



*We invite you to experience how enjoyable
serenity and well-being can be.*

**The Spa & Salon at the Common Man Inn
Plymouth, New Hampshire**

**Spa Reservations
603-238-2845 or 1-866-theCman**

theCmaninn.com



the
common
man **INN**[®]
& Spa
theCmaninn.com



Visit... theCmaninn.com



Spa & Salon Hours

Summer hours: Open daily 9 a.m.–7 p.m. November –April: Sunday–Thursday 9 a.m.–7 p.m., Friday and Saturday 9 a.m.–9 p.m.

Age Requirements

Guests under 18 are welcome with written parental consent.

Spa & Salon Amenities

Complimentary amenities for guests receiving spa treatments include separate men's and women's locker rooms and showers, cardio/weight room, hot tub, indoor pool, sauna, and complimentary teas.

Cancellation Policy

We require 48 hours notice for cancellation and rescheduling. Guests canceling with less than 48 hours notice, will be charged 50% of the scheduled treatment price. Guests not providing cancellation notice will be charged the full treatment price. A valid credit card is required to reserve all appointments.

Arrival

Arrive as early as you would like to enjoy our complimentary amenities. We do ask that you arrive at least 15 minutes before your scheduled appointment to complete necessary paperwork and change into your spa attire. Late arrivals will not receive the full scheduled treatment so that we may begin treatments on time for our next scheduled guest.

Spa Lunch

Lunch is available with 48 hours advance notice. Call or visit us online to take a look at our Spa lunch menu.

Gift Cards

Our Common Man gift cards make the perfect gift for any occasion and can be used at all Common Man locations. Mail order and online gift cards are available. Spa gift packaging is available for all gift cards.

Directions

Conveniently located right off I-93 in Plymouth, NH. Off exit 26 take first right at bottom of ramp to Route 3. Take right at stop sign. The Spa is located at The Common Man Inn 2/10 of a mile from stop sign, on the left. We can't wait to see you!


*Join us for Yoga, Pilates and Tai Chi
in our beautiful Yoga studio!*

Perfecting the Art of Relaxation...

Here at the Common Man Spa & Salon we are dedicated to the mind body connection. We are here to provide you with a haven to experience the power the body has to heal itself. We invite you to be our guest and see how good you can feel.

We offer the following guidelines to help you make the most of your spa experience...

- **Take your time.** Make the most of your visit and schedule a little extra time to enjoy the sauna, hot tub and pool before or after your treatment. Clothing is not optional so don't forget your swimsuit.
- **(Un)dress the part.** We provide you with robe and slippers during your stay. Your privacy will be respected at all times and you will be modestly draped during all treatments that require you to disrobe, however we suggest that you undress to your comfort level. For services received clothed, comfortable attire is ideal. Open toe shoes are suggested for all pedicure treatments.
- **Talk with your therapist.** Your comfort and satisfaction are our number one priority. Discuss with your therapist any areas of concern, and any areas to be avoided. If you are uncomfortable at any time during your spa service, please let us know. We are not easily offended and prefer for you to be happy!
- **Take a message.** Please silence all electronics during your visit with us.
- **Shhhh...** Please keep in mind other guests sharing our space. Voices should be kept in a hushed tone throughout the treatment and waiting areas.
- **Call in sick.** For the health and safety of our staff and other guests, if you are experiencing cold or flu symptoms, we ask that you reschedule your appointment for when you are feeling better.
- **Relax.** We recommend enjoying some quiet time before and after your treatments. Take a few deep breaths, close your eyes and let us do the rest.

A person in a white shirt is performing a massage on a person lying on a table. The scene is softly lit, creating a calm and relaxing atmosphere. The text is overlaid on the image in a teal, cursive font.

*Bring balance
to your body
and mind
and your
spirit will soar.*

*We would love to be in touch with you
about our special offerings.
Please make sure the front desk
has your e-mail address.*

Massage Therapies

Our massage therapy treatments are truly an uncommon experience. Each treatment is performed by our highly trained exceptional therapists utilizing their individual talents with the purest ingredients.

