

A close-up photograph of a woman lying on her back on a white towel, receiving a spa treatment. She has dark hair pulled back and is wearing a light-colored top. Her eyes are closed, and she appears relaxed. A person's hands are visible, one near her shoulder and one near her head, suggesting a massage or facial treatment. The background is softly blurred green foliage.

Mirbeau®  
INN & SPA  
PLYMOUTH

Spa Treatment MENU

LET YOUR MIND  
*wander*

Recline near the fireplace in our Resting Area as you contemplate your Mirbeau Ritual body treatment, or be refreshed on our outdoor Aqua Terrace and in our new Spa Solarium.

Whether you seek rejuvenation or relaxation, we are here to  
create an experience that both  
SATISFIES AND INSPIRES.



# Massages

## Nature's Healer Massage

Enjoy the innovative healing technique which uses warm Himalayan salt stone crystals & cool river stones to massage and soothe away any accumulation of stress and tension while bringing the mind, body, and spirit into balance.

50 min price 300 270 <sup>m-th</sup>

## Deep Tissue Massage

A full body, deep tissue massage releases tense muscles, Arnica infused oil gently relieves soreness and inflammation while a muscle recovery cream infused with Hemp-based CBD helps ease muscle, joint, and nerve pain providing fast, effective relief.

50 min price 180 160 <sup>m-th</sup>

100 min price 320 290 <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 160 140 <sup>m-th</sup>

100 min price 280 250 <sup>m-th</sup>

## CBD ENHANCEMENT

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

Add CBD to 50 min Signature Massage 20

Add CBD to 100 min Signature Massage 40

## Mother-To-Be Massage

After the first trimester, 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 160 140 <sup>m-th</sup>

## Just the Essentials Massage

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

50 min price 150 130 <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 165 145 <sup>m-th</sup>

100 min price 285 255 <sup>m-th</sup>

## Couples

### The Art of Living

Enjoy one of our custom aromatic baths in a private oversized soaking tub for two while enjoying champagne and chocolate covered strawberries. Slowly make your way to the massage table for an ultra hydrating and ex-foliating back scrub followed by a fire side massage, using deeply nourishing and delicately scented massage oils. Our focus is on calming the mind, detoxing the body, and bringing deep wellness, healing and togetherness.

100 min price 560 530 m-th

### Mirbeau Signature Couples Massage

A romantic side-by-side signature massage in the privacy of a spa room-illuminated by the 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 our Monet's Favorite Fragrance, Deep Tissue, Mirbeau Signature, or Mother-to-Be Massages.

See [Massages](#) for pricing.



## 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 210 190 m-th

### 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

### ATOXELENE 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.

50 min price 205 185 m-th

100 min price 305 275 m-th

## **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 180 160 <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 170 150 <sup>m-th</sup>

## **Pro-Collagen Facial**

A collagen-enhancing facial enriched with vital sea nutrients and patented brown, red, and green algae known for their remarkable firming properties. Stimulating massage and a hydrating mask increase cellular turnover and encourage the production of elastin.

50 min price 170 150 <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 170 150 <sup>m-th</sup>

## **Dynamic Resurfacing Precision Peel**

Clinically proven to target the signs of aging and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. This facial addresses skin tone, blemishes, and fine lines to transform the skin's texture. This is your start to smoother, younger-looking skin.

50 min price 165 145 <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 160 140 <sup>m-th</sup>

## **BIOTEC technology**

*Groundbreaking technology meets active ingredients and transformative touch. Through BIOTEC, skin is switched back on, increasing natural cellular energy and delivering immediate, visible, and longer lasting results.*

## **ELEMIS BIOTEC Firm-a-Lift**

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. The extra-cellular matrix of the skin is visibly strengthened, restoring elasticity and tenacity for a contoured complexion that is remarkably lifted.

50 min price 210 190 <sup>m-th</sup>

## **ELEMIS BIOTEC Line Eraser**

Wrinkles are targeted with firming and toning microcurrent pulses to stimulate the skin cells towards dynamic functionality. Circulation is improved, increasing the production of collagen and elastin while the dermis is flooded with super Hyaluronic hydrating activators. Red and blue light therapy warms and de-stresses the skin as a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines.

