

A woman with dark hair tied back is lying face down on a massage table, receiving a salt scrub treatment on her back. Her skin is glistening with oil and covered in white sea salt. A masseuse's hands are visible, gently massaging the salt into her skin. The setting is a spa, with several lit candles in the background creating a warm, relaxing atmosphere.

Spa **Mirbeau**  
ALBANY

*Spa treatment menu*

*discover*  
A DAY RESORT  
UNLIKE ANY OTHER.

Breathe, adjust, restore, and rejuvenate - INSIDE AND OUT.

ENJOY complimentary indulgences  
Before or after your SPA TREATMENT

Lounge or nap in the RESTING AREA with meditation pool and fireplace.

Submerge in the oversized whirlpool with private bar and full menu from The Bistro in the AQUA TERRACE.

Experience the latest in fitness with a complimentary exercise class or work out in our Fitness & Yoga studios.

Meditate in our eucalyptus-infused steam room or dry sauna.

## Massages

### Nature's Healer Massage

Enjoy this innovative healing technique which uses warm Himalayan salt stone crystals and cool river stones to massage and soothe away any accumulation of stress and tension while bringing the mind, body, and spirit into balance. Great deep muscle relief yet comfortable enough for even the most sensitive of guests.

100 min price 250 225 <sup>m-th</sup>

### Deep Tissue Massage

A full body, deep tissue massage releases tense muscles. Arnica infused oil gently relieves soreness and inflammation.

50 min price 145 130 <sup>m-th</sup>

100 min price 255 230 <sup>m-th</sup>

### Mirbeau Signature Massage

Experience complete relaxation with this classic Swedish massage designed to alleviate tension and restore balance enhanced by our nourishing Mirbeau exclusive organic oils.

50 min price 130 115 <sup>m-th</sup>

100 min price 230 205 <sup>m-th</sup>

### Monet's Favorite Fragrance Massage

True to our emphasis on classic balance, this aromatherapy treatment tends to physical, mental and emotional well-being with your choice of natural essential oils and the benefits of Swedish massage.

50 min price 135 120 <sup>m-th</sup>

100 min price 240 215 <sup>m-th</sup>

### Just the Essentials Massage

A luxurious massage of the scalp, hands and feet with a hot oil scalp ritual for those who prefer to focus fully on these essential areas.

50 min price 130 115 <sup>m-th</sup>

### Men's Essential Massage

For the busy businessman, active sportsman or any man who wants to feel his best. This massage relieves tension and encourages incredible relaxation. Hot and cold facial towels are incorporated during an anti-aging shave emulsion mask, leaving your skin invigorated and ready for the day.

50 min price 130 115 <sup>m-th</sup>

100 min price 230 205 <sup>m-th</sup>

### Mother-To-Be Massage

Enjoy the tranquility of a massage with specially designed oils that promise to deliver extra care and nurturing to the mother-to-be.

50 min price 130 115 <sup>m-th</sup>

## Couples

### Mirbeau Couples Massage

A romantic side-by-side signature massage in the privacy of a spa room - illuminated by the crackling flames of your own fireplace. Perfect for spending close time with your sweetheart, but also a lovely time for bonding between mother and daughter, siblings, or friends.

Choose from any of our 50 minute or 100 minute massages.

### CBD ENHANCEMENT

Elevate your Signature, Deep Tissue Massage, or Nature's Healer with the calming and soothing effects of non-psychotropic CBD oil to restore natural movement, eliminate chronic pain, improve your mood and naturally promote sleep.

Add CBD to 50 min Massage 20 / Add CBD to 100 min Massage 40

## Facials

### Intraceutical Oxygen Facial

Breathe deeply and without pause while oxygen works to deliver hyaluronic acid and custom anti-aging active ingredients deep into the skin. The Intraceuticals signature facial incorporates innovative hyaluronic technology and a methodical layering technique to achieve instant results with visible improvement in the following days. Choose from the skin quenching Rejuvenate Treatment to deliver ultimate hydration or the Opulence Treatment to brighten and balance dull uneven skin tone.

