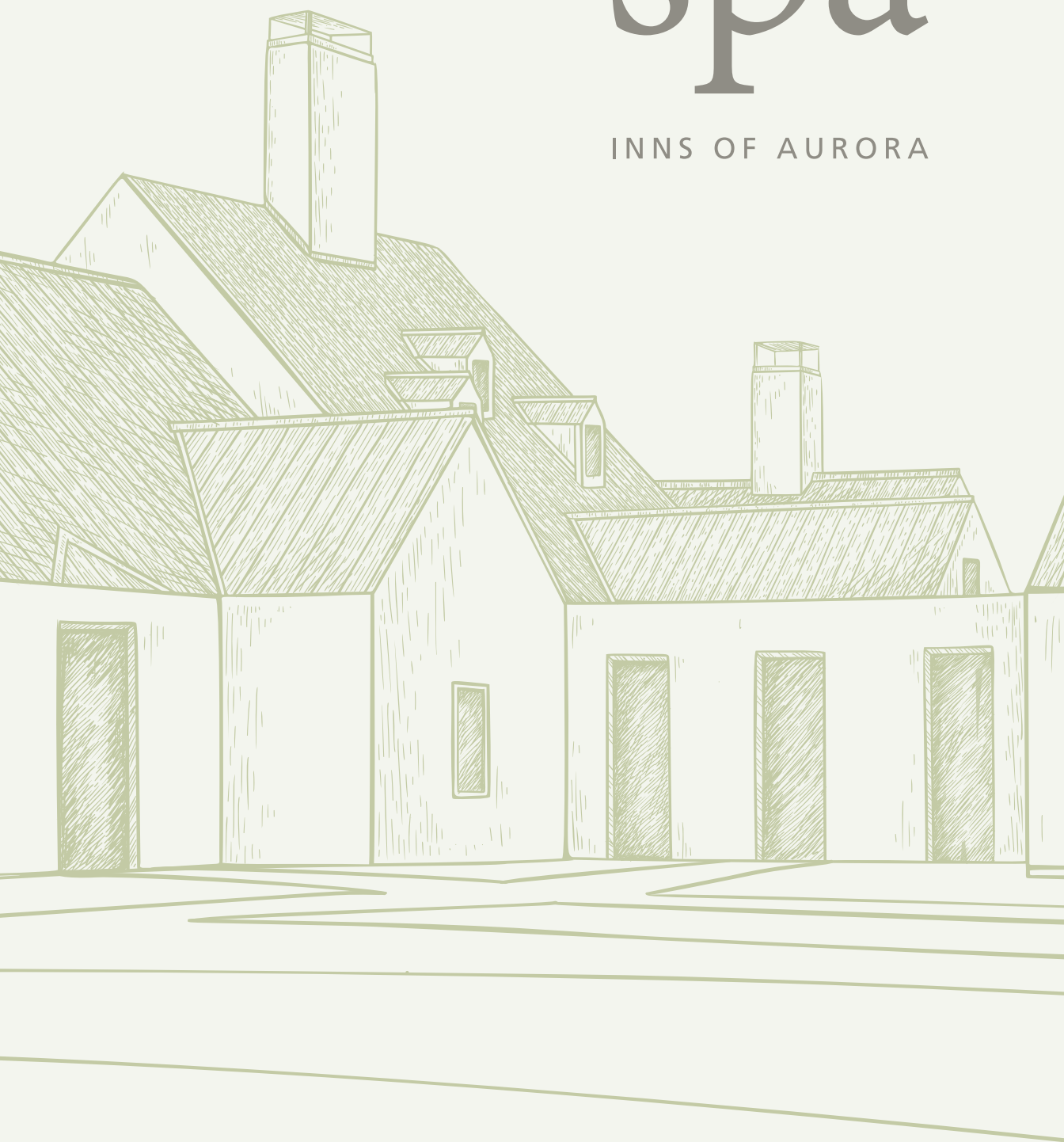


the spa

INNS OF AURORA



TREATMENT MENU



Rasa Spa has been actively cultivating wellness in the Finger Lakes region since 2006. Our talented and experienced team gives expert, customized treatments every visit and strives to meet each client where they are on that particular day. With a mission to serve the well-being of the whole person through healing, client empowerment, and fostering a mindful community, Rasa Spa is a perfect synthesis of quality service and deep respect for natural healing.



Guided by our wellness philosophy, offerings at the Spa are designed to promote long-lasting benefits to mind, spirit, and body. These treatments can be enjoyed as single experiences or as part of a broader wellness visit that incorporates a series of overlapping health benefits. Multi-day retreats are an ideal way to enjoy the full benefit of our services: each day features a progression of treatment that amplifies the healing power of the experience, offering a profoundly transformative wellness journey.



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WELLNESS PHILOSOPHY

WELLNESS PHILOSOPHY

Inspired by Ayurveda *Grounded in Place* *Committed to the Individual*

The Spa at the Inns of Aurora, delivered by Rasa Spa, is committed to helping our guests live harmoniously throughout every season of their lives by connecting them with the distinctive landscape of the Finger Lakes.

What makes the Spa at the Inns of Aurora a wellness spa?

We believe the defining feature of a wellness spa is more than just the facilities and the treatments: it is the emphasis placed on individual healing. Our wellness philosophy begins with meeting people where they are. Informed by the Ayurvedic perspective of the right treatment for the right time and the right temperament, we strive to provide our guests with exactly the right treatment for that moment.

We are dedicated to offering our guests the resources for an individualized wellness experience that addresses who they are and where they want to be. Whether for a rejuvenating weekend getaway or as part of a long-term restorative practice, we are committed to supporting each guest on their wellness journey.

Holistic wellness is a potent supplement to contemporary medicine. Holistic wellness considers the whole person in a broader context that extends beyond biology. In addition to a person's physical body, we also observe their emotional well-being, time of life, and spiritual health. This method

opens wider possibilities not just for preventing dis-ease, but also for living a full, inspired, and balanced life. We strive for our vision of holistic wellness to be accessible to all guests, regardless of cultural background or level of practice.

Ayurvedic Science

We are deeply inspired by the ancient science of Ayurveda, which gives us a methodology for nurturing wellness by working with the elemental forces that inspire our lives, the seasons, and the landscape.

Originating in India and developing over thousands of years, the Ayurvedic understanding of wellness begins with a recognition of different embodied tendencies within every person. This evaluation includes different body types, temperaments, lifestyles, and life stages; taken together, these factors contribute to a person's overall being. Combined with the cycle of seasons, these characteristics will affect the experience of wellness or illness, and methods for treatment.

The science of Ayurveda continues to be an invaluable resource for developing holistic wellness. Rather than treating all people and all therapies as universal and interchangeable, the different temperaments (or *doshas*) within Ayurveda help us articulate the ways in which each person is unique.

