

centrally located,
yet wonderfully removed
Relax... Breathe deeply... Exhale and
enter your own private oasis — The Spa
at Traditions. The perfect retreat where
you will discover the latest in beauty and
wellness treatments for body, mind and
soul. The perfect solution for a too-busy
world or a too-busy agenda...

Gratuities

Gratuities may be given at your discretion to show appreciation for exceptional service.

Gift Certificates

Gift Certificates are available for spa treatments.

What to bring

All amenities are included in our locker rooms. We provide robes and slippers for use in the spa. Lockers are provided for your personal belongings. Please leave all valuables at home as we are not responsible for lost or stolen personal belongings.

Spa Etiquette

To preserve the tranquility of the spa, we respectfully request that you turn off all cell phones and pagers.

Arrival

We encourage you to arrive 30 minutes prior to your scheduled appointment. Be reminded that your late arrival will determine the length of your treatment. As a courtesy to all guests, all appointments begin and end on time.

Hours of Operation

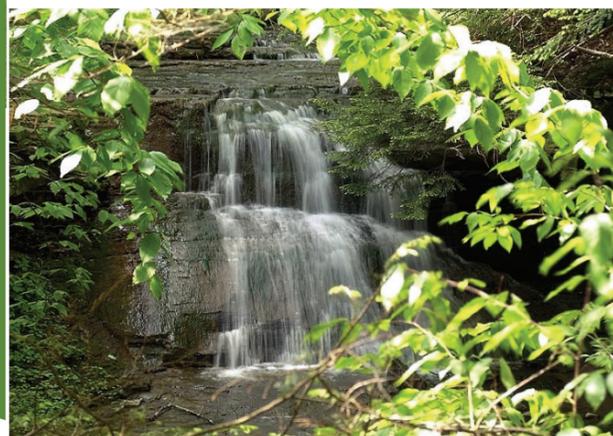
Mon - Sat: 9am-8pm, Sun: 11am-5pm

Directions

Route 17 to 201N (Exit #70)
Turn left at light onto Harry L. Drive - go approx. 1 mile
Turn right between the two large Traditions at the Glen
Resort and Conference center signs.
Follow signs to The Spa at Traditions



4101 Watson Boulevard
Johnson City, NY 13790
607.797.2381 | www.TraditionsSpa.com



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Massage Treatments

Couples Massage

Choose from any one of our massage treatments and share the experience side by side in our couples treatment room.

Couples Suite

Experience the ultimate in relaxation with your partner in our Couple's Suite. Enjoy your choice of a 50 minute Body Renewal or an Aromatherapy Couple's Massage. Spend some special time together after your treatment with complimentary champagne and chocolate covered strawberries served in your private room.

Hot Stone Massage

NOT RECOMMENDED IF YOU HAVE HIGH BLOOD PRESSURE, HEART DISEASE, OR IF YOU ARE PREGNANT. A specialty massage where the therapist uses smooth, heated Basalt stones as an extension of their own hands. The heat provides deep relaxation and helps warm up tight muscles, allowing the therapist to work more deeply.

Signature Aromatherapy Massage

The powerful effects of essential oils (our custom blend) and a combination of all massage modalities lead to the ultimate in stress reduction and promotes total relaxation.

Body Renewal Massage

This classic Swedish full-body massage is designed to relax tight muscles, soothe the spirit, and quiet the mind.

Deep Tissue/Golfers Massage

Designed to relieve severe tension in the deeper layers of the muscles and connective tissue. This massage focuses on specific areas and due to the slower nature of this work, not all areas of the body may be addressed.

Pregnancy Massage

A nurturing and relaxing massage for both baby and mother-to-be using a body cushion system. Our pregnant clients are able to lie face down both comfortably and safely at any stage of pregnancy.

Reflexology

An ancient Oriental technique of pressure point massage that focuses on the hands and feet.

Cupping

Cupping is a technique that uses small glass cups as suction devices that are placed on the skin to disperse and break up stagnation and congestion by drawing congested blood, or energy to the surface. In dry cupping, the therapist will simply place the suction cups on the skin. Once the suction has occurred, the cups can be gently moved across the skin. The suction in the cups causes the skin and superficial muscle layer to be lightly drawn into the cup. Cupping is much like the inverse of massage - rather than applying pressure to muscles, it uses gentle pressure to pull them upward. Once suctioned, the cups are generally left in place for about ten minutes while the client relaxes. This is similar to the practice of Tui Na, a traditional Chinese medicine massage technique that targets acupuncture points as well as painful body parts, and is well known to provide relief through pressure.

