



Welcome to Hemlock Neversink, where nature's essence embraces you, inviting relaxation, self-discovery, and well-being. Here, the beauty of nature graces every detail, and our treatments draw inspiration from the surrounding soil, water, and plants to rejuvenate your body and soul.

Explore our distinctive spa offerings, which include a diverse range of therapies, from tranquil massages and revitalizing facials to well & being bath soaks and energy healing.

As the seasons change, so do the therapeutic treatments available at Neversink.

Unwind with lilac as the first blooms open in the spring and scent the air through early summer. Repair with locally wild-harvested goldenrod in late summer through the fall. Replenish and protect with northern red cedar through the winter. Our treatments evolve throughout the year to provide you with the most potent ingredients that nature has to offer.

Your journey to wellness begins here.

# Body Treatments

## Catskill Clay Wrap

60 MINUTES | \$205

Welcome to the Catskills, where your wellness journey begins. Start by rejuvenating your body with a raw-spun silk dry brushing technique. This gentle process helps to stimulate lymphatic flow, promoting the body's natural detoxification and immune system. Be cocooned in mineral-rich clay scented with jasmine and rose to reduce water retention and unclog the pores of your largest organ: the skin. A warm shower rinse infused with organic birch and juniper oils opens the airways and relieves muscle tension. Lastly, deeply hydrating goldenrod balm is worked into the skin to heal and protect, reduce inflammation and prepare you for the journey ahead.

## Detox Herbal Wrap

60 MINUTES | \$205

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

## Circadian Hot Stone Cocoon

90 MINUTES | \$295

Experience a journey to tranquility and restful slumber with the Circadian Hot Stone Cocoon. Find peace for your mind and body as soothing anti-inflammatory balm with lavender and chamomile is applied to the body with hot stones. Be gently cocooned in healing beeswax and moringa oil as you experience the serenity of a scalp massage. Emerge as a meditative massage with gentle stretches and fluid strokes encourages an evening of deep sleep and restoration.

# Water Therapies

## Detoxifying Waters Ritual

120 MINUTES | \$375

Begin your experience with an invigorating and warming exfoliation to prime the body, followed by an active detoxifying clay wrap. Submerge yourself in a lavish soak enriched with the purifying properties of Dead Sea minerals and Atlas Mountains clay, thoughtfully formulated to extract impurities from your pores. Following this rejuvenating soak, our skilled therapists will perform a deep tissue massage, releasing stored toxins from your muscle tissue, ultimately leaving you renewed and revitalized from within.

## Return to Nature Ritual

90 MINUTES | \$295

Harness the potent healing power of nature for a full body transformation. Begin with an invigorating exfoliation with berry seeds and thoughtfully harvested white peat to remove dry, dead skin cells and prime your skin to receive essential hydration. A masque of organic mushrooms, helichrysum blossoms and berry oils is wrapped around your body to promote healthy cellular turnover, reduce inflammation and encourage the vital flow of lymph throughout the body. Enjoy a soothing float in the healing waters of the Neversink as you inhale the aromas of the calming salts and birch extracts. Deep health lies in returning to nature through the natural sources that are beautiful, active and alive.

# Massages

## Hemlock Signature Massage

60 MINUTES | \$180 • 90 MINUTES | \$265 • 120 MINUTES | \$335

Experience the Hemlock Signature Massage, a session dedicated to promoting relaxation. With a gentle to medium pressure, this therapeutic massage is designed to alleviate tension, reduce stress, and enhance overall well-being. Every stroke is thoughtfully executed to create a tranquil atmosphere, allowing you to unwind and find serenity. Welcome to a massage experience where attention to detail meets the art of relaxation, leaving you with a profound sense of calm and rejuvenation.

\*For those seeking firm to deep pressure, please refer to our Sports Recovery Deep Tissue Massage, designed specifically for muscle recovery and intense tension relief.

## Prenatal Massage

60 MINUTES | \$180 • 90 MINUTES | \$265

NOT RECOMMENDED FOR GUESTS DURING THEIR FIRST TRIMESTER.

Nurture and support both the mother and baby with a gentle yet therapeutic massage that focuses on the areas of the body most affected by pregnancy. This specialized massage aims to relieve tension, reduce inflammation, and enhance circulation. Prenatal massage not only encourages relaxation but also contributes to improved mobility, ultimately promoting the health and well-being of both the mother and child.

## Revival Recovery Massage

60 MINUTES | \$190

This therapeutic experience harnesses the potency of concentrated juniper berry oils to target and release lactic acid, preventing soreness and tension from building up in the legs, glutes, and joints. Any minor bumps, bruises, scratches, or insect bites are promptly addressed with a revitalizing phytopower masque, accelerating the healing process. Enhancing this revitalizing experience is the invigorating aroma of essential omega fresh berry oil, ensuring the lasting benefits of deep tissue work.