50 min price 200 180 <sup>m-th</sup>

## **ELEMIS BIOTEC Skin Resurfacer**

This revolutionary resurfacing facial addresses skin tone, blemishes, and fine lines to transform the texture of the skin. The ultrasonic peel reveals a noticeably smoother complexion, using a combination of Lactic and Hyaluronic acids. Steam and extraction deeply cleanse and detoxify before massage and light therapy restore equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother.

50 min price 190 170 <sup>m-th</sup>

## **ELEMIS BIOTEC Sensitive Skin Soother**

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

50 min price 190 170 <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

## **Wow Brow**

Brows are lifted with BIOTEC microcurrent technology, opening the eyes for a wide-eyed youthful look. Results are instant and uplifting.

price 30

## **Lip Definer**

Add volume to the lips with BIOTEC microcurrent technology, lifting and sculpting the jaw line and reducing the appearance of smile lines. Results are instant and uplifting.

price 30

## **Ultrasonic Peel**

A deep cleanse and exfoliation of the epidermis with BIOTEC ultrasonic technology, providing a less aggressive treatment to microdermabrasion revealing a noticeably smoother complexion.

price 30

## **Oxygen Infusion**

Pure oxygen infusion provides optimal results with BIOTEC advanced technology, visibly plumping out lines and increasing skin firmness and hydration.

price 30

## **Light Therapy**

Infrared light emits energy into the deeper layers of the skin with BIOTEC advanced technology, using renewing red light to reduce fine lines and wrinkles or healing blue light to improve acne and prevent breakouts.

price 30

# Mirbeau Kurs

*Europeans know Kur as the foundation of traditional Spa experience: a centuries old renewal ritual of exercise, proper nutrition and care of face and body. Treatments involve a soak in a mineral bath for relaxation and balance.*

## Pure Zen Journey

This blissful CBD bath ritual provides deep harmony, balance, and calm for the body from head to toe. We begin with an all-natural body brush exfoliation followed by an infused rosemary and mint, Epsom salt bath, rich in vitamin E, coconut, and CBD oil designed to dissolve away tension. A bespoke massage to target and release stressed muscles with a cooling menthol rich CBD lotion and oil completes your relaxation experience, leaving your skin feeling soft and body refreshed.

100 min price 300 270 <sup>m-th</sup>

## Exotic Milk Ritual

Be transported on an exotic journey of peace and harmony featuring Polynesian Frangipani Monoi and Japanese Camelia to intensely nourish dry, parched skin. Your ritual begins with a deep cleansing, mineral rich salt scrub that melts on contact, sloughs away dead skin, and encourages regeneration of new cells. Enter a state of bliss as mood-balancing aromatics and skin conditioning oils absorb deeply into your skin, while you are draped in a soft warm cocoon. A special milk protein base, rich in vitamins, minerals, and natural plant collagen, transform your ordinary bath into a hydration escape. Skin is left feeling satin-soft and delicately wrapped in fragrance.

100 min price 290 260 <sup>m-th</sup>

## Mirbeau Luxury Collection

Enjoy a purifying and hydrating body polish with an organic Moor Mud wrap followed by a bath laden with thermal mineral crystals and Arnica. Finish with a relaxing full-body massage using your own, personally selected lotion and oil for long lasting, ultra-hydration.

100 min price 290 260 <sup>m-th</sup>

# Body Treatments

## Aroma Spa Ocean Wrap

Experience the power of aromatherapy combined with the riches of the ocean. This beautiful, aromatic, heated, seaweed body mask containing muscle-warming blends of pine and rosemary essential oils, helps ease the pain of arthritis, fatigue, and aching muscles. While cocooned, let your thoughts drift away.

100 min price - with massage 325 285 <sup>m-th</sup>

## 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 170 150 <sup>m-th</sup>

100 min price - with massage 300 270 <sup>m-th</sup>

## Organic Body Firming Wrap

This service begins with an invigorating dry brush exfoliation to help remove dead skin cells, stimulate lymphatic flow, and improve circulation, and brighten the skin. A clinically-proven organic body firming serum is applied to help reduce the appearance of cellulite while toning and firming the skin. The body is wrapped in a hydrating cocoon while you enjoy a relaxing massage of the face and scalp.

