




THE CLIFF HOUSE RESORT & SPA

2008 SPA MENU *OF SERVICES*

CUSTOMIZED THERAPIES

 **ATLANTIC WELL-BEING THERAPY** A holistic approach to promote well-being and relaxation in a room where sounds of the ocean and flickering candlelight transport you. A Stone Massage using gentle energy work and our exclusive warm green tea, ginkgo and ginger plant oils follows a full body exfoliation. Next, a body-regenerating treatment is applied and you are wrapped in a warm blanket. Finally, your face and scalp are cleansed, moisturized and massaged, completing your feeling of warmth and well being.
1 hour, 50 min: \$255 (All Natural)

 **SEASHELL THERAPY** Surrounded by aromatic candles and relaxing music, let the sounds of the ocean relax you into Nirvana and provide beauty, health and wellness. This three-step body treatment will begin with a finely crushed seashell and shea butter exfoliation to smooth the skin, followed by our exclusive warm Seashell Massage to help improve circulation and lymphatic drainage. A warm laminaria seaweed oil wrap is the final phase to this relaxing journey, replacing lost minerals in the body and nurturing your skin.
1 hour, 50 min: \$255 (All Natural)


 **AROMATHERAPY HOT TOWEL MASSAGE** The ultimate relaxing experience. This treatment is customized to combine the power of aromatherapy with a moist heat massage using steaming hot towels to thoroughly relax the body and a vigorous massage to unravel tension deep within the muscles. **50 min: \$100 • 80 min: \$155 (All Natural)**


ABHYANGA MASSAGE WITH SHIRODHARA Derived from authentic Ayurvedic practices, this comprehensive treatment begins with the Abhyanga, a sweeping, broad stroke friction massage using generous amounts of dosha-specific oil to promote the circulatory and lymphatic systems while balancing the mind. It is followed by the Shirodhara, a gentle stream of warm herbal oil applied to the “third eye” to quiet the mind and soothe the senses. This nourishing, conditioning oil is then gently massaged into the hair and scalp. **80 min: \$205 (All Natural)**


IMMUNE BOOSTING THERAPY Drops of nine essential oils fall like rain onto your back, bringing the body into balance, helping to align the energy centers and release blockages. May not be suitable for more sensitive skin types. **25 min: \$80 (All Natural)**

EXFOLIATING BODY TREATMENTS

All 50-minute Body Treatments include a Swiss shower and a face and scalp massage.

 **BLUEBERRY BODY WRAP** The power of antioxidants is combined with the riches of the ocean to eliminate skin impurities and stimulate metabolism. This treatment begins with dry brushing exfoliation followed by an algae wrap, infused with organic Maine blueberries and pure blueberry essence. **50 min: \$110 (All Natural)**

 **MAINE WILD ROSE WRAP** This luxurious, naturally fragrant treatment involves a body polish with finely ground olive pits and an application of pure rosewater body cream. Leaves skin glowing, silky and revitalized. **50 min: \$110**

 **NATIVE JUNIPER BERRY WRAP** This treatment begins with an energizing exfoliation, followed by an application of Juniper body gel that helps detoxify tissue and ease rheumatic pain and arthritis. Recommended for earlier in the day as an energy boosting treatment. **50 min: \$110**

RICH ESPRESSO MUD WRAP *New!* This unique therapeutic mud wrap uses rich Arabica coffee extracts, known for their stimulating and detoxifying properties, to gently exfoliate skin and remove impurities. The treatment finishes with a luxurious Crème de la Crème lotion to smooth and hydrate. **50 min: \$110 (All Natural)**

VANILLA COCONUT BODY POLISH *New!* Fresh coconut is blended with sandalwood, jasmine, vetiver and clove to gently sweep away surface skin cells. Ideal for sensitive skin, this treatment will leave you feeling silky smooth and smelling great. **25 min: \$70 (All Natural)**

REFRESHING LEMON BODY SCRUB *New!* Customized for your skin type, enjoy a Bamboo Lemongrass scrub or Lemon Verbena polish as it is gently massaged over your body to exfoliate dry surface skin. This treatment includes a Swiss shower and ends with a Lemongrass and Ginger hydrating body lotion. **25 min: \$70 (All Natural)**

BODY TREATMENT ENHANCEMENTS

Our Body Treatment Enhancements may be added to any 50- or 80-minute massage or body treatment. Limit two per treatment.