50 min price 195 180 <sup>m-th</sup>

### GIVE YOUR SKIN A BOOST

Choose an Antioxidant, Vitamin A, Vitamin C+3, or Collagen booster treatment containing cutting edge ingredients to address your skin's specific needs.

price 30

### ATOXENE TREATMENT (*Notox-Botox*)

Help to stop the lines of time. Hardworking peptides instantly help to smooth your skin for a dramatic reduction in the appearance of fine lines and wrinkles.

price 50

### Premier Cru Facial

A supreme beauty ritual providing a comprehensive anti-aging treatment for unparalleled results. The innovative micro-roller massage technique, and exclusive Hydrogel mask creates an immediate lifting effect. Fine lines and wrinkles are visibly-smoothed and refined, leaving the complexion radiant, youthful and glowing with variety.

50 min price 185 170 <sup>m-th</sup>

100 min price 260 245 <sup>m-th</sup>

### Organic Radiance Facial

This high performance facial features the latest advances in natural, organic, and raw ingredients to help deep cleanse skin of environmental pollutants while helping to repair and guard against damage caused by UV and blue light radiation emitted by computer and cell phone screens. This luxurious results-driven treatment helps improve the appearance of fine lines, wrinkles, dehydration, uneven skin tone and texture, making it suitable for all skin types.

50 min price 160 145 <sup>m-th</sup>

### Resveratrol Lifting Facial

For skin losing its youthful look, specific sculpting techniques strengthen and firm facial contours. This treatment promotes re-volumizing, lifting and firming, instantly reviving skin for an overall younger appearance.

50 min price 150 135 <sup>m-th</sup>

### Mirbeau Signature Facial

Brighten, hydrate, purify, and smooth your complexion with this radiance-restoring facial that is tailored to your individual needs.

50 min price 135 120 <sup>m-th</sup>

### Men's Estate Facial

Luxurious hot towels, relaxing neck and shoulder massage, and age-delaying ingredients combine to create the ultimate treatment experience that addresses even the toughest male skin concerns.

50 min price 135 120 <sup>m-th</sup>

### Back Facial

A purifying treatment for the often neglected back area. This service follows the same steps as a customized facial and will help to cleanse, exfoliate, and moisturize the skin while treating any congestions to reveal brighter, smoother, and healthier-looking skin.

50 min price 165 150 <sup>m-th</sup>

## Facial Enhancements

Compliment your facial with one of our enhancements to enrich your experience.

### Rejuvenate Eye or Lip Mask

A gorgeous moisture rich eye or lip treatment that specifically targets fine lines, dark circles, puffiness and stressed skin. Rejuvenates, brightens and tightens the delicate under eye contour or lip line.

price 25

### Dermplaning

This gentle skin resurfacing procedure exfoliates the top layer of dead skin cells promoting skin cell renewal while allowing for greater penetration of skin care products. Safe for all skin types.

\*Available on Signature, Premier Cru, Intraceuticals, and Organic Radiance Facials only.

price 30

## Body Treatments

### French Clay Detox

Your journey begins with an invigorating exfoliation to remove dead skin cells. Next, warm French green clay and seaweed are applied to the body to remove toxins, nourish the skin, and stimulate circulation. A calming scalp massage is performed while the body is wrapped and the skin is replenished with a coconut-argan body oil.

50 min price 145 130 <sup>m-th</sup>

100 min price - with massage 250 225 <sup>m-th</sup>

### Crushed Cabernet Scrub

A blend of grapeseeds, honey and brown sugar create a scrub that invigorates and refines, to stimulate microcirculation and drainage of excess toxins. Caudalie's contouring concentrate and body lotion are then carefully applied to restore skin's radiance.

50 min price 145 130 <sup>m-th</sup>

100 min price - with massage 250 225 <sup>m-th</sup>

### Impressionist Retreat

Begin with a scent journey to choose your own bespoke fragrant oil. Hot towels prepare your skin as thermal Moor Mud is painted on and you are enveloped in a warm, cocoon. The mud draws impurities from skin and toxins from the body while the lotion and oil application leave your skin cashmere-soft with a healthy glow.