## Sports Recovery Deep Tissue Massage

60 MINUTES | \$215 • 90 MINUTES | \$320

Elevate your performance and recovery at Hemlock Neversink with the Sports Recovery Deep Tissue Massage. Tailored for athletes and active individuals, this specialized treatment targets muscle tension through precise pressure points, releasing knots and revitalizing overworked muscles. Experience the therapeutic fusion of deep tissue techniques that go beyond the surface, promoting optimal muscle function and flexibility. Whether you seek relief from strenuous workouts or aspire to enhance your athletic edge, our skilled therapists will guide you towards peak performance and rejuvenation.

# Massages

## Energizing Massage

60 MINUTES | \$190

Awaken your senses with the invigorating Energizing Massage at Hemlock Neversink. Designed to jump start your day, this revitalizing experience combines the healing power of stretching to melt away soreness and quick, light strokes that infuse your body with renewed energy and circulation. Let the morning sun illuminate your path as skilled hands guide you towards focused energy and a refreshed spirit. Start your day right with a massage that sets the tone for endless possibilities.

## Grounding Deep Slumber Massage

60 MINUTES | \$195

Embark on a journey of profound relaxation with the Grounding Deep Slumber Massage. Designed to guide you into a tranquil state of mind, this meditative massage blends gentle rocking strokes and subtle stretching to invite a serene and relaxed energy. As the world drifts away, float into the soothing embrace of nature-inspired therapy, allowing tensions to melt and stresses to dissipate. Experience the gentle flow that paves the way for a deep and restful sleep, leaving you revitalized and attuned to the rhythm of tranquility.

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# Well & Being Bath and Massage Enhancements

## Forest Bath Enhancement

20 MINUTES | \$85

Extend the benefits of any Hemlock Neversink massage with The Forest Bath Rite – a tonic bath taken to induce a feeling of vigor and wellbeing. Like walking through a forest, soaking in trees brings uplifting benefits. What makes this different from traditional Japanese Forest Bathing is that we rarely lie horizontally on the forest floor to look up at the trees and feel the warmth of the sun. As you soak, imagine yourself looking up and feeling the power and embrace of the trees as you float in birch, hinoki, pine, cedar and gurjun balsam. A lit candle scents the air and a grounding tea is provided for you to enjoy while you soak.

## A Single Bite Enhancements

### A Single Bite Scalp Massage

15 MINUTES | \$50

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.

### A Single Bite Hand and Foot Massage

15 MINUTES | \$50

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.

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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.

Since March 2020, A Single Bite's Family Meal Program has prepared and delivered more than 112,000 servings – over 700 per week – to local families struggling to put healthy food on the table. With your support, they will continue to provide healthy, fresh meals to children and their families. A Single Bite is feeding and educating our neighbors with real, local food.

Learn more at [www.asinglebite.org](http://www.asinglebite.org).

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# Facials

## Hemlock Custom Facial

60 MINUTES | \$190

Welcome to a fully customized facial experience, designed to address your individual needs in this moment to reveal healthy, beautiful skin. Following a one-on-one consultation and skin analysis, your esthetician will curate a deeply therapeutic treatment drawing from a library of locally handcrafted and wild-sourced ingredients with proven benefits. Whether you have a specific issue such as dryness, hyperpigmentation or breakouts, or are seeking overall improvement of texture and tone, the Custom Facial will nourish your skin, creating a rejuvenated, natural radiance.

## Follicular Support Facial

60 MINUTES | \$190

A results-oriented service specifically designed for the unique needs of skin that experiences irritation brought on by shaving. This facial includes deep cleansing, exfoliation, extractions, and a soothing mask designed that treats redness, sensitivity and ingrown hairs. A relaxing hand, foot, and scalp massage completes your treatment.

## Hemlock Custom Hair and Scalp Treatment

60 MINUTES | \$205

Experience the pinnacle of hair and scalp rejuvenation at Hemlock Neversink with the Custom Hair & Scalp Treatment. Begin with a clarifying treatment using apple cider vinegar to restore balance and remove excess oils for a healthy scalp. Then, luxuriate in the richness of warm moringa, macadamia, and jasmine oil as it revitalizes your hair, infusing it with nourishment and shine. As locks soak in nourishing and repairing oil, receive a mini facial, featuring a purifying cleanse, a toning facial massage, and an application of essential moisturizer. Experience the transformative embrace of nature-inspired care, leaving you with hair that gleams and skin that radiates natural beauty.

