



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

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

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

**[theCmaninn.com](http://theCmaninn.com)**



the  
common  
man **INN**  
& Spa



Visit... [theCmaninn.com](http://theCmaninn.com)

## **Spa Hours**

Open daily 9am to 7pm. November through May, Friday and Saturday 9am to 9pm.

## **Age Requirements**

Guests under 18 are welcome with written parental consent.

## **Spa Amenities**

Complimentary for guests receiving spa treatments and includes separate men's and women's locker rooms and showers, cardio/weight room, hot tubs, indoor pool and sauna; complimentary teas and fruit.

Use of pool, sauna, and hot tubs available for those not receiving spa treatments for \$10 per day and complimentary for inn guests. Use of locker rooms or showers not included. BYOT! (bring your own towel)

## **Cancellation Policy**

We require 24 hours notice for cancellation and rescheduling. Guests canceling with less than 24 hours notice, will be charged 50% of the scheduled treatment price.

## **Arrival**

We ask that you arrive at least 15 minutes before your scheduled appointment to complete necessary paperwork and change into your robe and slippers. 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. Mail order and online gift cards available.

## **Directions**

Conveniently located right off I-93 in Plymouth, NH. Off exit 26 take first right at bottom of ramp to Route 3. Take right at stop sign. The Spa is located at The Common Man Inn 2/10 of a mile from stop sign, on the left. We can't wait to see you!

*Ask about our V.I.P club!  
Join us for Yoga, Pilates and Tai Chi  
in our beautiful Yoga studio!*

