



## Farmhouse Treatments

## FARMHOUSE TREATMENTS

Exclusively available to overnight guests of the Farmhouse, our carefully tailored menu of Farmhouse treatments is designed to deliver the most deeply restorative experiences available in Aurora. Savor the comfort and privacy of the treatment room at the Farmhouse, and discover ultimate serenity.

All Farmhouse treatments include access to the Spa on the day of your treatment.

*Please call our reservations team at 315-364-8888 to schedule Farmhouse treatments.*

Nourishing Manuka Honey Drench with Facial

*body polish • wrap • facial • drench*

100 Minutes | Starting at \$475

The ultimate treatment for softening and moisturizing the body from head to toe, this drench begins with a multi-acid Manuka honey body polish to smooth and remove dull skin. Next, the body is enveloped in warm linens to allow gentle acids to reveal your skin's natural glow. While wrapped, enjoy a luxurious scalp massage and a Manuka honey hydrating and restorative facial that features a Manuka honey encapsulating jelly mask. Finally, an application of antioxidant- and humectant-rich Manuka honey body lotion will ensure lasting hydration.

Back to Nature Ritual

*body scrub • shower • drench*

100 Minutes | Starting at \$475

Inspired by the quiet beauty of the Finger Lakes, this back to nature ritual by red flower is a grounding, full-body treatment rooted in nature's most revitalizing botanicals. First, enjoy a warming exfoliation with bioactive berry white peat to purify and renew the skin, followed by a cleansing shower with French lavender body wash infused with apple, ginger, chamomile, green tea, and cucumber. A mist of rose and lavender hydrosol prepares the skin for a moisture drench with arctic berry oil. The ritual concludes with a generous layer of cloud-milk cream, rich in avocado and aloe to seal in moisture and restore radiant softness.

Moonflower Sleep Ritual

*body massage • face massage • foot massage*

100 Minutes | Starting at \$475

Slip into a deeply scented dream state in this euphoric red flower ritual. Drift away with a massage rich in transcendent river flower, rose absolute, sandalwood and lavender, then seal in softness with a blend of botanical extracts and replenishing plant oils. A facial massage with illuminating rose essential oil boosts collagen production and restores radiance. Finally, return to the earth during a grounding foot massage with a sumptuous botanical balm and a gentle, ionizing mist.

### Ultimate CBD Relief Journey

*body scrub • wrap • scalp & body massage*

100 Minutes | Starting at \$475

This immersive experience utilizes an array of CBD products for deep relaxation, nourishment, and pain relief. Begin your journey with a wellness shot that includes the ultimate daily dose of ginger, adaptogens, ashwagandha and full-spectrum CBD.\* At the outset of the treatment, an invigorating scrub with dead sea salt dissolves into the skin when met with a hydrating crème. This combination naturally replenishes minerals while exfoliating and hydrating the skin. A detoxifying mask follows and gently yet deeply cleans and illuminates the skin while reversing environmental stress. Then, a scalp massage with CBD-infused oil and a full body massage with pain relief spot treatments will leave you in a state of complete, restful bliss.

Please note that the CBD wellness shot uses full-spectrum CBD which contains a small trace amount of THC (0.3%). This shot may be substituted with a specialty beverage in our café post-treatment.

### Hyper-Customized Facial

*facial*

100 Minutes | Starting at \$475

This luxurious facial featuring Biologique Recherche will leave your skin luminous and sculpted. Our trained skincare specialists will analyze your skin to create a personalized facial experience just for you. Your facial will deeply cleanse, tone, brighten, hydrate, and re-balance your face, neck, and décolleté. Throughout this journey, your esthetician will utilize pure, concentrated, and highly active products as well as a professional booster, in combination with advanced therapies to address your concerns, including acne, rosacea, hyper-pigmentation, sun damage, and aging. Your skin will be nourished, regenerated and brighter with instant results.

*Inspired by Ayurveda  
Grounded in Place  
Committed to the Individual*

The Spa at the Inns of Aurora is committed to helping our guests live harmoniously throughout every season of their lives by connecting them with the distinctive landscape of the Finger Lakes.



*What makes the Spa at the Inns of Aurora a wellness spa?*

We believe the defining feature of a wellness spa is more than just the facilities and the treatments: it is the emphasis placed on individual healing. Our wellness philosophy begins with meeting people where they are. Informed by the Ayurvedic perspective of the right treatment for the right time and the right temperament, we strive to provide our guests with exactly the right treatment for that moment.

We are dedicated to offering our guests the resources for an individualized wellness experience that addresses who they are and where they want to be. Whether for a rejuvenating weekend getaway or as part of a long-term restorative practice, we are committed to supporting each guest on their wellness journey.

Holistic wellness is a potent supplement to contemporary medicine. Holistic wellness considers the whole person in a broader context that extends beyond biology. In addition to a person's physical body, we also observe their emotional well-being, time of life, and spiritual health. This method opens wider possibilities not just for preventing dis-ease, but also for living a full, inspired, and balanced life. We strive for our vision of holistic wellness to be accessible to all guests, regardless of cultural background or level of practice.

#### *Ayurvedic Science*

We are deeply inspired by the ancient science of Ayurveda, which gives us a methodology for nurturing wellness by working with the elemental forces that inspire our lives, the seasons, and the landscape.

Originating in India and developing over thousands of years, the Ayurvedic understanding of wellness begins with a recognition of different embodied tendencies within every person. This evaluation includes different body types, temperaments, lifestyles, and life stages; taken together, these factors contribute to a person's overall being. Combined with the cycle of seasons, these characteristics will affect the experience of wellness or illness, and methods for treatment.