The side effects of cupping are fairly mild. Bruising should be expected, but skin should return to looking normal within 10 days. Other potential side effects include mild discomfort, skin infection, or burns.

Air Brush Tanning

Custom Airbrush Tanning

Mega-Hydrating Tanning

Get a healthy glow for your special event or as a safe alternative to the sun's harmful rays. This solution holds up to a thousand times its own weight in water and dries in three to four hours. It's a complete tonic treatment for your skin, leaving the skin hydrated soft and smooth.

Private Party Room

The Spa's party room is the perfect complement to the total spa experience for a small or large group. Whether it be a special occasion or just a get together, our party room can be enjoyed prior, during or after your spa services. A special spa food menu is available and can be specifically tailored to your needs or desires. \$75 room rental fee for those with services totaling less and \$500.

Call for availability and party planning assistance.

Hands

Manicure

Traditional nail and cuticle care, exfoliation and massage of the hands and arms, plus polish.

Spa Manicure

A luxurious nail service including nail and cuticle care, extended exfoliation, customizable treatment mask with hot towels, extended massage of hands and arms, plus polish.

Shellac Manicure

The CND Shellac System features a dry manicure with traditional nail and cuticle care. Combined with the CND LED lamp, your nails will dry instantly to a mirror shine and remain flawless for up to two weeks.



Feet

Spa Pedicure

A luxurious nail service including nail and cuticle care, extended exfoliation, customizable treatment mask with hot towels, extended massage of feet and legs, plus polish.

Eyebrow and Lash Services

Eyebrow Extensions

Individual synthetic brow hairs that add length, density and color. They are applied to the natural brows or onto the brow skin. Eyebrow Extension Adhesive is medical grade, hypoallergenic and safe to use on the skin. It bonds in a few seconds and is waterproof, sweat proof, and can last up to 21 days on the skin or longer with the proper care. Extensions are available in the following shades: honey-blond, auburn, light brown, medium brown, dark brown, and black. Eyebrow Extensions can now transform ANY eyebrow into a perfectly sculpted eyebrow, in just one appointment! **Treatments range from a level 1 to a level 3, depending on how much hair a client needs to achieve the desired look.**

Level 1 - Minor Reconstruction - 45 minutes

25% Extension / 75% Natural Brows. Enhancing the tail area of the brow, filling the inner brow or fixing a scarred or patchy area of hair loss.

Level 2 - Half Reconstruction - 75 minutes

50% Extension / 50% Natural Brows. Adding volume and defining shape to uneven or excessively damaged brows by doubling the fullness.

Level 3 - Major Reconstruction - 90 minutes

75% Extension / 25% Natural Brows. Rebuilding symmetry and shape for those with sparse or few natural brow hairs, often after years of overenthusiastic hair removal or medical conditions

No Natural Eyebrow Hair- 100% Extension/0% Natural Brows - 120 Minutes

Add a brow shaping for Level 1 & 2 for an additional 15 mins

Eyelash Extensions

Individual synthetic lashes that are applied directly to your own individual eyelashes. They come in various lengths, curves and thicknesses, from natural-looking to dramatic. Eyelash Extension Adhesive is medical grade, hypoallergenic and safe on the natural lash. Extensions remain on for approximately 4-6 weeks with their natural growth and shedding cycle. To keep the eyelashes full, one must maintain them by refilling bimonthly to monthly. Eyelash Extensions are waterproof, sweat proof and give the appearance of having mascara on without the messy clumps and smudging of makeup.



Facial Journeys

WHEN BOOKING YOUR APPOINTMENT PLEASE MAKE OUR STAFF AWARE IF YOU ARE UNDER A DOCTOR'S CARE FOR ANY SKIN CONDITIONS OR ANY MEDICATIONS YOU MAY BE TAKING FOR SKIN PROBLEMS. ALSO, PLEASE LET OUR STAFF KNOW IF YOU HAVE ANY ALLERGIES.

Traditions Signature Facial

Delight in our revitalizing Traditions Signature Facial, customized to every skin type. Bring lifeless complexions to life. Service time for this treatment is 50 minutes

Add an additional 50 minutes and extend your relaxation with extra deep cleansing, exfoliation, massage, relaxation and rejuvenation.

Illuminating Facial

Reduce the appearance of discoloration and uneven skin tone all without irritation.

Be Clear Purifying Facial

Correct and treat oily, problematic and acneic skin.

Anti-Oxidant, Anti-Aging Facial

Fight aging, redness, inflammation, dry and dehydrated skin.

