

Body Treatments

Full-Body Therapeutic: The objective of massage is to provide the mind and body with an opportunity to relax and releases our daily stresses. Massage affects all of the body systems. It calms the nervous system, increases circulation and facilitates release of muscle contraction, allowing the body to return to its natural state of harmony.
\$45/25 minutes ~ \$75/50 minutes ~ \$110/80 minutes

Deep Tissue: This is a treatment targeted for those who prefer a firmer massage. Using deeper and slower techniques allows the therapist to penetrate below the superficial muscle layers. Promotes circulation, flexibility and muscle relaxation.
\$90/50 minutes ~ \$125/80 minutes

Pregnancy: For the expectant mother. Take time now, while you can, for a peaceful and relaxing experience. Allow yourself to be pampered, while relieving the tension of pregnancy. Promotes circulation, relaxation and relieves sore and aching feet.
\$75/50 minutes

The Royal Treatment: Head to toe bliss! A customized aromatherapy blend will be used during a full body massage. Topped off with a relaxing facial massage and revitalizing reflexology.
\$120/80 minutes

The Sampler: Give you a full spa experience all in one treatment. Perfect for the indecisive, or the one who just wants a little bit of everything. Combines aromatherapy massage of the neck and back, reflexology and energy work.
\$80/50 minutes

Tandem Massage: Enjoy a relaxing massage experience with your partner or friend. Two tables and two therapist = shared relaxation.
\$160/50 minutes ~ \$235/80 minutes

Partner Instruction: This will teach you and your partner the five basic massage strokes. The applications are demonstrated and the benefits are discussed. This is a hands on session, providing you with enough knowledge and techniques to enjoy the art of giving a full-body massage in the privacy of your own home. Instructions will be sent home with you. It's the next best thing to taking your massage therapist home with you.
\$150/80 minutes

Shiatsu: The ancient technique of acupressure along the meridians (energy paths) of the body. Relieves blockages and promotes over well-being. This treatment is done on table, fully clothed. Please dress accordingly.
\$75/50 minutes

Energy Balancing: There are many energy paths throughout the body that may become stagnant with everyday stress. Your therapist will assist the energy systems to flow smoothly; allowing the body to return to its natural state.
\$45/25 minutes \$80/50 minutes

Hot Stone Therapy: A wonderfully unique massage experience, using the ancient healing art of smoother volcanic stones. Imagine all your stresses and tensions melting away as smooth heated stones are intuitively placed on your body. The heated stones are then used throughout a full-body massage, transforming you to state of deep relaxation. A must for those who love to go to that place between awake and sleep.
\$100/65 minutes

Craniums Cradle: Targeted to release the stress and tension found in the neck and face. A combination of shiatsu massage and energy work is used. This is the perfect treatment for those who suffer from chronic headaches, sinusitis and tmj.
\$75/50 minutes

Four Hands: Decadency at its best! Lose your mind during blissful experience. Two therapists melt your tension by simultaneously performing a full body massage.
\$170/50 minutes

Reflexology: This is an ancient healing technique, combining massage and thumb pressure, used to promote well-being throughout the body.
\$45/25 minutes \$90/50 minutes

Mud Wrap: Detox your mind and body with a soothing warm mud wrap. Enjoy a scalp massage while your skin is being exfoliated and hydrated
\$75/45 minutes
\$100 with 25 minute massage
\$140 with 50 minute massage

Sea Salt Body Scrub: Return your skin back to its youthful smoothness. Blending essential oils with healing sea salts, your body is exfoliated, removing unwanted toxins. Leaves your skin baby soft and glowing. Can be combined with a 25 minute or 50 massage.
\$55 Salt Scrub Alone
\$85/25 minute massage ~ \$120/50 minute massage

Add-On Treatments

Aromatherapy: Aromatherapy is the art of using natural plant essences to relax and balance the body. Essential oils work on both the emotional and physical aspects of the body. A customized blend will be mixed especially for you to be used during your massage.
\$10

Paraffin Treatment: Give your hands or feet a special treat. We will dip your hands or feet into warm paraffin wax and then put them into spa mitts. The use of the wax traps moisture, leaving your hands or feet baby soft.
Hands \$10 ~ Feet \$12

Dry Brush: An exfoliating process using a specially designed brush to remove dead skin cells. This promotes healthy skin and leaves you with a soft glowing body.
\$15

Waxing Available



Available for Private Parties
Ask about fireside treatments and
stream-side treatments

Facials

European Facial: This traditional facial includes an analysis of your skin, cleansing, extraction, mask, a nourishing moisturizer and of course a relaxing facial massage.

\$75/50 minutes

Ultimate Rejuvenation Facial: Restore and revitalize with this luxurious facial. We combine a European facial, warm paraffin to hydrate the skin and a soothing eye treatment.

\$120/80 minutes

Gentlemen's Facial: This relaxing facial is designed to soothe and hydrate skin that has been irritated by shaving, the environment, or stress. This treatment will leave your skin smooth and conditioned.

\$75/50 minutes

Revitalize Eye Treatment: The combination of collagen and pressure point massage are used to reduce puffiness, dark circles, and will diminish the appearance of fine lines that appear around the eyes. Combine this with any other facial treatment.

\$25/20 minutes

The Four Layer Facial: by Repechage is the premier anti-aging treatment. Experience layers of fresh seaweed to rejuvenate tone and firm the skin. Followed by a seaweed mask which is enhanced by a mineral rich thermal mask allowing for the ultimate facial experience.

\$125/75 min.

Hot Stone Facial: Ahh!! Is the common response when a traditional European facial is combined with the warmth of polished volcanic stones. Stones are placed intuitively on the body and face. Your stresses will be melted away while having beautiful skin.

\$90/50 minutes

Glycolic Grape Peel: This facial combines the hydrating, exfoliating and anti-oxident properties of champaign oil and glycolic acid. Great for problematic, aging, sun-kissed and dry skin types.

\$125/75 minutes

Champaign Facial: Celebrate beautiful skin with this anti-aging hydrating facial using the antioxidants of grape peels.

\$90/50 minutes

Manicures/Pedicures

Classic Manicure: Includes cleansing, buffing, shaping, cuticle care of the nails. A hand massage and polish.

\$20/25 minutes

Spa Manicure: A classic manicure combined with an added exfoliation treatment, a hand mask, wrapped in warmed spa mitts. Followed by an aromatherapy hand massage.

\$35/45 minutes

The Classic Pedicure: Skin is softened during a warm foot soak. Calluses will be buffed away, cuticles conditioned, feet massaged, and toenails trimmed, filed and polished.

\$35/30 minutes

Spa Pedicure: A classic pedicure, combined with an exfoliation, foot mask and warm heated towels. To complete this treatment, your tired and aching feet will be soothed by a foot massage, using an invigorating aromatherapy blend. Of course your toes will be beautifully polished. You will be sent away with beautiful and happy feet.

\$50/60 minutes

Jenkinstown Day Spa



The Spa by the Brook

45 Jenkinstown Road

New Paltz, NY 12561

(845) 255-3160

www.jenkinstowndayspa.com


 Relax

 Renew

 Rejuvenate

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Gift Certificates Available

Available for private parties!

All our staff are NYS licensed therapists

Inquire about monthly specials and packages



By Appointment Only!

Closed on Tuesday's