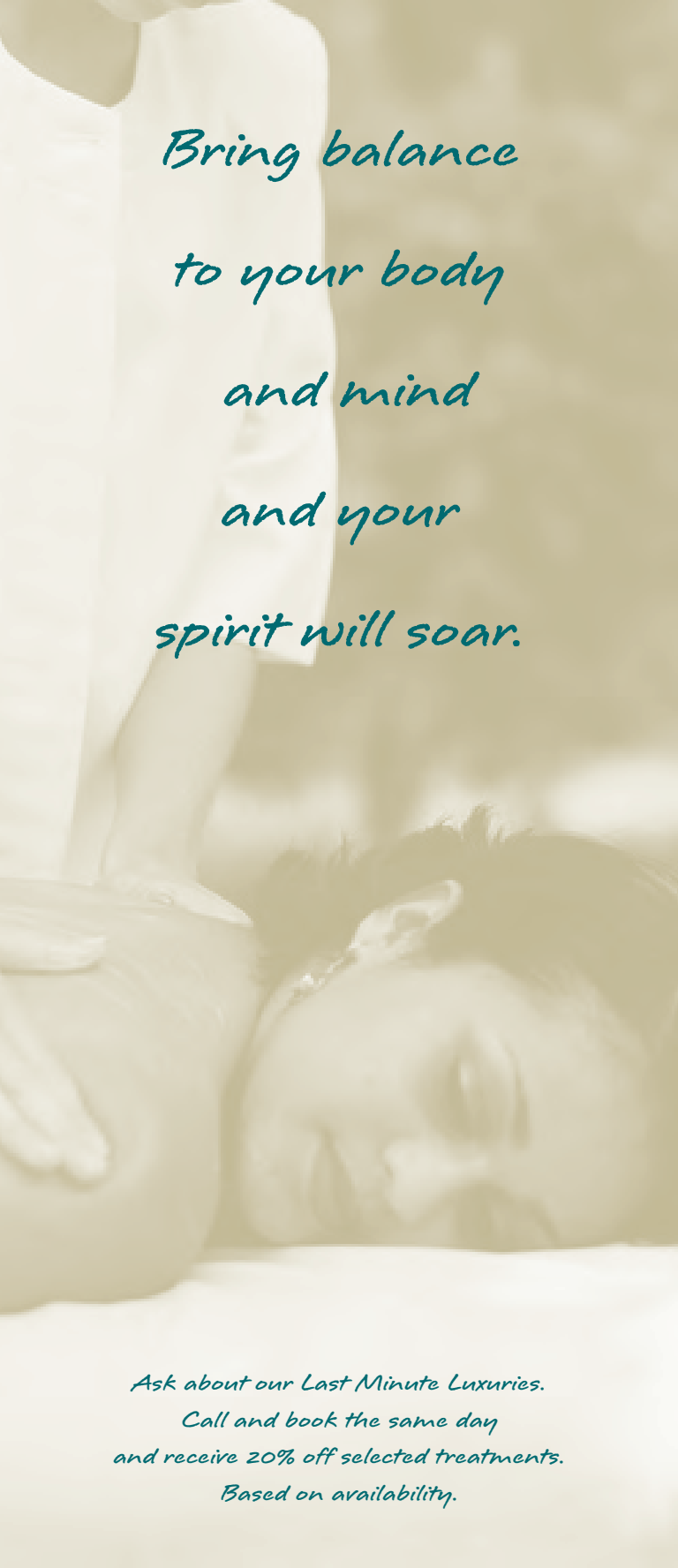


*Love our Common Man Family fare?  
You should try our massages!*

We thought it only made sense to extend our Common Man Family and make people feel good on a whole new level. As a full service day spa, we offer a broad range of services, treatments and fitness classes that support stress reduction, relaxation, body maintenance, health and comfort. 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 tubs and pool before or after your treatment. Don't forget to bring your swimsuit.
- **(Un)dress the part.** We provide you with robe and slippers during your stay. Your privacy will be respected at all times and you will be modestly draped during all treatments that require you to disrobe. For services received clothed, comfortable attire is ideal. Open toe shoes are suggested for all pedicure treatments.
- **Talk with your therapist.** Your comfort and satisfaction are our number one priority. Discuss with your therapist any areas of concern, and any areas to be avoided. If you are uncomfortable at any time during your spa service please let us know.
- **Take a message.** Please turn your cell phones to vibrate or better yet off during your visit with us.
- **Relax.** Easier said than done! Close your eyes and allow your body and mind to be quiet. Breathe deeply and let the tension slip away with each breath.

A person is lying on their back on a massage table, receiving a massage. The therapist's hands are visible, one resting on the person's shoulder and the other near their head. The scene is softly lit, creating a relaxing atmosphere.

*Bring balance  
to your body  
and mind  
and your  
spirit will soar.*

*Ask about our Last Minute Luxuries.  
Call and book the same day  
and receive 20% off selected treatments.  
Based on availability.*

**Massage Therapies** Our massage therapy treatments are truly an uncommon experience. Each treatment is performed by our highly trained exceptional therapists with the purest ingredients.

**Destressor** This concentrated massage focuses on the back, neck and shoulders using a deeper pressure to release tension. This is not a full body massage. 30 minutes - \$60

**Deep Tissue** This personalized massage focuses on relieving muscle tension utilizing individual massage techniques using medium to deep pressure. 60 minutes - \$100 • 90 minutes - \$130 *Optimize your results by adding one of our therapeutic massage enhancements.*

**Hot Stone** A luxurious massage utilizing natural tools from Mother Nature. Warm stones are placed strategically under and on your body for complete relaxation as your therapist incorporates warm stones into a full body massage. Feel your muscles melt and your tension disappear. 60 minutes - \$105

**Raindrop** This full body massage utilizes twelve specific essential oils placed along the spine to aid in deep relaxation and relieving 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. 60 minutes - \$105

**Ashiatsu** Let us walk all over you! Our specifically trained therapist use their feet to apply slow, deep movements on the back of your body milking your muscles of tension. This treatment finishes with a relaxing Swedish style massage on the front of your body leaving you in a calm, awakened state. A must try for the massage enthusiast. 75 minutes - \$110 *Enhance your experience by adding hot stones!*

### **Massage Enhancements:**

Hot Stones - \$10 • Aromatherapy - \$10 • Scalp Massage - \$10  
Aromatherapy Bath - \$30 • Back Scrub - \$10  
Full Body Scrub - \$35 • Self Heating Mud Pack - \$20 (per area)

*What is Self Heating Mud?* A freeze dried seaweed that aids in promoting deep tissue detoxification and relaxation. Can be applied to problem areas or to the feet or back for instant relaxation. You have to experience it to believe it!

