



centrally located,  
yet wonderfully removed  
Relax... Breathe deeply... Exhale and  
enter your own private oasis — The Spa  
at Traditions. The perfect retreat where  
you will discover the latest in beauty and  
wellness treatments for body, mind and  
soul. The perfect solution for a too-busy  
world or a too-busy agenda...

### Gratuities

Gratuities may be given at your discretion to show appreciation for exceptional service.

### Gift Certificates

Gift Certificates are available for spa treatments.

### What to bring

All amenities are included in our locker rooms. We provide robes and slippers for use in the spa. Lockers are provided for your personal belongings. Please leave all valuables at home as we are not responsible for lost or stolen personal belongings.

### Spa Etiquette

To preserve the tranquility of the spa, we respectfully request that you turn off all cell phones and pagers.

### Arrival

We encourage you to arrive 30 minutes prior to your scheduled appointment. Be reminded that your late arrival will determine the length of your treatment. As a courtesy to all guests, all appointments begin and end on time.

### Hours of Operation

Mon - Sat: 9am-8pm, Sun: 11am-5pm

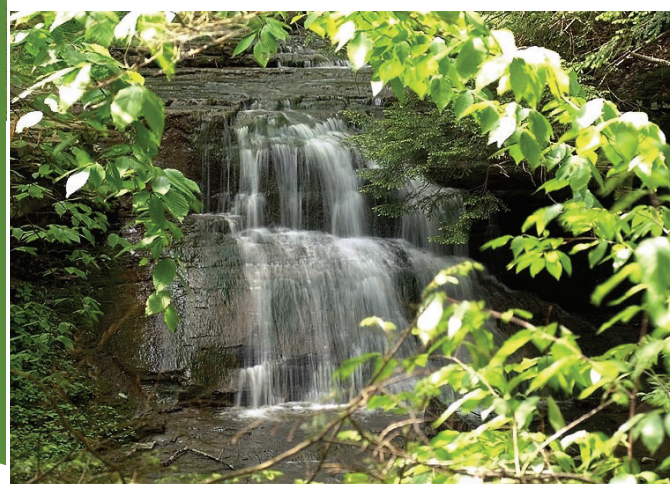
### Directions

Route 17 to 201N (Exit #70)  
Turn left at light onto Harry L. Drive - go approx. 1 mile  
Turn right between the two large Traditions at the Glen Resort and Conference center signs.  
Follow signs to The Spa at Traditions



4101 Watson Boulevard  
Johnson City, NY 13790

607.797.2381 | [www.TraditionsSpa.com](http://www.TraditionsSpa.com)



4101 Watson Boulevard | Johnson City | NY | 13790

607.797.2381

[www.traditionsspa.com](http://www.traditionsspa.com)

## Massage Treatments

### Couples Massage

Choose from any one of our massage treatments and share the experience side by side in our couples treatment room.

### Couples Suite

Experience the ultimate in relaxation with your partner in our Couple's Suite. Enjoy your choice of a 50 minute Body Renewal or an Aromatherapy Couple's Massage. Spend some special time together after your treatment with complimentary champagne and chocolate covered strawberries served in your private room.

### Hot Stone Massage

NOT RECOMMENDED IF YOU HAVE HIGH BLOOD PRESSURE, HEART DISEASE, OR IF YOU ARE PREGNANT. A specialty massage where the therapist uses smooth, heated Basalt stones as an extension of their own hands. The heat provides deep relaxation and helps warm up tight muscles, allowing the therapist to work more deeply.

### Signature Aromatherapy Massage

The powerful effects of essential oils (our custom blend) and a combination of all massage modalities lead to the ultimate in stress reduction and promotes total relaxation.

### Body Renewal Massage

This classic Swedish full-body massage is designed to relax tight muscles, soothe the spirit, and quiet the mind.

### Deep Tissue/Golfers Massage

Designed to relieve severe tension in the deeper layers of the muscles and connective tissue. This massage focuses on specific areas and due to the slower nature of this work, not all areas of the body may be addressed.

### Pregnancy Massage

A nurturing and relaxing massage for both baby and mother-to-be using a body cushion system. Our pregnant clients are able to lie face down both comfortably and safely at any stage of pregnancy.

### Reflexology

An ancient Oriental technique of pressure point massage that focuses on the hands and feet.