WILD LIME BLOSSOM SCALP MASSAGE Deep tissue massage techniques are combined with the aromatic essence of Wild Lime to relax the scalp and neck. **Add \$20** (All Natural)

TIBETAN BALANCING FOOT TREATMENT *New!* Treat your feet to a balancing Ayurvedic Tibetan foot bowl massage using invigorating and refreshing antimicrobial foot oil. **Add \$20** (All Natural)

BODY PURIFYING FOOT TREATMENT *New!* Complete any massage or body treatment with a detoxifying natural herbal foot patch that stimulates circulation and removes toxins from the body. **Add \$15** (All Natural)

MASSAGE



THE CLIFF HOUSE SIGNATURE MASSAGE Formerly our Stress Relief Massage, this highly popular Swedish massage is enhanced with anti-stress aromatic oils to melt away tension and anxiety. A soothing, calming and relaxing full-body treatment that gives special attention to the tense areas of the neck, shoulders and back. **50 min: \$100 • 80 min: \$155** (All Natural)



THE CLIFF HOUSE STONE MASSAGE Throughout history various cultures have used warm stones with massage to relieve aching muscles, improve circulation and lymphatic drainage. Local stones from Bald Head Cliff are featured in this treatment. *Please note: 80-minute version combines Stone and Swedish massage.* **50 min: \$100 • 80 min: \$165** (All Natural)



THE CLIFF HOUSE SEASHELL MASSAGE *New!* This calming, light massage uses various warm seashells to balance your energy, improve circulation and boost lymphatic drainage. **50 min: \$100** (All Natural)

SWEDISH MASSAGE A traditional, soothing massage designed to relieve muscle tension and reduce stress. Lighter or firmer style, depending on your needs. **50 min: \$95 • 80 min: \$150** (All Natural)

DEEP TISSUE MASSAGE A deeper massage that targets specific muscle groups to relieve tension, stress and chronic muscle problems. Includes an Arnica Muscle Repair Treatment to help soothe tired, bruised and over-exerted muscles. **50 min: \$120 • 80 min: \$195** (All Natural)

PREGNANCY MASSAGE Experience this comforting full-body massage and aromatherapy applications designed to increase circulation, reduce edema and promote well being. Peaceful moments for mother and baby. **50 min: \$105** (All Natural)

REIKI This age-old Japanese form of energy work is based on the principles of Chi, universal life energy. Reiki promotes healing and balance through spiritual awareness. Wear loose fitting clothing. No products are used during this treatment. **50 min: \$95**

HEAD, NECK & SHOULDER MASSAGE A concentrated massage for quick relief from daily stress. **25 min: \$65**

SOOTHING FOOT MASSAGE Pamper the most neglected part of your body. This massage stimulates and balances the energetic meridian pathways of the body. **25 min: \$65** (All Natural)

CLIFF SPA IN-ROOM COUPLES MASSAGE Enjoy a massage in the comfort of your room as you relax by the fire and gaze out at the ocean. *Available only in Cliff Spa guestrooms. The Cliff House Stone and Seashell Massages are not available as in-room selections.* **Add \$25 to any massage, per person.** (All Natural)

SKIN CARE



THE CLIFF HOUSE SIGNATURE FACIAL This decadent facial, incorporating the best of land and sea, is guaranteed to rejuvenate and restore the skin with our all-natural marine mineral skincare products. Your experience is enhanced with a warm Seashell Massage for the face, neck and décolleté. A take-home Blueberry Smoothie Mask is included in this treatment. *Suitable for all skin types. 50 min: \$120 (All Natural)*



