



The  
**CLIFF HOUSE**  
Resort & Spa  
2012 SPA MENU of SERVICES



**SPA TREATMENT PACKAGES**



A 50% deposit is required on Spa Treatment Packages below.



**CLIFF HOUSE SIGNATURE DAY AT THE SPA** Enjoy a special day with us that includes: 50-minute Cliff House Signature Massage, 50-minute Cliff House Signature Facial, Signature Manicure and Pedicure, and our Lip Blooming Treatment. The 'Day at the Spa' package is approximately **3 hours, 30 mins: \$325**

**GENTLEMAN'S DAY AWAY** This exclusive men's spa package includes: 50-minute Deep Tissue Massage, 50-minute Gentleman's Facial, Gentleman's Pedicure and a Wild Lime Scalp Massage. The 'Gentleman's Day Away' package is approximately **3 hours: \$305**

**ATLANTIC WELL-BEING PACKAGE** A holistic approach to promote well-being and relaxation. Begin with an invigorating and conditioning scalp treatment, followed by a full-body exfoliation using Dead Sea salts. Next, you will experience a Stone Massage using natural marine and botanical oils. To finish, a hydrating body treatment is applied and you are wrapped in warmth while your face is cleansed, moisturized, and massaged, completing your feeling of warmth and well-being. **1 hour, 50 mins: \$255**

**MASSAGE TREATMENTS**


 **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** 

**\$99 SPA SPECIAL SAMPLER** Three 15-minute mini-treatments: a relaxing head, neck and shoulder massage; a revitalizing hand treatment; and a lower leg hot-towel massage – plus a glass of wine and a sampling of Chef's hors d'oeuvres! Available by appointment only on Sundays and Thursdays from 4 p.m. to 7 p.m. **45 min: \$99**

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

**CUSTOMIZED MASSAGE THERAPY** Your technician will use their expertise and intuition to assist in creating a treatment to meet your specific needs. A combination of techniques and modalities can be used including: hot stones, deep tissue, aromatherapy, energy work, and hot towels. **50 min: \$120 • 80 min: \$195**


**DEEP TISSUE MASSAGE** A deeper massage that targets specific muscle groups to relieve tension, stress and chronic muscle problems. Includes an Ayurvedic Muscle Repair Treatment to help soothe tired, bruised and over-exerted muscles. **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.* **25 min: \$65 • 50 min: \$100**

**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**

**BACK MASSAGE** Say goodbye to built-up tension with this specialized back treatment. **25 min: \$75** 

**SEASONAL MASSAGE AT THE CLIFF HOUSE**  
*The Cliff House Resort and Spa will be offering unique spring, summer and fall treatments specifically designed for the seasons. Please consult with your spa receptionist for details!*

**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 following massages are not available as in-room options: Cliff House Stone Massage, Pregnancy Massage, Customized Massage. Add \$25 to any massage, per person* 

**MASSAGE ENHANCEMENTS**

*Our Massage Enhancements may be added to any 25, 50 or 80 minute massage treatment or as a separate 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. **25 mins: \$60** 

**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: \$70**

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**BODY TREATMENTS**

50-minute Body Treatments include a Swiss shower and face/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: \$115**

**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: \$115**

**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: \$115**

**RED ALGAE LUXURY DETOX & SLIMMING THERAPY** An all natural body transformation that begins with an organic full-body scrub followed by a detoxifying full-body massage to eliminate toxins and finishing with our signature red algae elastomask for contouring and slimming. **80 min: \$170**

**SEA SALT BODY BUFF** 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 Sicilian Bergamot body lotion. *Alternative exfoliates are available for those with sensitive or reactive skin types.* **25 min: \$70**

**SKIN CARE**

**THE CLIFF HOUSE SIGNATURE FACIAL** This facial, incorporating the best of land and sea, rejuvenates and restores skin with our all-natural marine mineral skin care products. The treatment includes a blueberry smoothie mask made exclusively for the Cliff house and is enhanced with warm and cool stones used to massage the face, neck and décolleté. **50 min: \$120**