## Air Brush Tanning

### Custom Airbrush Tanning

### Mega-Hydrating Tanning

Get a healthy glow for your special event or as a safe alternative to the sun's harmful rays. This solution holds up to a thousand times its own weight in water and dries in three to four hours. It's a complete tonic treatment for your skin, leaving the skin hydrated soft and smooth.

## Private Party Room

The Spa's party room is the perfect complement to the total spa experience for a small or large group. Whether it be a special occasion or just a get together, our party room can be enjoyed prior, during or after your spa services. A special spa food menu is available and can be specifically tailored to your needs or desires. \$75 room rental fee for those with services totaling less and \$250.

Call for availability and party planning assistance.

## Hands

### Manicure

Traditional nail and cuticle care, exfoliation and massage of the hands and arms, plus polish.

### Spa Manicure

A luxurious nail service including nail and cuticle care, extended exfoliation, customizable treatment mask with hot towels, extended massage of hands and arms, plus polish.

### Shellac Manicure

The CND Shellac System features a dry manicure with traditional nail and cuticle care. Combined with the CND LED lamp, your nails will dry instantly to a mirror shine and remain flawless for up to two weeks.



## Feet

### Spa Pedicure

A luxurious nail service including nail and cuticle care, extended exfoliation, customizable treatment mask with hot towels, extended massage of feet and legs, plus polish.

## Eyebrow and Lash Services

### Eyebrow Extensions

Individual synthetic brow hairs that add length, density and color. They are applied to the natural brows or onto the brow skin. Eyebrow Extension Adhesive is medical grade, hypoallergenic and safe to use on the skin. It bonds in a few seconds and is waterproof, sweat proof, and can last up to 21 days on the skin or longer with the proper care. Extensions are available in the following shades: honey-blond, auburn, light brown, medium brown, dark brown, and black. Eyebrow Extensions can now transform ANY eyebrow into a perfectly sculpted eyebrow, in just one appointment! **Treatments range from a level 1 to a level 3, depending on how much hair a client needs to achieve the desired look.**

### Level 1 - Minor Reconstruction - 45 minutes

**25% Extension / 75% Natural Brows.** Enhancing the tail area of the brow, filling the inner brow or fixing a scarred or patchy area of hair loss.

### Level 2 - Half Reconstruction - 75 minutes

**50% Extension / 50% Natural Brows.** Adding volume and defining shape to uneven or excessively damaged brows by doubling the fullness.

### Level 3 - Major Reconstruction - 90 minutes

**75% Extension / 25% Natural Brows.** Rebuilding symmetry and shape for those with sparse or few natural brow hairs, often after years of overenthusiastic hair removal or medical conditions

**No Natural Eyebrow Hair- 100% Extension/0% Natural Brows - 120 Minutes**

Add a brow shaping for Level 1 & 2 for an additional 15 mins

### Eyelash Extensions

Individual synthetic lashes that are applied directly to your own individual eyelashes. They come in various lengths, curves and thicknesses, from natural-looking to dramatic. Eyelash Extension Adhesive is medical grade, hypoallergenic and safe on the natural lash. Extensions remain on for approximately 4-6 weeks with their natural growth and shedding cycle. To keep the eyelashes full, one must maintain them by refilling bimonthly to monthly. Eyelash Extensions are waterproof, sweat proof and give the appearance of having mascara on without the messy clumps and smudging of makeup.

THE  
SPA  
—AT—  
TRADITIONS



## Facial Journeys

**WHEN BOOKING YOUR APPOINTMENT PLEASE MAKE OUR STAFF AWARE IF YOU ARE UNDER A DOCTOR'S CARE FOR ANY SKIN CONDITIONS OR ANY MEDICATIONS YOU MAY BE TAKING FOR SKIN PROBLEMS. ALSO, PLEASE LET OUR STAFF KNOW IF YOU HAVE ANY ALLERGIES.**

### Traditions Signature Facial

Delight in our revitalizing Traditions Signature Facial, customized to every skin type. Bring lifeless complexions to life. Service time for this treatment is 50 minutes

Add an additional 50 minutes and extend your relaxation with extra deep cleansing, exfoliation, massage, relaxation and rejuvenation.

