Top-Rated Resort Spa in the Northeast
Condé Nast Traveler Readers’ Poll

SPA HOURS:
9:00 AM-7:00 PM Sun-Thurs
8:00 AM-8:00 PM Fri & Sat
518-302-3010
Welcome to The Spa at Mirror Lake Inn

Our philosophy at The Spa is to achieve true beauty through balanced living and natural wellness. Our many services and quality products help each guest maintain an exterior to match the beauty inside. Enhance your spa services by enjoying our plush gender separated sanctuaries accented in marble and mahogany, each with a fireplace, whirlpool, steam room and grooming area.

RESERVATIONS
We suggest making reservations at least two weeks in advance. Upon booking, please inform the reservationist of pertinent health conditions. Also, due to The Spa’s 24 hour cancellation policy, your appointments will be held with a room number, confirmation number, or credit card.

AGE REQUIREMENTS
The Spa is a place of relaxation and serenity for all guests. The unique sanctuaries, body treatments, facials, and massages are available to guests 17 years and older. Guests under the age of 17 receiving spa services must be accompanied by an adult. 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.

SALON SERVICES
Our full service salon offers a variety of services performed by our NYS licensed cosmetologists. Upon check-in you’ll be offered a beverage from our menu which includes wine, cocktails, beer, and non-alcoholic beverages.

SPA SANCTUARIES
 Guests receiving massage, facials, or body treatments have access to the gender separated sanctuaries on the day of their services. Enjoy plush sitting areas, whirlpool, eucalyptus steam room, and more in a comfortably placed setting of marble and mahogany. Guests also have access to our indoor pool area which features an oversized whirlpool, dry sauna, and lap pool. Please arrive at least 30 minutes prior to your service to prepare yourself for your spa journey.

CELL PHONES
In consideration of other guests and to enhance your spa experience, please turn all cell phones off while visiting the spa.
WHY SHOULD I ARRIVE 30 MINUTES BEFORE MY SPA SERVICES?
We highly recommend that you come early and leave late to add to your spa experience. 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?
For spa services, you will be provided with a robe and slippers. Within the gender separated sanctuaries bathing suits are optional. During your service, the phrase to remember is “less is better”, wearing minimal clothing or nothing at all is our recommendation. The service is discreet and private and the therapist will leave the room while you get undressed. You are appropriately draped at all times during your services and your comfort is of utmost importance. For pedicure and manicure services, our providers perform a calf and forearm massage, loose clothing around these areas is recommended.

IS IT APPROPRIATE TO LEAVE A GRATUITY FOR MY THERAPIST?
Tipping is based upon your discretion. If you enjoyed your service and wish to leave a gratuity, 18 - 20% is considered appropriate. Our receptionists have tip envelopes available for you to use or you may leave gratuity on your room or credit card.

WHAT STEPS DO I TAKE WHEN I HAVE FINISHED WITH MY SERVICES?
After you have finished with your services be sure to stop by the spa desk to check out. Services may be charged to your room if you are an Inn guest, or you can pay with cash, credit card, or gift cards.

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. All providers are licensed in New York State.

TIPS FOR ENHANCING YOUR SPA EXPERIENCE:
- Avoid drinking alcohol or eating at least an hour before treatments.
- If at any time you are uncomfortable during your treatment, please inform the provider. Your personal preference molds the manner in which our services are performed.
- Relax in the indoor pool area and enjoy the whirlpool, dry sauna, and lap pool. Bathing suits required for this area.
BODY TREATMENTS

THE ADIRONDACK MAPLE SUGAR SCRUB*
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. 80 minute service includes massage.

PURE PLACID CLEANSING RITUAL*
Your personalized journey begins with your choice of a custom blended scent inspired by the Adirondacks. Immerse your senses in the warmth of essential oil poured along your spine followed by a thorough oatmeal exfoliation. After a cleansing rinse, hydrating aromatherapy body lotion made of distilled water from Lake Placid is massaged into the skin to nourish and protect. Enjoy a cleansing foot bath and full body massage with the 80 minute service.

VICHY SHOWER SCRUB
Gentle soothing rain from our five suspended shower heads relax you while our customized exfoliants smooth your skin. Finish with a luxurious hydrating cream application. 80 minute service includes massage.

THREE DIMENSIONAL BODY TREATMENT
This fabulous body treatment targets the mind, body and soul. We start with a marine based exfoliant that helps stimulate the lymphatic system and rids toxins. Then a relaxing mask infused with aromatherapy calms your internal environment while marine seawater tightens and smooths the appearance of skin as you are wrapped in our European soft pack. And the finish, a luxurious and nourishing skin cream. Your body will be thanking you for weeks to come!