Destressor

This concentrated massage focuses on the back, neck and shoulders using a deeper pressure to release tension. This is not a full body massage. 30 minutes - 60.

Deep Tissue

This personalized massage focuses on relieving muscle tension utilizing individual massage techniques using medium to deep pressure. 60 minutes - 100. • 90 minutes - 130.

Optimize your results by adding one of our therapeutic massage enhancements.

Hot Stone

A luxurious massage utilizing natural tools from Mother Nature. Warm stones are placed strategically under and on your body for complete relaxation as your therapist incorporates warm stones into a full body massage. Feel your muscles melt and your tension disappear. 60 minutes - 115.

Bamboo

In China, stalks of bamboo still symbolize eternal youth, strength, prosperity, and peace. Enjoy this full body massage utilizing warm bamboo sticks to promote circulation, lymphatic drainage and provides a deep sense of relaxation and well-being. 60 minutes - 115.

Raindrop

This full body massage utilizes twelve specific essential oils placed along the spine to aid in deep relaxation and relieving muscle tension. Moist heat is applied to the back and special attention is given to the back and feet allowing the therapeutic properties of the oils to circulate through the body. Great for chronic back problems. 60 minutes - 115.

Pregnancy Massage

This massage is specifically tailored to the expectant mother's needs. Proper positioning and support ensures comfort and safety for the mother and baby. 60 minutes - 90. *(After first trimester)*

Massage Enhancements:

Hot Stones - 15. • Aromatherapy - 10. • Scalp Massage - 10.
Back Scrub - 15. • Self Heating Mud Pack - 30. (per area)
Warm Bamboo to Back - 15.

What is Self Heating Mud? A freeze-dried seaweed that aids in promoting deep tissue detoxification and remineralization. Can be applied to problem areas or to the feet or back for instant relaxation. A great enhancement to any massage or facial for added benefits.

What is Oligomer? A freeze-dried seawater containing a perfect balance of natural trace elements vital for normal cell function and healthy skin. Can be bathed in or put a pinch in your water and drink it. Oligomer is added to all bath treatments. Not suitable for pregnant woman or those with shellfish allergies. Please advise your therapist if either of these apply.



Signature Massage Therapies...

Common Man Classic

Employing light to medium pressure, this Swedish style massage is ideal for everyone to increase circulation, relieve tension and promote relaxation. 60 minutes - 100. / 90 minutes - 130.

Upgrade with any of our massage enhancements.

Uncommon Aromatherapy

Enjoy our C-man classic massage with the addition of customized essential oils targeted to your needs. A delightful antidote to stress!
60 minutes - 100./ 90 minutes - 130.

Custom Spa Massage

Utilizing techniques specific to your areas of concern, your therapist will customize a treatment just for you. Adjusting pressure and using tools to aid in optimal benefits, this massage will allow you to receive the treatment you have been waiting for. Choose up to three different types of modalities to enhance your experience. Scalp massage, hot stones, aromatherapy, back scrub, and self-heating mud pack.
90 minutes - 150.

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Our Signature

White Birch Wrap Massage

Our Birch Wrap Massage is designed exclusively for The Spa by a local herbalist to represent the history of the property as the birch wood mill it once was. Eight New Hampshire herbs are combined to create a detoxifying elixir that offers many health benefits. This signature treatment includes three services for total relaxation and revitalization of the body and mind. It begins with an herbal warm-up in our sauna followed by layers of warmth soaked in our herbal elixir and wrapped around your body while you receive a face and scalp massage. The treatment is complete with a full body massage using a custom blended herbal oil.

90 minutes - 145.

Upgrade your massage to a deep tissue for 15.

Our Signature

White Birch Massage

Full-body, 60 minute massage
incorporating our own tincture oil.

60 minutes - 115.



Body Treatments

Head to Toe Firming Treatment

Experience the ultimate in anti-aging with this head to toe firming treatment. Your treatment begins with a full body exfoliation using a toning body scrub followed by a relaxing private jet bath full of anti-aging concentrates and minerals. Next, receive an anti-aging facial with your choice of PCA Treatment Serum and enjoy a full body application of a hydrating firming cream leaving your skin toned and nourished.

