THE SPA
MIDTOWN
ROCHESTER

200 East Highland Drive
Rochester, NY 14610
585.461.2300
midtown.com/rochester

SPA HOURS
May 1 - September 30
Monday-Thursday
9:00am-9:00pm
Friday-Sunday
9:00am-6:00pm

October 1 - April 30
Monday-Thursday
10:00am-8:00pm
Friday-Sunday
9:00am-5:00pm
Massage

relaxation swedish massage
De-stress your body and let your tension melt away with this classic massage. Long, warming strokes will ease the mind, improve circulation, and create an overall sense of well-being.

recovery massage
This massage caters to those who may have injuries, inflammation, or post-surgery. Our massage therapists will customize relaxation with pressure points to give the ultimate massage for healing muscle tissue.

deep tissue sport and fitness massage
Our signature massage targets muscular tension due to prolonged stress or sports injury. This deep tissue massage penetrates tense muscle fibers, increasing flexibility and restoring them to their natural function.

hot stone massage
Indulge in pure luxury as perfectly smooth, polished basalt stones are heated, penetrating into muscles while melting away tension. The temperature and pressure of the strokes simultaneously relax and stimulate your muscles and improve circulation.

pre-natal massage
This massage is custom-designed to address the specific needs of pregnant women after their first trimester. Gentle massage techniques help alleviate discomforts associated with pregnancy, leaving mom and baby in a complete state of bliss.

couples massage
Share your massage experience with someone special as you enjoy therapeutic relaxation for two in the same room. Our talented technicians will make sure you both leave refreshed and renewed.

reflexology
This healing art of ancient origin promotes healing by stimulating the nerves in the body and encouraging the flow of blood. In the process, reflexology not only quells the sensation of pain, but relieves the source of the pain as well.
neck and shoulder massage
Leave without a care in the world with time set aside to focus on the most common area of stress, pain, and repetitive motion.

foot massage
With more than 7,000 nerves in the feet, a foot massage can be very powerful. It is thought that trigger points in the foot correlate throughout the entire body. Release stress and restore balance with this ancient treatment.

scalp treatment
Clear your mind while stimulating and nourishing peppermint balm is gently massaged into your hair and scalp. Finish with your head cocooned in a hot towel as your therapist gently massages the tension out of your neck and shoulders. This peppermint infused treatment will leave your hair silky smooth, your scalp conditioned, and your mind totally refreshed.

warm stones
Calm your mind and slip into a deep meditative state by adding warm stones to your treatment.

aromatherapy
Choose an aromatic essential oil of your choice to enhance the therapeutic benefits of your massage. The sense of smell is a powerful aid in invoking feelings of relaxation, stress reduction, and happiness.

eminence organic sugar scrub
This invigorating body treatment uses the natural benefits of virgin coconut oil and organic raw sugar cane to polish away dry and dehydrated skin can be added to any massage treatment.
Skin Care

BY EMINENCE ORGANIC

hungarian facial
Individually customized for your skin type, this facial includes cleansing, exfoliation, extraction, face, neck, shoulder, hand and arm massage. A treatment masque is chosen to address skin concerns and finishes with an appropriate moisturizer to leave your skin glowing.

gentleman’s facial
Specifically designed for the gentleman’s complexion, this facial features relaxing massage movements accompanied by calming, aromatherapy-infused hot towels. This deep-cleansing facial treats ingrown hairs, razor burn, and sensitivity to shaving. The face is cleansed and exfoliated, leaving skin refreshed and nourished.

luxury signature facial
This nurturing facial is specially designed and customized to enhance circulation, improve skin radiance, and melt away stress and fatigue. Your specific skin care concerns are addressed with an additional treatment mask while you’re pampered with a massage so you leave completely relaxed and refreshed.

express facial
Want a quick exfoliation and rebalancing without all the pampering? Our abbreviated treatment is the perfect introduction to skin care or for any person on-the-go.

