

3.4375 in (3-7/16")

EMBURY SPA HAND & FOOT CARE

Embury Spa offers a comprehensive array of manicure and pedicure treatments to polish and pamper your hands and feet.

Signature Cleopatra Spa Manicure or Spa Pedicure

This luxurious pampering signature manicure or pedicure uses all-natural and up to 100% organic PINO products. These treatments rejuvenate and nurture by combining nutrient-rich and exceptionally moisturizing ingredients, leaving the skin hydrated and silky smooth with perfectly polished nails. Service includes gentle exfoliation and massage, cuticle clean-up, nail shaping and polish. **45 minutes/60 minutes**

Anti-aging Spa Manicure

An anti-aging manicure using brightening skin care products. This manicure treatment supports skin's natural barrier against environmental stressors and enhances skin's moisture level so hands look smoother. Service includes gentle exfoliation and massage, cuticle clean up, nail shaping, and polish. **45 minutes**

Gel Manicure

Known as the No Chip Manicure, this manicure offers a nail-friendly application of thin coats of gel polish on your natural nail, with a brief time for curing under a UV lamp between every coat. Service includes gentle exfoliation and massage, cuticle clean up, nail shaping, and polish. **60 minutes**

Maintenance Manicure

A sweet selection for those who always wish to present perfect hands, this manicure is designed as a weekly treatment to maintain a professional look. Service includes cuticle clean-up, nail shaping and polish. **30 minutes**

Maintenance Pedicure

A sweet selection for those who always wish to put their best foot forward, this pedicure is designed as a bi-monthly treatment to maintain a professional look. Service includes foot soak, cuticle clean-up, nail shaping and polish. **45 minutes**

Athlete's Pedicure

Includes foot soak, cleaning and shaping of nails and cuticles, foot callus treatment, a lower leg scrub, followed by a foot and lower leg massage. A final hydration and a touch of cuticle oil to finish. Does not include polish. **60 minutes**

Polish Change only • French Polish add-on
Callus Eliminate add-on • Gel Polish add-on
Gel Polish Removal



3.5

EMBURY SPA COLLECTIONS

Embury Collections are based on a sequence of personalized treatments, specifically designed for a therapeutic spa experience tailored to your schedule.

Whether you select a half-day signature experience or a full day of pampering, your time at Embury Spa will ensure ultimate relaxation, leaving you calm and rejuvenated.

HALF DAY SPA

A four-hour journey that includes up to three hours of selected holistic treatments, finishing touches, your choice from the Spa Health and Wellness Cuisine menu and use of the fully equipped gym.

Asteria Package

50 Minute Massage • 50 Minute Facial
Shampoo and Style • Make-Up Application

Cleopatra Package

50 Minute Massage • Body Scrub
Cleopatra Manicure • Cleopatra Pedicure

Embury Signature Package

50 Minute Body Wrap • 50 Minute Massage • 50 Minute Facial

Moroccan Package

50 Minute Massage • 50 Minute Facial • Cleopatra Pedicure

Royal Package

Body Scrub • 80 Minute Massage • 50 Minute Facial

GROUPS

At Embury, we provide everything needed to create the perfect event. Whether you're planning a corporate outing, preparing for the "big day" or simply hosting a spa party for friends, there's no better place to gather a group for relaxation, rejuvenation and fun.

Treat them to a mini spa day. Each spa party package starts with a Mimosa toast and ends with a complimentary spa amenity gift.

Bridal Glow Package

Includes: Body Scrub, Express Massage & Express Facial

Body & Soul Package

Includes: Express Massage, Cleopatra Manicure, Cleopatra Pedicure

TIME-FOR-TWO

Whether celebrating a major milestone or indulging in a spontaneous couple's getaway, Embury's Harmony Suite offers the unique opportunity of having a treatment in the company of someone special. Select from our full range of massage and body treatments and enjoy this truly indulgent experience with a finish in the Harmony shower and steam.

Couple's Bliss Package

Includes: Dry Brush Exfoliation, 80 Minute Massage, Pino Facial Mask, Steam Shower, Glass of Champagne

EMBURY SPA FINAL

A classic sequential hydrothermal experience using humidity and falling water to cleanse and heal both body and mind.