Our climate is impactful on people's lives, and understanding the circumstances of each life stage can help us find ways to thrive. Rather than treating aging bodies as deteriorating from an imagined ideal, Ayurveda frames aging as new experiences within different stages of life, coequal with the others and each with its own wellness opportunities.

The Wellness Landscape

Our wellness philosophy is deeply rooted in the landscape that surrounds us. The land around Aurora was carved by glaciers during the last Ice Age,

leaving behind steep gorges, plunging waterfalls, deep lakes, and hidden pools. Our spa campus sits on the crest of a hill overlooking Cayuga Lake; forests and fields stretch in all directions, offering spectacular views of natural beauty in every season. This dynamic landscape—full of water and wind and life—has a powerful restorative energy throughout it.

Our spa was designed to sit harmoniously within this landscape—to channel the area's special energy into the wellness experiences that we offer. This thoughtful placement is also a reflection of our wellness philosophy: holistic healing that is not only inspired by, but inextricably linked with, the land we are privileged to steward.

The climate of the Finger Lakes provides a dynamic background for wellness. Each season brings forth a different kind of beauty—new opportunities for us to explore the changing weather inside ourselves, as well as the seasons of our own lives. Finding the harmony between our internal landscape and the beautiful wildness of the outer world is powerfully healing.

Our spa campus is uniquely equipped to support every temperament in every season in a singular setting. Heating elements include warm and hot spa pools, indoor and outdoor fireplaces, luxurious steams and saunas, and soothing teas. Cooling elements are offered in the refreshing waters of our indoor and outdoor plunges, scenic vantages to enjoy views of the lake, and serene places for meditation. Grounding elements are found in comfortable nooks in which to curl up with a good book or a restful nap, yoga classes, and nature trails to hike on and feel the earth under your feet. Each guest can enjoy the diversity of spaces for rejuvenation within and around this beautiful landscape, inside and outside our state-of-the-art spa facility.



MASSAGE & BODYWORK

MASSAGE & BODYWORK

Rasa® Signature Massage

50 or 80 minutes

Every massage session we offer is custom-built to your needs and goals. Our expert staff offer a variety of modalities, including Swedish, deep tissue, specific work on deep tension patterns, energy work, and much more. We strive to meet you where you are on the day that you visit and adjust our work to what your body and mind need at that moment.

Aromatherapy Massage

50 or 80 minutes

Choose from one of Rasa's three signature aromatherapy blends to add another level of sensory bliss to your session. Aromatherapy massage also includes the caring application of hot towels and Rasa's handcrafted penetrating foot cream.

Grounding: This deeply grounding blend is great for clearing negativity and creating a deeply relaxed, balanced state of mind. Therapeutic essential oils of sandalwood, vetiver, and palo santo.

Relaxing: This sweet and light blend is beneficial for meditation, calming, and focusing the mind. Therapeutic essential oils of lavender, neroli, and sandalwood.

Uplifting: This uplifting blend gives a sense of peace and joy, amplifying energy, bliss, and light. Therapeutic essential oils of bergamot, mandarin, lime, and frankincense.

Abhyanga Massage

50 or 80 minutes

Inspired by a foundational body treatment in Ayurveda, Abhyanga is a rhythmic warm oil massage that covers your entire body from head to toe. This deeply relaxing massage includes movements that increase blood flow, cleanse your lymphatic system, and nourish your skin with a warm, healing oil, customized to your needs. Your session will start with a short questionnaire to determine which balancing oil will benefit your whole being. The 80-minute version of this session includes focused, deep tissue massage work.

In traditional Ayurveda, a four-handed massage is a uniquely delightful experience. Please let us know at the time of booking if you are interested in a four-handed treatment.

Reflexology

50 or 80 minutes

The practice of reflexology views the feet as areas that mirror the body. During this treatment, your therapist will stretch, apply pressure, and move your feet and lower extremities in order to affect the corresponding parts of your body in positive, healing ways. This is one of the best modalities to give your mind a vacation while your whole body receives a wonderfully healing treatment. Targeting the vital organs in this session addresses areas of the body that are often missed in a traditional massage. The 80-minute reflexology sessions includes a foot bathing ritual.

Medical Massage

50 or 80 minutes

Medical Massage supports the healing process for a number of persistent medical issues. There are many benefits to receiving massage: it can improve symptoms, support the healing process, and alleviate pain associated with carpal tunnel syndrome, shin splints, sprains and strains, tendonitis, frozen shoulder, tennis elbow, plantar fasciitis, sciatica, piriformis syndrome, and many more.

Prenatal Massage

50 or 80 minutes

Prenatal Massage is specifically tailored toward women who are expecting. These sessions concentrate on the specific needs of a mother-to-be as her body goes through the profound changes of pregnancy. We offer massage throughout pregnancy with special care toward pregnancy cautions in all three trimesters.

Sports Massage

50 or 80 minutes

A must for pre- or post-workout flexibility, recovery, and restoration, sports massage employs deep pressure techniques to targeted muscle groups. Sports massage can be used to warm up muscles prior to your workout or competition and to flush out post-workout toxins. Make these sessions part of your training plan by coupling them with your workouts so that you can recover faster.

Duet Massage

50 or 80 minutes

For guests who prefer to share massage time with a friend, family member, or partner, we offer the option of reserving one of our three duet rooms. Each of you will work with your own therapist while enjoying the experience of a shared healing space.

Therapeutic Cupping Massage

50 or 80 minutes

Therapeutic cupping with silicone cups can be used to address your specific needs within a customized massage session. This treatment can release inflammation, muscle pain, and tension, and can relieve symptoms caused by asthma and sinus issues.

Therapeutic cupping is also available as an add-on. Please note that cupping may cause a histamine reaction that sometimes results in redness or discoloration of the skin.

Hot Stone Massage

50 or 80 minutes

Using heat-absorbing basalt stones, our hot stone massage combines elements of the earth with a grounding human touch. Through both the massage and the therapeutic use of the hot stones, this treatment deeply soothes muscles and increases circulation with the release of heat.

Right: The Ananda, page 19.





BODY TREATMENTS

The Ananda

50 or 80 minutes

During this blissful, grounding treatment, enjoy warm fragrant oils as they are massaged into your hair and scalp. Based in Ayurvedic practices, the Ananda treatment clears the hair follicles, stimulates new hair growth, brings moisture to the skin, and leaves the hair revitalized. The Ananda scalp treatment is created by—and exclusive to—Rasa Spa. Our guests and team agree that it is truly a one-of-a-kind session.

Exfoliating Dry Brush

50 or 80 minutes

Experience a technique that has been used for centuries to gently exfoliate dead skin cells, bring blood and oxygen to the surface of the skin, and help in the detoxification process. The Dry Brush session includes hot towels and a massage with a divinely warming cardamom amber oil from red flower. Especially recommended in the winter months, a dry brush treatment will restore vitality and glow to your skin, stimulate lymphatic circulation, and bring an experience of distinctive whole-body freshness.