back facial
This world-famous treatment benefits all skin types by detoxifying skin, opening pores, eliminating toxins and increasing circulation. It includes cinnamon to fight off bacteria, ivy for vitamin C, sage to tone and heal, and paprika to stimulate and refresh skin.

illuminating arctic berry facial
This facial includes an organic professional peel that gently exfoliates skin to reduce hyperpigmentation and fine lines. The antioxidant rich peptide system creates a smoother, brighter complexion. Great for acneic, rosacea and sun damaged skin. Recommended in a series of four professional treatments for the year with an at-home kit to keep your skin radiant between spa treatments.

blueberry detox facial
This naturally exfoliating peel deep cleans pores and tones the look of skin. The combination of blueberry juice, raspberry juice, blackberry juice and pineapple extract is high in vitamins and antioxidants that will nourish and refresh your skin. In addition, lactic acid will remove dead skin cells and improve the appearance of your skin’s texture.

teen facial
Keeping in mind the unique activity that hormones have on teen skin, this facial includes a deep cleanse, exfoliation, massage and a treatment masque specifically customized for teenage skin concerns. Our estheticians will include skincare analysis and recommendations for a healthy skin care routine.
REJUVENATION SERVICES

**aha treatment**
Alpha hydroxy acids are a group of natural acids found in foods and are used in skincare treatments for deep exfoliation, pigmentation, acne and other skin conditions. Alpha hydroxy acids include glycolic acid, lactic acid, malic acid, tartaric acid, and others. Our estheticians will choose the right combination to treat your specific skin concerns. Recommended in a series of four professional treatments along with an at home regimen to keep your skin radiant between spa treatments.

**eminence organic yam & pumpkin treatment**
This treatment will rehydrate your skin with natural fruit enzymes, antioxidants, glycolic, lactic, and hyaluronic acids. Helps smooth fine lines and wrinkles and reduce hyperpigmentation. Recommended in a series of four professional treatments along with at home regimen to keep your skin radiant between spa treatments.

**eminence organic illuminating arctic berry peel**
This facial includes an organic professional peel that exfoliates skin to reduce hyperpigmentation and fine lines. Recommended in a series of four professional treatments along with at home regimen to keep your skin radiant between spa treatments.

**microdermabrasion**
A skin-freshening technique that resurfaces the skin for immediate visible results. This manual exfoliation gently removes the dull outer dermis, stimulating production of collagen, leaving you with radiant, healthy skin.

**microcurrent treatment**
Our most popular treatment, this non-invasive technology improves muscle tone in the face and neck by firming and lifting the eyebrows and jawline, while relaxing the muscles that create expression lines.

**micro combination treatment**
Combine the benefits of advanced exfoliation with microdermabrasion and the superior technology of microcurrent to firm and tone in a single treatment.

**cold stone pressure point therapy**
This facial service uses pressure point massage, cold marble stones and specific aromatherapy blends to relieve symptoms caused by migraine headaches, sinus pressure and seasonal allergies.
FACIAL ACCOMPANIMENTS

aha peel
This may be added to our Hungarian facial. Alpha hydroxy acids are a group of natural acids found in foods and are used in skincare treatments for deep exfoliation, pigmentation, acne and other skin conditions. Our estheticians will choose the right combination to treat your specific skin concerns.

lip plumping
This antioxidant, vitamin rich and age-defying treatment deeply hydrates and replenishes, stimulates collagen production and plumps lips.

eye brightening
Reduce fine lines while minimizing dark circles and puffiness. Includes a gentle exfoliation, cooling cucumber gel massage, finished with a hydrating eye cream.

anti-aging hand treatment
Reduce hyperpigmentation and soften skin with our Arctic berry enzyme peel, peptide moisturizer, and relaxing hand and arm massage.
ENHANCEMENTS

lash extension
Our lash technicians will provide you with a luxurious addition to your own natural lashes. A medical grade adhesive will ensure long lasting results without damage to your lashes. Fills for your new lashes will be approximately every 2-3 weeks depending on the natural growth.

