

# The CLIFF HOUSE

Resort & Spa



## 2009 SPA MENU of SERVICES

*Our 137th Season*

ON SHORE ROAD BETWEEN YORK & OGUNQUIT, MAINE  
PO BOX 2274 OGUNQUIT, MAINE 03907  
TEL 207-361-6222 FAX 207-361-1037  
CLIFFHOUSEMAINE.COM • INFO@CLIFFHOUSEMAINE.COM

## 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](http://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.


## 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** 


 **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** 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** 



 **SOOTHING HERBAL TEA TREATMENT** *New!* This calming herbal body treatment will put you in a total state of relaxation. To begin, you will be gently exfoliated with your choice of herbal teas, then rinsed in a Swiss shower and wrapped in a warm herbal tea quilt. This is a highly-moisturizing and nourishing treatment for the entire body. **50 min: \$110**

**SEA SALT BODY BUFF** *New!* Sea salts with aromatic essential oils are gently massaged over the body to exfoliate dry surface skin. Includes a Swiss shower and is finished with a hydrating body lotion. **25 min: \$70**

 **BLUEBERRY AND RICE BODY POLISH** *New!* A natural body polish to invigorate the skin and rid it of impurities. Antioxidant blueberry combined with exfoliating rice bran beads and vitamin-infused moisturizers will protect, condition and help reveal brighter, smoother, more even and radiant skin. **25 min: \$70**

 **RED ALGAE LUXURY DETOX & SLIMMING THERAPY** *New!* An all-natural body transformation that begins with a pure mango butter and brown sugar scrub followed by a detoxifying full body massage using essence of grapefruit and mandarin orange to eliminate toxins and finishing with our signature red algae, pineapple and grapefruit elastomask designed for contouring and slimming. **80 min: \$165** 


## 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** 

**OCEAN MEMORY MARINE SPA RITUAL** *New!* Plunge into the heart of the original seas and discover Ocean Memory, an aquatic and sensorial journey. Imagine a room where you are surrounded by aromatic candles and relaxing music. Your senses will rediscover the wonders of the ocean and emerge renewed and at peace. This three-step body treatment begins with a wonderful ocean scrub, followed by an aquatic flow massage. As a final step, you will be wrapped in a warm algae mousse. Re-energized and protected, your skin will feel wonderfully renewed. *A take-home sea salt bath is included.* **1 hour; 50 min: \$255**

**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** 

**TREASURE OF THE SEA** *New!* Let the precious marine extracts filled with minerals, proteins and vitamins envelop your skin while lymphatic drainage massage techniques eliminate toxins and reenergize the body. This approach targets every area of the body with warm oils offering complete remineralization, relaxation and silky-soft skin. **50 min: \$120 • 80 min: \$165**



**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** 



 Unique treatments experienced exclusively at The Cliff House Resort & Spa.



 Treatments featuring all natural products.

## MASSAGE

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 **THE CLIFF HOUSE SIGNATURE MASSAGE** This highly popular Swedish massage is enhanced with anti-stress aromatic oils to melt away tension and anxiety. A soothing full-body treatment that gives special attention to areas of the neck, shoulders and back. **50 min: \$100 • 80 min: \$155** 


 **THE CLIFF HOUSE STONE MASSAGE** Warm stones are used to massage aching muscles, improve circulation and lymphatic drainage. This treatment features local stones from Bald Head Cliff. *80-minute version combines Stone and Swedish massage.* **50 min: \$100 • 80 min: \$165** 


 **THE CLIFF HOUSE SEASHELL MASSAGE** A calming, light massage that uses warm seashells to balance your energy, improve circulation and boost lymphatic drainage. **50 min: \$100** 


**TABLE THAI MASSAGE** *New!* This ancient massage combines pressure-point techniques with rhythmic stretching movements to promote balance and relaxation. *Loose, comfortable clothing is recommended.* **50 min: \$120 • 80 min: \$195**

**CUSTOMIZED MASSAGE THERAPY** *New!* Customized massage therapy combines remedial and relaxation massage techniques using reflexology, aromatherapy or deep tissue massage to meet your specific needs. **50 min: \$120 • 80 min: \$195**

**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** 


**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** 

**SPORTS MASSAGE** An invigorating massage to ease sore muscles and joints. 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** 

**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** 

**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** 

**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.** 

## MASSAGE ENHANCEMENTS

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*Our Massage Enhancements may be added to any 50- or 80-minute massage or body 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** 

## SKIN CARE

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**BEYOND BOTOX® FACIAL** *New!* This anti-aging treatment is for those wishing to see significant and immediate changes in how they look. The facial reduces the appearance of fine lines, wrinkles and age spots, resulting in firmer and healthier looking skin. This treatment addresses all of your skin aging concerns. *Suitable for all skin types.* **80 min: \$160**

 **THE CLIFF HOUSE SIGNATURE FACIAL** This facial, incorporating the best of land and sea, rejuvenates and restores skin with our all-natural marine mineral skincare products. The treatment includes a Blueberry Smoothie Mask made just for the Cliff House and is enhanced with a warm Seashell Massage for the face, neck and décolleté. *Suitable for all skin types.* **50 min: \$120** 

 **ATLANTIC ANTIOXIDANT FACIAL** This facial rejuvenates and hydrates skin. A blend of three forms of Vitamin C and our signature algae enzymes 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** 

**SENSITIVE SKIN FACIAL** *New!* This specialized facial soothes fragile, reddened skin due to irritation caused by sensitivity and Rosacea. Special ingredients gently cleanse, cool and calm skin while maintaining hydration. The treatment visibly reduces redness and inflammation without aggravating the condition. Skin will experience a renewed moisture balance that is sure to last, leaving a glowing complexion. *Great for sensitive skin.* **50 min: \$120**

**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** 🌿

**CUSTOMIZED FACIAL** Your esthetician will analyze your skin and customize a facial for your specific needs. 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** 🌿

**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** 🌿

## SKIN CARE ENHANCEMENTS

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

**NECK AND DÉCOLLETÉ TREATMENT** *New!* This powerful anti-aging treatment will address lack of firmness, loss of elasticity, fine lines, uneven skin tone, sun damage and dull, crepe-like skin. **Add \$25**

**FLOWER ACID PEEL**  
For face, hands and décolleté. **Add \$20** 🌿

**FACIAL WAXING** *One Area: \$20 • Two Areas: \$35*  
*Please note that Two Area waxing may be added to 80-min facials only.*

**LIP & EYE TREATMENT** **Add \$20** 🌿

## 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 treatment combines antioxidant benefits of blueberries with the deep moisturizing properties of our Blueberry Smoothie Mask. A warm Seashell Massage improves circulation and lymphatic drainage. This is not just a manicure or pedicure; this is a Maine experience. **50 min. Manicure \$50 • Pedicure \$70** 🌿

**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** 🌿

**ESPRESSO DECADENCE** 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** 🌿

**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** 🌿

**PARAFFIN HAND OR FOOT TREATMENT** This deeply moisturizing paraffin treatment can be added to any Nail Service. **Add \$20** 🌿

*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** A special treatment addressing the specific skin needs of men. This facial eases razor irritation and maintains hydration while protecting and restoring skin. A blend of vitamins and anti-oxidants is diffused into the inner layers of skin leaving it revitalized for a healthier looking complexion. *A take-home facial wash is included in this facial.* **50 minutes: \$120.00** 🌿

**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** 🌿

**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** 🌿

### *Other Spa treatment recommendations for men*

Deep Tissue Massage • The Pampered Back •  
The Cliff House Signature Massage • Sports 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/](http://www.cliffhousemaine.com/store/).