*What is Oligomer?* A freeze dried seawater containing a perfect balance of natural trace elements vital for normal cell function and healthy skin. Can be bathed in or put a pinch in your water and drink it.



*Signature Massage Therapies...*

**Common Man Classic**

Employing light to medium pressure, this Swedish style massage is ideal for everyone to increase circulation, relieve tension and promote relaxation.

60 minutes - \$85 90 minutes - \$115

*Upgrade with any of our massage enhancements.*

**Uncommon Aromatherapy**

Enjoy our C-man classic massage with the addition of customized essential oils targeted to your needs. A delightful antidote to stress!

60 minutes - \$95 90 minutes - \$125



## *Our Signature*

### *White Birch Wrap Massage*

Our Birch Wrap Massage is designed exclusively for The Spa by a local herbalist to represent the history of the property as the birch wood mill it once was. Eight New Hampshire herbs are combined to create a detoxifying elixir that offers many health benefits. This signature treatment includes three services for total relaxation and revitalization of the body and mind. It begins with an herbal warm up in our sauna followed by layers of warmth soaked in our herbal elixir and wrapped around your body while you receive a face and scalp massage. The treatment is complete with a full body massage using a custom blended herbal oil.

90 minutes - \$135

Upgrade your massage to a deep tissue for \$15

## Body Treatments

**Prestige Head to Toe** A journey toward toned and youthful skin, this treatment allows you to experience the ultimate in anti-aging. The treatment starts with a full body application of firming ingredients that will penetrate deep within the skin. Enjoy a relaxing eye massage while your body absorbs the concoction of products. You are then immersed into a warm treatment bath full of anti aging concentrates and minerals to create further relaxation and nourishment. The firming finale is a customized facial mask and total body application of an anti-aging body cream. 90 minutes - \$145 *Not suitable for pregnant woman or those with shellfish allergies.*

**Body Relax** Experience the ultimate relaxation. This three step treatment starts with a full body exfoliation followed by a soak with relaxing bath crystals designed to bewitch your senses and induce well being. Your treatment is complete with an application of hydrating body milk leaving your skin radiant and mind renewed. 75 minutes - \$125

**Lavender Dreams** A true delight for skin and senses. First, marine salt crystals exfoliate and nourish your skin leaving it toned and relaxed. Next we use Thai inspired stretching and massaging techniques using Lavender filled sachets and hydrating Body Milk to work out tension and renew your mind. This treatment is a truly unique relaxation experience that will leave your skin radiant. 75 minutes - \$135

**Shea Butter Body Glow** See the difference in your skin with this full body exfoliation and application of moisturizing Shea Body Butter. Using the finest ingredients to renew your delicate skin this treatment will leave your skin smooth and hydrated. 60 minutes - \$75

**Reiki** This Japanese hands on technique helps to balance your energy and reduce stress. 30 minutes - \$45, 60 minutes - \$75

**Aromatherapy Bath with Moisturizer** A personally customized aromatherapy bath in our private whirlpool tub followed by an application of a complimenting body lotion of your choice. A delightfully scented treatment leaving your mind and body relaxed and renewed. 60 minutes - \$65

**Back Basics** Warm towels, moist steam, gentle massage... need we say more? Enjoy this facial for your back. 45 minutes - \$60

## Facials

Our facials provide you with optimum results based on your skin condition. Your esthetician will analyze your skin before each facial as well as provide you with highly effective home care recommendations.