### Illuminating Facial

Reduce the appearance of discoloration and uneven skin tone all without irritation.

### Be Clear Purifying Facial

Correct and treat oily, problematic and acneic skin.

### Anti-Oxidant, Anti-Aging Facial

Fight aging, redness, inflammation, dry and dehydrated skin.

### The MAX Plant Stem Cell Facial

Target fine lines, wrinkles, and loss of elasticity with this ultimate anti-aging facial.

### Facial Upgrades

Firming Neck and Décolate Treatment 15 minute add on

Eco-Fin Hydrating Hand Treatment

Customizable Eye Treatment

## Clinical Facials

### O2 LIFT Oxygen Treatment -- All Skin Types

A revolutionary treatment to exfoliate, illuminate and oxygenate in just one session. Service time for face or back treatment is 50 minutes each.

### ORMEDIC LIFT Organic Enzyme Facial -- Unbalanced/Pregnant/Teen Skin Types

A papaya, pineapple, pumpkin and mango infused blend of organic and medically effective ingredients designed to rebalance tired, stressed and dull looking skin. Service time for face or back treatment is 50 minutes each.

### SIGNATURE FACELIFT Enzyme Facial -- Dry/Rosacea/Sensitive Skin Types

This results driven treatment combines vitamin C, hydroxy acids and enzymes that speed up cellular renewal to brighten, lighten and tighten skin in just one session. Service time for face or back treatment is 50 minutes each.

### DiamondTome Skin Resurfacing Microdermabrasion

DiamondTome Skin Resurfacing treatment is non-invasive, pain-free and results are gradual but highly effective. DiamondTome improves overall skin health on any area of the body and can reduce the effects of sun damaged skin, age spots, blotchy skin coloring, wrinkles, skin texture, acne, superficial scars, oily skin, keratosis pilaris or “chicken skin” on arms and legs. Treatments are administered by our Certified Paramedical Aestheticians. Service time for all treatments are 50 minutes.

Six multiple session package, purchase five sessions and the sixth is complementary.

## Chemical Peels

Treatments are administered by our Certified Paramedical Aestheticians.

All Chemical Peels are 50 minutes.

\*Enhanced Chemical Peel with Clinical Enzyme Exfoliation first.

\*Peels may also be performed on back, arms and hands.

### LIGHTENING LIFT PEEL -- Sun Damage/Pigmentation/Rosacea

This ultra lightening treatment gently blends lactic acid and a cocktail of lightening and brightening agents to reduce discoloration and the redness caused by rosacea.

### WRINKLE LIFT PEEL -- Aging/Fine Lines/Wrinkles

This resurfacing blend of glycolic and retinol acids visibly reduces the appearances of fine lines and wrinkles leaving skin firm and revitalized.

### ACNE LIFT PEEL -- Oily/Problematic/Acne Grades 1-2

A potent blend of salicylic and glycolic acids blended with plant derived stem cells to effectively treat and heal blemishes, redness and diminish post-breakout dark spots.

### BETA LIFT PEEL -- Oily/Problematic/Acne Grades 3-4/Aging

This powerful salicylic peel provides smoother skin, immediate reduction of oil and active acne within 24 hours of treatment.

### PERFECTION LIFT PEEL -- Advanced Aging/Pigmentation/Acne

Exclusive blend of exfoliating agents are combined with powerful antioxidants, correcting peptides and plant derived stem cells to create “Perfection”.

## Body Treatments

**Please check our website for seasonal body treatment**

Each of our results-oriented body treatments features **FarmHouse Fresh, products are all made in Texas using up to 99.6% natural and naturally derived ingredients made from U.S. farms and most products are Paraben & Sulfate FREE. Our fragrances are all natural or phthalate free and many of our products are also Vegan and Gluten Free.** Begin your ultimate spa experience with our “Tranquility Welcome” - a precious combination of texture, aromatic notes and the power of human touch to relax both the body and mind. **When booking, please let our staff know about any allergies or sensitivities you might have.**

### Body Scrubs

### Into the Garden

Skin is thoroughly smoothed with a fine, refreshing Citrus Grass Salt plus rice bran oil scrub and finished with a Agave Nectar Oil application. Leave feeling quenched, silky and smooth. **NOT RECOMMENDED FOR CLIENTS WITH NUT ALLERGIES.**

### The Dreamsicle

Dry, parched skin is enveloped in a Clementine scented blend with a sweet cream scented salt scrub. Finish up with a white velvet vanilla Whoopie Shea Butter application.



