




# THE SPA

AT CLIFF HOUSE

A photograph of a lighthouse situated on a small, rocky island in the middle of the ocean. The sky is filled with soft, colorful clouds in shades of pink, orange, and purple, suggesting a sunset or sunrise. The water is a deep blue, and the foreground shows dark, jagged rocks.

**If your eyes are opened,  
you'll see things worth seeing.**

**– Rumi**

## Our Story

With the wild and free elements and the rugged, untamed beauty of coastal Maine, The Spa serves as a gathering place on the cliffs, offering meaningful experiences for a revitalized sense of well-being and a powerful reconnection with self, nature, and others.

A place to rejuvenate, recharge and enhance everyday lives, satisfying the desire for escape and connection. A sanctuary of well-being that invites you to surrender to your truest essence. The Spa offers subtle references to the distinctive traditions, natural beauty, and spirited attitude of its location through a combination of playful, fresh, and modern expressions.

Energize in a vitality circuit of sauna and aroma showers, then anchor your spa experience in a reflective retreat in our Ocean View Sanctuary, which hovers high above the seaside cliffs, crashing waves and unending skies. Or rest and enjoy your time in the more social sun lounge and garden patio with expansive views from Bald Head Cliff, the lounges offer a connection between indoors and outside with natural light and cozy seating. A perfect setting for a personal retreat, couples' connection, or celebrating a special event with friends.

The Spa offers a wide range of services each designed to guide you back to your own untamed beauty. Our journeys, massages, body rituals, and facials crack through layers of stress and strain, revealing the splendor that awaits just below the surface. Our intuitive therapists use only the finest natural and organic products, enhanced with therapeutic essential oils that soothe mind, body and soul. Come to The Spa at Cliff House to discover and experience your own wild and free. . .

# Signature Retreat Rituals

Take time to enjoy a Signature Cliff House Spa experience. Each retreat ritual provides a specific intention created to honor yourself and your well-being.

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## A Walk On The Beach

**110 Minutes | \$395**

Let the soothing essence of the ocean transport you to a place of tranquility. This restorative retreat begins with a gentle dry brush, followed by a refreshing scrub and hydrating wrap to exfoliate and renew the skin. A rejuvenating facial with an LED mask nurtures your glow from within. Finally, a grounding hand, foot, and scalp ritual—featuring warm marine mud and smooth heated stones—evokes the comforting warmth of sun-drenched sand, melting away tension and leaving you feeling deeply relaxed and completely refreshed.

## Wild + Free

**110 Minutes | \$395**

Embrace the raw beauty of Maine's coastline with this invigorating retreat, inspired by the vibrant flora that thrives along the cliffs. Begin with a beach rose-infused scrub that awakens the senses, followed by a deeply hydrating wrap that nourishes and rejuvenates your skin. A Thai-inspired massage using heated marine boluses filled with sea salt and lavender flowers works to melt away tension and restore balance. Wild and free, this treatment leaves you feeling refreshed, revitalized, and deeply connected to the natural world around you.

## Untamed Maine

**110 Minutes | \$395**

Raw. Wild. Restorative. Inspired by the rugged beauty of Maine's coastline, this immersive experience draws on the untamed power of the sea and earth to renew body and spirit. A revitalizing marine scrub awakens the skin, followed by a mineral-rich sea mud wrap that draws out tension and recharges you from the inside out. The journey ends with our signature Five-Point Star Ritual—a grounding treatment that activates energy pathways through the head, hands, feet, and back. Each element—Earth, Water, Fire, Air, and Space—is honored through purposeful touch, heated stones, and the cleansing essence of the coast. The result: elemental balance, deep release, and a return to your wild, essential self.

## Oceanview Cliffside Escape - For Two

**110 Minutes | \$875**

Retreat and reconnect with a side-by-side experience in the exclusive Ocean View Cliffside Suite. Indulge in 80-minutes of customized massages, each thoughtfully tailored with five personalized enhancements for a deeply restorative mind and body escape. After your treatments, savor the breathtaking ocean views while enjoying an artisanal charcuterie and glass of crisp Prosecco—an exquisite pairing to complete your shared moment of relaxation.

## Waves of Wellness | In-Suite Massage for Two

**110 Minutes | \$1,125**

Share a private journey of relaxation and renewal with a partner, friend, or loved one. Our Oceanview Cliffside Escape is thoughtfully reimagined as an exclusive in-suite experience, offering optimal relaxation, privacy, and luxury within the comfort of your guest room.

Your retreat includes personalized suite setup, 80 minutes of side-by-side customized massages enhanced with tailored wellness upgrades, followed by an artisanal charcuterie board and a glass of crisp Prosecco delivered to your suite to complete your experience.

