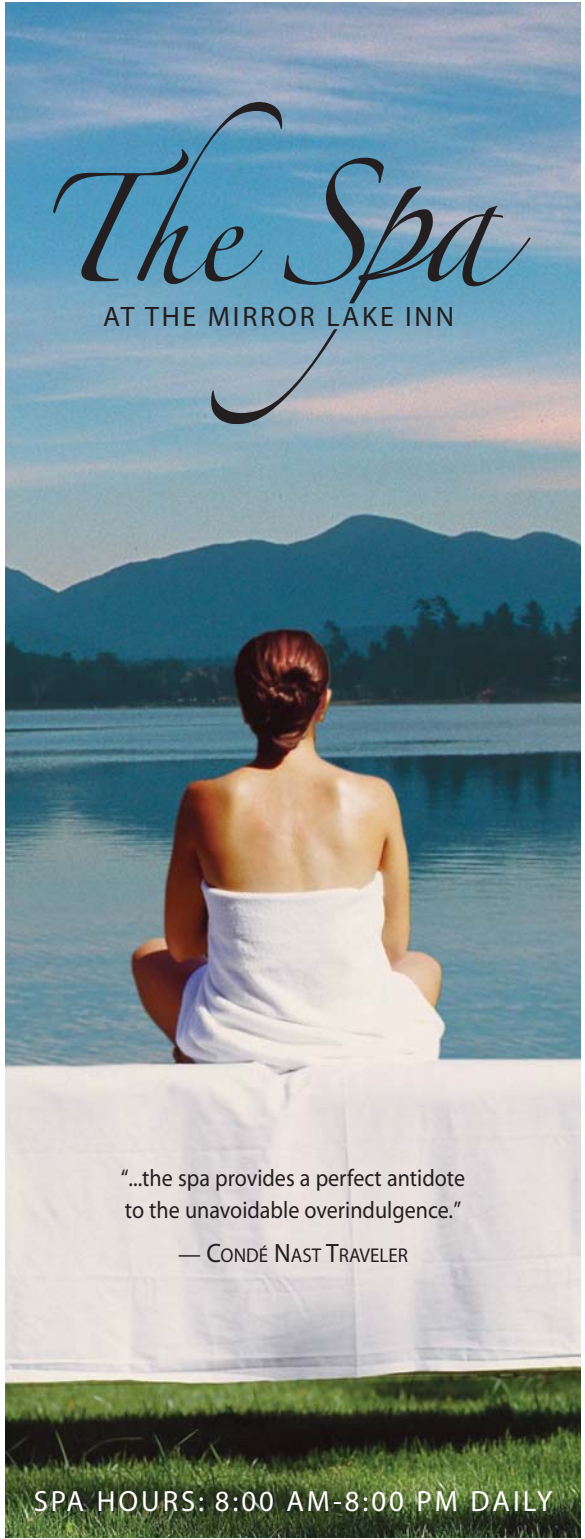
One-on-one instruction from a personal trainer will help you create a fitness program based on your ability and also help you reach specific short- and long-term goals. Sessions are designed based on your interest whether it's hiking, swimming, walking or strength training.

The Spa

AT THE MIRROR LAKE INN

Lake Placid's Finest
ADIRONDACK MOUNTAINS, LAKE PLACID, NY
518-302-3010 • MirrorLakeInn.com

2500/06/09



The Spa
AT THE MIRROR LAKE INN

"...the spa provides a perfect antidote to the unavoidable overindulgence."
— CONDÉ NAST TRAVELER

SPA HOURS: 8:00 AM-8:00 PM DAILY

Welcome to the Spa.



From the moment you enter our marble and mahogany-accented Spa, you'll feel the rigors of stress exit your body and a sense of peace and tranquility revive your spirit and rejuvenate your soul. Experience one of our many exceptional services such as Heated River Stone Massage, the Signature Four Layer Facial, or the Signature Adirondack Maple Sugar Scrub in one of our spacious treatment rooms. While waiting to be pampered and restored, relax and relieve tension in our plush sanctuaries with fireplaces, whirlpools and steam rooms.

