



ADK FOOT SANCTUARY

# MENU

## **SIMPLE SOOTHERS |**

**SIMPLICITY** 60 MINUTES \$80

ADK Signature Soak. Lower leg and foot massage.

**MY DAWGS ARE BARKING** 60 MIN \$85

ADK Signature Soak with Himalayan salt. Lower leg and foot massage. Sombra Gel.

**ULTIMATE ZEN** 60 MIN \$90

ADK Signature Soak. Hot stone lower leg and foot massage.

**HAND & LOWER ARM MASSAGE** 30 MINUTES \$58

Arnica oil. Hot towels. Paraffin.

**FOOT MASSAGE** 30 MINUTES \$58 | 45 MINUTES \$68 | 60 MINUTES \$83

Cooling or warming Sombra Gel. Scalp treatment.

*\*To personalize your experience, see Treatment Enhancers*

## **DELUXE RITUALS |**

### **\*OUR SEASONAL SENSATIONS\***

**\*STEP INTO SUNSHINE** 60 MIN \$98 | 90 MIN \$130

Relaxation starts here beginning with your seasonal essential oil journey. Amber Seaweed + French Clay Mask. Kneipp Calendula Orange Foot Soak. Scalp Treatment. Arnica Oil Lower Leg + Foot Massage. Orange finishing mist.

**\*MUD SEASON** 60 min \$98 | 90 min \$130

Rejuvenate your way into Spring starting with your seasonal essential oil journey. Moor Mud Mask. Rose Petal Infused Kneipp Lemon Balm Soak. Scalp Treatment. Lower Leg + Foot Massage. Geranium Paraffin on Feet. Rose Water finishing mist.

### **SIMPLY BLISS & BLENDED 75 MIN \$95**

Arrive 15+ minutes to customize your shea and aloe lotion at our Body Bliss Blending Bar. ADK Signature Soak. Lower leg and foot massage. Finish with your customized aroma blend on lower legs and feet. Take home with you, your blended bliss lotion.

### **LAKE FLOWER'S AROMA 60 MINUTES \$98 | 90 MINUTES \$130**

Rose, lavender and Himalayan salt soak. Dead Sea salt or seasonal sugar scrub with rose or lavender. Lower leg and foot massage. Paraffin foot treatment. Scalp treatment.

### **ADK MEN'S BREW 60 MINUTES \$98 | 90 MINUTES \$130**

Cascade hop infused soak. Arnica lower leg and foot massage. Hop scrub. Beer token for Big Slide Brewery. Cheers!

### **BALSAM FOREST 60 MINUTES \$98 | 90 MINUTES \$130**

Moor Mud foot mask. ADK Signature Soak. Scalp treatment. Lower leg and foot massage with locally crafted balsam fir oil. Stone ritual.

### **REJUVENATION RITUAL 60 MINUTES \$98 | 90 MINUTES \$130**

Dry exfoliation. Seaweed and French Clay Mask. Scalp treatment. Lavender with curative salts soak. Lavender oil massage.

### **MANIS & PEDIS |**

Featuring Dazzle Dry (see below for more info) for all Natural Nail Mani and Pedi rituals, and O.P.I. polish for our Gel Mani rituals.

We do not do gel pedi or gel removal of pedi toes.

### **CLASSICS**

#### **NATURAL NAILS MANI 45 MIN | \$55**

Same as our Natural Nails Spa Ritual Mani, but with O.P.I. gel polish for longer lasting, more durable design.

#### **GEL NAILS (OPI) MANI 45-55 MIN | \$60**

Same as our Natural Nails Spa Ritual Mani, but with O.P.I. gel polish for longer lasting, more durable design.

## GEL REMOVAL STARTING AT \$18

Polish removal & application.

## NATURAL NAILS PEDI 60 MIN | \$68

Nail grooming and polish. Add to any treatment that includes a soak.

### DELUXE NAIL TREATMENTS

## SEASONAL PEDI 80 MIN | \$115

Pair our pedi with either of our Seasonal Sensations.

## A LITTLE EXTRA LOVE 25 MINUTES \$35

Nail grooming and polish. Add to any treatment that includes a soak.

## ROSE INFUSED MANI NATURAL MANI 45 MIN \$58 | GEL MANI 60 MIN \$63

Pink Himalayan salt soak with roses and crystals. Rose quartz massage. Gentle nail grooming. Polish. Rose water finishing mist.

## INTENSIVE REPAIR MANI NATURAL MANI 60 MIN \$88 | GEL MANI 90 MIN \$115

Same as our Natural Nails Spa Ritual Mani, but with O.P.I. gel polish for longer lasting, more durable design.

## LUXURIOUS CURATIVE HOT OIL MANICURE NATURAL MANI 60 MIN \$78 | GEL MANI 75 MIN \$83

Deeply nourishing hot oil soak. Scalp massage and hand massage. High shine buff or gentle nail grooming. Polish.

## CUTICLE EXFOLIATION \$10

Mint & Rosemary Sugar Scrub or Vanilla Lavender Scrub.