90 minutes - 155.

Not suitable for pregnant woman or those with shellfish allergies.

Body Relax

Experience the ultimate relaxation. This three step treatment starts with a full body exfoliation followed by an aromatic seawater soak designed to bewitch your senses and induce well-being. Your treatment is complete with an application of hydrating body milk leaving your skin radiant and mind renewed. 75 minutes - 105.

Lavender Dreams

A true delight for skin and senses. First, marine salt crystals exfoliate and nourish your skin leaving it toned and relaxed. Next we use Thai inspired stretching and massaging techniques using Lavender filled sachets and hydrating Body Milk to work out tension and renew your mind. This treatment is a truly unique relaxation experience that will leave your skin radiant. 75 minutes - 115.

Marine Body Scrub

See the difference in your skin with this full body exfoliation and application of moisturizing Shea Body Butter. Using the finest ingredients to renew your delicate skin this treatment will leave your skin smooth and hydrated. 60 minutes - 90.

Remineralizing Bath with Moisturizer

Remineralizing bath in our private whirlpool tub followed by an application of a complimenting body milk. A delightfully scented treatment leaving your mind and body relaxed and renewed.

45 minutes - 65.

Back Basics

Warm towels, moist steam, gentle massage... need we say more? Enjoy this facial for your back. 45 minutes - 60.

Facials

Our facials provide you with optimum results based on your skin condition. Your esthetician will analyze your skin before each facial as well as provide you with highly effective home care recommendations.

Common Man Classic Anything but common! Skin is cleansed, steamed and exfoliated while hands are moisturized with shea butter and wrapped in warm mitts. Treatment is complete with customized mask, moisturizer and hand massage. Extractions not included. 60 minutes - 80.

Aromatherapy This soothing aromatic facial utilizes the therapeutic properties of raw Lavender flowers to awaken your senses and relax your body and mind. Using aromatic water and gentle ingredients your skin is cleansed, steamed and exfoliated to reveal brighter healthier skin. Next enjoy a heavenly massage with lavender oil and finish with a soothing Phytomer mask and warm lavender buds. Ahhhh... Leave your stress at the door. Extractions not included. 75 minutes - 95.

Mini Facial This refreshing treatment is a great intro to our facial treatments. A brief and rejuvenating experience, this facial will leave the skin healthy and glowing. No steam, hand treatment or extractions. 30 minutes - 50.

The UnCommon Man Facial Real men get facials... Designed for the not so common man looking for results and relaxation. A relaxing experience that will leave your skin looking vibrant. Go on, get one, we dare you! 60 minutes - 85.

Early Start Facial Designed for our adolescent clients (aged 12-16), this facial focuses on the importance of proper skin care providing deep cleansing and rebalancing of the skin. Treatment of neck, shoulders and hands not included. 45 minutes - 60.

PCA Rejuvenating Facial This deep cleansing, soothing and aromatic facial will effectively boost skin's cell metabolism while leaving the skin bright and rejuvenated. Serums and creams are customized to target your specific concerns. Excellent result-oriented facial for all skin types. 60 minutes - 100.

PCA Chemical Peel Utilizing the most innovative result-oriented and scientifically advanced products our thoroughly trained estheticians will design a protocol to suit your skin care needs. Using naturally occurring acids, our peels are exceptional in the treatment of rosacea, acne, hyperpigmentation and the signs of aging or to just give your skin a healthy glow. Initial Consultation - 70. (includes trial size system) Peels start at 90. Please speak with your Spa Coordinator for more information.

Facial Enhancements

PCA Treatment Serums - 20. • Eyes and Lips - 30. • Scalp Massage - 10.
Remineralizing Bath - 30. • Self Heating Mud Pack - 30. (per area)
Detox Gel - 10. (*a salicylic acid treatment for heavily clogged pores*)

Using natural marine ingredients, our **Phytomer Facials** provide the ultimate in natural skin care results with deep pore cleansing and products customized for your skin. Visible results after just one treatment!