Limited availability. Advanced reservations required.



**I go to nature to be soothed  
and healed and to have my  
senses put in tune once more.**

**– John Burroughs**

# The Five Element Journeys

Restore balance. Reconnect with nature. Reawaken your energy.

Guided by the elemental forces of Space, Air, Fire, Water, and Earth, these intentional journeys are more than treatments—they are powerful energetic resets. Each journey blends breathwork, touch, and elemental techniques to support your physical, emotional, and energetic well-being. Begin with grounding aromatherapy breathwork, then let your chosen element lead the way.

Choose the element your body and spirit crave the most.

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## **Water – The Waves of Beauty Journey**

**80 Minutes | \$315**

For emotional flow, release, and restoration

This rhythmic, fluid experience mimics the movement of water—soothing, cleansing, and deeply nourishing. A full-body massage melts away tension, while a detoxifying foot scrub and mask promote renewal. Ear seeding supports emotional release, helping you to soften into calm, clarity, and ease.

## **Air – The Tranquility Journey**

**50 Minutes | \$220**

For stillness, breath, and mental calm

Feel yourself exhale. This gentle, flowing ritual is ideal for those feeling overwhelmed or mentally overactive. Smooth massage techniques, warm stones placed in the palms, and light Kansa Wand work along the back promote a sense of floating serenity. When the air element is in balance, breath deepens, thoughts quiet, and the nervous system softens.

## **Earth – The Energizing Journey**

**80 Minutes | \$315**

For grounding, strength, and reconnection

When you need to feel rooted and strong, this revitalizing experience restores your foundation. A mineral-rich scrub for the hands, arms, and back awakens the body, followed by a massage using earthy, energizing oils to boost vitality. Ear seeding anchors your energy, supporting resilience, focus, and a sense of wholeness.

## **Fire – The Desert Journey**

**50 Minutes | \$220**

For tranquility, serenity and restoration

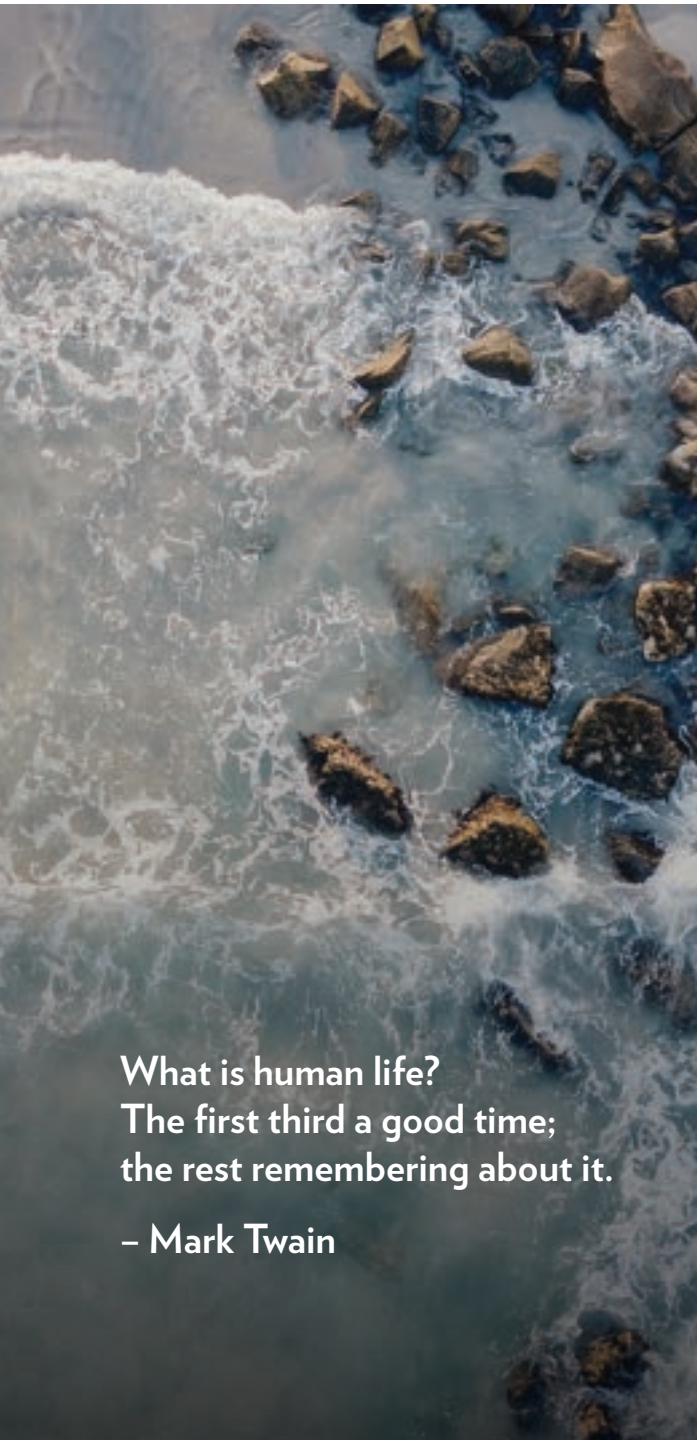
This refreshing escape soothes your inner fire with comforting touch, calming aromatherapy, and a rejuvenating facial massage using rose quartz stones. Cooling botanicals temper the heat, restoring balance and clarity. Ideal when you feel drained or scattered, this experience leaves you feeling focused, radiant, and ready to rise.