Our climate is impactful on people's lives, and understanding the circumstances of each life stage can help us find ways to thrive. Rather than treating aging bodies as deteriorating from

an imagined ideal, Ayurveda frames aging as new experiences within different stages of life, coequal with the others and each with its own wellness opportunities.

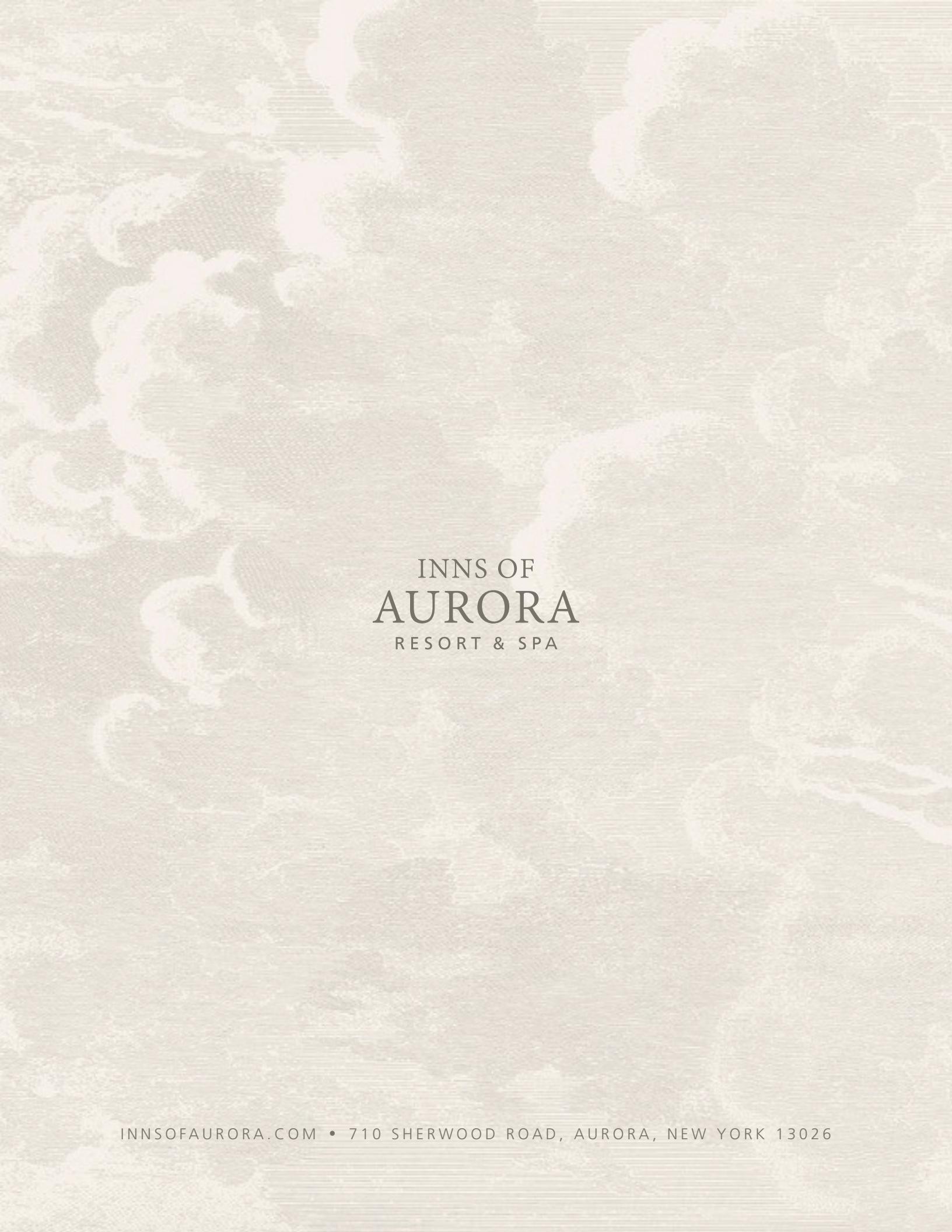
### *The Wellness Landscape*

Our wellness philosophy is deeply rooted in the landscape that surrounds us. The land around Aurora was carved by glaciers during the last Ice Age, leaving behind steep gorges, plunging waterfalls, deep lakes, and hidden pools. Our spa campus sits on the crest of a hill overlooking Cayuga Lake; forests and fields stretch in all directions, offering spectacular views of natural beauty in every season. This dynamic landscape—full of water and wind and life—has a powerful restorative energy throughout it.

Our spa was designed to sit harmoniously within this landscape—to channel the area's special energy into the wellness experiences that we offer. This thoughtful placement is also a reflection of our wellness philosophy: holistic healing that is not only inspired by, but inextricably linked with, the land we are privileged to steward.

The climate of the Finger Lakes provides a dynamic background for wellness. Each season brings forth a different kind of beauty—new opportunities for us to explore the changing weather inside ourselves, as well as the seasons of our own lives. Finding the harmony between our internal landscape and the beautiful wildness of the outer world is powerfully healing.

Our spa campus is uniquely equipped to support every temperament in every season in a singular setting. Heating elements include warm and hot spa pools, indoor and outdoor fireplaces, luxurious steams and saunas, and soothing teas. Cooling elements are offered in the refreshing waters of our indoor and outdoor plunges, scenic vantages to enjoy views of the lake, and serene places for meditation. Grounding elements are found in comfortable nooks in which to curl up with a good book or a restful nap, yoga classes, and nature trails to hike on and feel the earth under your feet. Each guest can enjoy the diversity of spaces for rejuvenation within and around this beautiful landscape, inside and outside our state-of-the-art spa facility.



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