Steam Vapor

Moist heat that encourages perspiration and increased blood circulation, enlivening the senses and cleansing toxins. The vapor eases breathing and promotes glowing skin tone. Recommended use of maximum 25 minutes.

Rain Shower

A warm, freshwater shower to intensify and complete the SPA experience.

3.5312 in (3-17/32")

SCHEDULING

To ensure your preferred time and services are available, we do advise booking in advance. All bookings must be confirmed or secured with a credit card. To schedule an appointment, please contact the Spa Concierge at 612.312.1131 or concierge@emburyspa.com.

ARRIVAL TIME

May we suggest arriving at least 30 minutes prior to your appointment to enjoy Embury's exclusive spa facilities, or at least 10 minutes prior to the start of treatment, wearing the robe and slippers provided.

CANCELLATION POLICY

A 100% cancellation charge will be incurred for any spa service not cancelled at least 18 hours prior to appointment. Please also be aware that late arrival will result in reduced treatment time. Credit card pre-payment may be requested for groups of three or more.

GIFT CARDS & GIFT CERTIFICATES

Gift Cards are available in any denomination and can be purchased in person, by phone at 612.312.1131 or at emburyspa.com. Embury Spa Gift Cards can be returned for spa credit only.

RETURN POLICY

There is a 15-day return policy on retail products purchased from Embury Spa. Please note there may be a delay in completion of refund if payment was made by check or debit card.

Our priority is to ensure that each guest is delighted with our services. If, for any reason, something does not meet your absolute satisfaction, please contact us within 7 days so that we may make every attempt possible to correct your experience.

OPENING HOURS

MON—SAT	9:00 AM—8:00 PM
SUNDAY	10:00 AM—6:00 PM
GYM	24 hours



www.emburyspa.com
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MASSAGE TREATMENTS

Sticks & Stones

Melt away stress with the warmth of sculpted basalt stones and handmade Birchwood massagers. The warm flowing Thermalance massage movements of heated stones and Birchwood sticks relieve tension, purify tissues and stimulates the metabolism. 100% natural oils and plant extracts combine with the heated stimuli, resulting in an all-over irresistible relaxation of muscle tension that enhances freedom of body movements. **80 minutes**

Candle Massage

Warm massage oil relaxes the body while sensory aromas calm the mind. This slow, comforting technique delivers a deep, relaxing massage designed to induce sleep and relieve mental tension. **50 or 80 minutes**

Hot Stone Massage

Using natural basalt hot stones, this massage therapy delivers deep, penetrating heat for muscle tension relief. The long continuous warmth of the smooth stones loosens muscles more quickly and deeply than in traditional massage while accelerating overall circulation and metabolism. Relax while revitalizing the central nervous system and opening up the meridians, or energy pathways. **80 minutes**

Gua Sha Massage

Gua Sha is a therapy with its roots in Traditional Chinese Medicine. It restores the circulation and Qi (chi) flow for immediate relief from muscle pain and stiffness. This Gua Sha treatment is invigorating as well as a relaxing massage, by using four heated specially shaped stones, aroma infused body oil and specific muscle mobility techniques. This treatment increases the circulation to the body, warming muscles and releasing tightness and tension. **50 or 80 minutes**

Herbal Compress Massage

Experience the healing power of this massage treatment to alleviate sore muscles and joint pain. A therapeutic application of herbal compresses relaxes stiff muscles and joints. Acupressure movements along energy Meridians and stretching techniques bring the body into balance. You will feel both intensely relaxed and energized in this restorative treatment. **50 or 80 minutes**

Prenatal Massage

Prenatal massage shares many of the goals of regular massage to relax tense muscles, ease sore spots, decrease swelling in the arms and legs, improve circulation and mobility, and just make you feel good. This treatment is tailored specifically to the needs of a pregnant woman and her changing body. **50 or 80 minutes**

