



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

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

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

theCmanInnPlymouth.com





Spa Hours

Daily 9 AM–7 PM.

Extended Seasonal Hours.

Age Requirements

Guests under 18 are welcome with written parental consent.

Spa 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, and sauna
- Complimentary teas

Cancellation Policy

We require 48 hours' notice for cancellation and rescheduling. Guests cancelling 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.

Gratuities

A 20% gratuity is added to all services.

Arrival

Arrive as early as you would like to enjoy our complimentary amenities. We do ask that you arrive at least 15 minutes prior to 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 online at thecman.com.

The Common Man Inn & Spa

Conveniently located right off I-93 at Exit 26

231 Main Street, Plymouth, NH 03264 • 603-238-2845



Perfecting the Art of Relaxation

At The Common Man Spa, we are dedicated to our 'wow' experience. 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. This is a co-ed area and swim wear is required.

(Un)dress the part

We provide you with a robe and slippers during your stay. Comfortable, loose attire is ideal and open-toed 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. Let us know if we can make any adjustments during your service to ensure maximum relaxation and comfort.

Take a message

Please silence or turn off all electronic devices during your visit.

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.

A 20% gratuity is added to all services.

*Take a bit of our spa
home with you...*

**The same all-natural skincare lines and nail products
we use here at The Spa are also available for purchase:**

bareMinerals
THE POWER OF GOOD



FARMHOUSE FRESH®
Deliciously grown skincare

PHYTOMER



Don't Miss Out...

*Please be sure to leave
your e-mail address at our front desk.
We would love to let you know about
our special offerings and events.*



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!

Common Man Classic 60 minutes - 95. • 90 minutes - 115.

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

Deep Tissue 60 minutes - 115. • 90 minutes - 145.

Utilizing individual massage techniques, this personalized, medium to deep pressure massage, focuses on relieving muscle tension.

Hot Stone 60 minutes - 115. • 90 minutes - 145.

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.

Uncommon Aromatherapy 60 minutes - 115. • 90 minutes - 145.

Enjoy our Common Man Classic massage with the addition of customized essential oils targeted to your needs. A delightful antidote to stress!

Pregnancy Massage (After first trimester) 60 minutes - 115.

This massage is specifically tailored to the expectant mother's needs. Proper positioning and support ensures comfort and safety for the mother and baby.

Massage Enhancements

Add the enhancements below to any Massage Therapy Service - 20. each.

Bamboo Sticks

Aromatherapy

Reiki

Hot Stones

Scalp Massage

Reflexology

CBD

Himalayan Salt Stones

Cupping

Daily Calm — 15 minutes of meditation and breathing led by the Calm App.

Calm

Signature Massages

Destressor 30 minutes - 65.

Deep Tissue Destressor 30 minutes - 85.

This concentrated massage focuses on the back, neck and shoulders to release tension. (Please note, this is not a full-body massage.)

Raindrop 60 minutes - 130 • 90 minutes - 155 • Add Deep Tissue - 20.

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.

The UnCommon Couple's Experience!

Weekends 4.5 hours - 530.

Midweek 4.5 hours - 475.

Experience a massage, facial, and our Naked Mani and Pedi with a friend or partner in our couple's room.

Treat yourself to champagne and an appetizer as part of our unique couple's package!

We are happy to customize a package to meet your needs. (Must be 21 years or older.)



Our Signature White Birch Wrap Massage

60 minutes - 130. • 90 minutes - 155.

Designed exclusively for The Spa by a local herbalist to represent the Inn's history as a birch wood mill. This signature treatment is a three-part service designed to revitalize and relax the body and mind. Your treatment begins with an herbal warm-up in the sauna, followed by a detoxifying full-body wrap in a beneficial elixir made up of eight 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.

TUES & FRI | By Appointment *Chiropractic Care*

Available by appointment with Dr. LeeAnn Stewart of Back to Basics Chiropractic located in Amherst, NH.

Please call Dr. Stewart directly at (603) 249-9855 to make an appointment.