If you would like specific or deep work on an area of your body, please consider the 80-minute session, as the 50-minute session only allows time for a full-body circulatory massage.

Immune Boost

50 minutes

Effective at any time of year, the Immune Boost session focuses on the lymphatic and respiratory systems. This session includes a massage with Rasa's homemade Immunity Blend of therapeutic essential oils, a customized handmade scrub on your lower legs and feet, and hot towels. Your therapist will help move fluids, stimulate awareness, and open your channels to support healthy immune system function. Following your treatment, your therapist will give you more of the Immune Boost scrub to enjoy in a refreshing post-treatment shower.

The Immune Boost is not recommended for women who are pregnant or nursing.

Hot Stone Massage

50 or 80 minutes

Using heat-absorbing basalt stones, our hot stone massage combines elements of the earth with a grounding human touch. Through both the massage and the therapeutic use of the hot stones, this treatment deeply soothes muscles and increases circulation with the release of heat.

Rasa® Signature Scrubs

50 or 80 minutes

Experience an invigorating treatment with one of our premium exfoliating scrubs. Using carefully sourced and sustainable natural ingredients, our signature scrubs are as delightful as they are effective. The full-body scrub is followed by a refreshing rinse, and the treatment is finished with a generous moisturizing massage.

You will choose your specific scrub at the time of booking.

Red Flower Hammam Ritual

50 or 80 minutes

Rooted in Turkish tradition, the red flower Hammam Ritual detoxifies, relaxes, and awakens your whole being. The Hammam connects you to a full sensory experience as your body is bathed in the scents and textures of rich oils, exfoliants, natural clays, healing butters, and creams. Each level of this experience releases an intense, redolent scent along with therapeutic healing properties.

The ritual begins with an intoxicating lemon blossom coffee scrub, followed by a fragrant jasmine rhassoul clay application. After cleansing, a soft water mist envelops you with a lovely quince aroma. Finally, a generous moisturizing massage with tangerine and cardamom softens your skin and relaxes your muscles.

Detoxifying Ritual

50 or 80 minutes

This treatment invites you to be present and grounded in your body while bringing fresh, joyous vitality into your system. Your therapist will guide you through a sweat and salt scrub in one of our showers and saunas, where our handmade salt scrub will help open your pores and begin the process of detoxification. Following your sauna, a full-body clay mask application allows grounding and purification; an herbal steam and warm oil application nourishes and relaxes.

Please begin hydrating at least two days before this treatment, increasing your daily water intake by about 50%. It is best to avoid sugar and processed foods for the two days prior to treatment, if possible, to support your body's natural detoxification process.

Vitality Body Treatment

100 minutes

Inspired by the traditional healing body treatment rituals of Ayurveda, the vitality body treatment is a luxurious full-body herbal exfoliating treatment that detoxifies and beautifies the skin. Enjoy a warm oil application followed by an invigorating full body scrub. The intoxicating powdered blend of grains and botanicals we handcraft exfoliates the skin and stimulates the body's innate cleansing abilities. After rinsing off in the shower in your treatment room, we welcome you back to your massage table for a grounding reflexology finale. This treatment revitalizes congested areas, leaves the skin with a deep glow, and supports whole-body detoxification.

Rasa® Signature Wraps

50 or 80 minutes

Our signature wraps are personalized rituals of detoxification and nourishment. The treatment begins with a dry brush ritual, which refreshes and exfoliates your skin. Our wraps allow your skin to fully absorb your chosen wrap product while you are cocooned in hot towels and heat-reflective natural fiber blankets. After the aromatic and relaxing warmth of your wrap, a generous moisturizing application will deeply nourish and rejuvenate your skin and muscles.

As part of our commitment to fostering self-care, you will be able to take your dry brush home with you to use whenever you wish. We recommend dry brushing three to five times per week before showering for optimal results.

You will choose your specific wrap at the time of booking; our guest services team is happy to assist and guide you on selecting the optimal wrap for you.



Rasa® Signature Wraps

Aromatherapy
add-in

Choose from one of our three Rasa signature blends to add another level of sensory heightening to your session. Aromatherapy massage also includes the caring application of hot towels and our own Rasa foot cream treatment.

Grounding: With therapeutic essential oils of sandalwood, vetiver, and palo santo, this deeply grounding blend is great for clearing negativity and creating a deeply relaxed, balanced state of mind.

Relaxing: With therapeutic essential oils of lavender, neroli, and sandalwood, this sweet and light blend is beneficial for meditation, calming and focusing the mind.

Uplifting: With therapeutic essential oils of bergamot, mandarin, lime, and frankincense, this uplifting blend gives a sense of peace and joy as it amplifies energy, bliss, and light.

Contrast Stones
add-in

Alternating application of hot and cold stones creates a soothing and sensorial treatment: the healing heat drains the body of toxins and the cool stones awaken the senses. This add-on offers a real opportunity to unwind with an ancient prescription for health and vitality.

Cupping
add-in

Cupping with silicone cups affects the body at both a deep and superficial level. Unlike a typical deep tissue massage—which doesn’t move lymph as well because of the compression involved—cupping pulls up on the tissue, allowing for lymph to flow more easily. The suction also pulls stagnant blood, hormones, and metabolic waste to the surface so it can be flushed out through the lymphatic system.

The strength of the suction of the cups used can be adjusted by the therapist. Specific cupping options include working on the feet and calves to help with pain from plantar fasciitis; shoulders to help with frozen shoulder or other shoulder issues; glutes and hamstrings to assist sciatic function; forearms for tennis elbow; and quads and IT band for hip pain.

Please note that cupping may cause a histamine reaction that sometimes results in redness or discoloration of the skin.

Full-Body Dry Brushing
add-on 15 minutes

Experience a technique that has been used for centuries to gently exfoliate dead skin cells, bring blood and oxygen to the surface of the skin, and help in the detoxification process. Especially in more sedentary winter months, adding a dry brush treatment will assist in boosting your immune system by stimulating the lymph, which helps you resist infections.

Clients are welcome to take their dry brush home for continued regular use after their session.

Eminence® Hand Treatment
add-on 15 minutes

If no amount of lotion seems to soothe your dry hands, it may be time for a more intensive hand treatment. Using the Eminence Yam and Pumpkin Enzyme Peel along with the Eminence Monoi Cream allows us to exfoliate, enrich, and moisturize, leaving your hands feeling soft and new. A joint tension-relieving massage is integrated into this special add-on.