Aromatherapy Massage

Exceptional massage techniques, combined with the effect of aroma body oils cause a transformation of body and mind that releases blockages within the body so energy can flow freely. Carefully selected body oils improve lymphatic circulation and promote recovery from demanding travel and business schedules. This massage reduces water tension and is ideal for jet-lagged bodies. **50 or 80 minutes**

Cupping Massage

This traditional Chinese treatment uses the combination of aroma body oils and the suction of a cup. The treatment opens the skin's pores, stimulating the flow of blood, balancing and realigning the flow of qi (chi), breaking up obstructions, and creating an avenue for toxins to be drawn from the body. The benefits of increased circulation will relieve back and neck pains, stiff muscles, and fatigue. **50 minutes**

MASSAGE TREATMENTS

Shoulder, Neck and Scalp Massage

Focused, 25-minute treatment designed to maximize your time. Great for those who have limited time or who tend to hold stress in specific areas of the shoulders and neck. Customized to be exactly what you need. **25 minutes**

Back Massage

Focused, 25-minute treatment designed to maximize your time. Great for those who have limited time or who tend to hold stress in specific areas of the back. Customized to be exactly what you need. **25 minutes**

Reflexology Treatment

Focused, 25-minute reflexology treatment for the feet designed to relieve tension, improve circulation and help promote the natural function of the related areas of the body. **25 minutes**

In-Room Massage

Available upon request. Extra fees apply.

BODY TREATMENTS

Detoxifying Body Wrap

Achieve a smooth and radiant appearance with an invigorating body treatment that features proactive ingredients that stimulate microcirculation. The treatment consists of application techniques that include an intensive warming massage and lymph node drain, preparing the body for this unique body wrap. The 80 minute treatment finishes with a customized facial mask and a head, neck and shoulder massage. **50 or 80 minutes**

Soothing Body Wrap

Start with a skin-smoothing sea salt body scrub followed by an application of soft and silky body cream to condition and deeply nurture the skin. The body is then kept comfortably warm while an intensely hydrating and deeply relaxing body wrap to nourish the skin. The 80 minute treatment finishes with a customized facial mask and a head, neck and shoulder massage. **50 or 80 minutes**

Body Scrub

Exfoliate, moisturize and protect your skin with vitamins E and A, minerals, proteins, and lipids. With a combination of massage oils, whey bath, soft and silky cream or deeply refining salt and body scrub, your skin will feel as soft and smooth as silk. Each ingredient providing skin caring properties you can feel. **25 minutes**

Minnesota River Rock Treatment

A unique and exotic treatment that relaxes with the use of hot and cold stones, stimulates with a combination of the detoxifying and cleansing capabilities of earth clays, and intensely moisturizes with the power of natural oils. Each sumptuous session reduces muscular tension and allows deep relaxation. **80 minutes**

Hand & Arm Treatment

With a blend of massage oil, soft and silky cream base and Whey for gentle exfoliation or deeply refining salt for more aggressive exfoliation, your skin will feel as soft and supple as your dead skin cells are exfoliated from your hands, forearms and elbows. Vitamins E and A, minerals, proteins, and lipids provide skin care properties you can feel. **25 minutes**

FACIAL TREATMENTS

Age-Reversal Facial

An Anti-Aging facial treatment that uses flowing classical massage to lift stress from the face and underlying muscles, nurturing the complexion, enlivening facial contours and enhancing skin glow. Skin care is chosen to hydrate, renew, and balance as required. Ideal for mature, dry, dehydrated skin. The 80 minute treatment includes two microzone treatments of your choice. **50 or 80 minutes**

Deep Cleansing Facial

Jump start Acne Clearing with this purifying, detoxifying, professional treatment that promotes breakout clearing, well beyond the treatment. The 80 minute treatment includes two microzone treatments of your choice. **50 or 80 minutes**

Skin Calming Facial

Soothing, de-sensitizing facial targets the triggers beyond redness, itching, and stinging, while helping to recover skin health for long-term relief from flair-ups. This facial is especially formulated for those who suffer from irritated, reactive and sensitized skin. The 80 minute treatment includes two microzone treatments of your choice. **50 or 80 minutes**

