We invite you to take in the essence of Vermont, pure, simple and sweet. The Bridge House Spa experience combines the talent of our skilled therapists with quality organic ingredients to inspire well-being.
MASSAGE

THE SIGNATURE MASSAGE
Elevate your Twin Farms experience with a customized massage either in the privacy of your own room or in the spa. Our team of therapists will incorporate a variety of therapeutic techniques to ease tension, address aches and pains, and provide deep relaxation. 60/90 Minutes

ENHANCED AROMATHERAPY MASSAGE
This is a customized massage using Tata Harper’s anti-aging Revitalizing Body Oil. This aromatic blend of rose geranium, grapefruit, frankincense, arnica and alfalfa will enrich the skin with biocompatible nutrients, vitamins and fatty acids. It will boost oxygenation and micro-circulation for improved tone and elasticity and will relieve dryness. 60/90 Minutes

MUSCLE MELT MASSAGE
A deep tissue/trigger point therapy massage using hot towels, heat packs, and Tata Harper’s Soothing Muscle Gel for aches and discomfort. The cooling and anti-inflammatory properties of blue cypress, arnica, silver fir, ginger and menthol provide instant relief and promote healthy lymph activity. 60/90 Minutes
IMMUNE RECOVERY MASSAGE
Cleansing and decongesting, this upper body treatment helps clear the mind and support the immune system. Includes time in the steam room using our Support Breathe Essence.  90 Minutes

HEATED BLUE STONE MASSAGE
This is a customized massage using the comfort of smooth heated stones and warmed oil. The heated stones are used as an extension of the therapists arms and hands, giving the ability to provide either Swedish or deep tissue massage. This treatment includes a choice of aromatic oils and hydrosols.  60/90 Minutes

ULTIMATE ROSE PREGNANCY MASSAGE
A deeply nurturing body massage that eases areas prone to stress and tension during pregnancy. Specifically designed to suit your individual concerns, this is the perfect treatment to feel restored and revitalized. Choose from a selection of three oils, each safely formulated to be used during pregnancy to nourish and care for expanding skin in order to reduce the risk of stretch marks. Pregnancy massage is available after the first trimester.  60 Minutes

BETTER WHEN SHARED MASSAGE
Your choice of side by side massages.  60/90 Minutes
BRIDGE HOUSE BODY RITUAL
This age defying treatment includes it all! It begins with a sugar scrub followed by a warm redefining body balm cocoon, hydrating hair and scalp treatment, a prolonged hot peppermint foot massage and a full body massage using a lightweight and highly refined aromatic revitalizing body oil.  

90 Minutes

AMBROSIA BODY POLISH
This treatment begins with an aroma journey to choose a blend of essential oils that resonate with your current state of mind. This is followed by a shea infused sugar scrub exfoliation, a full aromatherapy massage and an extended facial and scalp massage.  

90 Minutes

HONEY BEE
A head to toe treatment using local honey, a sweet sugar scrub and whipped shea butter to polish and hydrate the skin. This treatment includes a warm hydrating body masque and a facial enhancement using organic local products featuring honey!  

90 Minutes
POSITIVE ENERGY DETOX WRAP
This treatment begins with an exfoliating scrub to prepare the skin for maximum absorption of our re-mineralizing and purifying ingredients. You will be cocooned in a blend of warm mud comprised of plant extracts and vitamins and a fusion of essential oils that inspire positive energy. This powerful combination will hydrate and detoxify your skin but will also improve your vibrational energy. 90 Minutes

THE REFINERY ULTIMATE FACE AND BODY TREATMENT FOR MEN
This all over face and body treatment targets your stresses and strains leaving you refreshed and calm. This is great for men needing to condition their skin and ease muscular tension. 90 Minutes

SLEEP DEEPLY
This head-to-toe massage uses carefully applied pressures combined with calming essential oils to induce a serious state of relaxation, leaving you prepared for a sound night's sleep. This treatment includes a foot bath, abdominal massage, scalp massage, and an enhanced facial massage including a cleanse with mask and serum. 90 Minutes
JET LAG CURE
A treatment for weary travelers to get you back on track when you're feeling fuzzy. Includes body brushing, muscle gel, Ayurvedic scalp massage and stretching. 90 Minutes

UPLIFT YOUR MOOD
For times when you need a little emotional pampering, this indulgent treatment helps to harmonize and rejuvenate the spirit. Includes a foot bath, chakra and cranial pressures, scalp and hair treatment, an eye treatment and an enhanced facial massage with cleanse and mask. 90 Minutes

