

The
CLIFF HOUSE
Resort & Spa

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Beauty Wise
Herbals Soothe and Beautify. How Sage!

Since ancient times, herbal teas have been used to heal and beautify. Now The Cliff House Resort & Spa in Ogunquit, Maine, takes herbals into a luscious full-on body treatment. It's the new tea ceremony – no kimono required.

Ogunquit, Maine – Was it Confucius (or a wise beauty editor) who sagely said: “Tea is as good on you, as in you?” As soothing as herbals are to drink, they’re also restorative when applied to the skin. Best of all, they can be applied precisely where needed, from a stressed muscle to a tense brow.

Herbs like rosemary, sage and lemon balm have been used for a variety of soothing and beautifying treatments, from healing baths and eye washes to facial steams and hair rinses. Now The Cliff House Resort & Spa in Ogunquit, Maine, takes these herbal teas into a luscious full-on body treatment.

The Soothing Herbal Tea Treatment includes gentle exfoliation with your choice of herbal tea – renewing sage, detoxifying lemon balm or revitalizing rosemary – followed by a herbal-infused body mask and soothing wrap in a warm herbal tea quilt. “We love healing herbals,” says Spa Director Mary Weisheit. “They’re highly moisturizing and nourishing for your entire body. Nothing is more clarifying or calming.”

The Soothing Herbal Tea Treatment is a new take on the tea ceremony – no kimono required. For details on this and other unique spa treatments using healing botanicals and indigenous coastal Maine ingredients, visit cliffhousemaine.com.

The Cliff House Resort & Spa, located on 70 oceanfront acres in Southern Maine, offers premier guest services, fine dining, a world-class spa and conference facilities. Owned and operated by the Weare Family since 1872, resort information is located on the Web at www.cliffhousemaine.com or by calling (207) 361-1000.

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