## **Space – The Chakra Balancing Journey**

**80 Minutes | \$315**

For clarity, expansion, and inner alignment

This spacious and deeply harmonizing experience is designed to clear energetic stagnation and bring your entire system into balance. Through chakra stone placement, sacred rose essence aromatherapy, and a flowing full-body massage, you will feel open and reconnected. Ear seeding amplifies the energy reset, fostering peace, emotional clarity, and a lasting sense of centeredness.



What is human life?  
The first third a good time;  
the rest remembering about it.

– Mark Twain

## Massage and Bodywork

Tailored exclusively for you. Let us assist you in customizing your experience to align with the ideal massage that best suits the benefits you are seeking.

### Holistic Custom Massage

**50 Minutes | \$205**

**80 Minutes | \$300**

**110 Minutes | \$385**

Tailored exclusively for you, this personalized massage experience will seamlessly blend the artistry of relaxing Swedish techniques. Our adept therapists attentively listen with their heads, hands, and hearts to intuitively respond to your body's unique requirements. Elevate your experience with your choice of premium organic unscented or aromatherapy massage oils to create your own custom experience.

### Into the Deep

**50 Minutes | \$230**

**80 Minutes | \$320**

Let skilled hands deliver a medium to strong deep-pressure massage, expertly dissolving stress and relieving muscle tension. Immerse yourself for a truly rejuvenating and therapeutic experience.

### Seacoast Rose Aromatherapy Massage

**50 Minutes | \$205**

**80 Minutes | \$300**

Let the delicate scent of roses and the soothing rhythm of the sea envelop you in this luxurious full-body massage. Hand-harvested rose botanical oils nourish the skin and uplift the senses, while flowing Swedish massage techniques ease tension and promote deep relaxation. This aromatic escape calms the mind, restores balance, and leaves you feeling completely renewed—like a breath of fresh ocean air.

### Salt of the Sea Massage

**80 Minutes | \$300**

**110 Minutes | \$385**

Experience the deeply restorative power of warm salt stones, hand-carved from ancient sea minerals. This grounding massage melts away tension while replenishing the body with essential minerals, helping to restore balance to the nervous system and energy pathways. A custom-blended oil is offered seasonally, thoughtfully crafted to support the body's shifting needs throughout the year. As the soothing warmth of the salt crystals envelops you, stress and fatigue dissolve, leaving you feeling lighter, calmer, and completely renewed—like the gentle embrace of the sea.

### Scalp, Hand + Foot Ritual

**50 Minutes | \$205**

A restorative escape for the areas that carry the most stress. A tension-relieving scalp massage is enhanced with a multi-prong fingertip tool, while a gemstone wand soothes and rejuvenates tired hands and feet. The perfect ritual for deep relaxation and a full body reset.

### Side-By-Side Duo Massage

**50 Minutes | \$410**

**80 Minutes | \$600**

Enjoy a personalized massage for you and a companion—whether friends, couples, or family. Your therapist will tailor the experience to each of your needs, using a combination of modalities to promote relaxation and rejuvenation. Deep pressure is available for an additional fee.



### **Restore + Unwind**

**25 Minutes | \$115**

A fully clothed restorative, mobility-focused session designed to ease stiffness and release physical restrictions—especially after travel or long periods of sitting. Targeted compressions and assisted stretching focus on the hips, shoulders, and back to improve flexibility and relieve tension. Inspired by the grounded feeling of walking along the cliffs, this treatment helps you feel more open, aligned, and ready to move forward with ease.

### **Mother-To-Be Massage**

**50 Minutes | \$205**

**80 Minutes | \$300**

Designed to nurture both mother and baby, this soothing massage provides gentle relief from the physical changes of pregnancy. Using pure organic oils and expert body positioning for optimal comfort, this treatment eases tension, reduces fatigue, and promotes deep relaxation. As a special takeaway, receive a custom-blended massage oil along with guided techniques to continue the bonding experience with your little one at home.