50 min price 140 125 <sup>m-th</sup>

### Mirbeau Ritual

Delicately slough away dry, dehydrated skin with this body exfoliation ritual enhanced with an all natural sugar scrub which preserves skin's moisture balance. Finish with a lusciously hydrating full body quench, infusing skin with warm body butter for head-to-toe healing.

50 min price 135 120 <sup>m-th</sup>

100 min price - with massage 240 215 <sup>m-th</sup>

### Mother-To-Be Body Polish

Enjoy this gentle yet effective treatment that uses mild exfoliation of the body followed by ultra-hydrating organic coconut oil massaged into the skin to maximize strength, health, and elasticity, and leave the skin soft and glowing.

50 min price 135 120 <sup>m-th</sup>

## Hand & Foot Therapy

We offer beauty without compromise to your nail services using the award winning Dazzle Dry polish system.

Dazzle Dry provides 1-2 weeks wear and a 5 minute dry time without the use of harsh chemicals or UV/LED lights.

### Refined Elegance (Manicure or Pedicure)

This ultra-hydrating treatment begins with an anti-aging fruit enzyme soak followed by a smoothing and hydrating body polish. Relax with a hot stone massage for a little extra and much deserved pampering. Indulge in a warm, moisture infusion of organic shea butter balm and coconut oil that plumps and rejuvenates tired looking hands/arms or feet/legs while leaving a radiant, youthful glow. Nails are impeccably groomed and polished with our long wearing, quick drying, natural and vegan polish.

50 min manicure price 80 70 m-th

50 min pedicure price 90 80 m-th

### Mirbeau Signature (Manicure or Pedicure)

Traditional cleaning and grooming of the nails, cuticles, and rough calluses, followed by a light exfoliation and a hydrating honey mask. Enjoy a gentle hand or foot massage and finished with our long wearing, quick drying, natural and vegan polish of your choice.

50 min manicure price 75 65 m-th

50 min pedicure price 85 75 m-th

### Gel Nail Removal (Manicure or Pedicure)

Return to your natural nails and relax during this restorative treatment that removes old gel polish from nails. As gel polish is soaked, receive a light exfoliation and restore hydration with our nourishing Mirbeau Exclusive products. Nails are gently groomed and finished with our long wearing, quick drying, natural and vegan polish of your choice.

50 min manicure price 75 65 m-th

50 min pedicure price 85 75 m-th

## Men's Hand Treatment

The ultimate men's hand treatment for those dry, tired hands that are always on show, and need more TLC. Treatment includes hydrating cuticle care and nail grooming.

50 min price 65 55 m-th

## Men's Foot Treatment

An energizing experience designed for men. Invigorating mint and cool lime combine to revitalize tired feet and legs while deeply hydrating dry or calloused feet, followed by cuticle care and nail grooming. Hot towels and a relaxing massage of the feet and legs round out the experience.

50 min price 75 65 m-th

## Brow & Lash

### Keratin Lash Lift

YUMI Lashes professional lash enhancement offers a more safe, natural looking alternative to eye lash extensions. A lash lift shapes and turns the lashes upwards to give them length, height, and volume. It gives you the appearance of having longer, darker and thicker lashes with results lasting from 8-12 weeks. 75 minute service.

price \$150

### Keratin Brow Lamination

YUMI professional brow lamination offers a nourishing and natural brow hair lift. A brow lamination offers individuals with natural brow hair who want to tame unruly hair, add symmetry, uniform shape and the look of fullness. Treatment includes tint and lasts 6 to 8 weeks. 75 minute service.

price \$150

### Keratin Lash & Brow Treatment

90 minute service.

price \$270

## MedSpa Solutions at Mirbeau

*Now offering a variety of non-surgical light cosmetic treatments to help guests achieve the look they desire. Whether you want to rejuvenate your skin, contour your body, or enhance your appearance, the professionals from MedSpa Solutions will help customize the most beneficial treatment plan for your goals.*

## Consultations & Appointments

Set aside some time to meet with the MedSpa Solutions professional team to discuss your skin care and beauty needs. They will help you create a treatment plan tailored to your specific goals. Consultations are required before booking any MedSpa services.