### Body Wraps

A deeply relaxing and refreshing experience, your wrap begins with a full body polish, gently preparing your skin to receive the highest benefit from your treatment. As you are cocooned in your choice of wrap your body will softly unwind and a scalp and neck massage will melt away any stress. As a final touch, luxurious body cream will be massaged into your skin leaving it feeling nothing less than glorious!

**BODY WRAPS ARE NOT RECOMMENDED DURING PREGNANCY**

### Be Well Earth & Honey Renewal

Begin with an age-old peat mud nutrient mask envelops skin with bioactive organic plant matter and minerals to rapidly bring cool relief to skin irritations. Then you're drizzled in a warm honey, aloe and papaya fruit serum that seals in hydration and finish with a Agave Nectar Oil application.

### Tranquility Body Cocoon

A hydrating aromatherapy treatment, infused with rose and vanilla essential oils that nourish, protect and calm the skin. Also great for easing nervous tension, stress and lifting the heart. This treatment creates an intense feeling of physical and mental well-being.

### Tapioca Mocha Body Renewal

We begin with Triple Shot Caramel Coffee Scrub – it whips up with shea butter and sugar, and invigorates with caffeine and Arabica bean extract. Next, Tapioca, rice and glycolic and fruit extract-based AHA's combine in a power pudding that tingles away as it sloughs off dry skin, revealing refreshed skin beneath. Finally end with a Sweet Cream Body Milk Lotion application

### Age-Defying Body Wrap

With indulgent ingredients such as kamani oil and bitter orange, this wrap effectively counteracts the effects of aging on the body. Benefits include improving elasticity, tone and firmness of the skin. A full body wrap is followed by a finishing application that will help reduce the appearance of stretch marks and aid in the prevention of new ones. **NOT RECOMMENDED FOR CLIENTS WITH NUT ALLERGIES.**

### Anti-Cellulite Treatments

Suggested for target areas, these treatments are great for pre-event / holiday preparation to reduce the appearance of cellulite and are best used in a series combined with proper diet and exercise for long lasting, visible results.

### Thermogenic Body Remodeler

An intense treatment specifically for the imperfections of resistant cellulite characterized by localized adiposity (a.k.a. orange peel skin). The hot-cold action stimulates microcirculation, lipolysis and visibly remodels the body contour. For use on target areas (i.e. thighs, hips, buttocks and belly). **NOT RECOMMENDED FOR NURSING MOTHERS, THOSE WITH CAPILLARY CONCERNS OR FOR CLIENTS WITH PROBLEMS RELATED TO THYROID.**



## Hair Care

### Cuts & Styles

Women's, Men's and Childrens' Cut & Style • Shampoo/Condition/Blow Dry/Style  
Specialty Blow Dry (curls, straightening) • Conditioning Treatment • Up-do

### Bridal Services

Bridal Up- Do • Bridal Mineral Make-up Application

Mandatory practice up-do for Brides at least two weeks before wedding.

Two month cancellation policy with Bridal Party.

\*Please contact Bridal Coordinator for bridal package.

### Perm Services

### Color

Color maintenance roots coverage • Full Color • Glazing • Full Foil Highlights • Partial Highlights

Crown Highlights • Full Color/Partial Highlights • Ombre/Balayage • Corrective Color

Dimensional Add-on • Scalp Massage Add-on

### Hair Straightening Services

You must have a Consultation before you book your appointment.

### Hair Extensions

You must have a Consultation before you book your appointment.

### Mineral Make-Up

Mineral Make-up Application

One on One make-up lesson with our make-up artist.

Airbrush Make-up Application

### Lash and Brow Services

Eyelash Extension Full Set, 120 minutes • Fill Application, 60 minutes

Anastasia Brow Shaping • Tweezing Only • Lash and Brow Tinting

### Waxing Services

Please allow for ample hair growth (at least 2-3 weeks) prior to waxing.

Brow Shaping • Lip • Full Face • Chin • Underarms • Full Arm • Half Arm • Full Leg • Half Leg

Back • Chest • Bikini • Brazilian