The MAX Plant Stem Cell Facial

Target fine lines, wrinkles, and loss of elasticity with this ultimate anti-aging facial.

Facial Upgrades

Firming Neck and Décolate Treatment 15 minute add on
Eco-Fin Hydrating Hand Treatment
Customizable Eye Treatment

Clinical Facials

O2 LIFT Oxygen Treatment -- All Skin Types

A revolutionary treatment to exfoliate, illuminate and oxygenate in just one session. Service time for face or back treatment is 50 minutes each.

ORMEDIC LIFT Organic Enzyme Facial -- Unbalanced/Pregnant/Teen Skin Types

A papaya, pineapple, pumpkin and mango infused blend of organic and medically effective ingredients designed to rebalance tired, stressed and dull looking skin. Service time for face or back treatment is 50 minutes each.

SIGNATURE FACELIFT Enzyme Facial -- Dry/Rosacea/Sensitive Skin Types

This results driven treatment combines vitamin C, hydroxy acids and enzymes that speed up cellular renewal to brighten, lighten and tighten skin in just one session. Service time for face or back treatment is 50 minutes each.

DiamondTome Skin Resurfacing Microdermabrasion

DiamondTome Skin Resurfacing treatment is non-invasive, pain-free and results are gradual but highly effective. DiamondTome improves overall skin health on any area of the body and can reduce the effects of sun damaged skin, age spots, blotchy skin coloring, wrinkles, skin texture, acne, superficial scars, oily skin, keratosis pilaris or "chicken skin" on arms and legs. Treatments are administered by our Certified Paramedical Aestheticians. Service time for all treatments are 50 minutes.

Six multiple session package, purchase five sessions and the sixth is complementary.

Chemical Peels

Treatments are administered by our Certified Paramedical Aestheticians.

All Chemical Peels are 50 minutes.

*Enhanced Chemical Peel with Clinical Enzyme Exfoliation first.

*Peels may also be performed on back, arms and hands.

LIGHTENING LIFT PEEL -- Sun Damage/Pigmentation/Rosacea

This ultra lightening treatment gently blends lactic acid and a cocktail of lightening and brightening agents to reduce discoloration and the redness caused by rosacea.

WRINKLE LIFT PEEL -- Aging/Fine Lines/Wrinkles

This resurfacing blend of glycolic and retinol acids visibly reduces the appearances of fine lines and wrinkles leaving skin firm and revitalized.

ACNE LIFT PEEL -- Oily/Problematic/Acne Grades 1-2

A potent blend of salicylic and glycolic acids blended with plant derived stem cells to effectively treat and heal blemishes, redness and diminish post-breakout dark spots.

BETA LIFT PEEL -- Oily/Problematic/Acne Grades 3-4/Aging

This powerful salicylic peel provides smoother skin, immediate reduction of oil and active acne within 24 hours of treatment.

PERFECTION LIFT PEEL -- Advanced Aging/Pigmentation/Acne

Exclusive blend of exfoliating agents are combined with powerful antioxidants, correcting peptides and plant derived stem cells to create "Perfection".

Body Treatments

Please check our website for seasonal body treatment

Each of our results-oriented body treatments features our FarmHouse Fresh products which is all made in Texas using up to 99.6% natural and naturally derived ingredients made from U.S. farms and most products are Paraben & Sulfate FREE. The fragrances are all natural or phthalate free and many of the products are also Vegan and Gluten Free. Begin your ultimate spa experience with a precious combination of texture, aromatic notes and the power of human touch to relax both the body and mind.

Body Scrubs

Into the Garden

EXPERIENCE: Bushels of relaxation await! Skin is thoroughly smoothed with a fine, refreshing Citrus Grass scrub complete with rice bran oil to begin. Next, an organic coconut milk mask is applied – nourishing skin with sweet almond oil and essential fatty acids – all wrapped up with steaming towels, infused with an antioxidant rich Citrus-Cilantro oil. Silkeness and softness are sealed in with an Agave Nectar Oil massage enriched with a blend of powerful anti-aging extracts that help significantly reduce your skin's water loss. Leave hydrated and quenched, with spring in every step!

Sea Salt & Sunflower Renewal

Detox and Anti-Aging

EXPERIENCE: Begin with a heavenly sea salt mineral bath soak to aid in detoxifying and relaxing. Next, a succulent shea butter and sugar coconut scrub refines and smoothes the skin. A powerful Sunflower Honey Butter Serum, rich in vitamin A and antioxidants, is painted on to help skin deeply repair itself, improving the appearance and health of skin as retinol fights against the signs of aging. The final touch is a scrumptiously scented lotion with soothing notes of sandalwood and tonka bean, massaged in to nourish skin completely.