**THE SEASIDE PARADISE** *New!* Experience a unique head-to-toe facial treatment. This holistic journey uses a combination of marine and botanical essences to cleanse, exfoliate and detoxify the face and body. Also included in this treatment is a Swiss shower, facial, neck and décolleté, hand and foot massage. Seaside Paradise finishes with a facial and body moisturizer. Your esthetician will customize the treatment to address the needs and concerns of your specific skin type. **80 min: \$180**

**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**

**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 antioxidants is diffused into the inner layers of skin leaving it revitalized for a healthier looking complexion. **50 minutes: \$120**

**CUSTOMIZED FACIAL** Your technician will chose the appropriate customization for your skin type. **50 min: \$130 • 80 min: \$170**

- **CORRECTIVE** – *For oily/acne/dull skin.* A balanced treatment to correct without irritating the skin. This facial will aid in the purification of pores and the control of breakouts and excess oil.
- **HEALING** – *For mature/aging/dry/dehydrated/sun-damaged skin.* This treatment uses botanical and marine infusions to hydrate, restore and soften visible signs of sun-damaged or aging skin.
- **CALMING** – *For rosacea/sensitive/sunburned skin.* A facial treatment designed for inflamed or sensitive skin. Your technician will address your unique needs to help restore, balance and promote radiance to your skin.

**EXPRESS FACIAL** This holistic and deeply hydrating treatment is enriched with antioxidants and hydrators that replenish, restore and rejuvenate your skin. **25 min: \$65**

**SKIN CARE ENHANCEMENTS**

*A variety of skin care enhancements may be added to any 50 or 80-minute facial. Limit one per 50-minute facial, two per 80 minute facial. Skin care enhancements include, but are not limited to, neck and décolleté treatment, lip blooming treatment or anti-aging eye treatment. \$25 per enhancement.*

*Enhancements are upgrades to your existing treatment and do not add additional time to the treatment.*

**FACIAL WAXING**

One area wax may be added to any 50-minute facial treatment. **\$20**  
Two area wax may be added to any 80-minute facial treatment. **\$35**

*We will happily accommodate facial waxing as an individual service when available. Please consult your spa coordinator for availability.*

**ANTI-AGING EYE TREATMENT** Your delicate area is revitalized with active peptides, a firming and soothing mask, and rich moisture cream, all enhanced with a specialized massage to bring relief while restoring radiance and skin tone. **25 min: \$65**

**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. **\$150**




## NAIL SERVICES

All Nail Services include a gentle exfoliation, cuticle grooming, nail shaping, thorough callus removal, luxurious massage and polish of your choice. To ensure your polish remains smudge-free, please plan to "sit still" for at least 15 minutes post-manicure and 20 minutes post-pedicure

 **CLIFF HOUSE SIGNATURE MANICURE & PEDICURE** This treatment combines antioxidant benefits of blueberries with the deep moisturizing properties of our Blueberry Smoothie Mask. A warm Stone Massage improves circulation and lymphatic drainage. This is not just a manicure or pedicure; this is a Maine experience. **45 min. Manicure \$50 • Pedicure \$70** 

**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** 

**CUSTOMIZED MANICURE & PEDICURE** *New!* Renew your hands and feet! Each luxurious treatment begins with an exfoliation using sea salts infused with your choice of essential oils, followed by a therapeutic massage using a soothing and hydrating blend of lotion and plant essences. **45 min. Manicure \$50 • Pedicure \$70**

 **POLISH CHANGE HANDS OR FEET** A quick route to hand or foot rejuvenation. Includes nail shaping and polish of your choice. **25 min: \$30** 

## NAIL SERVICE ENHANCEMENTS

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

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

*Nail services are available for natural nails only. We are unable to accommodate nails that are enhanced with acrylic or shellac (trademarked product name).*

## SPA BOUTIQUE

Visit our Spa Boutique and sample our selection of signature skin and body care products, customized make-up and unique gifts.

 *Unique treatments experienced exclusively at The Cliff House Resort & Spa.*  
 *Treatments featuring all natural products.*

## 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.  
Pool & Fitness Center: Open at 6:00 a.m.

**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.