50 min price 170 150 <sup>m-th</sup>

100 min price - with massage 300 270 <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 European Rose Mud is painted on and you are enveloped in warm, herbal soaked linens. 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 165 145 <sup>m-th</sup>

100 min price - *Try our Mirbeau Luxury Collection, page 8*

## Body Nectar Nourishing Wrap

The velvety texture of the Monoi Oil offers super-hydration, quenching thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils get to work.

50 min price 165 145 <sup>m-th</sup>

100 min price - *Try our Exotic Milk Ritual, page 8*

## Mirbeau Signature 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 160 140 <sup>m-th</sup>

100 min price - *with massage* 280 250 <sup>m-th</sup>

## Mother-To-Be Body Polish

After your first trimester, 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 160 140 <sup>m-th</sup>

## Hand & Foot Therapy

### 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.

50 min manicure price 80 70 <sup>m-th</sup>

50 min pedicure price 90 80 <sup>m-th</sup>

### 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 polish of your choice.

50 min manicure price 70 60 <sup>m-th</sup>

50 min pedicure price 80 70 <sup>m-th</sup>

### Gel 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 polish of your choice.

50 min manicure price 70 60 <sup>m-th</sup>

50 min pedicure price 80 70 <sup>m-th</sup>

### Dazzle Dry Nail Polish

Enhance your nail service with our long wearing, quick drying, natural and vegan polish.

Add on Dazzle Dry 10

# Mirbeau Men

## 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 160 140 m-th

100 min price 280 250 m-th

## Men's Estate Facial

This green science organic men's face treatment is customized to your unique lifestyle and grooming challenges. 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 160 140 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 70 60 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 80 70 m-th

# Day Spa Packages

*For those fortunate enough to enjoy the comfort of Spa Mirbeau as a regular getaway destination, we invite you to experience our Day Spa Packages, that include spa services, spa gratuities, and a credit of \$40 towards food & beverage (F&B gratuities are not included). Bistro seating until 3pm.*

## Just A Day, Away

Choice of one manicure, one pedicure, two 50-minute treatments or one 100-minute treatment and lunch for one guest.

price 530 470 m-th

+ Additional upgrade for Intraceutical Oxygen, Premier Cru, and Biotec facials

## Monet's Palette

Choice of two 50-minute treatments or one 100-minute treatment and lunch for one guest.

price 400 350 m-th

+ Additional upgrade for Intraceutical Oxygen, Premier Cru, and Biotec facials

## A Touch of Class

Choice of one 50-minute treatment and lunch for one guest.

price 225 200 m-th

+ Additional upgrade for Intraceutical Oxygen, Premier Cru, and Biotec facials

## Close To You

Reconnect with one 50-minute Couples Signature Massage and a quiet lunch for two.

price 430 380 m-th

+ Additional upgrade may apply for specialty massages

+ \$40 credit per person towards lunch

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\*All prices are subject to change without notice. M-TH pricing not valid over the following holiday dates:

December 27th - December 30th, 2021 + February 14th, 2022 + February 21st - February 24th, 2022.



ENJOY complimentary indulgences  
Before or after your SPA TREATMENT

Lounge or nap in the RESTING AREA with our heated foot pool and fireplace.

Submerge in the oversized whirlpool with private bar in the AQUA TERRACE.

Experience a complimentary exercise class in our state-of-the-art Fitness & Yoga studios.

Utilize our finely appointed locker rooms and meditate in our eucalyptus-infused steam room.

## 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 3-month and yearly Wellness Memberships for individuals, couples, seasonal residents and corporations.  
Call the number below or visit our website for full details.

## Gratuities

For your convenience, a suggested gratuity of 20% will be automatically added to your final bill for all Spa services.  
Day Spa Package prices include spa treatment gratuities.

## Spa Etiquette

The Spa at Mirbeau welcomes all guests 18 years and older. We are a non-smoking facility. Please do not bring cell phones, electronic devices or outside food & beverage into the Spa. If you must cancel or reschedule your service, 48 hours notice is required to avoid charges for the service. A two treatment minimum for day spa guests will be required when booking on days with high volume including but not limited to weekends and holidays. Please be aware that the first half of the day can be quite busy and seating may be limited in the Resting Area and Aqua Terrace. Special pricing and restrictions may apply to school vacation weeks. For more details, a complete list of guidelines can be viewed on our website.



MIRBEAU.COM • 1.877.MIRBEAU  
35 LANDMARK DRIVE, PLYMOUTH MA 02360