**Common Man Classic** Anything but common! Skin is cleansed, steamed and exfoliated while hands are moisturized with shea butter and wrapped in warm mitts. Treatment is complete with customized mask, moisturizer and hand massage. Extractions not included.  
60 minutes - \$75

**Mini Facial** This refreshing treatment is a great intro to our facial treatments. A brief and rejuvenating experience, this facial will leave the skin healthy and glowing. No steam, hand treatment or extractions. 30 minutes - \$55

**The UnCommon Man Facial** Real men get facials... Designed for the not so common man looking for results and relaxation. A relaxing experience that will leave your skin looking vibrant. Go on, get one, we dare you! 60 minutes - \$75

### Early Start Facial

Designed for our adolescent guests (aged 12-16), this facial focuses on the importance of proper skin care providing deep cleansing and rebalancing of the skin. Treatment of neck, shoulders and hands not included. 45 minutes - \$60

### PCA Chemical Peel

Utilizing the most innovative result-oriented and scientifically advanced products our thoroughly trained Estheticians will design a protocol to suit your skin care needs. Using naturally occurring acids, our peels are exceptional in the treatment of rosacea, acne, hyperpigmentation and the signs of aging or to just give your skin a healthy glow. Initial Consultation - \$50 (includes trial size system)  
Peels start at \$65 - Talk to your Spa Coordinator for more information.

### Facial Enhancements

Wrinkle Ampoule - \$10

Firming Ampoule - \$10

(Add both Firming and Wrinkle - \$15)

Eye and Lip Treatment - \$20

Scalp Massage - \$10

Aromatherapy Bath - \$30

Self Heating Mud Pack - \$20 (per area)

Detox Gel - \$10 (*a salicylic acid treatment for heavily clogged pores*)

## *Phytomer Facials*

**Our Phytomer Facials** provide the ultimate in natural skin care results with deep pore cleansing and customized products for your skin condition. Visible results after just one treatment!

### **Phytomer Purifying**

Specifically designed for oily and blemish prone skin, this facial uses an exclusive seaweed mask that detoxifies and remineralizes and aids in rebalancing the skin. 75 minutes - \$95 *Not suitable for pregnant woman or those with shellfish allergies.*

### **Phytomer Moisturizing**

Providing moisture and hydration, this facial is ideal for all skin types. This intensive moisturizing treatment helps in restoring the skin's natural ability to retain water keeping skin looking healthy and hydrated. 60 minutes - \$85

### **Phytomer Delicate**

Using products specifically designed to soothe sensitive, irritated and reactive skin, this facial helps to calm and strengthen fragile skin. Helps reduce redness and boost skin's natural defenses. 60 minutes - \$85

### **Phytomer Anti-Aging**

Utilizing a double exfoliation and toning mask this facial is ideal for those seeking to minimize fine lines and achieve firmer skin. 60 minutes - \$95 *For optimum results add one of our facial enhancements.*

### **Phytomer Whitening**

A whitening and brightening treatment utilizing non irritating natural based products to diminish hyper pigmentation on the skin revealing brighter healthier skin. Better results when done in a series. 60 minutes - \$95

### **Eye and Lip Replenishment**

Combining innovative products and specific massage, this treatment reduces puffiness and dark circles as well as minimizes fine lines around the eyes. The lip treatment is ideal for combatting dry lips and softening the skin round the mouth. 30 minutes - \$45 *Add this treatment to any facial for \$20.*

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## *Healthy Hands...*

**Classic Manicure** Enjoy all the basics for beautiful hands. Prior to the application of the polish of your choice you will receive cuticle and nail care with a relaxing hand massage - 30 minutes - \$25

**Spa Manicure** Our classic manicure with the addition of a hand exfoliation and moisturizing paraffin dip. 45 minutes - \$35

**Naked Man-icure** Our classic manicure without the polish. Ideal for men and women. 20 minutes - \$20

**Mini Mani** For our littlest Spa Diva! Basic nail care and polish. 20 minutes - \$20

**White Glove Manicure** A brightening treatment for your hands. Minimize "age spots" and reveal brighter, younger looking hands. Better results when done in series. 45 minutes - \$50

## *... and Happy Feet!*

*Don't forget those open toe shoes!*

**Classic Pedicure** Cuticle, callous and nail care followed by exfoliation and massage for your feet and calves. Finish with your polish of choice. 45 minutes - \$45 *Upgrade your treatment with any of our pedicure enhancements.*

