

THE MAGAZINE OF MAINE Down East

JANUARY 2009

Best of
Maine
2009

maine spa treatment

Blueberry Body Wrap Upon entering the Cliff House Resort & Spa in Ogunquit, you are kindly directed to the locker room (complete with a sauna) where you change into a robe and sandals. From there, enjoy tea and fruit by the fire while waiting for your personal massage therapist, who greets you and takes you into your dimly lit treatment room. On the table your body is fully exfoliated, then wrapped in an all-

PAUL AVIS/AVIS PHOTOGRAPHY



natural antioxidantizing mixture of freshly puréed blueberries and seaweed. You are wrapped in several layers of heat-conducting blankets, given a scalp and neck massage, and then gently rinsed and slathered with a fragrant blueberry lotion. This fifty minute, \$110 treatment is definitely one of the most creative uses of Maine's abundant natural resources we've enjoyed. Shore Rd., Ogunquit, 207-361-1000, www.cliffhousemaine.com