MIRROR LAKE INN SEAWEED BODY WRAP**
The ultimate treatment to reduce cellulite and detoxify your entire body while cocooned in our European Soft Pack. This is followed by a cleansing rinse and a moisturizer to lock in the smoothness the seaweed gives the skin. 80 minute service includes massage.
FACIALS

Our estheticians are licensed by New York state, each having the knowledge of our professional skin care products to customize your facial experience. Enhance any facial with an eye and lip treatment for an additional $35, or add a facial peel for $50.

XMF YOUTH REVEALING FACIAL

Reveal your inner youth with this luxurious Phytomer facial which uses powerful 100% natural ingredients derived from marine bio-technology that are scientifically proven to immediately plump the skin and smooth wrinkles. Instantly you will notice a visible reduction in signs of aging. Your treatment of complete relaxation will use three levels of exceptional techniques to boost massage effectiveness.

THE BELLANINA FACE LIFT MASSAGE

Your entire upper body gets a lift with a specialized technique that tones and firms your skin and over time helps to retrain your muscles to be firmer and tighter. The face is cleansed, toned and exfoliated, with a full 30-minute facial massage followed by a honeylift invigorating mask interspersed with steamy hot towels. Along the way the hands, feet, shoulders, back, neck and scalp are massaged. Ultimately superb!

LIGHT FROM WITH-INN TREATMENT

This unique service combines Swedish massage with the specific care of a customized facial. The first 25 minutes of this service are 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.

BALANCING FOUR LAYER FACIAL

The ultimate balancing act for your skin. This two in one facial will moisturize and detoxify, as well as 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.

CUSTOM FACIAL

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.

BARE YOUR BACK

An often neglected area, this deep pore cleansing back treatment begins with a stimulating exfoliation, followed by detoxifying mud therapy and an essential, nutrient rich, hydration treatment.
ADVANCED SKIN CARE

MICRODERMABRASION
Perfect for minor to moderate early signs of aging. This treatment gives a deep exfoliation and helps to reduce fine lines, scars, pore size and hyperpigmentation. The superficial layers of dead skin cells are removed by using micro aluminum oxide crystals that are gently vacuumed across the skin’s surface leaving your face smooth and luminous.
Add on: hands, back of arms, décolleté, stretch marks, back, other areas $30 and up.
For best results this facial should be booked as a treatment series; 4, 6, and 8 series packages available.

DERMAPLANING
An alternative to microdermabrasion or chemical peels. First choice for those who would like to have deep exfoliation without chemicals or too much stimulation. This safe and non-invasive procedure super exfoliates the skin and rids the face of fine vellus hair (peach fuzz) by using gentle feather like strokes to abrade the superficial layers of the skin. Enjoy brighter, smoother skin after your first treatment.

EYELASH EXTENSIONS
Safe and comfortable to wear, eyelash extensions mimic your natural lashes. Our silk lashes are applied by our trained and certified estheticians. After a thorough consultation, the esthetician will apply the lashes in a relaxing and non-invasive procedure resulting in a naturally beautiful appearance. Touch ups or fills are required to maintain a full look, this is usually every two to four weeks.

WAXING SERVICES
Facial (brow, lip, chin each)
Full/Half Leg
Bikini Line
Brazilian
Forearm/Underarm
Back/Chest
TRADITIONAL MASSAGE
Our therapists are licensed by New York state, skilled in several types of massage, and will customize your massage based on your needs.

THE SIGNATURE MASSAGE
Float weightlessly in our European Soft Pack to warm, ease and relax sore, tense muscles while your therapist gently massages your head or feet. Finish with a customized Swedish massage.

MIRROR LAKE CLASSIC
A full body massage based on traditional Swedish techniques that is customized for your ultimate relaxation and heightened sense of well being.

HEATED RIVER STONE THERAPY
This treatment combines tension-releasing massage techniques with warmed, smooth river stones. Deep heat allows you to experience profound peace, relaxation and balance.

DEEP TISSUE MASSAGE
A therapeutic massage which applies greater pressure and at times pin point pressure to help release chronic patterns of tension, aches and pains.

COUPLES MASSAGE
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! Enjoy a Swedish, Deep Tissue, or Stone massage. Add aromatherapy for a truly sensory experience.