Phytomer Purifying

Specifically designed for oily and blemish prone skin, this facial uses an exclusive seaweed mask that detoxifies and remineralizes and aids in rebalancing the skin. 60 minutes - 100 .

Not suitable for pregnant woman or those with shellfish allergies.

Phytomer Moisturizing

Providing moisture and hydration, this facial is ideal for all skin types. This intensive moisturizing treatment helps in restoring the skin's natural ability to retain water keeping skin looking healthy and hydrated.

60 minutes - 90.

Phytomer Delicate

Using products specifically designed to soothe sensitive, irritated and reactive skin, this facial helps to calm and strengthen fragile skin. Helps reduce redness and boost skin's natural defenses.

60 minutes - 90.

Phytomer Anti-Aging

Utilizing a double exfoliation and toning mask this facial is ideal for those seeking to minimize fine lines and achieve firmer skin. 60 minutes - 100.

For optimum results, add one of our facial enhancements.

Phytomer Spa Facial

This anti-aging facial will leave your skin renewed. A self heating mud is applied to the feet to aid in detoxification and relaxation. A series of masks, lotions and potions are applied to your skin to exfoliate, rebalance and tone. Enjoy a scalp, face, neck, shoulder and hand massage during this treatment.

90 minutes - 130.

Eye and Lip Replenishment

Combining innovative products and specific massage, this treatment reduces puffiness and dark circles as well as minimizes fine lines around the eyes. The lip treatment exfoliates, hydrates and plumps leaving you with soft kissable lips. 30 minutes - 45. ***Add to any facial for 30.***

Botox and Dermal Filler Treatments

Please contact the Spa front desk to schedule an appointment.

Healthy Hands...

Classic Manicure Enjoy all the basics for beautiful hands. Prior to the application of the polish of your choice you will receive cuticle and nail care with a relaxing hand massage - 30 minutes - 25.

Spa Manicure Our classic manicure with the addition of a hand exfoliation and moisturizing paraffin dip. 45 minutes - 35.

Naked Man-icure Our classic manicure without the polish. Ideal for men and women. 20 minutes - 20.

Mini Mani For our littlest Spa Diva! Basic nail care and polish. 20 minutes - 20.

Shellac Manicure Once you go shellac, you'll never go back. Get up to 14-day wear with innovative gel polish. No chips. No smudges. No kidding! 30 minutes - 35.

Happy Feet! Don't forget those open toe shoes!

Mini Pedicure Cuticle, callous and nail care with application of hydrating foot cream. Finished with polish of your choice. 20 minutes - 30.

Classic Pedicure Cuticle, callous and nail care followed by exfoliation and massage for your feet and calves. Finish with your polish of choice. 45 minutes - 45. ***Upgrade with any of our pedicure enhancements!***

Naked Pedicure Our Classic Pedicure without polish. 30 minutes - 35.

Spa Pedicure Pamper your feet! Our Classic Pedicure with the addition of a second exfoliation and warm paraffin dip. 60 minutes - 55.

Mineral Mud Pedicure We encourage muddy feet! After soaking in a remineralizing seawater bath and receiving proper nail, callous and skin care, your feet are indulged with a self-warming bubbling mud that provides detoxification and instant relaxation. Next enjoy a heavenly leg and foot massage followed by polish of your choice. Not suitable for pregnant or lactating women or those with shellfish or iodine allergies. 60 minutes - 65.

Happy Feet Treat your feet with an invigorating exfoliation, warm paraffin and relaxing massage. 30 minutes - 35.

Mani/Pedi Enhancements Toe Wax - 2. • Toe & Foot Wax - 5. Paraffin Dips - 10. • Oligomer Seawater Soak - 10. French - 5. Shellac Polish Removal - 10. • Polish Change - 10.

Ask about our Mani/Pedi Club! Monthly specials at theCmaninn.com

Home of Bare Minerals skin care and makeup!

Other Essentials

Makeup Application - 40.

Makeup Application with Instructions - 50.

Bridal Makeup with Consultation - 75.

False Eyelashes - 10.

Eyelash Tint - 25.