Magic Mend Arnica Oil
add-in

The arnica application—using locally-made Magic Mend from Heartstone Herbal—is a soothing and effective additional treatment, perfect for anyone who has a bit of pain or inflammation that needs extra attention. The anti-inflammatory effects of Magic Mend oil, which includes arnica and a blend of other medicinal herbs, is great for sore muscles, arthritic pain, bumps and bruises, and even acute injuries—both new and old.

ENERGY WORK

Wholeness Healing
50 minutes

This balancing and restorative energy session is about recognizing and supporting your body’s own self-healing ability. The therapist uses light, gentle contacts to clear the major joints of the body, and then encourage balance between the chakras (energy centers) that are located along the spine and which align with major endocrine glands. Clients describe this work as deeply relaxing and grounding, and have found it can be useful with emotional processing or when they have been feeling “scattered.” This session can be done with the client comfortably clothed.

Reiki
50 minutes

The two Japanese words Rei and Ki mean “spiritually guided” and “life force energy.” Simply put, Reiki is energy healing for relaxation and stress reduction. As you rest in comfortable clothing on a massage table, the Reiki Master uses light touch to help your body heal itself. Pain, stress, and tension melt away as Reiki energy is shared in a safe, healing way that soothes, nourishes, and relaxes you from head to toe.



FACIALS & SKINCARE

Rasa® Signature Facial

50 or 80 minutes

Our skincare team uses the Eminence Organics and Circadia skincare lines to customize each client's facial. Everyone's skin is unique, and we believe that each facial should be unique. You and your esthetician will discuss any concerns you might have; together, you will determine which products best suit your needs.

Results-Driven Facial

80 minutes

Can't decide what type of facial to book? Not sure what your skin needs this season? When you come in for this appointment, your esthetician will perform a detailed consultation with you to discover exactly what your skin needs. All of our products and tools are at your disposal in this all-encompassing facial.

Hydrating Facial

50 or 80 minutes

Maximize hydration with Circadia's Marshmallow Whip Hydrating facial. Dry, dehydrated skin will be transformed with a complex blend of hydrating peptides and botanicals to infuse critical hydration into the skin, resulting in overall health.

Microdermabrasion

50 or 80 minutes

This regenerating facial relieves congestion, minimizes wrinkles and fine lines, stimulates cell renewal, heals, and increases circulation, all while supplying the skin with essential nutrients, vitamins, and antioxidants. Microdermabrasion is a deeply exfoliating facial that creates a healthy state of skin and allows for a deep penetration of nourishing products.



Rasa® Signature Facial

Oxygen Treatment

80 minutes

This treatment is ideal for those looking for a fast result from their facial—the perfect timing for this treatment is a day or two before your big event and will brighten your skin. This oxygen treatment is suitable for all skin types and is especially effective for those with acne, rosacea, and sun-damaged or hyperpigmented skin. The treatment stimulates vasoconstriction, which decreases redness and darkening. A unique alternative to chemical peels, this oxygen treatment imparts an immediate boost to the look and feel of your skin.

Illuminating Facial

80 minutes

In this treatment, the application of light energy to the body produces a natural biochemical reaction. Similar to the process of plant photosynthesis, this process has a wide range of beneficial applications across many medical fields, including the treatment of skin.

The Illuminating Facial is Rasa’s holistic approach to anti-aging and acne-prone skin. Let our skincare experts treat the health of your skin with targeted products, UV light therapy, and an in-depth consultation for at-home care between spa treatments.

Rasa® Signature Back Treatment

50 minutes

This exfoliating treatment is the perfect solution for problematic, acne-prone skin on the back and shoulders. The service begins with a relaxing steam to open the pores, followed by deep cleaning, gentle exfoliation, and extractions as needed. A rejuvenating and purifying mask is then applied before finishing with a light moisturizer for restoration. This is a transformative skincare system created to restore the skin to radiant health.



Facial Waxing

We offer lip, chin, and eyebrow waxing—both as part of your facial appointment, or as a standalone service in the salon. Depending on your skin type, hair type, and previous experience (or inexperience) with waxing, your session and wax choice will be tailored by your practitioner to meet your specific goals. Please refrain from using Retin-A, Renova, Differin, Accutane, or any such derivative for a week before your waxing appointment. Not doing so may result in lifting of your skin.

Chemical Peel

add-in

Rasa offers two types of chemical peels: lactic acid and alpha beta. The lactic acid peel is a great broad-spectrum peel for all skin types, including aging and acneic skin. The alpha beta peel uses a blend of acids to exfoliate without harshness, irritation, or inflammation, producing little to no stinging sensation. This treatment adds fifteen minutes to your session time.

Both chemical peels are great broad-spectrum peels and are well tolerated by most skin types. However, they are not recommended for anyone with hypersensitive or highly allergic skin, those who have used Accutane within the past year, or who have used a Retin-A treatment within the past week. They are also not recommended for those who are pregnant or nursing.

Dermaplaning

add-on 15 minutes

A fantastic way to smooth and soften skin, dermaplaning can help with acne scarring, hyperpigmentation, clogged pores, and fine lines. As an added bonus, this treatment will also take care of any fine peach fuzz hair. Sometimes referred to as blading, dermaplaning is a noninvasive, painless procedure in which dead skin cells are manually scraped away from the skin’s surface with a sharp blade. This treatment adds fifteen minutes to your session time.

Eminence® Eye Treatment

add-in

This four-part treatment gently and effectively treats and minimizes fine lines, puffiness, sagging skin, and dark circles. First, we exfoliate and prepare the eye area. Next, laugh lines are treated with a hydrating mask, before the application of a cucumber eye gel to combat swelling and puffiness. Finally, the use of a wild plum eye cream treats dark circles, fine lines, and dryness.

Eminence® Lip Treatment

add-in

The three-step Eminence lip treatment helps erase dryness and enhances your lips naturally. First, gentle citrus fruit enzymes refine the lip area. Then, an extra rich and plumping masque is applied for deep hydration. Finally, we finish with a delicious minty non-petroleum based citrus balm that soothes and energizes.



SKINCARE ADD-INS AND ADD-ONS

Eminence® Hand Treatment

add-on 15 minutes

If no amount of lotion seems to soothe your dry hands, it may be time for a more intensive hand treatment. Using the Eminence Yam and Pumpkin Enzyme Peel along with the Eminence Monoi Cream allows us to exfoliate, enrich, and moisturize, leaving your hands feeling soft and new. Massage and Eco-Fin, a paraffin alternative, are also integrated into this special add-on.

Light Therapy

add-on 15 minutes

Application of light energy to the body produces a natural biochemical reaction. Similar to the process of plant photosynthesis, this process has a wide range of beneficial applications across many medical fields, including the treatment of skin. Let our skincare expert treat your skin with targeted products and UV light therapy.