MOTHERS TO BE
A gentle, pampering massage designed to relax and alleviate those areas subject to pressure and muscle tension. Relax into the therapists hands while your body is comfortably supported with our state of the art pregnancy pillow. *Recommended for second and third trimester pregnancies only.

AROMATHERAPY MASSAGE
Breathe in the healing aromas of the Adirondacks and feel the hydrating benefits of the waters of Lake Placid. Choose from Balsam & Clementine, Ginger & Pine, or Mirror Lake Inn’s Signature Scent, Redwood & Lavender. Each scent is created and handmade in Lake Placid. Your mind and body will feel the curative power of these essential oils absorbed through a full body massage.

ADD-ON ENHANCEMENTS (no additional time required)
Cupping Therapy
SPECIALIZED MASSAGE & BODY WORK

ASHIATSU ORIENTAL BAR THERAPY
This unique service gives the recipient an exquisitely deep massage with soft feet, along with expert utilization of gravity as the source of leverage. Our skilled therapist not only eases into the muscle tissue, but also stretches the myofascial layer of tissue and muscle improving posture and relieving pain. Because the soft, broad surface of the foot is being utilized there is little, if any, pin-point pressure associated with this service.

THAI HERBAL BALL MASSAGE
Healing herb bundles are steamed and applied to pressure points and joints throughout the massage. Swedish techniques improve circulation and target specific muscles while thai stretches keep ligaments, muscles and tendons limber.

THAI MASSAGE
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 in range of motion. Clothes must be worn; loose, stretch pants and t-shirts preferred.

REFLEXOLOGY
Begin with a soothing foot and calf exfoliation before your therapist re-establishes energy flow and enhances circulation through pressure points on your feet. Recommended for swollen, tired feet.

ENERGY WORK

CRANIOSACRAL THERAPY
A gentle touch is used to monitor the rhythm of fluid that is flowing around the central nervous system. This session is deeply relaxing and releases tension to allow the entire body to self-correct while creating feelings of warmth or gentle pulsing. You may choose to be clothed or unclothed for this treatment.

REIKI
A therapeutic energy healing practice that utilizes a series of hand positions that elevate a person’s life force energy. You may experience the flow of Reiki Energy in a variety of ways including warmth, waves, tingling; resulting in a reduction of pain and/or deep relaxation and stress relief. You may choose to be clothed or unclothed for this treatment.
HAIR & COSMETIC EXPERIENCES

Our commitment to you is to work with you to evaluate the best style and products for your hair and lifestyle. You will leave the salon looking and feeling your best. Blowstyle included in all hair services.

THE BASICS

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shampoo, Cut &amp; Style</td>
<td>50 and up</td>
</tr>
<tr>
<td>Shampoo &amp; Blowstyle</td>
<td>40 and up</td>
</tr>
<tr>
<td>Flat or Curling Iron</td>
<td>add 15</td>
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<tr>
<td>Kid’s Cut (12 and under)</td>
<td>20 and up</td>
</tr>
<tr>
<td>Teen’s Cut (age 13-17)</td>
<td>40 and up</td>
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THE WORKS

<table>
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<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Permanent Wave</td>
<td>95 and up</td>
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<tr>
<td>Partial Highlights</td>
<td>95 and up</td>
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<tr>
<td>Full Highlights</td>
<td>125 and up</td>
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<tr>
<td>Glossing or Color</td>
<td>70 and up</td>
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<tr>
<td>Corrective Color/Conditioning Treatment</td>
<td>200 and up</td>
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MEN’S SERVICES

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shampoo &amp; Cut</td>
<td>35 and up</td>
</tr>
<tr>
<td>Camo Color</td>
<td>65 and up</td>
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</table>

ENHANCE YOUR HAIR SERVICES

<table>
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<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Redken Steam Infusion</td>
<td>25</td>
</tr>
<tr>
<td>Straighten and smooth your hair for a healthy shine. Perfect for a night out or special events and lasts up to 3 days. Add to any hair service</td>
<td></td>
</tr>
<tr>
<td>Redken PH Bonder</td>
<td>50</td>
</tr>
<tr>
<td>This specialized formula prevents and reconstructs hair from chemical and environmental damage. Add On: 35 With Blowstyle: 65</td>
<td></td>
</tr>
</tbody>
</table>

MAKEUP CONSULTATION & APPLICATION

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shampoo &amp; Fancy Blowstyle</td>
<td>85 and up</td>
</tr>
<tr>
<td>Formal Styling</td>
<td>125 and up</td>
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<tr>
<td>Trial for Formal Styling</td>
<td>100 and up</td>
</tr>
<tr>
<td>Flower Girl</td>
<td>60 and up</td>
</tr>
<tr>
<td>Trial Make-up Application</td>
<td>55</td>
</tr>
<tr>
<td>Makeup Application</td>
<td>55</td>
</tr>
<tr>
<td>Striplash Application (includes cost of lashes)</td>
<td>20</td>
</tr>
</tbody>
</table>

FOR OUR BRIDES

The Spa at Mirror Lake Inn provides elegance and expertise to prepare you for your special day. Please contact our Wedding Coordinator for more details.