Consultation Price 100



Hydrafacial

## MedSpa Facials

### Platinum Hydrafacial *New!*

The ultimate Hydrafacial experience! Begin with a detoxification process using Lymphatic Drainage. Then, the Signature Hydrafacial deeply cleanses, exfoliates, extracts and hydrates while incorporating a Booster designed to target your specific skin concerns. This treatment concludes with LED Light Therapy to further reduce the visible signs of aging.

50 min price 370 350 m-th

### Signature Hydrafacial *New!*

This invigorating treatment includes deeply cleansing, exfoliating, and extracting impurities from the skin while simultaneously infusing serums filled with antioxidants, peptide, and hyaluronic acid ingredients to hydrate.

30 min price 225 215 m-th

### Dermapen-Micro-Needling *New!*

This Collagen Induction Therapy, increases the amount of collagen in your skin creating a younger, fresher looking appearance using an automated micro-needling device with that causes "micro injuries" to the skin. This allows topical products to be absorbed more effectively and stimulates your body's own collagen production.

50 min price 395 375 m-th

### Hydrafacial/Micro-Needling Combo

Combine both our Hydrafacial deluxe treatment with our Micro-needling facial for the ultimate skin transformation.

100 min price 620 600 m-th

## MedSpa Cosmetic

Pricing quoted following consultation

### Dermal Fillers "Liquid Facelift"

Replenish youthful volume with instant results. The natural process of aging causes a decrease in facial volume causing sagging, folds and wrinkles. Placement of the filler in the cheek area will lift the skin up, placement of the filler in the nasolabial folds will smooth out the "marionette" smile lines resulting in aging reversal and a younger appearance.

- Lip Shaping & Volumizing
- Chin Treatments
- Marionette Line Treatment
- Forehead Lines
- Nasolabial Fold Treatment
- Jaw Line

### Neuromuscular Modulators "Botox"

Neuromodulators are used in aesthetic medicine to block or reduce unwanted facial muscle activity. When botulinum toxin is injected, it blocks certain nerve signals that make muscles contract. After injection the muscles relax, reducing unwanted wrinkles and the effect lasts about 3-6 months.

- Bunny Lines
- Chin
- Forehead Wrinkles
- Playtsmal Bands
- Glabellar Complex (II Lines)
- Masseters (Jaw)
- Smile Lines/Crows Feet

### Non-Surgical Face Lift: PDO Threads

A PDO thread Lift is a minimally invasive procedure. After numbing and infusion of local anesthesia, the PDO threads are inserted via sharp or blunt tip needles (called cannulas) into different layers of the skin. Once inserted, the threads anchor the skin and smooth fine lines and wrinkles, rebuild collagen, and lift the skin upwards. Benefits of PDO threads lasts around two years and include smoother skin and collagen and elastin regeneration.

## MedSpa Laser

Pricing quoted following consultation

### Facial Rejuvenation

Revitalize your skin with no discomfort and no downtime. Services range from skin resurfacing treatments of acne and surgical scars to dark sun spot removal.

### Hair Removal

Eliminate razors, waxing and ingrown hairs and experience the liberation that comes along with never shaving again! Highly concentrated light is beamed into hair follicles where the pigment in the follicles absorbs the light that damages and destroys the hair.

### Vascular Lesions

These services encompass a wide range of indications, including rosacea, facial and spider veins, varicose veins, and more.



