The Spa & Salon at the INN

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

theCmanInnPlymouth.com


the common man INN
theCmaninn.com
& Spa
theCmanInnPlymouth.com

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Spa & Salon Hours
Summer hours: 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 amentities 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 who do not provide 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. Spa gift packaging is available. Gift cards are also available at theCmanInnPlymouth.com.

Location
We are conveniently located right off I-93 at The Common Man Inn, 231 Main Street, Plymouth, NH.

Perfecting the Art of Relaxation

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 a 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. Please discuss any areas of concern and areas to be avoided with your therapist. If you are uncomfortable at any time during your spa service, please let us know. We are not easily offended and want you to be happy!

• **Take a message.** Please silence or turn off all electronic devices 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, we ask that you reschedule your appointment if you are experiencing cold or flu symptoms.

• **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.



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.

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Massage Therapies

Our highly-trained, exceptional therapists utilize their individual talents and the purest ingredients to provide massage therapies that are a truly uncommon experience!

Destressor
This concentrated massage focuses on the back, neck and shoulders to release tension. *(Please note, this is not a full-body massage.)*
30 minutes - 60. • **Deep Tissue Destressor** 30 minutes - 75.

Deep Tissue
Utilizing individual massage techniques, this personalized, medium to deep pressure massage, focuses on relieving muscle tension.
60 minutes - 105. • 90 minutes - 145.

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

Hot Stone
This luxurious massage utilizes natural tools from Mother Nature. Warm stones are placed strategically under and on your body for complete relaxation while 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 and lymphatic drainage allowing you to experience 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 the release of 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 - 120. • 90 minutes - 150. • Add Deep Tissue - 15.

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 - 15.
Back Scrub - 15. • Self-heating Mud Pack - 30. (per area)
Remineralizing Bath - 30.

Our Self Heating Mud is a freeze-dried seaweed that aids in promoting deep-tissue detoxification and remineralization. It can be applied to problem areas, or to the feet or back for instant relaxation and is a beneficial enhancement to any massage or facial.

Oligomer is a freeze-dried seawater containing a perfect balance of natural trace elements vital for normal cell function and healthy skin. Our therapists utilize Oligomer in all Spa bath treatments. You may also choose to add a pinch of Oligomer to you drinking water. *(Not suitable for pregnant woman or those with shellfish allergies. Please advise your therapist if either of these apply.)*

Common Man Classic

Employing light to medium pressure, this Swedish-style massage is ideal to increase circulation, relieve tension and promote relaxation.
60 minutes - 85. • 90 minutes - 130.
Upgrade with any of our massage enhancements.

Uncommon Aromatherapy

Enjoy our Common Man Classic massage with the addition of customized essential oils targeted to your needs. A delightful antidote to stress!
60 minutes - 100. • 90 minutes - 145.

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; or self-heating mud pack.
90 minutes - 165.

Chiropractic Care

Available by appointment on Tuesdays and Fridays with Dr. LeeAnne Stewart of Back to Basics Chiropractic located in Amherst, NH. Please call Dr. Stewart directly at (603) 249-9855 to make an appointment.

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The Uncommon Couples Experience!

Experience a massage, facial, and our Express Mani and Pedi with a friend or partner in our new, luxurious couples retreat room. Treat yourself to champagne and an appetizer as part of our unique couples package!

4.5 hours: Weekend - 530. • Midweek - 475.
We are happy to customize a package to meet your needs.

Our Signature White Birch Wrap Massage

Designed exclusively for The Spa by a local herbalist to represent the Inn's history as a birch wood mill, this signature treatment includes three services for total relaxation and revitalization of the body and mind. Your treatment begins with an herbal warm-up in the sauna followed by the application of warm wraps soaked in an detoxifying, beneficial elixir made up of 8 New Hampshire herbs. While you relax in your wraps, you'll receive a face and scalp massage. The treatment is completed with a full-body massage using a custom-blend herbal oil.

30 minutes - 70. • 60 minutes - 110. • 90 minutes - 155.
Upgrade to a Deep Tissue Massage for 15.

Ask about our custom 30-minute massages!

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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 remineralizing bath, full of anti-aging concentrates and minerals. Next, receive an anti-aging facial with your choice of PCA treatment serum and finally, enjoy a full-body application of a hydrating firming cream that leaves your skin toned and nourished. (*Not suitable for pregnant women or those with shellfish allergies.)* 90 minutes -155.