Exfoliating Mangosteen Foot Peel

add-on 30 minutes

As you relax, you will experience a thorough cleanse and exfoliation with products from our best-selling Eminence Organic Skincare Stone Crop line as well as the soothing tingle of the Mangosteen Pro Peel, which gently penetrates the skin to dramatically improve skin texture and increase hydration. As your feet are embraced by hot towels and massaged with nutrient-rich oil, you can luxuriate in the pleasant contrasting sensations as hot and cool temperatures combine to increase blood flow and promote healing. You will leave the session feeling refreshed and revitalized with soft, smooth, hydrated feet and moisturized cuticles.

Left: A jade roller being used during a facial treatment.



SALON TREATMENTS

NAIL CARE

Rasa au Naturel Manicure

50 minutes

Allow our nail care experts to take excellent care of your hands, fingernails, and cuticles in our signature manicure session. High-quality nail oils and lotions from Eminence Organics will give your hardworking hands a well-deserved renewal. Each manicure includes a gentle exfoliation, a nourishing oil nail bed massage, a precision-based manicure, steamy herbal towels, and a healing hand massage. Choose to leave your nails perfectly bare, buffed, or pick an inspired color from our curated art wall collection of organic nail polish.

Seasonal Manicure

50 minutes

Level up your Signature Manicure with a chance to harmonize with the seasons. It includes a deeper exfoliation with Rasa locally crafted seasonal scrub. Leave nails nourished and bare or choose from our selection of organic nail polishes.

Rasa au Naturel Pedicure

50 or 80 minutes

Allow our nail care experts to take excellent care of your feet, toenails, and cuticles in our signature pedicure session. High-quality nail oils and lotions from Eminence Organics will restore your nails, toes, and feet. Gentle exfoliation and callus reduction are included. Leave nails nourished and bare, buffed, or choose from our selection of organic nail polishes.

Seasonal Pedicure

50 or 80 minutes

Level up your Signature Pedicure and revitalize your lower legs, feet and toes with Rasa's locally crafted seasonal scrub. Leave nails nourished and bare, buffed, or choose from our selection of organic nail polishes.

Red Flower Hammam

Ritual Pedicure

50 minutes

Rooted in Turkish tradition, the Red Flower Hammam Ritual detoxifies, relaxes, and awakens your whole being. The Hammam intention offers you full sensory experience as your lower legs, feet, and nail beds are enveloped in the scents and textures of rich oils, exfoliants, natural clays, healing butters, and creams. Each level of this experience releases an intense, redolent scent along with therapeutic healing properties.

The ritual begins with an intoxicating lemon blossom coffee scrub, followed by a fragrant jasmine rhassoul clay application. After cleansing, a soft water mist envelops you with a lovely quince aroma. Finally, a generous moisturizing lower leg and foot massage with tangerine and cardamom softens your skin and relaxes your whole being.

Eminence® Hand Treatment
add-on 15 minutes

If no amount of lotion seems to soothe your dry hands, it may be time for a more intensive hand treatment. Using the Eminence Yam and Pumpkin Enzyme Peel along with the Eminence Monoi Cream allows us to exfoliate, enrich, and moisturize, leaving your hands feeling soft and new. Massage and Eco-Fin, a paraffin alternative, are also integrated into this special add-on.

Exfoliating Mangosteen Foot Peel
add-on 15 minutes

As you relax, you will experience a thorough cleanse and exfoliation with products from our best-selling Eminence Organic Skincare Stone Crop line as well as the soothing tingle of the Mangosteen Pro Peel, which gently penetrates the skin to dramatically improve skin texture and increase hydration. As your feet are embraced by hot towels and massaged with nutrient-rich oil, you can luxuriate in the pleasant contrasting sensations as hot and cool temperatures combine to increase blood flow and promote healing. You will leave the session feeling refreshed and revitalized with soft, smooth, hydrated feet and moisturized cuticles.



Eminence® Hand Treatment

As we begin to realize the dangers of harmful chemicals in the ingredients of our beauty products, we seek more plant-derived and naturally sourced products. Historically, our ancestors not only ate plants, but also used plants and fungi for medicinal purposes, used wooden brushes to tame their locks, bathed in sugar and salt, and moisturized their skin with plant-based oils. Our skin and hair are important components to leading a healthy lifestyle, and what products we used should be as important as the food we eat and the medicines we take.

Our featured haircare partner, Surface, represent “beauty with a conscience.” Surface believes that nature provides the best ingredients for hair care, skin care, and hair color. Surface is committed to discovering, deriving, and formulating natural ingredients to perfection and is a high-performance, salon-exclusive hair and skin company that completely respects personal health and the earth. Surface provides forest restoration through the Arbor Day Foundation, funds Breast Cancer Research, and sponsors fifty World Vision Children.

Signature Blowout
50 minutes

Heading to the wineries for the day, going on a romantic dinner date, attending a wedding on the property, or just want your scalp and hair to experience a deeper state of health while looking exceptionally fabulous? We’re ready for you in the salon. Including a thorough hair wash and condition, luxurious scalp massage, and expert blowout, we provide an excellent and customized end result.

If you are interested in taking your hair and scalp health to the next level, we highly recommend choosing one of our healthy hair prescriptives.

Updo
50 minutes

Take your blowout a step further with a professional updo of your choice. Please bring an image of your updo vision or consult with our stylists when you arrive to develop a flattering, natural, yet professional look.

If you are interested in taking your hair and scalp health to the next level, we highly recommend choosing one of our healthy hair prescriptives.

HAIRCARE ADD-ONS

Healthy Hair Prescriptives

add-on 15 minutes

Awaken: Scalp Facial

Revitalize your scalp, rejuvenate your hair. Treat hair loss, alopecia, dandruff, psoriasis, and itchy scalp. Naturally cleanse, stimulate, revitalize, and strengthen. Botanicals, vitamins, and amino acids contribute to drug-free cellular rejuvenation and a healthy hair follicle to produce healthier hair.

Repair: Purify and Maximum Bond Build

Purify with a deep, gentle cleanse as target-specific, sulfate-free cleansers are attracted to only the unwanted elements of mineral, chlorine, medication, and environmental buildup. One Shot gluten-free protein rebuilds the hair's bonds to maximize strength and color retention. Bassu Masque provides deep moisture. Bassu Oil carries this repair deep into the hair while providing moisturizing omegas three, six, and nine and color retention antioxidants.

Love Your Curls: Moisture Treatment

Instantly moisturize and de-frizz curls as cocoa butter and babassu oil melt moisture into the hair. Vitamins strengthen the hair while natural sugars wrap the hair for shine and control.

Trinity: Color Lock Treatment

Surface sources gluten-free amaranth protein from organic farms in Peru. Amaranth offers nine essential amino acids that act to bond color to the hair. Moringa features 30 antioxidants, 10 vitamins, 18 minerals, eight amino acids, and 10 non-essential amino acids, providing continuous elimination of color-fading free radicals. Used together in this treatment, they provide the ultimate in color retention.

