

## FEATURED TREATMENTS

### THE RADIANT FACIAL

A minimally invasive microdermabrasion treatment with an added enzyme power peel enhancement to improve overall skin tone and texture for healthier looking skin. Benefits include improvement of age spots and hyperpigmentation, and reduction of fine lines, wrinkles and acne scarring.

50 minutes \$180\*

### HIMALAYAN SALT STONE/ HOT STONE MASSAGE

Increase your sense of relaxation and calm with the soothing benefits of a hot stone massage. Or try the Himalayan salt stone option where the stone's natural salt properties gently exfoliate the skin, promoting naturally smooth and silky skin and reducing the signs of aging.

80 minutes \$225\*



## NATUROPATHICA®

### HOLISTIC HEALTH

Hawkeye Spa uses Naturopathica products.

Naturopathica empowers personal transformation with its skin and body products, remedies and rituals that inspire individuals on their path to well-being.



*Hawkeye Spa*

# Menu of SERVICES



(607) 544-2565 | [OTESAGA.COM](https://www.otesaga.com)

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## MASSAGE and BODY TREATMENTS

### OTESAGA SIGNATURE MASSAGE

This revitalizing treatment uses aromatherapy and stimulating massage techniques and strokes to unwind the body, reboot the mind, and transform stress into balance. Choose between three aromatherapeutic blends of exotic herbs and essences featuring ingredients like warm and spicy cardamom, hypnotic neroli blossom, and energizing holy basil to reinvigorate the senses.

50 minutes \$150\* | 80 minutes \$205\*

### SWEDISH MASSAGE

This full-body massage is designed for pure relaxation and is the most familiar technique. Long, smooth strokes and light to medium pressure ease tired muscles while improving circulation using your choice of unscented or lavender bath and body oil.

50 minutes \$155\* | 80 minutes \$210\*

### ALPINE ARNICA DEEP TISSUE MASSAGE

This intensive treatment relaxes sore muscles with Russian massage techniques and the best pain relievers from nature's pharmacy: alpine arnica bath & body oil, mighty mint rescue cream, sea fennel massage wax, and either arnica muscle & joint gel or sweet birch deep muscle rub.

50 minutes \$170\* | 80 minutes \$235\*

### BLUES BE GONE MASSAGE

This holistic treatment combats adrenal fatigue caused by our modern 24/7 lifestyle. The session begins with a steaming blue eucalyptus inhalation to enhance immunity and is followed by a stimulating massage with ginger root oil to rebalance the adrenal system. This is an excellent choice for post-partum massage.

50 minutes \$150\* | 80 minutes \$205\*

### REST & RENEW PRE-NATAL MASSAGE

Designed for moms-to-be, this deeply restorative treatment works to improve sleep, reduce stress and soothe muscle fatigue. It begins with a Swedish massage, followed by the application of gotu kola healing balm to help prevent the appearance of stretch marks, then a stimulating facial massage to address sensitive, hormone-reactive skin.

50 minutes \$160\*

Upgrade any treatment to experience the relaxing benefits of CBD essential oil.

\$30\* add-on

Soothe away stress and tension with the addition of **Himalayan Salt Stones or Hot Stones** to your massage.

(No added treatment time) \$30\*

## FACIAL TREATMENTS

### PURE RESULTS FACIAL

Experience dramatic results with this skin conditioning treatment designed to correct inflammation, the primary cause of premature aging. The session begins with an exfoliating treatment to sweep away dead surface cells and impurities, followed by a layer of our echinacea and butterfly bush plant stem cells clinically proven to improve the appearance of fine lines and wrinkles, radiance, smoothness and firmness.

50 minutes \$150\* | 80 minutes \$205\*

### MOISTURE DRENCH FACIAL

Discover nature's cure for thirsty, moisture-deprived skin. This hydrating facial immediately replenishes the skin with deeply hydrating botanical blends. A sensorial soothing hibiscus enzyme peel smooths and calms stressed skin, and a nourishing facial massage using gotu kola healing balm leaves skin radiant and protected from harsh environmental elements.

50 minutes \$160\* | 80 minutes \$215\*

### TRUE REFINEMENT FACIAL

Fall in love with your skin with this highly regenerative corrective treatment that combats the signs of aging using our 100% skin-loving formulas. Argan plant stem cells, matrixyl synthe '6 and a tri-retinol blend work together with cutting edge technology to plump the skin and reduce fine lines and wrinkles while improving skin tone and firmness.

50 minutes \$180\* | 80 minutes \$225\*

### ENERGIZE & FIRM FACIAL

This luxurious treatment delivers instant skin rejuvenation by accelerating cellular respiration, bringing fatigued, over-stressed skin back to life. Skin is re-energized with the energize & firm collection— a blend of a copper & amino acid complex, peptides, vitamins and minerals to firm, lift and revitalize the skin.

50 minutes \$180\* | 80 minutes \$225\*

### MARSHMALLOW SOOTHING FACIAL

This healing and restorative facial provides immediate relief for sensitive and sensitized skin. Designed to help calm inflammation, alleviate redness and repair skin's barrier function, it features soothing, hydrating marshmallow extract, which has been used for centuries in nourishing herbal poultices. Blended with reparative Mediterranean microalgae, soothing probiotics and moisture-locking ceramides, this facial treatment immediately soothes irritation and restores the skin's moisture balance.

50 minutes \$160\*

For information and to make an appointment, please call (607) 544-2565, email [HawkeyeSpa@Otesaga.com](mailto:HawkeyeSpa@Otesaga.com) or visit [Otesaga.com](http://Otesaga.com)

## ENHANCEMENTS

### PEPPERMINT HAND & ARM TENSION RELIEF

This energizing enhancement combines a detailed hand and arm massage with a therapeutic multi-purpose cream. Extracts of peppermint and horse chestnut improve circulation, while steaming hot towels steeped in aromatic essential oils relieve hand and wrist tension.

15 minutes \$30\*^

### MIGHTY MINT FOOT THERAPY

This revitalizing foot and lower leg treatment is designed to reinvigorate the body and wake up tired feet. Calves and feet are massaged with a stimulating peppermint balm then cocooned in steaming hot towels for instant energy.

15 minutes \$30\*\*

### REVITALIZING MARINE MASK – DETOX & FIRM

This natural fortifying treatment blend contains micronized French seaweed, clarifying clays and larch extract to help firm and tone devitalized skin.

(No added treatment time) \$25\*^

### EYE CONTOUR TREATMENT

This intensive treatment is designed to reduce puffiness, under-eye discoloration and the appearance of fine lines and wrinkles.

15 minutes \$30\*^

### ENZYME POWER PEEL – HIBISCUS, SWEET CHERRY OR PUMPKIN

Advanced refining treatment for dull complexions.

(No added treatment time) \$25\*^

### GLYCOLIC POWER PEEL

A powerful smoothing treatment that helps reduce the appearance of fine lines and wrinkles. Exfoliating glycolic acid helps reveal younger looking skin while soothing aloe vera calms skin and reduces redness.

(No added treatment time) \$25\*^

### MICRODERMABRASION TREATMENT

This minimally invasive treatment improves overall skin tone and texture for healthier looking skin.

15 minutes \$50\*^ | 30 minutes \$95\*^

\*Prices exclude applicable sales taxes and gratuities.

^ Not available as a stand-alone treatment, must be combined with an existing facial treatment.

+ Not available as a stand-alone treatment, must be combined with an existing massage.