ATLANTIC SEA ANTIOXIDANT FACIAL *New!* Our answer to the fountain of youth! This facial is designed as a luxurious anti-aging treatment, blending three forms of Vitamin C with our signature algae enzymes to protect against harmful environmental elements while stimulating collagen production. Our special “peel-on-peel” treatment leaves the skin looking healthier, firmer and more luminous. *Suitable for normal to dry skin. 80 min: \$160 (All Natural)*

SKIN RENEWAL FACIAL Give your skin a seasonal boost with this intensive facial designed to dramatically stimulate the skin’s natural cell turnover rate to correct acne, sun damage and aging. *Suitable for all skin types. 50 min: \$120 (All Natural)*

CUSTOMIZED FACIAL Just as your eyes are mirrors of your soul, your skin is a reflection of your health. Your esthetician will analyze your skin and customize a facial just for your specific needs and concerns. This facial includes our signature Pure Touch Massage and is meant to get your skin into shape. *Suitable for all skin types. 50 min: \$130 • 80 min: \$170 (All Natural)*

THE PAMPERED BACK A “facial” for your back. This gentle treatment addresses that hard-to-reach area, while helping to prevent clogging and breakouts, resulting in a thoroughly detoxified and beautiful back. *50 min: \$100 (All Natural)*

SKIN CARE ENHANCEMENTS

Our Skin Care Enhancements may be added to any 50- or 80- minute facial. Limit two per treatment.

FLOWER ACID PEEL

New! For hands and décolleté.

Add \$20 (All Natural)

FACIAL WAXING

One Area: \$20 • Two Areas: \$35

Please note that Two Area waxing may be scheduled as an enhancement to 80-minute facials only.

LIP & EYE TREATMENT

Add \$20 (All Natural)

PARAFFIN HAND TREATMENT

Add \$20 (All Natural)

NAIL SERVICES

All Nail Services include a gentle exfoliation, cuticle grooming, nail shaping, thorough callus removal, luxurious massage, and polish of your choice.



MAINE BLUEBERRY This moisture infusion combines the antioxidant benefits of blueberries with the deep moisturizing properties of our Blueberry Smoothie Mask. A warm Seashell Massage helps improve circulation and lymphatic drainage. This is not just a manicure or pedicure; this is a Maine experience. *50 min. Manicure \$50 • Pedicure \$70 (All Natural)*

THE HEALING JOURNEY Renew your hands or feet using natural vegan ingredients from around the world including wildcrafted and organic plant essences. *50 min. Manicure \$45 • Pedicure \$60 (All Natural)*

ESPRESSO DECADENCE *New!* Each luxurious treatment begins with our Espresso Mud Scrub ritual and a warm towel application, preparing you for this state-of-the-art, age-defying experience using all-natural products. Finishes with a warm Stone Massage to gently ease away stress. *50 min. Manicure \$65 • Pedicure \$80 (All Natural)*

POLISH CHANGE FOR HANDS OR FEET

25 min: \$30

NAIL SERVICE ENHANCEMENTS

FRENCH POLISH UPGRADE Add a French polish to any of the manicure or pedicure treatments. **Add \$20** (All Natural)

BODY PURIFYING FOOT TREATMENT *New!* Complete your pedicure with a detoxifying natural herbal foot patch that stimulates circulation and removes toxins from the body. **Add \$15** (All Natural)

HYDRATION BOOSTER This deeply moisturizing paraffin treatment can be added to any Nail Service. **Add \$20** (All Natural)

To ensure that your polish remains smudge-, streak- and scuff-free, please schedule yourself to "sit still" for at least 15 minutes post-manicure and 20 minutes post-pedicure.

CUSTOMIZED MAKE-UP ARTISTRY

Our resident artist can show you how to accentuate your best features and techniques that will make your look last all day.