# Facial Enhancements

## Sinus Relief Facial Cupping Enhancement

10 MINUTES | \$55

This targeted facial enhancement uses modern cupping techniques to relieve sinus pressure while simultaneously treating fine lines and wrinkles, leaving your skin revitalized and breathways clear.

## LED Light Therapy Facial Enhancement

10 MINUTES | \$55

Give your facial an active boost with LED Light therapy. This is especially beneficial for those with rosacea, hyper-pigmentation, or active breakouts.

## Gua Sha Facial Enhancement

10 MINUTES | \$55

Release tension and move lymph, preventing signs of premature aging with this traditional eastern massage technique performed with rose quartz stones.

## Skin-Toning Microcurrent Facial Enhancement

10 MINUTES | \$55

Low-level electric current helps to tone and lift muscles in this targeted facial enhancement. It is ideal for acneic skin and for those looking to improve skin's tone and add firmness as we age.

## Oxygen Facial Enhancement

10 MINUTES | \$55

Reduce breakouts and deeply hydrate with collagen-producing oxygen. This facial enhancement is ideal for sensitive skin and those with active break outs.



# Energy Work

## Reiki

60 MINUTES | \$190

Experience balance, clarity and relaxation through the ancient technique of Reiki energy work, a non-touch treatment therapy. Your certified practitioner, with their hands slightly above your body, facilitates the flow of natural healing energy – chi – to areas where it's most needed, promoting vitality and wellness. This quiet, calming treatment may be performed with your spa robe on if desired, and aids in stress-reduction, improving mental clarity, and enhances the body's self-healing abilities, leaving you refreshed and renewed.

## Reflexology

60 MINUTES | \$190

Indulge in the soothing and revitalizing experience of Hemlock Neversink Reflexology, an artful blend of ancient healing techniques. This specialized treatment focuses on the reflex points of the feet and hands, each connected to specific organs and areas of the body. Our skilled therapists apply precise pressure to these points, promoting balance, reducing tension, and encouraging the body's natural healing process.

# Spa Etiquette

## Hours of Operation

Spa treatment hours are 10AM-7PM daily.

The pool, gym, saunas and steam room are open from 8AM – 6PM daily.

Hours of operation subject to change.

## Arrival and Etiquette

Relax and take advantage of the sauna, hot tub, indoor pool, gym, and steam room at Hemlock Spa for the entirety of your stay or day pass. Please arrive at least 30 minutes prior to your scheduled appointment to ensure your session will start on time. This gives us time to help familiarize you with the facilities and allows you to relax before your experiences begin. Please note all treatments end on time, regardless of start time.

## Environment

For your peace and privacy, cell phones and other electronic devices are not permitted while in the lounges or treatment areas of Hemlock Spa. Hemlock Neversink is a 16 and up property, and Hemlock Spa adheres to the same guidelines. Children under 18 years of age must have a responsible adult present within the spa building when receiving a treatment or be supervised while using the pool facilities.

## Attire

You will receive a robe and sandals to wear between treatments, and a locker for your personal belongings. We ask that you please leave jewelry and valuables in the hotel room. You may choose to use the locker room of your preference upon arrival: Women's, Men's, or the All-Gender locker room, which provides additional opportunities for changing in private. Our therapists are highly trained in draping procedures to ensure your complete privacy; however, if you prefer, undergarments may be worn during treatments. The use of robes, towels, or bathing suits for modesty while in the public lounges is required.

## Personal Matters

Please inform us of any health conditions at the time of booking (e.g. high blood pressure, heart condition, allergies, pregnancy, or recent injuries) that may require extra attention. You will be asked to complete a medical history form upon arrival so we can better customize your experience to your needs. For pregnant guests, our spa performs massages and body treatments during the second and third trimester only.

## Gift Cards

Gift cards are available for purchase for all Hemlock Spa services. Please contact our spa receptionist for further information.

## Taxes, Service Charges and Gratuities

Hospitality is included at Hemlock Spa. An 18% administrative charge is added to spa services and private activities which allows us to provide our staff with fair and stable wages. Rates are subject to change.

Occasionally, not all services may be available.

## Spa Cancellation Policy

As a courtesy to all the Spa guests and our therapists, please give at least a 24-hour notice of cancellation to avoid full charge. Late appointments will conclude at scheduled time. Missed appointments and no-shows without appropriate notification will incur the full service charge.

## Contact

Located at Hemlock Neversink – 7491 State Rte 55, Neversink, NY 12765

Contact – [spa@hemlockneversink.com](mailto:spa@hemlockneversink.com)

Website – [www.hemlockneversink.com](http://www.hemlockneversink.com)