RESERVATIONS

Reservations for your appointment are held with a credit card, hotel reservation, or a gift certificate. We recommend that you schedule your spa appointment at least two weeks in advance so that we can meet your requests.

CELL PHONES/PAGERS

To preserve the tranquility of your spa experience, please turn off cell phones and pagers before arriving at the Spa and Salon.

AGE REQUIREMENTS

The Mirror Lake Inn Spa is a place of relaxation and serenity for all clients. The unique sanctuaries, body treatments, facials and massages are restricted to guests 17 years and older. Young adults may enjoy all of our salon services. Children under the age of 8 receiving a salon service must be accompanied by an adult. Children and infants cannot accompany their parents who are receiving treatments.

CANCELLATIONS

As a courtesy to other guests and our therapists, please give us a 24-hour notice of cancellation to avoid a full charge.

All prices and services are subject to change without notice.



Body Treatments

THE ADIRONDACK MAPLE SUGAR SCRUB

50 min: \$125



Our signature treatment taps into the natural richness of local maple sugar allowing you to experience a wonderfully hydrating and re-mineralizing full body exfoliation. The result is smooth skin, long lasting hydration and an overall feeling of well being. Service performed in our Vichy Shower.

THE MIRROR LAKE CEREMONY

80 min: \$190



This ceremony begins with a ritual cleansing preparation of a warm stone and rose oil foot bath. Warm herbal infused oils are massaged into the entire body followed by a ground rice, turmeric and jasmine body polish. After a cleansing rinse, this ceremony is completed with a luxurious hydrating crème. A jasmine oil ritual completes this service, making it a truly decadent and memorable experience.

THE PLACID JOURNEY

50 min: \$125

Renew your skin with a rich, creamy algae exfoliation that hydrates and eliminates dead skin cells, increases healthy blood flow and removes impurities leaving your skin clear and smooth. Experience the Vichy Shower — \$10 additional.

MOUNTAIN RITUAL

50 min: \$125

A rich blend of organic ground coffee and mineral rich sea kelp work together to create a skin smoothing, body detoxifying service. The skin contouring benefits are enhanced by our luxurious finishing crème. Experience the European Soft Pack — \$10 additional.

HYDRAQUENCH TREATMENT

80 min: \$160

This all encompassing treatment starts with a thorough exfoliation, then re-hydrates and re-mineralizes your body while you are cocooned in our state-of-the-art European Soft Pack. After rinsing, the finishing touch is an application of a rich, moisturizing lotion. This nourishes the mind, body and soul.

**The Inn offers many different packages throughout the year.
Visit MirrorLakeInn.com**

Facials

Enhance your spa experience with our "facelift massage" to brighten your face, decrease puffiness, and leave you with that perfect glow.

Allow an additional 30 minutes.

THE SIGNATURE FOUR LAYER FACIAL

50 min: \$145



The ultimate balancing act for your skin. This two in one facial will moisturize and detoxify, as well as re-hydrate, re-mineralize and re-balance the skin. The results are achieved by the abundance of vitamins, minerals, amino acids, and trace elements found in the super food seaweed – the main ingredient of this nutrient-rich facial.

THE CLASSIC FACIAL

50 min: \$110

A traditional European facial suited for all skin types.

THE CUSTOM FACIAL

50 min: \$120

Our custom facial is created exclusively for your skin care needs and combines effective formulas that utilize only the finest ingredients and addresses a variety of skin concerns such as premature aging, sun damage, and loss of vitality, tone and radiance. Our skin specialist will select the specific treatment to give you an extremely customized facial for skin health and glowing inner radiance.

- Hydra Quench – dry skin
- Graceful Aging – mature skin and fine lines
- A Gentle Approach – sensitive skin
- Clean and Pure – oily skin

LIGHT FROM WITH-INN TREATMENT

80 min: \$175

This unique service combines Swedish massage with the specific care of a customized facial. The first 25 minutes of this service is devoted to soothing muscle tension with a back massage. Once in a state of serene relaxation, a full custom facial completes the rejuvenation of your body and soul.

BARE YOUR BACK

50 min: \$130

A cleansing back treatment that begins with a stimulating exfoliation followed by a warm, purifying oil, detoxifying mud therapy and an essential hydration treatment.