MAKEUP

Just a Touch-Up

25 minutes

Whether you're leaving from a day at the Spa, adding on to your professional blowout, heading out for a wine tour, or simply want to freshen up your look, a touch-up is for you. This service includes concealer, foundation, mascara, blush, lipstick, and brow fill-in.

An Evening Out

50 minutes

Our expert makeup artists are here for you. Whether you are going for natural or dramatic, stop at the salon as part of your evening's "get ready" process. This service is a step up from our Touch-Up service, including more enhanced attention around the lips, eyes, and brows.

Event-Ready

50 minutes

This is a high-touch service for your most special moments: galas, parties, weddings, photo shoots, and more. Feel free to contact us for further information about wedding consultations, trials, and on-site group offerings.





PACKAGES & RETREATS

PACKAGES

Classic

Named the Classic for a reason, this combination is timeless for any spa-goer. The Classic package includes a 50-minute facial and a 50-minute massage, leaving you feeling cared for from head to toe.

Extended Classic

The Extended Classic offers an 80-minute massage and an 80-minute facial. Relish the longer, more effective bodywork and enjoy more detailed, deeper skincare.

Bliss Therapy

This customized session engages all of your senses and includes a combination of a 50-minute Abhyanga massage plus a 50-minute Ananda treatment. Enjoy a rhythmic, flowing massage with herbal oil, followed by warm oil applied to your forehead and scalp to calm the nervous system and quiet the mind. The entire journey will be customized to meet your needs and navigated by your experienced practitioner. Let go, trust, and rejuvenate your mind, body, and spirit.

Essence

In Sanskrit, the word Rasa points to the essence of something—that which can only be suggested, but never quite defined. Our Essence package includes the Bliss Therapy treatment (a 50-minute Ananda and 50-minute Abhyanga massage) and our 50-minute Oxygen Facial, services that capture the elemental nature of our Spa.

Prenatal

This package is specifically tailored to the needs of women who are expecting. The prenatal package includes a 50-minute prenatal massage and 50 minutes of reflexology for tired feet. Our therapists have been trained in the ins and outs of pregnancy massage and take great care with our prenatal clients.

Spouse-to-Be

Before your wedding ceremony, slow down with this incredibly grounding treatment. An uninterrupted two-hour service, the Spouse-to-Be package includes an extended red flower Hammam treatment with reflexology.

Performance

Designed for those with an active lifestyle who are looking to enhance their performance and recovery, the performance package begins with a 50-minute sports massage targeting areas specific to your sport. After your muscles are relaxed and enlivened, you will receive a 50-minute reflexology session to promote full-body healing. The feet are the initiators and anchors of all movements in the body, so having open, flexible feet enhances any and all movements associated with your training.

SEASONAL PACKAGES

Each of our seasonal packages is a 100-minute session of combined services that support your body through the seasons.

Spring: Wrap with Extended Dry Brush and Massage

Spring is a season ideal for detoxifying and cleansing. Our dry brush treatment stimulates lymph flow while providing a thorough full-body exfoliation, leaving you refreshed and invigorated. The wrap treatment promotes relaxation, grounding, and detoxification for a perfect start to spring.

Summer: Wrap and Scrub

Summer is a time of expansive joy. The wrap and scrub treatment duo is a wonderful way to practice supreme self-care—all your senses will be stimulated, and you will be attended from head to toe with this perfect combination of invigoration and nourishment.

Fall: Hydrating Facial and Immune Boost

Fall is a season of releasing and grounding. Our hydrating facial nurtures and moisturizes your skin to perfectly combat the dryness of fall. The Immune Boost stimulates your body's defenses while opening and cleansing the circulatory and lymphatic pathways that keep us healthy all year long.

Winter: Hot Stone and Ananda

Winter is a perfect time to cultivate inner warmth. Our winter package will infuse you with warmth that penetrates deep into your body and encourages fluidity and flexibility. A hot stone massage session, tailored to your individual needs, melts chronic tension, while the Ananda infuses your hair, scalp, and upper body with a fragrant oil that moisturizes and rejuvenates your hair and scalp.

Private Spa Experience

Would you like the Spa to yourself? We're happy to oblige with this after-hours rental; hours of availability vary.



Metta Retreat

Three Days

This three-day retreat is inspired by the Buddhist practice of Metta meditation, or loving-kindness meditation. Inviting you to be present with and kind to yourself and others, this three-day detox gently peels away layers of physical and emotional toxins, leaving you invigorated and transformed. Metta meditation techniques will be woven throughout the three days.

Day One

- Self-care education theme: techniques for the skin
- Warming Abhyanga massage with herbal oils (80 minutes)
- Customized Rasa facial with in-depth skincare consultation (80 minutes)

Day Two

- Self-care education theme: self-massage for grounding and foot health
- Balancing wrap (dry brush, herbal oil application, head and neck massage) (80 minutes)
- Aromatic steam hydrotherapy circuit reflexology with self-massage for grounding and foot health education (80 minutes)

Day Three

- Self-care education theme: movement routine for physical and emotional wellness
- Detoxifying ritual treatment with movement routine for physical and emotional wellness education (120 minutes)
- Ananda (50 minutes)

Head-to-Toe Reawakening Retreat

Two Days

This retreat will allow you to sink into presence with yourself and plant seeds of your intention for your life. In the peaceful, beautiful, water-centered environment of the Spa, such moments can have powerful ripple effects that last for years. Upon check-in, you will receive a beautiful journal with reflection, dreaming, and planning activities. Through these written activities, this retreat will give you the opportunity to connect with yourself in a deeper way. Simple questions like “What things in your life would you like to let go of?” and “What would you like to invite more of into your life?” will lead you into a space of self-reflection and connection.

Day One

- Scrub (50 minutes)
- Oxygen treatment facial (80 minutes)
- Hydrotherapy circuit

Day Two

- Self-guided forest bathing
- Ananda and reflexology (50 minutes each)
- Hydrotherapy circuit

Duet Retreat

Two Days

This two-day retreat for couples is designed to strengthen your own selves as well as your relationship with each other. Through romantic, grounded, and intentional duet services and meditations, you will leave stronger than ever. You will receive a journal upon arrival, in which you are encouraged to keep notes throughout your stay. You’ll have the opportunity to take advantage of many of the Spa’s amenities together, including the indoor and outdoor hydrotherapy options and the co-ed outdoor sauna.

