



· F H F ·
FARMHOUSE FRESH®



VITAMIN E
Sunflower Repair

Vitamin E Sunflower Repair Pedicure

After a summer of fun in the sun, start with a dip into a healing oil soak made of certified organic sunflower oil, followed by a whipped shea butter and sugar scrub that gently polishes you to a velvety-smooth delight. A sunflower serum enriched with vitamins E and A plus beta-carotene, a powerful antioxidant, helps heal and repair dry, sun-parched skin. Finish with the polish of your choice.

45 minutes – 55.

Morning Glow Illuminating Facial

A full-spectrum hi-Bio hemp foaming cleanser clears the complexion to a clean slate to begin! Next, an alcohol-free toner replenishes with phytonutrients and vitamins, followed by a natural plant-based exfoliator that whisks away rough patches. A vitamin C and chamomile brightening mask boasts radiance and tightens. We finish by kissing dark spots goodbye with an illuminating serum and a licorice root gelee moisturizer, and treating under and outer eyes with a wrinkle-defending serum.

60 minutes – 105. | Add LED Light Therapy + 20.

Blushing Agave & Honey Butter Massage

After a thorough dry brushing exfoliation technique to release dead, dry skin cells and minimize the appearance of cellulite, you'll delve into pure relaxation as you are massaged deeply with a nourishing certified organic sunflower seed oil scented with notes of cherry and coconut milk. Feet and hands enjoy an added bonus as they are painted in a golden honey glaze serum made of certified organic honey, sunflower seed oil and coconut oil, then cocooned in a steaming towel wrap for penetration.

60 minutes – 115. | 90 minutes – 145.
Add Hot Stones + 20.



morning
GLOW
illuminating facial



Blushing Agave
HONEY & BUTTER
M A S S A G E



Book your appointment today!

(603) 238-2845

at The Common Man Inn     
231 N. Main Street | Plymouth, NH

theCmanInnPlymouth.com