Coconut Bliss Tropical Body Buff

EXPERIENCE: An irresistibly softening organic whipped shea butter and sugar exfoliator buffs skin to smooth, supple perfection as the scent of fresh coconut, lemon and bergamot fills the air. Once skin is polished, a hydrating massage with an organic coconut oil and shea butter cream – scented with white coconut and pineapple – completes this blissful experience. You'll be ready to face the world – feeling and smelling like you've journeyed to a tropical paradise.

Butter Rum Scrub

EXPERIENCE: A creamy Butter Brulee whole milk wrap moisturizes and soothes tired skin before an intoxicatingly sweet exfoliation using a blend of brown sugar, premium aged rum and rice bran oil with a hint of delicious butterscotch. This tempting treatment finishes with a peppery caramel body milk lotion that leaves arms, legs and just about everywhere else soft and hydrated.



Body Wraps

A deeply relaxing and refreshing experience, your wrap begins with a full body polish, gently preparing your skin to receive the highest benefit from your treatment. As you are cocooned in your choice of wrap your body will softly unwind and a scalp and neck massage will melt away any stress. As a final touch, luxurious body cream will be massaged into your skin leaving it feeling nothing less than glorious! **BODY WRAPS ARE NOT RECOMMENDED DURING PREGNANCY**

Skinny Raspberry Margarita Body Treatment

Age-Defying Body Wrap

With indulgent ingredients, the skinny raspberry margaritas body wrap effectively counteracts the effects of aging on the body. Benefits include improving elasticity, tone and firmness of the skin. A full body wrap is followed by a finishing application that will help reduce the appearance of stretch marks and aid in the prevention of new ones. EXPERIENCE: A luscious, juicy cocktail scrub is chock full of fresh raspberry notes and Square One organic vodka to exfoliate away all your rough areas. Next, a warming nopal cactus wrap tones, tightens and gives that skinny girl look without a diet! Your treatment finishes with a light, whipped citrus shea butter massage that is good to the last sip! **NOT RECOMMENDED FOR CLIENTS WITH NUT ALLERGIES.**

Blushing Agave & Honey Butter

Anti-Cellulite Treatments

Suggested for target areas, these treatments will help reduce the appearance of cellulite and are best used in a series combined with proper diet and exercise for long lasting, visible results. EXPERIENCE: 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 and be released from tension as you are massaged deeply with a nourishing oil made with certified organic sunflower seed oil and 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 – and then cocooned in a steaming towel wrap for deep penetration.

Honey Hibiscus Nourishing Wrap

Moisture repair

EXPERIENCE: Indulge in an afternoon of nourishment with this luxurious treatment. First, a natural honey-lavender sea salt scrub, rich in vitamin E, tackles tough skin without stripping away moisture. Next, a luxe fresh honey and papaya glaze application provides deep hydration when a lavender oil infused steaming towel compress wraps nutrients in for comfort! Add a hefty helping of Hello Yellow shea butter, packed with natural oils, intense softness will be in full bloom!



Hair Care

Cuts & Styles

Women's, Men's and Childrens' Cut & Style • Shampoo/Condition/Blow Dry/Style
Specialty Blow Dry (curls, straightening) • Conditioning Treatment • Up-do

Bridal Services

Bridal Up- Do • Bridal Mineral Make-up Application
Mandatory practice up-do for Brides at least two weeks before wedding.
Two month cancellation policy with Bridal Party.
*Please contact Bridal Coordinator for bridal package.

Perm Services

Color

Color maintenance roots coverage • Full Color • Glazing • Full Foil Highlights • Partial Highlights
Crown Highlights • Full Color/Partial Highlights • Ombre/Balayage • Corrective Color
Dimensional Add-on • Scalp Massage Add-on

Hair Straightening Services

You must have a Consultation before you book your appointment.

Hair Extensions

You must have a Consultation before you book your appointment.

Mineral Make-Up

Mineral Make-up Application
One on One make-up lesson with our make-up artist.
Airbrush Make-up Application

Lash and Brow Services

Eyelash Extension Full Set, 120 minutes • Fill Application, 60 minutes
Anastasia Brow Shaping • Tweezing Only • Lash and Brow Tinting

Waxing Services

Please allow for ample hair growth (at least 2-3 weeks) prior to waxing.
Brow Shaping • Lip • Full Face • Chin • Underarms • Full Arm • Half Arm • Full Leg • Half Leg
Back • Chest • Bikini • Brazilian