Body Relax
Experience the ultimate in relaxation. This three-step treatment starts with a full-body exfoliation followed by a remineralizing bath, designed to bewitch your senses and induce well-being. Your treatment is complete with an application of hydrating Body Milk that leaves your skin radiant and your mind renewed. 75 minutes - 105.

Lavender Dreams
A true delight for skin and senses! We use marine salt crystals to exfoliate and nourish your skin leaving it toned and relaxed. We follow this with a Thai inspired stretching technique using lavender-filled sachets and hydrating Body Milk to work out tension and renew your mind. This treatment is a uniquely relaxing experience that will leave your skin radiant. 60 minutes - 115.
With Remineralizing Bath, 90 minutes - 140.

Marine Body Scrub
See the difference in your skin with this full-body exfoliation and application of moisturizing Body Milk. 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
Enjoy a remineralizing bath in our private whirlpool tub followed by an application of a hydrating Body Milk. A delightfully-scented treatment that leaves 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 esthetician use Phytomer, PCA, Farmhouse Fresh and Bare Mineral products to provide you with optimum results based on your skin condition. Before your facial, your esthetician will analyze your skin and 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. The treatment is completed with a customized mask, moisturizer and hand massage. *(Extractions not included.)* 60 minutes - 85.

Lavender Facial 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 face, neck and shoulder massage with lavender oil and finish with a soothing aloe mask and warm lavender buds. Ahhh... Leave your stress at the door. *(Extractions not included.)* 60 minutes - 100.

Express Facial This brief and rejuvenating facial is a wonderful introduction to our full menu of facial treatments, leaving your skin refreshed, healthy and glowing. *(Steam, hand treatment and extractions not included.)* 30 minutes - 50.

The UnCommon Man Facial Real men get facials! Designed for the not-so-Common man looking for results and relaxation, this experience will leave your skin looking vibrant. Go on, get one, we dare you! 60 minutes - 90.

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

PCA Signature Facial This deep-cleansing, soothing and brightening facial rejuvenates your skin and boosts cell metabolism. Serums and masks are customized to target your specific concerns. This is an excellent result-oriented facial for all skin types.
60 minutes - 105. *Add a peel for 10.*

Moisturizing Parafin Facial
Providing moisture and hydration, this facial involves the application of a warm paraffin mask. *(Not suitable for sensitive skin.)* 60 minutes - 105.

PCA Chemical Peel Utilizing the most innovative, result-oriented and scientifically advanced products, our thoroughly-trained esthetician will design a protocol to suit your skin care needs. Our peels employ naturally occurring acids giving your skin a healthy glow and effectively treating Rosacea, acne, hyper-pigmentation and the signs of aging. Initial Consultation - 70. *(Includes trial size system)* Peels start at 90.
Please speak with our Spa Coordinator for more information.

Phytomer Facials

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. Get visible results after just one treatment!

Phytomer Delicate
The Phytomer Delicate Facial utilizes products specifically designed to soothe and calm, helping to strengthen the most fragile, sensitive and reactive skin, reduce redness and boost natural defenses. 60 minutes - 95.

Phytomer Firming Facial
Utilizing a double exfoliation and toning mask, this facial is ideal for those seeking to minimize fine lines and achieve firmer skin. 60 minutes - 105.
For optimum results, add one of our facial enhancements.

Phytomer Spa Facial
This anti-aging facial will leave your skin renewed. Self-heating mud is applied to the feet to aid in detoxification and relaxation while 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 - 140.

Eye and Lip Replenishment
Combining innovative products and specific massage, this treatment reduces puffiness and dark circles and 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.***

Facial Enhancements

Scalp Massage - 10.

Remineralizing Bath - 30.

Self Heating Mud Pack - 30. *per area*

Eye and Lip Replenishment - 30.

Healthy Hands...

Classic Manicure Enjoy the basics for beautiful hands including cuticle and nail care, a relaxing hand massage, and the application of the polish of your choice - 30 minutes - 25.

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

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

Express 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-days of wear with innovative gel polish. No chips. No smudges. No kidding! 30 minutes - 35.

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

Express 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. Finished with polish of your 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 a lavender sea salt scrub 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 sea salt exfoliation, warm paraffin dip 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! Specials at theCmanInnPlymouth.com

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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. *and up*
Chest or Back - 50.