Advanced Skin Care

MICRODERMABRASION FACIAL

25 min: \$130 50 min: \$155 80 min: \$195

This facial is recommended for reducing fine lines, wrinkles, and to even out skin color and texture. The intensive exfoliation is followed by a soothing mask to calm the skin and reveal younger looking skin. For best results this facial should be booked as a treatment series; 4, 6, and 8 series packages available.

PROFESSIONAL PEEL WITH INTENSE HYDRA MASK

50 min: \$155

This treatment offers immediate results for any skin type without the discomfort of irritation and redness. Designed to correct and improve uneven skin color, loss of elasticity and dull dry patches. Our skin specialist will carefully choose products based on your skin's specific needs. Glycolic and/or enzyme peels will be used followed by a self-heating mask that leaves your skin glowing.

Facial Enhancements - *add the following to any facial*

Ageless Eye and Lip Treatment, \$35

This multi-action treatment uses a powerful plant-based eye mask to help reduce tired, puffy eyes, dark circles and minimizes fine lines and wrinkles. An anti-free radical toning mask is applied around the mouth restoring lips to their firm and youthful appearance.

Professional Peel, \$50

Glycolic, malic, lactic and citric acids work together to stimulate the growth of new skin and collagen by breaking down the "glue" that holds dead skin cells to the skin's surface, leaving your skin smoother, softer and visibly radiant. Incorporate this enhancement for your face, neck, décolleté and/or your hands.

Lip and Brow Wax, \$15 and up.

Complete your spa service with a shampoo/blowstyle for an additional \$25 per treatment (by appointment).

Massage

Our therapists are licensed by New York state, skilled in several types of massage, and will customize your massage based on your needs. Enhance any massage with essential aromatherapy oils for an additional \$15.

COVERING THE BASICS

25 min: \$70

Tempted by touch but not ready to bare all? This massage relieves tension without the commitment of dressing down for a longer service. Your therapist focuses on face and scalp with classic Swedish techniques. Special attention is paid to overworked hands and tired feet, making this a remarkably satisfying experience.

THE SIGNATURE MASSAGE

50 min: \$120 80 min: \$165



Exclusive to The Mirror Lake Inn Spa, our ultra relaxing, body balancing Dry Float Soft Pack System will warm, ease and relax sore, tense muscles. Finish with a customized massage.

THE MIRROR LAKE CLASSIC

25 min: \$70 50 min: \$110 80 min: \$155

A full body massage based on traditional Swedish techniques that uses a light to medium pressure for relaxation and a heightened sense of well being.

FACELIFTING MASSAGE

50 min: \$130

Brighten your face with this up and coming new service. With its combination of German Bindegewebs massage and light touch Lymphatic drainage, you'll be left with a sense of lightness and your face will glow. The focus is on lifting and opening the skin to relax and allow optimal nutrient and oxygen flow. Lymphatic drainage is applied to flush the tissue, decrease puffiness and brighten your face. *This is not a facial.*

HEATED RIVER STONE THERAPY

50 min: \$130 80 min: \$175

This treatment combines tension-releasing massage techniques with warmed, smooth river stones as an extension of the therapist's hand. Deep heat allows you to experience profound peace, relaxation and balance.

DEEP TISSUE MASSAGE

25 min: \$80 50 min: \$125 80 min: \$170

A therapeutic, corrective-style massage that applies greater pressure than a Swedish massage for deep muscle relief and release of chronic patterns of tension, aches and pains. Excellent for pre and post workouts as well as ongoing maintenance. Thermal red pepper oil can be added upon request, creating a deep heating sensation to help soothe sore muscles.

COUPLES MASSAGE

50 min: \$240 80 min: \$340

Share a relaxing massage with your partner or friend. This service is done in a private room with two therapists – one for each of you!

MOTHERS TO BE

50 min: \$110 80 min: \$155

A gentle, pampering massage designed for moms-to-be and new moms. Specially designed to alleviate muscle tension and aches as well as relieve swelling and stress on joints.

Asian Influence Body Work

We offer a selection of traditional Asian-style bodywork techniques. These ancient massage styles incorporate pressure point technique, gentle rocking, and skilled energy work.