Brow Tint - 15.

Lash and Brow Tint - 35.

Waxing

Brow Shape - 15.

Chin or Lip - 10.

Full Face - 30.

Underarms - 20.

Arms - 40.

Half Leg - 40.

Full Leg - 60.

Full Leg with Bikini - 75.

Upper Leg with Bikini - 50.

Bikini Line - 25.

Designer Bikini - 35. & up

Chest or Back - 50.



Proud member of NH's Common Man Family

Menus, directions, gift cards

and Company Store at theCman.com



Spa Reservations: 1-866-theCman, 603-238-2845 & at theCmaninn.com

Mid-Week Spa Package Specials

Indulge with us for the afternoon and let us do what we do best, take care of you! Don't see something that suits your needs? Your spa coordinator would be happy to customize a package for you. Lunch can be added to any package for an additional charge and advance notice. **Offered Sunday through Thursday. Not available during holidays or vacation periods. Packages may not be combined with other offers or specials.**

Anything But Common Feel anything but common with a full body exfoliation, Hot Stone Massage, and Classic Facial with Eye and Lip Replenishment. 2.5 hours - 220.

Half Day Recharge Recharge your body and mind with a Classic Massage, Classic Facial, Classic Manicure and Spa Pedicure. 3.5 hours - 210.

Just for Him Recharge with a Deep Tissue Massage, relax with an UnCommon Man Facial and end with Happy Feet! 2.5 hours - 185.

Body Booster Deep tissue detoxification and rejuvenation for mind, body and spirit. Full body toning scrub, Oligomer seawater bath and Aromatherapy Massage with Self Heating Mud Pack. 2 hours - 170.

Spa Sampler Enjoy a Destressor Massage with your choice of hot stones or scalp massage, a Mini Facial with your choice of warm hand treatment or eye and lip treatment. 1.5 hours - 130.

Mandara The name Mandara comes from an ancient Sanskrit legend about the gods' quest for the elixir of eternal youth. Join us on this quest with a full body Toning Scrub, Anti-aging facial with serum of choice and Spa Manicure. 2.5 hours - 170.

Extend your spa experience!

Visit our full service salon!

Add a wash and style to any package for 30.

The Spa & Salon at the Common Man Inn

231 Main Street, Plymouth, NH 03264

1-866-theCman, 603-238-2845

e-mail: info@theCmaninn.com • theCmaninn.com



We invite you to see how good you can look!

The Common Man Cut... Ladies' 40. *and up* • Men's 25.
Children's 20. (12 *and under*)

The UnCommon Spa Cut...

Ladies' 55.
(Includes clarifying wash, hydrating treatment, scalp & hand massage)

Men's 40.
(Includes an indulgent scalp massage & warm towel facial)

Men's Barber Cut... 15. • **Beard Trim...** 7. • **Bang Trim...** 10.

Wash and style... 30. *and up*

Single process color... 55. *and up*
(With cut, 85.)

Partial foil... 80. *and up* (With cut, 110. *and up*)

Full foil... 100. *and up* (With cut, 130. *and up*)

Artistic foil placement (veil, halo, mohawk)... 45. *and up*

Color correction... price dependant

Texturizing services... price dependant on consult
We offer a variety of texturing treatments including permanent and flash waves. Our hair stylists offer complimentary consultations.

Keratin smoothing treatment... 300. *and up*
(Includes home care products)

Keratin express... 75. *and up*

Conditioning treatment... 45. *and up*
Hydrating and strengthening treatment for damaged or stressed hair
With cut or color service 25.

Clarifying treatment... 45. *and up*
Removes mineral build-up from well water and products.
With cut or color service 25.

Bridal Up-do... 80. *and up*

Up-do consult... 65. *and up*

Bridal party up-do... 65. *and up*

Bridal packages and discounts available. Ask your Spa & Salon Coordinator or check us out online at theCmaninn.com

New Hampshire's Common Man Family!



Menus, directions, gift cards and Company Store at theCman.com

Stop in! Common Man Roadside at the Hooksett Welcome Centers!
theCmanRoadside.com