Express Facial

When time is of the essence, this 25 minute Express Treatment will revitalize your skin's radiance, leaving it healthy, cleansed and toned. **25 minutes**

Deep Cleansing Back Treatment

This treatment ensures clear skin on your back. The treatment begins with cleansing and a deep steaming to open pores and soften skin, exfoliation to remove dead skin cells, extractions on clogged pores, and a therapeutic masque to heal the skin. **25 minutes**

EMBURY SPA FINISHING TREATMENTS

Striking Eyes

Eyebrow Tint, Eyelash Tint, Eyebrow Shape, False Eyelash Application (band or individual)

Make Up Application

Application, Special Event Application, Bridal Application and Rehearsal

Hair Removal

Lip, Chin, Face./Sides, Standard Bikini, High Bikini, Brazilian, Under Arm, Half Arm, Full Arm, Half Leg, Full Leg, Tummy, Toes, The Works*. Men's Back and Men's Chest.

*Includes under arm, standard bikini and full leg wax

Blow Dry Bar

Enjoy a shampoo, luxurious scalp massage, and blowout into your chosen style with brushes, rollers, or irons.

BRIDAL SERVICES

A variety of options for that special event. Embury Spa has unique spaces to accommodate your whole bridal party. Trial and wedding day bridal hair and make-up application options are available.

MICROZONE TREATMENTS

Age Repair

Fight visible signs of aging with this restorative treatment. See results when the skin is intensely exfoliated and treated with products that pack the skin with nutrients and peptides to fortify, protect and restore skin back to its healthiest state.

Breakout Clearing

Speed up repair and clearing of your breakouts with this powerful treatment designed to destroy breakout-causing bacteria, expedite healing and sooth redness and inflammation.

Brightening

Brighten, improve skin tone, enhance skin clarity and create a fresher, healthier appearance with this effective treatment. Powerful exfoliants smooth skin and slough off dulling surface cells, helping to minimize the appearance of sun and age spots. Botanical extracts help treat and prevent cellular discoloration for unsurpassed brightening and tonal balance.

Contour Masque

Increase the penetration of prescribed moisturizer with this treatment designed to firm and contour skin by reducing edema with cooling temperatures. Great for sensitized, mature, and prematurely-aging skin in need of firming.

Enzyme Masque

Designed to deeply dissolve the build-up of dead skin cells with minimal irritation and maximum results. This papaya enzyme treatment stimulates cellular renewal to diminish the signs of aging, lifts hyperpigmentation and flushes out acne impactions without stripping the skin.

Eye Firm

Treat multiple eye area concerns like dark circles, puffiness, wrinkles, loss of volume and firmness with this advanced peptide eye treatment designed to gently exfoliate, rehydrate, smooth lines and boost new collagen while improving overall firmness and tone.

Lip Renewal

This supreme lip conditioning treatment smooths away flaky, damaged skin that can result from lip make-up and the environment. By infusing firming peptides and repairing vitamins into the perioral area, it restores the delicate lip tissue back to optimum health while smoothing fine feather lines and erasing the signs of aging.

Moisture Boost

Rehydrate and replenish dry, uncomfortably tight, thirsty skin. This deeply penetrating moisture surge treatment lifts away dulling skin debris to reveal plump new cells and help soften surface lines. Discover a revived, dewy, fresh face in a snap. This treatment is perfect for tired and travel weary skin.

Skin Soothing

Quickly relieve redness, irritation and inflammation with this soothing, cooling treatment for sensitive skin.

TREATMENT ENHANCEMENTS

Pino Facial Mask

100% Natural-Refreshing mask for intensive facial care. Great add-on to any body treatment or massage.

Thai Herbal Facial Compress

Promotes silky smooth skin by using a mixture of Thai herbs. Great add-on to any body treatment or massage.

Callus Eliminator Treatment

This lightweight treatment is the fast and effective solution to breakdown calluses in just minutes. Add-on to a pedicure.

Hair Masque Treatment

This treatment is customized to the needs of your hair. Replenish your hair's moisture, bring life to your hair and brighten faded color, or revive damaged hair. Add-on to a body treatment or hair blow-out service.