THAI MASSAGE

50 min: \$135 80 min: \$180

Thai massage utilizes deep stretching to release tension, improve joint mobility and increase range of motion. Exceptionally beneficial to athletes and anyone suffering from general stiffness or loss of range of motion. *Clothes must be worn for this treatment; loose, stretchy pants and tee shirts are preferred.*

REFLEXOLOGY

25 min: \$70 50 min: \$115

Re-establish energy flow and enhance circulation (pressure points on the feet).

Energy Work

CRANIOSACRAL THERAPY

50 min: \$110 80 min: \$155

A light pressure on the spine, shoulders and head improving circulation and re-establishing freedom of motion. You may wear loose-fitting clothing for this treatment.

REIKI

50 min: \$110

A healing system that uses universal life energy to help return the mind, body, emotions and spirit to their natural perfect state.

The Gentlemen's Corner

THE SIGNATURE MASSAGE

50 min: \$120 80 min: \$165



Exclusive to The Mirror Lake Inn Spa our ultra relaxing, body balancing dry Float Soft Pack System will warm, ease and relax sore, tense muscles and prepare your body for a customized massage.

DEEP TISSUE MASSAGE

50 min: \$125 80 min: \$170

A therapeutic, corrective-style massage that applies greater pressure than a Swedish massage for deep muscle relief and release of chronic patterns of tension, aches and pains. Excellent for pre and post workouts as well as ongoing maintenance. Thermal red pepper oil can be added upon request, creating a deep heating sensation to help soothe sore muscles.

GENTLEMEN'S FACIAL

50 min: \$110

This deep-cleansing therapeutic facial is designed specifically for men's skin care needs, addressing razor burn and sensitivity. Relaxing the skin and refining pores, it includes a massage of the face, neck, shoulders and scalp. Please shave at least two hours prior to treatment.

BARE YOUR BACK

50 min: \$130

A cleansing back treatment that begins with a stimulating exfoliation followed by a warm, purifying oil, a detoxifying mud therapy and an essential hydration treatment.

MANICURE FOR MEN

45 min: \$30

A very thorough, relaxing treatment for the hands, cuticles and nails.

PEDICURE FOR MEN

50 min: \$45

Beginning with an aromatherapy bath and thorough grooming of the nails and ending with a relaxing massage, this is the perfect treatment for your feet after a day of hiking or skiing!

MEN'S HAIR

Shampoo/Cut/Blowstyle \$25 and up

Hands and Feet

We invite you to take our aromatherapy journey...you will be enveloped by the aroma of your choice throughout your service.

MANICURE

45 min: \$35

Soak hands, shape nails, groom cuticles, massage, smooth and hydrate, and finish with your favorite hue.

REFRESHER MANICURE

30 min: \$25

Shape, groom and finish with your favorite polish with this express manicure.

DELUXE MANICURE

50 min: \$45

A truly relaxing service including a thorough manicure, exfoliation of the hands, massage, and paraffin dip. The manicure will leave your cuticles and hands soft, smooth, and conditioned.

PEDICURE

50 min: \$50

Beginning with a soothing mineral bath and thorough grooming of the nails and ending with a relaxing massage, this is the perfect treatment for your feet after a day of hiking or skiing!

REFRESHER PEDICURE

30 min: \$40

Shape, groom and finish with your favorite polish.

MIRROR LAKE INN DELUXE PEDICURE

80 min: \$70

A soothing soak with your choice of aromatherapy salts followed by an exfoliation and a seaweed mask, a Stone Therapy and massage, then a paraffin dip. The Stone Therapy and massage penetrate deep into the muscles and joints of the feet, soothing soreness and inflammation.

PEDRISSAGE

25 min: \$30

A relaxing foot bath followed by a 15-minute foot massage.

PARAFFIN THERAPY

15 min: hands \$12 feet \$17

A warm, therapeutic treatment to super hydrate the skin and soothe inflamed joints.