Day One

- Duet Ananda and reflexology (100 minutes)
- Clarifying/love yourself meditation
- Contrast bathing circuit
- Forest bathing/walk

Day Two

- Silent trail walk to the spa
- Aromatherapy duet massage (80 minutes)
- Connection meditation
- Intentional meal
- Traditional sauna (indoor or outdoor)
- Contrast bathing circuits

Joint Health Retreat

Two Days

This two-day retreat is a way to make significant progress in your joint pain recovery over a single weekend. Your time at the Spa will include contrast massage treatments to the affected joints, herbal poultices, localized herbal steam treatments, and self-care techniques. You will begin a path of supporting your joint wellness and mobility—continuing after you leave through the self-care that you learn at the Spa. Included is a private therapeutic yoga session, Medical Massage with contrast stones (80 minutes), Exfoliating Dry Brush (50 minutes), Abhyanga and herbal poultice application (80 minutes), and specialized circuits in our hydrotherapy facilities.



HYDROTHERAPY

HYDROTHERAPY

Hydrotherapy is an ancient form of healing that supports and strengthens our bodies, minds, and spirits. As long as human beings have been in existence, we have cultivated a connection with water, providing us with cleansing, healing, and transformation. Hydrotherapy involves a ritual relationship with water that invites us to deeply experience water's regenerative and transformative powers. We use immersion in water—and in heat—to draw out our senses, allow our bodies to detoxify, and experience utmost vitality.

Every hydrotherapy circuit involves three simple steps:

Heat: Immerse yourself in heat for 10 to 15 minutes

Cold: Cool off for a few seconds to a few minutes

Rest: Allow your body to relax for 15-20 minutes

These three steps can be repeated up to three times, provided you are feeling well and staying hydrated.

While enjoying our hydrotherapy facilities, please take good care of yourself throughout the process. Listen to your body's cues; always take a break to rest if needed. Make sure to drink plenty of water before, during, and after hydrotherapy. It's best to avoid having a full stomach while doing the circuits (although healthy, easily digestible snacks can be helpful and supportive). You will likely be hungry afterward; we recommend enjoying the nourishing food available at the café's grazing table, which is included in your Spa visit.

A note about enjoying alcoholic beverages during your stay: Alcohol can amplify your body's sensitivity to hydrotherapy and increase the risk of undesirable side effects, such as headache and nausea. In addition, alcohol may impair your judgment about when to rest and how intensely to engage in the circuits. Therefore, we recommend

refraining from alcohol use before and during hydrotherapy. If you choose to enjoy an alcoholic beverage during your visit, please do so in moderation and after your hydrotherapy circuit. Keep in mind that you need to drink plenty of water after doing hydrotherapy, and even more so if you ingest alcohol.

Traditional Sauna

Our facility offers both indoor and outdoor sauna options for a tailored sensory experience. The dry heat in the sauna opens the pores, aids in detoxification, promotes relaxation, and increases circulation and warmth in the muscles. Taking a sauna is a great therapy before and after your massage or body treatment. If you take a sauna before your treatment and break a sweat, please allow time to rinse off before meeting with your therapist.

Steps for a traditional sauna:

Hydrate before, during, and after.

Hot: Stay in the sauna for 10-15 minutes, or until you can feel beads of perspiration forming on your chest. You may want to ladle water onto the hot rocks and create a steam to enhance the experience or if the air feels too dry.

Cold: Leave the sauna and enter directly into the cooling experience—either a cold (or cool) shower or cold plunge. If you choose a shower, be sure to get your head and face under the cold water to heighten the experience and prevent headaches, which can sometimes happen with excessive heat. Be sure to include your hands and feet as well, as these areas have plentiful lymphatic tissue.

Rest: Relax for 15-20 minutes in our tranquility room, in the indoor or outdoor wet spaces, in the changing rooms, or outside on the property, allowing your body temperature to equalize and enjoy the flow of endorphins created by the experience.

Repeat if desired.

Steam Room

The moist heat in a steam room opens pores in the skin, penetrates the joints, and cleanses the respiratory pathways. A deeply relaxing experience, a steam room is particularly beneficial for those who have dry skin or wish to address joint pain. A steam room encourages deep breathing and is a great place to sink into presence with yourself. Self-massage, meditation, and breath awareness are all perfectly supported by the expansive feeling of the

warmth and steam.

The steam room is a glorious addition to many of our body treatments, most notably the Abhyanga, the Dry Brush, and the Bliss Therapy.

Steps for a steam:

Hydrate before, during, and after.

Hot: Stay in the steam room for about 15 minutes and no more than 20 minutes. You may want to begin on the lower seating level and progress to the upper level once you are used to the heat.

Cold: Leave the steam room and enter directly into the cooling experience—either a cold (or cool) shower or cold plunge. If you choose a shower, turn the water as cold as you can stand. Make sure to get your head and face under the cold water to enhance the experience and prevent headaches, which can sometimes happen with excessive heat. Be sure to include your hands and feet as well, as these areas have plentiful lymphatic tissue.

Rest: Relax for 15-20 minutes in our tranquility room, in the indoor or outdoor wet spaces, in the changing rooms, or outside on the property, allowing your body temperature to equalize and enjoy the flow of endorphins created by the experience.

Repeat if desired.

Contrast Bathing

Hot and cold baths are an ancient form of healing, likely beginning when humans made the happy discovery of their first natural hot spring. Our draw toward water

is deeply ingrained in humanity’s history and is a profound reflection of the water within our bodies: we are mostly water ourselves. Immersing in water changes the water inside us: its flow, its temperature, and its vitality. For this reason, bathing in healing waters offers an experience that brings us a sense of being alive that can’t be found anywhere else.

Steps for a healing contrast bath:

Hydrate before, during, and after.

Hot: Stay in the hot pool for about 15 minutes. You may want to begin in the warm pool and progress to the hot pool once you are used to the heat. Feel free to float, move your body, and stretch as you luxuriate in the warmth.

Cold: Leave the hot pool and enter directly into the cooling experience—either a cold (or cool) shower or cold plunge. Enjoy the feeling of being fully alive that the adrenaline rush of a cold plunge brings. The cold plunge is for just a few seconds, in and out—but be sure to go completely underwater. If you choose a shower, turn the water as cold as you can stand. Make sure to get your head and face under the cold water to enhance the experience and prevent headaches, which can sometimes happen with excessive heat. Be sure to include your hands and feet as well, as these areas have plentiful lymphatic tissue.

Rest: Relax for 15-20 minutes in our tranquility room, in the indoor or outdoor wet spaces, in the changing rooms, or outside on the property, allowing your body temperature to equalize and enjoy the flow of endorphins created by the experience.

Repeat if desired.

Warm Soak

A warm soak is a perfect tool for a gentle hydrotherapy experience. Great for those who are very sensitive to temperature changes, a warm soak is an excellent way to introduce yourself to the healing world of hydrotherapy. During pregnancy, it is best to avoid exposure to high heat and dramatic temperature fluctuations, so we recommend this circuit for all our prenatal guests. In addition, we advise anyone with cardiovascular or neurological issues to engage in this gentle circuit. (If you have such a diagnosis, please do consult with your physician before doing hydrotherapy.)