Salon services include a complimentary beverage of your choice and fruit and cheese platter in the afternoon. All prices and services are subject to change.
PEDICURES & MANICURES

DELUXE MANICURE 50 min: 50
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.

TRADITIONAL MANICURE 45 min: 40
Soak hands, shape nails, groom cuticles, massage, smooth and hydrate, and finish with your favorite hue.

SHELLAC MANICURE 50 min: 50
CND Shellac provides a healthy gel like polish for nails. Enjoy a zero dry time, high gloss shine finish that lasts up to 14 days. Shaping of nails, grooming of cuticles and a relaxing hand and forearm massage are included. Shellac polish removal is an additional $10, please mention if removal is needed when booking.

REFRESH MANICURE 25 min: 30
Shape, groom and finish with your favorite polish with this express manicure.

DELUXE PEDICURE 80 min: 75
A soothing salt soak followed by an exfoliation, seaweed mask, and a stone therapy massage. The stone massage soothes and rejuvenates overworked feet. The service is then finished with a paraffin dip for your feet and your choice of polish.

TRADITIONAL PEDICURE 50 min: 55
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!

REFRESH PEDICURE 25 min: 40
For those looking for a quick touch up, enjoy this service including shaping, grooming of the nails, and a finish with your polish of choice.

PEDRISSAGE 25 min: 30
A relaxing foot bath followed by a 15 minute foot massage.

PARAFFIN THERAPY Feet: 20 Hands: 20
A warm, deep penetrating treatment that hydrates and soothes dry skin while relieving inflamed joints. Great for arthritic and joint issues.

Nail Polish Change: 25
French Polish: 8

We regret we cannot perform services on injured or infected feet and hands without clearance from your doctor. All prices and services are subject to change.
FOR COUPLES

COUPLES GETAWAY PACKAGE
Couples Massage • Side by Side Traditional Pedicures
375
Upgrade to 80 minute massage 460

COUPLES MASSAGE
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! Enjoy a Swedish, Deep Tissue, or Stone massage. Add Aromatherapy for a truly sensory experience.
50 min: 330  80 min: 420

SIDE BY SIDE TRADITIONAL PEDICURES
Beginning with a soothing mineral bath and thorough grooming of the nails and ending with a relaxing foot massage, this is the perfect treatment for your feet after a day of hiking, skiing, or just for fun! 110

SIDE BY SIDE REFRESH PEDICURES
For those looking for a quick touch up, enjoy this service including shaping, grooming of the nails, and a finish with your polish of choice or buffing. 80
THE GENTLEMEN’S CORNER

THE WOODSMAN PACKAGE
Deep Tissue Massage • Gentlemen’s Facial • 265

DEEP TISSUE MASSAGE
A therapeutic massage which applies greater pressure and at times pin point pressure to help release chronic patterns of tension, aches and pains. 50 min: 155  80 min: 200

GENTLEMEN’S FACIAL
Designed specifically for men’s skin care needs. Experience a deep pore cleansing while addressing razor burn and skin sensitivities. Feel yourself fully relax with a massage of the face, neck, shoulders, and scalp. Please shave the night before or at least two hours beforehand to avoid extra skin sensitivities. 50 min: 140

BARE YOUR BACK
An often neglected area, this deep pore cleansing back treatment begins with a stimulating exfoliation, followed by detoxifying mud therapy and an essential, nutrient rich, hydration treatment. 25 min: 90  50 min: 140

OUTDOORSMAN MANICURE
A very thorough, relaxing treatment for the hands, cuticles and nails. 45 min: 35

OUTDOORSMAN PEDICURE
Beginning with an aromatherapy soak 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! 50 min: 50

MEN’S HAIR
Shampoo & Cut 35
Camo Color 65
HEALTH & FITNESS
We recommend you schedule private yoga sessions at least two weeks in advance.

PRIVATE YOGA SESSION
Yoga holds the key to good health, vibrant living and is said to delay the onset of aging and disease. Our certified yoga instructor incorporates homeopathic healing approaches into her repertoire. During this private consultation, the holistic benefits of yoga will be tailored to meet your specific needs and/or help you establish an ongoing personalized wellness program to suit your level of liking.