**Spa Pedicure** Pamper your feet! Our Classic Pedicure with the addition of a second exfoliation and warm paraffin dip. 60 minutes - \$55 *Add a leg mask to your pedicure for a completely rejuvenating experience.*

**Mineral Mud Pedicure** Discover ooey gooey goodness with the ultimate in foot care. After soaking in a remineralizing seawater bath and receiving proper nail, callous and skin care, your feet are indulged with a self-warming bubbling mud that provides detoxification and instant relaxation. Next enjoy a heavenly leg and foot massage followed by polish of your choice. This treatment is not suitable for pregnant or lactating women and those with shellfish or iodine allergies. 60 minutes - \$65

**Happy Feet** Treat your feet with an invigorating exfoliation, warm paraffin and relaxing massage. 30 minutes - \$35

*Ask about joining our Mani/Pedi Club!*

### **Mani/Pedi Enhancements**

Toe Wax - \$2 • Toe & Foot Wax - \$5 • Leg Masks - \$10

Paraffin Dips - \$10 • Oligomer Seawater Soak - \$10 • French - \$5

## *Other Essentials*

- Makeup Application - \$30
- Makeup Application with Instructions - \$45
- Bridal Makeup with Consultation - \$75
- False Eyelashes - \$10
- Eyelash Tint - \$25
- Brow Tint - \$15
- Lash and Brow Tint - \$30

## *Waxing*

- Brow Shape - \$15
- Chin or Lip - \$10
- Full Face - \$30
- Underarms - \$20
- Arms - \$40
- Half Leg - \$40
- Full Leg - \$60
- Full Leg with Bikini - \$75
- Upper Leg with Bikini - \$50
- Bikini Line - \$25
- Designer Bikini - \$35 & up
- Chest or Back - \$50



*The Spa at the Inn is a proud member  
of the The Common Man Family  
15 Locations Statewide!  
Visit the whole family at [theCman.com](http://theCman.com)*



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## *Day Spa Packages*

Indulge with us for the afternoon and let us do what we do best, take care of you! Don't see something that suits your needs? Your spa coordinator would be happy to customize a package for you. Lunch can be added to any package for an additional charge and advance notice.

**Anything But Common** Feel anything but common with a full body exfoliation, Hot Stone Massage, and Classic Facial with Eye and Lip Replenishment. 2.5 hours - \$230

**Half Day Recharge** Recharge your body and mind with a Classic Massage, Classic Facial, Classic Manicure and Spa Pedicure. 3.5 hours - \$240

**Just for Him** Recharge with a Deep Tissue Massage, relax with an UnCommon Man Facial and end with Happy Feet! 2.5 hours - \$210

**Body Booster** Deep tissue detoxification and rejuvenation for mind, body and spirit. Full body toning scrub, Oligomer seawater bath and Aromatherapy Massage with Self Heating Mud Pack. Complimentary Seawater treatment to take home. 2 hours - \$180

**Spa Sampler** Enjoy a Destressor Massage with your choice of hot stones or scalp massage, a Mini Facial with your choice of warm hand treatment or eye and lip treatment. 1.5 hours - \$140

**Mandara** 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, Anti-aging facial with ampoule of choice and White Glove manicure. Complete with complimentary product to take home. 2.5 hours - \$190



### **The Spa at the Common Man Inn**

231 Main Street, Plymouth, NH 03264

1-866-theCman, 603-238-2845

e-mail: [info@theCmaninn.com](mailto:info@theCmaninn.com) • [theCmaninn.com](http://theCmaninn.com)



*Visit... [theCmaninn.com](http://theCmaninn.com)*

All prices in this brochure are subject to change without notice. 12-08

# The Common Man Family!



B = Breakfast, L = Lunch, D = Dinner, F = Functions, R = Brunch

Directions, menus, gift cards  
and C-Man Store at [theCman.com](http://theCman.com)