Hydrate before, during, and after.

Warm: Enjoy the warm pool for 10-15 minutes, allowing your body to unwind and your relaxation response to engage. If you are pregnant, especially in your first trimester, we recommend cautious immersion in the pool, perhaps leaving your upper body out of the water to ensure that your core body temperature doesn’t change significantly (maintaining a core body temperature of no more than 102.2 degrees is recommended by the American Pregnancy Association). Please consult your physician if you have any questions about the use of hydrotherapy during your pregnancy.

Cool: Leave the pool and head right to the showers, taking a tepid rinse. Make sure to get your head and face under the water. Include your hands and feet as well, as these areas have plentiful lymphatic tissue.

Rest: Relax for 15-20 minutes in our tranquility room, in the indoor or outdoor wet spaces, in the changing rooms, or outside on the property, allowing your body temperature to equalize and enjoy the flow of endorphins created by the experience.

STAY IN AURORA

Aurora is a very special place: situated between Cayuga Lake's calming presence to the west and the shelter of the forested hills to the east, this storybook village is an ideal destination for a wellness getaway.

STAY IN AURORA

Throughout its history, Aurora has drawn people away from the tumult of big cities to enjoy the natural beauty of the surrounding area. Our state-of-the-art spa campus further enhances the restorative qualities of this place. The Spa at the Inns of Aurora serves as a focal point for the energy that flows through the landscape—the water, the wind, the open fields and deep forests—and provides guests with a singular wellness experience.

The five Inns of Aurora—along with a farm-to-table restaurant, casual pub, village market, wellness & activities center, and demonstration kitchen—are tucked into this charming setting, all within easy walking distance along Aurora's elm-lined Main Street.

Guests can enjoy a full range of dining experiences in Aurora, from refined farm-to-table to laid-back comfort food—all within one square mile. 1833 Kitchen & Bar is the signature dining experience at the Inns of Aurora, celebrating the culinary style and local produce of the Finger Lakes

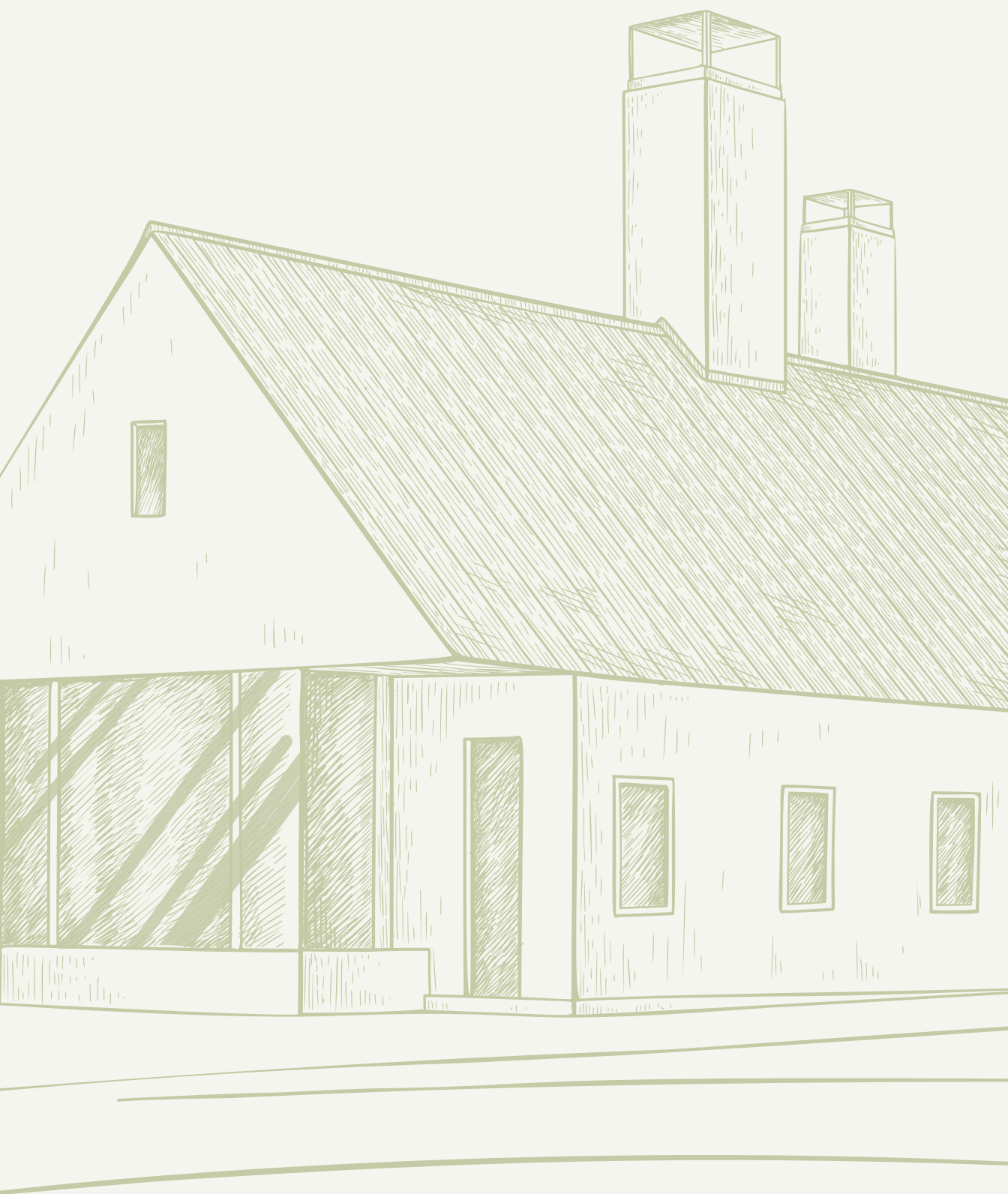
region with a sophisticated flair. The Fargo Bar & Grill is a classic village tavern, serving delicious local drafts alongside familiar pub fare. The demonstration kitchen at Aurora Cooks! offers lively culinary presentations in a social setting, plus event space for groups.

The Inns of Aurora Nature Trail connects the Spa to our other amenities and accommodations. A brisk hike up a short section of the trail brings guests directly from the village to the Spa; for a more scenic route, hikers can traverse the entire three-mile loop, enjoying beautiful views of Cayuga Lake, as well as a variety of scenery and wildlife.

In addition to the treatments available at the Spa, the resort offers a multitude of activities and private experiences: watercraft, yoga classes, guided nature hikes, tea-blending workshops, and many more. While almost all of our activities are complimentary for guests, private experiences are also available.



Left: The Aurora Inn. Above: Rowland House Room Two



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