Individual: 150  Couples: 200  Family: 50 each additional guest

TIPS FOR ENHANCING YOUR SPA EXPERIENCE

• Enjoy the indoor pool area before and after your appointments. This includes an oversized whirlpool, dry sauna, and lap pool.
  
  • Order lunch or an appetizer from The Cottage for two!
  
  • Pre order chocolate covered strawberries and champagne to follow your treatments.
  
  • Mirror Lake Inn offers spa packages throughout the year, inquire for an overnight stay and enjoy the spa!
DAY SPA PACKAGES

THE SPA SIGNATURE
3 hours 330
Adirondack Maple Sugar Body Scrub
Signature Massage • Deluxe Manicure or Traditional Pedicure

THE MIRROR LAKE INN
3 hours 295
The Mirror Lake Classic Massage • Custom Facial
Traditional Pedicure

ULTIMATE RENEWAL
4 hours 400
XMF Youth Revealing Facial • Three Dimensional Body Treatment
• Shampoo Blowstyle

THE EXPECTING MOTHER
3 hours 220
Mothers to be Massage • Refresher Manicure
Refresher Pedicure • Shampoo Blowstyle

MOMMY AND ME
1 hour 215
25-min. Tandem Massage • Side-by-Side Refresher Pedicures

LAKE PLACID RETREAT FOR 2
3 hours 420
Choice of 50-min. Swedish Massage or Custom Facial, and
Traditional Pedicure & Traditional Manicure for both

THE WOODSMAN
2 hours 265
Deep Tissue Massage • Gentlemen’s Facial

BRIDAL BLISS
4 hours 295
Pure Placid Cleansing Ritual
Deluxe Pedicure • Deluxe Manicure

COUPLES GETAWAY
2 hours 375
Couples Massage • Side by Side Traditional Pedicures
Upgrade to 80 minute massage 460

Substitutes for any package will be billed at full price. All package services
must be completed on the same day.
All prices and services are subject to change.
PRICE LIST

BODY TREATMENTS

Adirondack Maple Sugar Body Scrub*  50 min: 160  80 min:190
Pure Placid Cleansing Ritual*  50 min: 170  80 min: 200
Vichy Shower Scrub  50 min: 150  80 min: 180
Three Dimensional Body Treatment  80 min: 195
Mirror Lake Inn Seaweed Body Wrap**  50 min: 165  80 min: 195

FACIAL

XMF Youth Revealing Facial  80 min: 210
Bellanina Face Lift Massage  80 min: 200
Light From With-inn Treatment  80 min: 190
Balancing Four Layer Facial  50 min: 150
Custom Facial/Gentlemen’s Facial  50 min: 140
Bare Your Back  25 min: 90  50 min: 140

ADVANCED SKINCARE

Microdermabrasion  25 min: 165  50 min: 205  80 min: 245
Dermaplaning  25 min: 165  50 min: 205  80 min: 245

WAXING SERVICES

Facial - 60 and up (20 each)  Brazilian - 75 and up
Full/Half Leg - 60 and up  Forearm/Underarm - 30 and up
Bikini Line - 60 and up  Back/Chest - 65 and up

TRADITIONAL MASSAGE

The Signature Massage  50 min: 150  80 min: 195
Mirror Lake Classic  50 min: 135  80 min: 180
Heated River Stone Therapy  50 min: 145  80 min: 190
Deep Tissue  50 min: 155  80 min: 200
Couples Massage (starting price)  50 min: 330  80 min: 420
Mothers To Be  50 min: 135  80 min: 180
Aromatherapy Massage Add on: 15  50 min: 150  80 min: 195

SPECIALTY MASSAGE & BODYWORK

Ashiatsu Oriental Bar Therapy  50 min: 160  80 min: 210
Thai Herbal Ball Massage  80 min: 200
Thai Massage  50 min: 150  80 min: 195
Reflexology  50 min: 135

ENERGY WORK

Craniosacral Therapy  50 min: 135  80 min:180
Reiki  50 min: 135

ADD-ON ENHANCEMENTS

Cupping Therapy : 15

* - contains nuts (please ask for alternative)
**- contains iodine

All prices and services are subject to change.
Lake Placid’s Finest

CONTACT US

518-302-3010
Spa@mirrorlakeinn.com

VISIT US

77 Mirror Lake Drive
Lake Placid, NY 12946

FOLLOW US