French Manicure or Pedicure add \$7

Intensive callus mask with AHA add \$10

Nail Polish Change \$15

*"The Inn has an outstanding spa program...
serious pampering goes on here..."*

— ALBANY TIMES UNION

Salon Experiences

THE BASICS (blowstyle included)

Shampoo	\$30 and up
Shampoo/Cut	\$40 and up
Shampoo/Set	\$35 and up
Shampoo/Cut/Set	\$45 and up

THE WORKS (blowstyle included)

Permanent Wave	\$95 and up
Highlights	short \$90 and up medium \$110 and up long \$130 and up
Highlights and Cut	short \$125 and up medium \$150 and up long \$175 and up
Corrective Color	\$150 and up
Glossing or Color	\$60 and up
Color and Cut/Dry	\$80 and up
Color, Highlights and Cut	\$175 and up
Chemical Straightening and Cut	\$150 and up
Japanese Straightening and Cut	\$500 and up
Formal Styling (does not include shampoo)	\$65 and up
Flat Iron/Curling Iron	add \$15

MEN'S SERVICES (blowstyle included)

Shampoo/Cut	\$25 and up
Camo Color/Cut	\$70 and up

CHEMISTRY SYSTEM

15 min: add \$15

Deep enriching treatment for frizzy, dry and stressed hair.

HEALTHY HAIR TREATMENT

45 min: \$45 without blowstyle \$80 with blowstyle

Treatment is applied to your head to relax, stimulate, and tone the scalp.

PROTEIN TREATMENT

45 min: \$45 without blowstyle \$80 with blowstyle

MAKEUP APPLICATION

45 min: \$45

BODY WAXING

Facial	\$15 and up	Chest	\$60 and up
(brow, chin, lip) each session		Bikini lines	\$40 and up
Half Leg	\$55 and up	Underarm	\$15 and up
Full Leg	\$80 and up	Forearm	\$35 and up
Back	\$60 and up	Brazilian	\$60 and up



Day Spa Packages

THE SPA SIGNATURE

3 hours \$285

Adirondack Maple Sugar Body Scrub
Signature Water Massage • Deluxe Manicure or Pedicure

THE MIRROR LAKE INN

3 hours \$260

The Mirror Lake Classic Massage • Classic Facial • Pedicure

ULTIMATE PAMPERING

4 hours \$385

Mountain Ritual • Classic Facial
Mirror Lake Classic Massage • Pedicure

FROM HEAD TO TOE

3 hrs 15 min \$145

Scalp Treatment with Shampoo • Blow-dry
Manicure • Pedicure

THE OUTDOORS MAN

2 hours \$225

Deep Tissue Massage • The Gentlemen's Facial

All package services must be reserved for the same day.

Commonly asked Questions

WHY SHOULD I ARRIVE 30 MINUTES BEFORE MY SPA SERVICES?

This allows time for you to check in with our receptionists, change, use our plush sanctuaries and be on time for your service so that you may enjoy the full time allotted for your special spa service.

WHAT DO I WEAR FOR MY SPA SERVICES?

The phrase to remember is "less is better." Wearing minimal clothing or nothing at all is our recommendation. The service is discreet and private. The therapist will leave the room while you get under the sheet and as you get dressed. You are covered at all times during your services; your comfort is of most importance. Please remove all jewelry. We provide robes and slippers.

WHEN AND WHERE DO I MEET MY THERAPIST?

You should be in your robe and sandals and sitting in the Spa sanctuary five minutes prior to your service. Your therapist will greet you there and bring you back once your service is completed.

IS IT APPROPRIATE TO LEAVE A GRATUITY FOR MY THERAPIST?

Tipping, as always, is based upon your discretion. If you enjoyed your service and wish to leave a gratuity, 15%-20% is considered appropriate. Our receptionists have tip envelopes available for you to use.

WHAT STEPS DO I TAKE WHEN I HAVE FINISHED WITH MY SERVICES?

After you have finished with your services and have fully enjoyed our steam room, Jacuzzi, and sanctuary area, be sure to stop by the desk to sign out. Services may be charged to your room if you are an inn guest, or you can pay with cash or credit card.

WHY DO I HAVE TO FILL OUT A MEDICAL FORM?

It is a New York State law, and also a guideline for the therapist to perform the best treatment for you by being aware of any contraindications you may have.

WILL I HAVE A MALE OR FEMALE THERAPIST?

We try to accommodate all our guests' requests. If you have a preference, please let the receptionist know when making your appointment.