makeup lesson
Our makeup artists will be happy to show you the newest makeup trends, and how to apply the best colors for your individual style and skin tone.

makeup application
Do you have a special occasion to go to? Our experienced makeup artists can give you the look you want to feel confident and beautiful.

brow tinting
Our experienced Estheticians will give your brows a darkened more sculpted look.
express pedicure
This refresher pedicure is perfect for those on-the-go. After soaking in our luxury foot bath, your toes are filed and treated with basic nail care. You will leave with your toes polished to perfection.

spa pedicure
A luxurious pedicure begins with a soothing foot soak, followed by a gentle exfoliation with enriching scrubs. Your nails are shaped and cuticles are conditioned. Removal of callused skin, a long relaxing foot massage, and your favorite choice of polish finishes this luxury pedicure.

deluxe pedicure
Indulge and soften extra dry and callused skin. Your feet are exfoliated with an aromatic and enriching polish, hydrated, and then massaged with invigorating botanical extracts. Warm paraffin adds extra moisture, leaving them velvety soft and nourished. Choose your favorite color of polish and your feet will be in bliss.

gentleman’s pedicure
An aromatic foot soak is followed by a scrub and hydrating foot treatment. Dead skin will be exfoliated and the nails trimmed, filed and buffed. Tired feet will be massaged and left revived and refreshed.
express manicure
This express manicure is great if you are pressed for time. Includes basic nail care, filing, and buffing. Your nails will be polished to perfection.

spa manicure
This luxurious manicure includes nail filing, cuticle care, and hand exfoliation using enriching scrubs, followed by a massage with a high-intensity hand cream. This manicure is topped off with an application of your favorite polish.

deluxe manicure
You will be amazed by how our rich hydrating paraffin masque can benefit your hands and soothe your joints. This treatment starts with our Luxury Manicure and continues with vitamin-enriched warm paraffin wrapped in heated gloves, leaving hands velvety soft and nourished.

gel manicure
This revolution in natural nail care delivers the strength of a gel that’s applied like a polish without damaging the nail bed. Complete with exfoliation and moisturizer, this is the ultimate nail service.

gentleman’s manicure
Soften dry skin with our aromatic scrub followed by a massage with our hydrating and nourishing hand cream. Nails are trimmed, filed, and buffed.
eminence organic herbal detox treatment
This localized body treatment targets cellulite by regenerating and toning that helps increase the appearance of elasticity. Paprika and stinging nettle help stimulate and energize the appearance of skin for a healthy looking glow, while honey nourishes and hydrates.

eminence organic blueberry slimming body wrap
After a gentle exfoliation, relax with an indulgent foot or scalp massage while cocooned in a warm wrap purging excess fluids and toxins from the system. Skin appears firmer with the appearance of increased elasticity. Benefits include detoxifying, hydrating and smoother softer skin.

eminence organic coconut sugar body scrub
This invigorating full body treatment uses the natural benefits of virgin coconut oil and organic raw sugar cane to polish away dry and dehydrated skin. Our technician will finish with Eminence Organic firming coconut body lotion leaving your skin looking tight and firm, while providing deep and lasting hydration.
eyebrow sculpting  brazilian
eyebrow maintenance  half leg
lip  full leg
chin  half back
face side  full back
underarm  chest
half arm  bikini half leg
full arm  bikini full leg
bikini  brazilian half leg
narrow  brazilian full leg

cancellation policy:
A 24-hour cancellation or rescheduling notice is required to avoid being charged in full for your treatment time. No-shows will also be charged the full service fee. Special requirements may apply for group bookings.
cancellation policy:
A 24-hour cancellation or rescheduling notice is required to avoid being charged in full for your treatment time. No-shows will also be charged the full service fee. Special requirements may apply for group bookings.

*Non-Member pricing in italics.