## HOT STONE HAND TREATMENT 30 MIN \$45 ADD NATURAL MANI, 60 MIN \$75 | ADD GEL MANI, 75 MIN \$80

Lower arm and hand hot stone massage.

\*We have chosen Dazzle Dry as our featured polish for all Natural Nails Mani and Pedi services because it is cruelty-free, vegan, and hypoallergenic. It can be used by those with sensitive skin without irritation. It's also non-yellowing, non-toxic, and it's quick-drying! It air dries in 5 minutes without the need for UV light (which is not great for your skin). Dazzle Dry is fortifying and contains a nail strengthener. It also doesn't contain reactive ingredients that can cause allergic reactions. In fact, Dazzle Dry is considered the cleanest solvent-based polish! Dazzle Dry is backed by 30+ years of research and development in creating a long-lasting polish without the damage. Plus it can deliver a chip-free manicure or pedicure for 7-14 days.

## TREATMENT ENHANCEMENT |

### FOR THE BODY

**MOOR MUD SOAK 30 MINUTES \$35**

ADK Signature Soak with Moor Mud. Dead Sea and Epsom salts.

**ADK SIGNATURE SOAK 30 min \$35**

Botanical blend. Curative salts. River rocks. Aromatherapy.

**KNEIPP SOAK 30 MINUTES \$35**

Kneipp soak. Botanical blend. Choose from:

Eucalyptus - Reviving. Relaxing.

Calendula & Orange - Invigorating. Nourishing. Cleansing.

Pine, Rosemary, Siberian Fir & Arnica - Comforting. Restorative.

**MOOR MUD FOOT MASK \$18**

Anti-inflammatory, anti-itch, pain relief for body aches and pains.

**DEAD SEA SALT EXFOLIATION \$18**

21 minerals with 10% more salt concentration than the ocean. Leaves skin feeling revitalized and new

**SUGAR SCRUB \$18 FEET | \$18 HAND**

Choice of lavender or peppermint essential oil. Coconut oil.

## OILS \$8

Add to any treatment: balsam fir oil, arnica oil, seasonal essential oil of your choice, Arnica & Mountain Pine Joint & Muscle Gel, or Sombra Gel.

## PARAFFIN TREATMENT \$18 HAND | \$18 FEET

Our eco-friendly paraffin will leave your skin soft, and moisturized, improve joint movement and amplify your warm and cozy experience.

## WARM BASALT STONES \$18

Warm smooth Basalt Stones are used in conjunction with your massage to release tension, warm your muscles and promote relaxation. An athletic favorite, grounding and deepening.

## HYDRATING+ FACE MASK & REVIVING ICE GLOBES \$18

Add to any treatment: restore hydration to your skin for the ultimate facial glow with our Hydrating+ Face Mask, enhanced by a cool revival with our ice globes.

## HYDRATING+ HAND MASK \$18

Add to any treatment: hydrate and revive your hands for the ultimate soft.

## ILLUMINATING EYE GELS \$10

Add to any treatment: energize, soothe and illuminate. Every now and then we could use a little help in the glow department.

## DIVINE SCALP TREATMENT 10 MINUTES \$18

The love your scalp needs but never gets.

## BODY BLISS® EXPERIENCE 20 MINUTES \$38

Arrive 20 minutes to customize and immerse yourself in our Body Bliss experience. Create your shea and aloe lotion while sipping tea.

## FOR THE TREATMENT

## THERMA BLISS SELF HEATING FACE MASK \$18

A warm natural mineral face mask infused with black lava rock, magnesium, kelp and red marine algae blended with pure essential oils to comfort and relax you while hydrating to soften the look of fine lines.

### ECO-FRIENDLY TRAY SERVICE \$23

Seasonal berries. Nuts. Dark + light chocolates. Tea. Warm Oshibori towel. Can serve up to 2.

### CHARCUTERIE FOR TWO \$30

From Lake Placid's Enuf Pastry & Cheese. Artisan cheeses. Meats. Crackers. Grapes. Almonds. Olives. Sweet fig jam. Can serve up to 2. Not available on weekends.

### BACK PLUS MASSAGE \$18

Experience our massage pad with soothing heat therapy for increased blood circulation + relieve muscle tension.

### SEDONA + FRENCH CLAY MASK \$18

Detoxifying + Hydrating. Full of antioxidants, Magnesium rich, Vitamins A, B12, + Iron.

\*This popular mask is here for a limited time until we run out.

### RELAX DEEPER |

#### REIKI 45 MINUTES \$72 | 60 MINUTES \$90

Enable relaxation, reduce pain, speed healing, and reduce other symptoms of illness; especially helpful for pain management, ameliorating the effects of chemo, and all types of illness. *Call ahead for availability.*

Address | 2565 Main St., Lake Placid, NY 12946

Hours | Open Thursday-Monday, 10AM-6PM, Tuesday + Wednesday 10AM-4PM.

Email | [Relax@adkfootsanctuary.com](mailto:Relax@adkfootsanctuary.com)

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MENU

