EMBURY SPA HAND & FOOT CARE

Embry 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 POME 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.

ANTI-AGING 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 smooth. Service includes gentle exfoliation and massage, cuticle clean up, nail shaping, and polish.

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.

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.

Gel 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.

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.

EMBURY SPA COLLECTIONS

Embry 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 Embry 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 + 30 Minute Facial
Shampoo and Style + Make-Up Application

Cleopatra Package
50 Minute Massage + 30 Minute Facial + Spa Pedicure

Pamper Package
50 Minute Body Wrap + 50 Minute Massage + 50 Minute Facial

Signature Cleopatra Spa Manicure or Spa Pedicure

EMBURY SPA FINAL

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

Steam Vapor
A moist heat that encourages perspiration and increases 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.

EXTRA SERVICES

Gel Polish Removal
60 minutes

EMBURY SPA TiME-FOR-TWO

Whether celebrating a major milestone or indulging in a spontaneous couple’s getaway, Embry’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.

GROUPS

All Embry, 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

RETURN POLICY

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.

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 Embry’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.

EMBURY SPA HAND & FOOT CARE

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.

OPENING HOURS

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

EMBURY SPA

www.emburyspa.com
612.312.1131
concierge@emburyspa.com

LOEWS MINNEAPOLIS HOTEL
**MASSAGE TREATMENTS**

**Sticks & Stones**
Massage Sticks & Stones with the warmth of sculpted basalt stones and handmade Birchwood massage. The warm flowing Thermalama movements of heated stones and Birchwood sticks relieve tension, purify tissue and stimulate 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 movement. 50 minutes.

**Candle Massage**
Warm massage oil relaxes the body while sensuously calms 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.

**Guasha Massage**
Guasha 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 Guasha 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 tension 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 pain, stiff muscles, and fatigue. 50 minutes.

**MASSAGE TREATMENTS**

**Shoulder, Neck and Scalp Massage**
Focussed 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**
Focussed 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**
Focussed 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 draining, 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 oil is applied to ensure its soft and supple to seal dead skin cells. 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 session promotes muscle relaxation and lowers stress. 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 treatment that uses flowing classical massage to lift stress from the face and underlying muscles, nurturing the complexion, eleviring facial contours and enhancing skin glow. Skin care is chosen to hydrate, renew, and balance as required for: 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 by using this purifying, detoxifying, professional deep 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 flare-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**

**Skin Soothing**
Gently exfoliate, rehydrate, soften and brighten your skin in a snap. This treatment is perfect for tired and travel weary skin.

**Moisture Boost**
Rethydrate and replenish dry, uncomfortably tight, thirsty skin. This deeply penetrating moisture surge treatment lifts away dulling skin deads to reveal plump and plump cells and help soften surface lines. Discover a revived, dewy, fresh face in 20 minutes. This treatment is perfect for tired and travel weary skin.

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**Finishing Treatments**
A variety of options for that special event. Ebury 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**
Aids signs of aging with this restorative treatment. See results when you skin intimately exfoliated and treated with products that push the skin with nutrients and peptides to fortify, protect and restore skin back to its wealthiest state.

**Breakout Clearing**
Speed up repair and clearing of your breakouts with this powerful body treatment designed to destroy breakout-causing bacteria, expedite healing and soothe 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 discolouration for unpassioned brightening and tonal balance.

**Contour Massage**
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, lift hyperpigmentation and flushes out acne imitations without stripping the skin.

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

**Elbow Treatment**
This supreme lip conditioning treatment smooths away flaky, damaged skin that can result from lip makeup and the environment. By infusing firming peptides and repairing vitamins into the personal area, it restores the delicate lip tissue back to optimum health while smoothing fine feather lines and Lessening the signs of aging.

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**TREATMENT ENHANCEMENTS**

**Fino Facial Mask**
100% Natural-Renewing 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 Eliminate 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 colors or revive damaged hair. Add-on to a body treatment or hair blow-out service.