



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 at our outdoor Aqua Terrace or 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 330 290 <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 190 170 <sup>m-th</sup>

100 min price 360 320 <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 170 150 <sup>m-th</sup>

100 min price 320 280 <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 170 150 <sup>m-th</sup>

100 min price 320 280 <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 170 150 <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 160 140 <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 180 160 <sup>m-th</sup>

100 min price 340 300 <sup>m-th</sup>

## Massage *enhancements*

### CBD

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

price 30

### Hot Stone Melter

Smooth mineral stones with thermal-dynamic properties radiate heat deep inside muscles to relieve tension and stress, enhancing any massage and bringing you into a deeper state of relaxation.

price 25

## 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 exfoliating back scrub followed by a fireside 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 - bath, body treatment + massage 580 550<sup>m-th</sup>

### 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](#)



## HydraFacial

*enhance your skin health*

Our non-invasive treatments deliver long-term skin health and are tailored to meet the specific needs of all skin types. Facials offer instant, noticeable results with no downtime or irritation.

### Platinum HydraFacial

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<sup>m-th</sup>

### Deluxe HydraFacial

This treatment deeply cleanses, exfoliates, and hydrates the skin utilizing super serums filled with antioxidants, peptides, and hyaluronic acid, while a signature booster of your choice addresses your specific concerns. This deluxe service concludes with LED Light Therapy to further reduce visible signs of aging.

50 min price 295 275<sup>m-th</sup>

### HydraFacial Neck Rescue

This ultimate neck and décolleté treatment provides immediate anti-aging and brightening results by infusing super serums filled with antioxidants, peptides, and hyaluronic acid deep into the skin. This HydraFacial treatment addresses your specific skincare concerns in this often overlooked area to reduce visible signs of aging, resulting in smoother lines and a youthful neck and décolleté.

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

## HydraFacial *enhancements*

### Eye Perk

Brightens and awakens the delicate eye area. Eyelid skin will immediately appear firmer and refreshed.

price 50

### Lip Perk

Lightly plumps and locks in moisture to reveal a perfect pout.

price 50

## Classic Facials

### Age Defying Exceptional Care Facial

This anti-aging intensive facial treats all the signs of mature, aging skin. It's the perfect balance of technically advanced products and sensory pleasure that promotes radiance, reduces dark spots, smooths wrinkles and firms skin.

This luxurious diamond-tiered facial experience is the perfect treatment to prepare skin for your next red-carpet or memorable special event, resulting in wider-looking eyes, more pronounced cheekbones, softened wrinkles, and a more clearly defined facial contour.

*Performed with YonKa products*

100 min price 370 340<sup>m-th</sup>

#### GIVE YOUR SKIN A BOOST

with SERUM C25 containing potent Vitamin C and cutting edge ingredients that increase the anti-aging actions of the facial and further intensifies the results.

price 30

## Le Grand Classique Facial

Le Grand Classique leaves you with a perfectly balanced and radiant complexion. Designed to repair and renew total skin health featuring 4 exclusive steps to deeply detoxify the skin. A gentle exfoliation eliminates dull and lifeless skin cells with a combination of a plant-based scrub and professional strength AHA-BHA peeling solution. This experience features oxygenating sprays with Yon-Ka Quintessence; the perfect alchemy of aromatic essential oils which restores the skin's natural energy and vibrancy with lasting results.

*Performed with YonKa products*

50 min price 195 175<sup>m-th</sup>

#### GIVE YOUR SKIN A BOOST

with SERUM C25 containing potent Vitamin C and cutting edge ingredients that increase the anti-aging actions of the facial and further intensifies the results.

price 30

## Premier Cru Facial

A supreme beauty ritual providing a comprehensive anti-aging treatment for unparalleled results. The innovative firming roller, manual 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.

*Performed with Caudalie products*

50 min price 205 195<sup>m-th</sup>

100 min price 350 310<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.

*Performed with Caudalie products*

50 min price 180 160<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.

*Performed with Elemis products*

50 min price 180 160<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.

*Performed with Elemis products*

50 min price 175 155<sup>m-th</sup>

## Mirbeau Glow Facial

Our signature facial begins with an in-depth skin analysis for a truly customized facial experience. Brighten, hydrate and smooth your complexion with this radiance-restoring facial.

*Performed with Mirbeau Glow products*

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

## European Custom Facial

Experience the classic balance of total relaxation and effectiveness by combining classic European aesthetic techniques with customized products for your skin's individual needs.

*Performed with Caudalie products*

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

## 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.

*Performed with Organic Male 4 Men products*

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.