Spa & Salon Appointments:
1 (866) theCman and (603) 238-2845

Since 1971 Serving Proudly the common man theCman.com

Proud member of NH's Common Man Family
Menus, gift cards and Co. Store at theCman.com

Indulge in a Mid-Week Spa Package Special!

Join us in 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–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 - 205.

Body Booster Experience 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 - 190.

Spa Sampler Enjoy a Destressor Massage with your choice of hot stones or a scalp massage and an Express Facial with your choice of a warm hand treatment or an eye and lip treatment. 1.25 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, Phytomer Firming Facial with serum of choice and Spa Manicure. 2.5 hours - 170.

Extend your treatment at our full-service salon!
Add a wash and style to any package for 30.

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231 Main Street, Plymouth, NH 03264
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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 and scalp massage)

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

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

Wash and Style... 30. *and up*

Root Touch-up... 55.

Single Process Color... 65. *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*

Ombre/Balayage ... 115. *and up (With cut, 130. and up)*

Color Correction... Price dependant on consultation.

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

Keratin express... 95. *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*

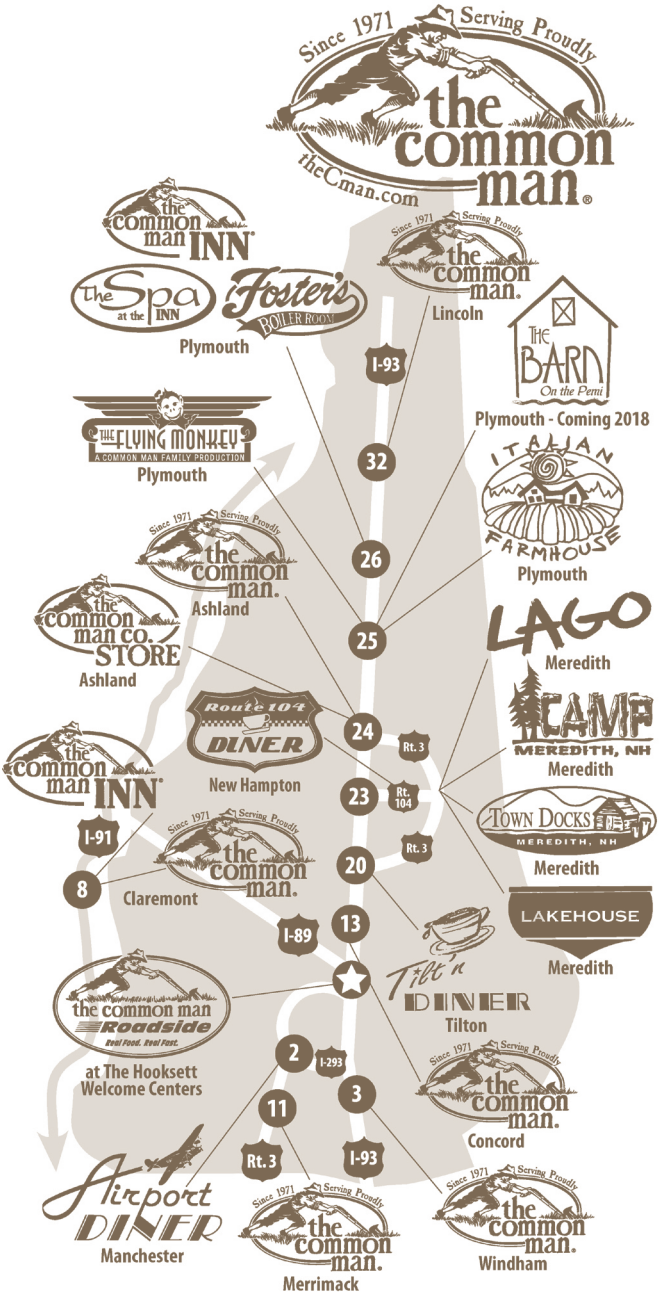
Up-do Consult... 65. *and up*

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

Bridal packages and discounts available.
Ask your Spa & Salon Coordinator or visit theCmanInnPlymouth.com

Prices subject to change without notice. 12/17

New Hampshire's
Common Man Family!



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

Coming In 2018! The Barn On The Pemi

Our Rustic Barn in Plymouth, NH Accommodating 300 Guests! Booking now.
theBarnonthePemi.com • theBarnevents@theCman.com • (603) 238-2800