ULTIMATE ROSE POST PREGNANCY SKIN NOURISHER
This deeply restorative and pampering all over body treatment incorporates exfoliation and the layering of rose based products to immediately restore the skin's quality and appearance. 60 Minutes
FIRESIDE RITUAL MASSAGE  *(September - May)*
The stage is set in your guest room with a crackling fire, champagne, and drawing of your bath. Experience a customized and highly therapeutic massage using our warming FIRE muscle remedy, a powerful infusion of rosemary, eucalyptus, and mint. After your massage, you will be left to enjoy a drawn bath with specialty bath elixirs or salts.  *60/90 Minutes*

LOVE IN BLOOM RITUAL  *(June-August)*
This romantic setting includes a customized massage in your room using Tata Harper's Love Potion, a 100% natural aromatic blend of ten of the world's most potent aphrodisiac essential oils to stimulate the senses, heighten sensuality and immediately inspire an inner sense of beauty and confidence. The stage is set with champagne and a drawn bath complete with rose petals and specialty bath elixirs or salts.  *60/90 Minutes*
Hands and Feet
SHEA INFUSED SPA MANICURE AND PEDICURE
This is a nourishing shea butter spa experience that promotes healthy nails, hands and feet. Begin with an aroma journey to choose the right essential oil blend for you. We then soak your feet using an arnica and Epsom salt bath truffle, followed by a shea butter scrub. Relax as your hands, feet and cuticles are massaged with organic shea butter and vitamin E oil. The experience culminates with a warm concrete balm to seal in moisture, nail care and a polish application. 
Manicure 45 Minutes/Pedicure 60 Minutes

TATA HARPER’S GREEN MOUNTAIN MANICURE AND PEDICURE
A spa manicure and/or pedicure using Tata Harper’s signature body products to fortify and hydrate the skin and cuticles. This spa experience includes a warm foot soak, a warm body balm massage, nail care and polish application. We end this treatment with an aromatic application to the wrists and temples using one of Tata's essential oil blends. Manicure 45 Minutes/Pedicure 60 Minutes
5 PATHS REFLEXOLOGY
This treatment incorporates massage and reflexology to the feet and calves to relieve tension and restore a smooth energy flow throughout the body. This treatment includes the Hot Peppermint Leg and Foot Therapy!
60 Minutes

GENTLEMAN’S MANICURE AND PEDICURE
This treatment provides excellent care for the nails, skin and cuticles of the hands and feet. It includes a warm Epsom and arnica soak, warm body balm massage with heat packs along with cuticle and nail care. Manicure 45 Min/Pedicure 60 Min
GENTLEMAN’S FACIAL
This facial is designed to soothe and nurture irritated skin caused by daily shaving and exposure to the outdoor elements such as wind, sun and snow. Ideal for men who like to look and feel their best. This facial includes a relaxing scalp, neck and shoulder massage. 60/90 Minutes

BACKIAL
This unique treatment is designed to address the skin care needs of that hard to reach and often neglected area, your back. We recommend this service in addition to any facial or massage performed in the spa. 60 Minutes

VERMONT ORGANIC FACIAL
This active, 100% natural and organic facial using home grown ingredients from Vermont will maximize radiance and rejuvenation. A resurfacing treatment will firm and lift while providing and instant glow. An infusion of botanical vitamins and antioxidants provide environmental protection to nourish and heal the skin. 60/90 Minutes
TATA HARPER’S SUPERNATURAL FACIAL
Utilizing the world's most advanced natural skincare technology, this anti-aging treatment achieves optimal results through the use of concentrated 100% natural and non-toxic tailored skincare products. This is a natural results driven facial that will leave you with a glow! 60/90 Minutes

AGE REPAIR FACIAL
Our esthetician will work with you to address your specific skin care concerns and minimize the visible signs of aging. Collagen boosting, elastin building and enzyme resurfacing products are selected for optimal results. This powerful facial combats the damaging effects of the environment and leaves your skin feeling plump, hydrated and beautifully fresh. 60/90 Minutes

BRIDGE HOUSE SPA CUSTOM FACIAL
Utilizing innovative skincare solutions, this personalized skincare treatment achieves optimal results through the use of custom-tailored skincare products and advanced treatment techniques. This popular facial will result in radiant skin, pure relaxation, and a healthy youthful glow. 60/90 Minutes
DEEP CLEANSE FACIAL
An intensive treatment that incorporates steaming, extraction and hot towel compresses, along with facial massage and a freshwater mud mask, leaving a super clean and fresh face.  60/90 Minutes

MAKEUP APPLICATION
30/60 Minutes

Men’s Haircut | Haircut | Blowdry | Wash, Blowdry & Style
Alternative Therapies

REIKI ENERGY WORK
A Japanese therapy using light or no touch to treat the whole person including body, emotions, mind and spirit. 60/90 Minutes