## MedSpa Hydration & Vitamin Therapy

### IV Infusion

IVF is a great source for IV fluid drips, supplements, and oxygen therapies. IVFs and oxygen can help restore your body's essential building blocks and get you feeling better fast.

|                |       |                   |       |
|----------------|-------|-------------------|-------|
| Myers Cocktail | \$215 | Basic Recovery    | \$145 |
|                |       | + Vitamin C Boost | \$40  |

### Intramuscular Injections

Looking to boost your mental and physical performance? Get a vitamin boost and feel better fast! We offer four different IM injections based on what your body needs. IM is a technique used to deliver medication deep into the muscles. This allows the medication to be absorbed into the bloodstream for faster results compared to oral vitamins.

|             |      |                             |      |
|-------------|------|-----------------------------|------|
| Glutathione | \$25 | Vitamin D                   | \$40 |
| Lipo-C      | \$25 | Triple Boost                | \$60 |
| B-12        | \$25 | (Glutathione, Lipo-C, B-12) |      |

## MedSpa Smile

### Invisalign

Invisalign is a method of orthodontic treatment which uses a series of clear, removable teeth aligners used as an alternative to traditional metal dental braces. When used consistently, the treatment time may be cut down considerably compared to the traditional braces.

Pricing quoted following consultation

### TMJ/TMD Treatment

Treat neuromuscular conditions of clenching, grinding, facial muscle pain and spasms, and tension headaches associated with a debilitating condition called TMD (Tempromandibular disorder). The treatment consists of appliance therapy and/or muscular modulators such as Botulinum Toxin.

Pricing quoted following consultation

### Opalescence Go Teeth Whitening Kit

Opalescence tooth whitening gel is a strong formulation for dentist advised teeth whitening at home. Opalescence lightens internal discoloration caused by medication or tooth trauma as well as superficial stains from foods, drinks, and smoking. The uniquely viscous gel of the kit includes gels, instructions, and impression materials for creating custom dental trays for home.

Available for purchase at the Spa Desk \$150

## Day Spa Packages

For those fortunate enough to enjoy the elegance and comfort of Spa Mirbeau as a regular getaway destination, we invite you to experience our Day Spa Packages, with a choice of your favorite treatments as well as delicious dining. All Day Spa Packages are inclusive of spa services, gratuities and a credit of \$30 towards lunch.

### Just A Day, Away

Choice of any manicure and pedicure, two 50-minute treatments or a 100-minute treatment and lunch for one guest.  
price\* 430 390 m-th

### Monet's Palette

Two 50-minute treatments or a 100-minute treatment and lunch for one guest.  
price\* 330 290 m-th

### A Touch of Class

Choice of a 50-minute treatment and lunch for one guest  
price\* 185 165 m-th

### Close To You

Reconnect with a side-by-side signature massage in our couples' suite and a quiet lunch for two.  
price 350 320 m-th

+ Additional upgrade may apply for specialty massages

MedSpa services are excluded from our Day Spa Packages.

\*Additional \$45 upgrade for Intraceutical Oxygen or Premier Cru Facials.

## Spa Day Pass

Experience all of our amenities, without booking a treatment.

price 80 60 m-th

+ Limited day passes issued each day based on availability.



\*All prices are subject to change without notice. M-th pricing not valid over the following holiday dates: December 26th - December 29th, 2022 + February 14th, 2023 + February 20th - February 23rd, 2023.

## Mirbeau Gift Cards

Gift Cards are available and may be used toward spa treatments, purchases at La Boutique and dining, and are accepted at all Mirbeau Inn & Spa Resorts and Spa Mirbeau locations. Purchase in-store, by phone, or online at [www.shop.mirbeau.com](http://www.shop.mirbeau.com).

## Wellness Memberships

We offer month-to-month and yearly Wellness Memberships for individuals, couples, seasonal residents and corporations. Please call or visit our website for full details and pricing.

## Gratuities

For your convenience, a suggested gratuity of 20% will be automatically added to your final bill for all Spa services, excluding MedSpa services. Day Spa Package pricing is inclusive of gratuity.

## Spa Etiquette

Spa Mirbeau welcomes guests 18 years and older. We are a non-smoking facility. Guests will not be permitted to enter or depart the premises with alcoholic beverages. Please do not bring cell phones and other electronic devices into the Spa. If you must cancel or reschedule your service, 48 hours notice is required to avoid charges for the service. Day Passes for use of facilities are only available for purchase Sunday - Friday.



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