*Performed with Caudalie products*

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

## Facial enhancements

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

## Dermaplaning

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 Mirbeau Glow, Premier Cru, European Custom, and Hydrafacial only*

price 60

## LightStim LED

Results include increased collagen, smoothing out lines and wrinkles, minimizing hyper-pigmentation, and controlling acne.

price 55

## 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

## CBD Boost

Defy the effects of aging and nourish dry skin with vitamin C-rich cannabidiol (CBD) oil blend that fights free radicals and rejuvenates skin.

price 20

## 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, an exfoliation, and full body massage 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 330 290 <sup>m-th</sup>

### Exotic Milk Ritual

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

100 min price 320 280 <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 320 280 <sup>m-th</sup>

## Body Treatments

### French Sea Detox

Steeped in the traditions of French Thalassotherapy, this treatment uses nutrient dense ingredients from the Brittany coast to improve your overall well-being and nourish your skin. Your journey begins with an invigorating exfoliation to remove dead skin cells. Next, the body is enveloped in a blend of warm French seaweed, green clay and detoxifying oils. A calming scalp massage is performed while the body is wrapped, and the skin is replenished with a algae rich hydrating body oil.

50 min price 180 160 <sup>m-th</sup>  
100 min price - with massage 340 300 <sup>m-th</sup>

### A Walk in the Forest

This body treatment offers a complete sensory escape, combining a choice of sea salt or sugar scrub for a luxurious exfoliation, followed by an invigorating ritual using sculpting bamboo techniques. This treatment releases muscular tension while stimulating blood circulation for visibly more toned and revitalized skin. Perfect for those looking to escape the daily grind and reconnect with their inner harmony while enhancing their figure.

50 min price 180 160 <sup>m-th</sup>  
100 min price 340 300 <sup>m-th</sup>

### 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 175 155 <sup>m-th</sup>  
100 min price - try our Exotic Milk Ritual



## 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 175 155<sup>m-th</sup>

100 min price - try our [Mirbeau Luxury Collection](#)

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

100 min price - with [massage](#) 320 280<sup>m-th</sup>

## Mother-To-Be Body Polish

Enjoy this gentle yet effective treatment that starts with a mild exfoliation followed by an ultra-hydrating massage using organic coconut oil to maximize strength, health, and elasticity, and leave the skin soft and glowing.

50 min price 170 150<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.

## 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 80 70<sup>m-th</sup>

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

## Refined Elegance (Manicure or Pedicure)

This ultra-hydrating treatment begins with a deliciously softening, effervescent Himalayan salt-infused 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 90 80<sup>m-th</sup>

50 min pedicure price 100 90<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 our long wearing, quick drying, natural and vegan polish of your choice.

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

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

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

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

## Nail *enhancements*

### CBD Boost

Elevate your treatment with the calming and soothing effects of CBD oil to restore natural movement, eliminate chronic pain, improve your mood and naturally promote sleep.

price 20

## 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.

### Monet's Palette

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

price 410 380<sup>m-th</sup>

### A Touch of Class

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

price 230 215<sup>m-th</sup>

### Close To You

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

price 440 410<sup>m-th</sup>

*\*Hydrfacial treatments are excluded from our Day Spa Packages. Additional \$45 upgrade for Age Defying Exceptional Care Facial and Premier Cru Facials.*

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\*All prices are subject to change without notice. M-th pricing not valid over the following holiday dates: October 14th 2024, December 23, 2024 - January 2, 2025, January 20, 2025, February 17-20, 2025, October 13, 2025.

# Health & Wellness

## Personal Training

Ensure you are maximizing the benefits of your workout with one of our motivating trainers. Our certified personal trainers will work with you one on one to create custom workouts based on your fitness goals.

Private Session (50 minutes) \$85    Package of 10 \$720  
Private Session (80 minutes) \$120    Package of 10 \$1020  
Each additional person is \$30 | Add Spa Day Pass \$30 per person

## Health Coaching

Work with a Health Coach to achieve your wellness goals in the areas of fitness, nutrition, weight management, stress reduction, sleep, and overall wellness. Our certified coaches will work with you one on one to create lifestyle changing strategies.

Private Session (50 minutes) \$95    Package of 10 \$800  
Private Session (80 minutes) \$130    Package of 10 \$1100  
Each additional person is \$30 | Add Spa Day Pass \$30 per person

## Private Wellness Class

Let one of our certified wellness instructors take you through a customized private class tailored to your specific needs and goals: yoga, meditation, pilates, aerobics, core strength, and more.

Private Session (50 minutes) \$85  
Private Session (80 minutes) \$120  
Each additional person is \$30 | Add Spa Day Pass \$30 per person

## Mirbeau Balanced Virtual Membership

A personal virtual wellness membership delivered to you by the professional wellness teams of Mirbeau Inn & Spa featuring unlimited access to over 80 live-stream classes and on-demand video library. Visit [www.mirbeaubalanced.com](http://www.mirbeaubalanced.com) to learn more.

monthly \$39



ENJOY

*complimentary  
indulgences*

BEFORE OR AFTER  
YOUR SPA TREATMENT

Experience a complimentary exercise class in our state-of-the-art Fitness & Yoga studios. Utilize our finely appointed locker rooms and breath deep in our eucalyptus-infused steam room. Lounge or nap in the RESTING AREA with our heated foot pool and fireplace or meditate in our peaceful REFLECTION ROOM. Submerge in the oversized whirlpool with private bar in the AQUA TERRACE.

## 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 & Offerings

We offer month-to-month and yearly Wellness Memberships for individuals, couples, seasonal residents and corporations. We also offer private and semi-private fitness training, nutrition consultations, and wellness classes. 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.



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