CHAKRA BALANCING
There are seven main energy centers in the body, known as chakras. Each chakra correlates to specific body ailment and physical dysfunction. The chakras also house our mental and emotional strengths. This treatment uses sound therapy, aromatherapy and Universal Energy to cleanse and tonify the chakras. 60/90 Minutes
AGE REPAIR FOR HANDS
A combination of deeply restorative and nourishing essential oils are combined to leave hands and arms looking perfectly conditioned and feeling deeply moisturized. 20 Minutes

TIRED HANDS
Refresh and support aching hands with this warming blend of oils which are massaged into arms and hands to invigorate and revive. 20 Minutes

HOT PEPPERMINT LEG & FOOT THERAPY
This is a cooling and decongesting treatment for the legs and feet. We include peppermint essential oil, a peppermint infused shea sugar scrub and butter, hot towels and massage to release overworked muscles. 20 Minutes
INTENSELY NOURISHING FOOT TREATMENT
Feet and lower legs feel silky soft and deeply moisturized after the layering of rich body oil and cream.  
20 Minutes

ENRICHING HAIR AND SCALP TREATMENT
A deeply conditioning hair treatment that includes hot towels and facial massage. This nourishing hair oil is exotically scented to harmonize, balance and uplift the senses.  
20 Minutes

TATA HARPER’S INSTANT RECOVERY FOR EYES
A lifting and sculpting eye treatment using chilled, herb infused tea bags and a boosted contouring eye mask.  
20 Minutes
INDOOR
Our advanced Technogym equipment includes treadmills, cycles, elliptical trainers, a flex circuit system, free weights and yoga equipment. The Fitness Center provides a sheltered alternative to our range of outdoor activities. Schedule personalized workouts with our trainers and yoga/meditation instructors.

OUTDOOR
Enjoy complimentary group yoga and meditation, biking tours and trail fitness hikes. Please refer to the daily activity sheet for activity schedules or speak to Guest Experience for seasonal outdoor sports and nature experiences.
Yoga and Meditation

GENTLE FLOW YOGA
A soothing gentle practice focusing on basic yoga poses and breath. 60 Minutes

RESTORATIVE YOGA
A deeply relaxing practice of supported poses, guided relaxation, yogic breathing, and extended Savasana (resting final pose). 60 Minutes

MEDITATION
Take the serenity of Twin Farms home with you as you learn to dissolve your thoughts in eternal awareness. Choose from guided breath work or candle gazing meditation. 60/90 Minutes
Each workout session is accompanied by an active warm up as well as a cool down and stretch. Choose a class that best fits your goals.  

60 Minutes

TRX Suspension Training | SMR Foam Rolling | Core-Balance-Stretch
Strength Training | Kettle Bells
RESERVATIONS

We will move mountains to deliver your preferred spa treatment at a location and time of your choosing. Due to the secluded nature of Twin Farms, our therapists may travel over river and dale to reach you, so please reserve your spa treatments in advance. All services are billed when reservations are made and if you can kindly give 24 hours notice for cancellations, we are happy to credit the full amount.

Please let us know if you will be visiting us in the spa or if you prefer your treatment in the privacy of your guest room.

YOUR COMFORT AND SAFETY

In order to better serve you, please alert us to any known health conditions such as high blood pressure, allergies or pregnancy at the time of booking. When changing into your cozy robe and slippers, we suggest you disrobe to your comfort level. Our therapist will respect your privacy at all times by using modest draping techniques and detailed instructions of what to expect if you are enjoying your first spa treatment. You will be asked to remove all jewelry so please leave these valuables in your cottage or suite since we cannot secure them in the spa. Shaving is not recommended before any exfoliating facial or body treatment.
Frequently Asked Questions

WHEN SHOULD I ARRIVE? We suggest you arrive at the spa to enjoy the amenities about 15-20 minutes prior to your appointments. This will allow you the opportunity to enjoy the full spa experience.

WHAT SHOULD I DO WITH MY VALUABLES? We recommend that you do not bring valuables to the spa as we do not have a safe.

WHAT SHOULD I WEAR? A robe and slippers will be provided for you upon arrival to the spa. We suggest you disrobe to your level of comfort. Undergarments are not necessary as our skilled therapists are trained to assure your privacy at all times. Disposable undergarments are available upon request.

SHOULD I SHAVE BEFORE A TREATMENT? Shaving is not recommended prior to any face or body exfoliation treatments.

HOW ARE PAYMENT GRATUITIES HANDLED? Twin Farms is a non-tipping property. All services are charged to the guest room at the time of booking.