Body Treatments

Head-to-Toe Phytomer®

Body Firming Treatment 90 minutes -175.

Your treatment begins with a full-body exfoliation using a Phytomer® toning body scrub followed by a relaxing mineralizing bath, full of anti-aging concentrates and minerals. Next, receive an express facial using the Phytomer® Firming Mask, and finally, enjoy a full-body application of a hydrating firming cream that leaves your skin toned and nourished.

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Body Relax 75 minutes - 105.

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.

PHYTOMER

Marine Body Scrub 45 minutes - 75.

See the difference in your skin with this full-body exfoliation treatment. The ingredients will renew your delicate skin, leaving you feeling smooth and hydrated.

PHYTOMER

Après Ski Soak 30 minutes - 45.

Enjoy a private soak in a mineral-enriched salt bath infused with our signature birch wood therapy. Sip a glass of Prosecco and relax from a day on the slopes. (Must be 21 years or older.)

Back Facial 45 minutes - 60.

Rejuvenate your skin with deep exfoliation, hydrating moisturizer, and a clarifying mask to address this hard-to-reach area.

A 20% gratuity is added to all services.



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Our estheticians use Phytomer®, Farmhouse Fresh®, Beeline® and Bare Minerals® 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 recommendations.

Common Man Classic 60 minutes - 85.

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.

Lavender-Honey Facial 60 minutes - 100.

This soothing, aromatic facial utilizes the therapeutic properties of raw honey and 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.

Express Facial 30 minutes - 50.

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.)

The UnCommon Man Facial 60 minutes - 90.

Real men *do* 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!

Early Start Facial 45 minutes - 60.

Designed for our adolescent clients (aged 12–16), this facial focuses on the importance of proper skin care, providing a deep cleansing and re-balancing of the skin. Includes a hand massage with warming mitts.

Beeline® Facial 60 minutes - 110.

This deep-cleansing, soothing and brightening facial rejuvenates your skin and boosts cell metabolism. Beeline® is an all-natural New Hampshire skincare line.

A 20% gratuity is added to all services.

Phytomer® Firming Facial 60 minutes - 105.

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

For optimum results, add one of our facial enhancements.

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Farmhouse Fresh® Spa Facial 60 minutes - 105. • 90 minutes - 140.

Ask about our seasonal Farmhouse Fresh® Facial options!

This epicurean skincare line offers fresh, seasonal ingredients. Cleanse, treat and nourish your skin with the farm-to-table ingredients that reflect the season. Enjoy a scalp, face, neck, shoulder and hand massage during this treatment. (Extractions not included.)



FARMHOUSE FRESH®

Deliciously grown skincare

Facial Enhancements

Add the enhancements below to any facial - 20. each.

Scalp Massage

Eye and Lip Replenishment

Mask

Serum

Neck

Extractions





hydracial®

HydraFacial® technology addresses fine lines, brown spots, wrinkles, congested skin, and enlarged pores; increases elasticity and firmness; evens skin tone; improves skin texture; and adds vibrancy. This facial cleanses, extracts, and hydrates.

Signature HydraFacial® 1 30 minutes – 150.

This treatment deeply cleanses, exfoliates, extracts and hydrates your skin utilizing super serums filled with antioxidants, peptides and hyaluronic acid.

Signature HydraFacial® 2 45 minutes – 200.

In this facial, one of three boosters is utilized to help with fine lines and wrinkles, address hyper-pigmentation and restore your skin to a more youthful state. The treatment concludes with a relaxing neck and shoulder massage and a warm hand treatment.

Signature HydraFacial® 3 60 minutes – 250.

The ultimate HydraFacial® experience! This facial begins with a detoxification process that includes lymphatic drainage. The treatment then deeply cleanses, exfoliates, extracts and hydrates your skin, while addressing specific skin concerns with a specialty vial of your choice. This treatment finishes with LED light therapy, a relaxing neck and shoulder massage and a warm hand treatment.

A 20% gratuity is added to all services.