MAKE-UP LESSON \$75

BRIDAL MAKE-UP Includes a pre-wedding consultation, lipstick and touch-up trio. **\$210**

MAINLY MEN

GENTLEMAN'S FACIAL This facial addresses men's specific skincare needs. A thorough cleansing, toning and exfoliation combined with a calming and nourishing mask helps relieve razor burns, skin dryness and irritation. Includes a relaxing face and scalp massage. **50 min: \$100** (All Natural)

GENTLEMAN'S MANICURE Our spa manicure is enhanced with an alpha hydroxy cuticle treatment and a moisturizing paraffin hand therapy. Nails are buffed to a perfect shine. **50 min: \$45** (All Natural)

GENTLEMAN'S PEDICURE The ultimate treat for men's feet. This pedicure includes a soothing foot soak, exfoliation, gentle callus removal and a rejuvenating foot and lower leg massage. The finishing touch is a moisturizing paraffin treatment and a nail buff. **50 min: \$65** (All Natural)

WHITE PINE DETOX WRAP *New!* This purifying respiratory wrap eases congestion and muscle soreness. We combine the aromatic essential oils of White Pine and Balsam to open sinuses and clear the lungs while providing deep relaxation and calm. Includes a Swiss shower and a face and scalp massage. **50 min: \$110** (All Natural)

SPORTS MASSAGE An invigorating massage to ease sore muscles and joints tired from overuse or intensive exercise. This treatment uses deep tissue techniques to warm and manipulate the body with passive stretching and range of motion. **50 min: \$120 • 80 min: \$195** (All Natural)

Other Spa treatment recommendations for men

DEEP TISSUE MASSAGE • THE PAMPERED BACK

THE CLIFF HOUSE SIGNATURE MASSAGE

SPA BOUTIQUE

Visit our Spa Boutique and sample our selection of signature skin and body care products, customized make-up and unique gifts. Once you return home, shop online at www.cliffhousemaine.com/store/.

AMENITIES & CONSIDERATIONS

Complimentary use of Spa amenities is offered to all adult hotel guests having Spa services.

RESERVATIONS We recommend booking Spa services as far in advance of your arrival as possible. Non-hotel guests wishing to schedule Saturday appointments may only book 24 hours in advance.

CHECK-IN Please check in at the Spa at least 30 minutes prior to your first scheduled appointment.

DAILY SPA ADMISSION FEE Includes the use of the Spa lounge, sauna, steam rooms, Fitness Center and refreshments. Robes, sandals and private lockers are provided. *Does not include use of pools.*

Non-hotel guests receiving Spa services or classes. **\$15**

Non-hotel guests *not* receiving Spa services or classes. **\$40**

SPA DAY PASS Hotel guests not having Spa services may purchase a Spa Day Pass for the length of their stay. The pass includes use of the Spa lounge, sauna, steam rooms and refreshments. Robes, sandals and private lockers are provided. **\$12**

FITNESS CENTER The mezzanine on the second level has a 2,500 square foot, state-of-the-art fitness area. All hotel guests may use the Fitness Center and pools. Keys are available at the Spa Front Desk. Fitness assessments, personal training, and fitness classes are available. Please ask your Spa consultant about specific offerings.

FITNESS MEMBERSHIP Membership packages are available to non-hotel guests. Package information for 1-, 3- and 8-month memberships can be found on our Web site at www.cliffhousemaine.com/spa/fitness.cfm. All fees are due upon registration, and there are no pricing exceptions.

GROUP FITNESS CLASSES Please call the Spa Front Desk for a complete list of class offerings, schedules and availability.

AGE REQUIREMENT At least 18 years of age.

SPA HOURS Spa: 8:00 a.m. to 8:00 p.m., seven days a week.

Fitness Center: 6:00 a.m. to 10:00 p.m., seven days a week.

SERVICE PRICING All service prices do not include gratuity. Gratuity is left to your discretion and should be based on the satisfaction of services. Guests often use fine dining gratuity (15-20%) as a guideline.

CANCELLATION POLICY Appointments cancelled within 24 hours of the scheduled time will be billed at the full price of service.

GIFT CERTIFICATES Our Gift Certificates are perfect for any occasion and may be used throughout the Resort. Certificates are available for purchase through the Hotel Front Desk, online, by phone or mail.