Healthy Hands...

Classic Manicure 30 minutes - 25.

Enjoy the basics for beautiful hands — cuticle and nail care, a relaxing hand massage, and application of the polish of your choice.

Spa Manicure 45 minutes - 35.

Our Classic Manicure with the addition of hand exfoliation and a moisturizing paraffin dip.

Naked Manicure 20 minutes - 20.

Our Classic Manicure without the polish. Ideal for men and women.

Express Mani 20 minutes - 25.

Basic nail care and polish.

Shellac Manicure 30 minutes - 35.

Get up to 10 days of wear with this innovative gel polish. No chips. No smudges. No kidding!

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

Express Pedicure 20 minutes - 30.

Cuticle, callus and nail care with the application of hydrating foot cream. Finished with a polish of your choice.

Classic Pedicure 45 minutes - 45.

Cuticle, callus and nail care followed by exfoliation and massage for your feet and calves. Finished with a polish of your choice.

Upgrade with any of our pedicure enhancements!

Naked Pedicure 30 minutes - 35.

Our Classic Pedicure without polish — Great for men, too.

Spa Pedicure 60 minutes - 55.

Pamper your feet! Our Classic Pedicure with a lavender sea salt scrub and warm paraffin dip.

Happy Feet 30 minutes - 35.

Treat your feet with an invigorating sea salt exfoliation, warm paraffin dip and relaxing massage.

Brand-Specific Pedicures *Speak with our Spa Coordinator*

Farmhouse Fresh® Seasonal Pedicure 45 minutes - 55.

Beeline® Seasonal Pedicure 45 minutes - 55.

Mani/Pedi Enhancements

Additional 15 minutes - 10. each.

French

Paraffin Dips

Nail Art (Starting at 10.)

Shellac Polish Removal

(Complimentary for guests who receive shellac with us.)

**Ask about our
Mani/Pedi Club!**



Spa Appointments • 1 (866) theCman • (603) 238-2845

**Home of all-natural
skincare lines and makeup!**



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Other Essentials

- Makeup Application - 50.
- Makeup Application with Instructions - 60.
- Bridal Makeup with Consultation - 75.
- False Eyelashes - 15.
- Eyelash Tint - 25.
- Brow Tint - 15.
- Lash and Brow Tint - 35.
- Lash Extensions – Full Set - 205.
- Two-Week Fill - 50.
- Three-Week Fill - 60.
- Four-Week Fill - 70.

Waxing

- Brow Shape - 15.
- Chin or Lip - 15.
- Full Face - 30.
- Underarms - 20.
- Arms - 40.
- Half Leg - 45.
- Full Leg - 65.
- Full Leg with Bikini - 85.
- Bikini - 30.
- Chest or Back - 50.

A 20% gratuity is added to all services.

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



*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? Our Spa Coordinator would be happy to customize a package for you.

***Lunch can be added to any package
for an additional charge and with advance notice.***

Anything But Common 2.5 hours - 220.

Feel anything but common with a full-body exfoliation, Hot Stone Massage, and Classic Facial with eye and lip treatment.

Half Day Recharge 3.5 hours - 260.

Recharge your body and mind with a Classic Massage, Classic Facial, Classic Manicure and Spa Pedicure.

Just for Him 2.5 hours - 240.

Recharge with a Deep Tissue Massage, relax with an UnCommon Man Facial and end with our Happy Feet treatment!

Spa Sampler 1.25 hours - 135.

Enjoy a Destressor Massage with your choice of an enhancement and an Express Facial with your choice of a warm hand treatment or an eye and lip treatment.

Mandara 2.5 hours - 170.

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 and Phytomer® Firming Facial.

Girls Just Wanna Have Fun 1.5 hours - 115.

Early Start Facial, mini mani and pedi AND a hot fudge sundae featuring Common Man-made ice cream.

Fine Print

Offered Sunday–Thursday.

Not available during holidays or vacation periods.

Packages may not be combined with other offers or specials.

A 20% gratuity is added to all services.