### **Teen Massage**

**50 Minutes | \$205**

Introduction to massage before adulthood can bring lifelong positive change to health and well-being. Teens ages 15-17 will consult with the massage therapist to determine the most beneficial techniques and enjoy a stress relieving or therapeutic experience. Must be accompanied by a parent or guardian. Undergarments are required.

## **Harbor + Heal**

A sanctuary for your body, mind, and nervous system.

This intentional collection of therapies is designed to support your healing journey through every season of life. Whether you're releasing physical tension, calming emotional waves, or navigating major life transitions, these treatments offer a grounded space to restore, realign, and reconnect. Each service blends advanced bodywork with therapeutic rituals—anchoring you in the present and helping you to return to your natural state of balance and ease.

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### **Therapeutic Honey Massage + Cupping**

**80 Minutes | \$320**

Unlock deep relief with the natural healing power of locally sourced Maine honey. This treatment blends myofascial release, Thai-inspired stretches, and modern silicone cupping to ease muscle tension, improve circulation, and restore mobility. The warmth and richness of honey nourishes the skin while therapeutic bodywork releases restrictions, leaving you feeling lighter, looser, and completely renewed. Perfect for athletes or anyone seeking deep, lasting relief.

### **Vagus Nerve Meditative Massage**

**80 Minutes | \$320**

Designed to calm the nervous system and restore balance, this unique massage activates the vagus nerve—the body's key regulator of stress, rest, and digestion. Gentle neck and body massage, cranial holds, and warm aromatic compresses work together to encourage deep relaxation and a meditative state. A soothing essential oil blend of juniper, chamomile, lavender, and jojoba enhances the experience, easing stress while promoting a sense of positivity and well-being.

### **Mother's Moment Post-Natal Massage**

**50 Minutes | \$205**

**80 Minutes | \$300**

A soothing and restorative experience designed specifically for new mothers; this treatment focuses on replenishing the body's natural balance after childbirth. Using gentle techniques to relieve tension and discomfort, this massage targets the back, shoulders, and hips while promoting deep relaxation. Aromatherapy oils designed to enhance healing are combined with a restorative full-body massage, offering relief from postpartum stress and helping to restore physical and emotional well-being. This treatment also includes a calming scalp massage and an optional foot scrub to further nourish and ground the body.

# Massage Enhancements

Add a special touch to your massage with specialized enhancements. No additional time needed.

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## **CBD Balm | \$40**

Organically cultivated, USA-grown hemp ingredients to reduce tension, help relieve chronic pain and improve skin conditions.

## **Hair + Scalp Renewal | \$40**

Release tension with a Gua Sha comb massage and deeply nourish the hair and scalp with a hydrating keratin and Dead Sea mineral mud mask.

## **Healing Foot Treatment | \$40**

Revive tired feet with an exfoliating scrub and our signature balancing foot bowl massage, designed to soothe sore soles, re-energize the body, and awaken the senses.

## **Self-Heating Mud Pack | \$45**

Mineral-rich, self-heating mud is applied to the back to deeply relax muscles, ease tension, and stimulate circulation.

## **Himalayan Salt Stone | \$40**

Warm salt stones placed on target areas for added relief.

## **Hydrating Eye Lift | \$35**

Nutrient packed collagen gel masks infused with hyaluronic acid + marine collagen.

## **Cupping | \$45**

The addition of modern silicone cupping to your Holistic Massage experience will encourage additional movement and detoxification.



In every walk with nature one  
receives far more than he seeks.

– John Muir

## Soul of the Ocean

Embark on a journey of deep relaxation and inner renewal. Reconnect your body and mind as you harmonize with the natural rhythm of the season, embracing healing energy from head to heart.

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### Energy Reiki Treatment

**50 Minutes | \$205**

**80 Minutes | \$300**

Experience a profound sense of renewal with this unique Reiki session. Your treatment begins with a guided meditation to quiet the mind and prepare the body for healing. As you relax on a comfortable treatment table, our skilled Reiki practitioner channels gentle, non-invasive energy to release blockages and restore balance—supporting physical, emotional, and energetic well-being. The experience is enhanced with personalized aromatherapy, using essential oils selected to complement your individual needs. Conclude with a reflective dialogue to explore insights and set intentions, leaving you centered, grounded, and rejuvenated.

### Healing Waters Foot Soak + Massage

**25 Minutes | \$115**

While indulging in a warm neck roll, rejuvenate your body with a custom apothecary blend of lavender and magnesium foot soak, harnessing the sedative effects to quiet the mind. Enjoy an acupressure hand and foot massage to ease tension, alleviate aches, and stimulate your body's natural self-healing process.

### Tarot Card + Chakra Clearing Service

**50 Minutes | \$205**

An intuitive journey to restore clarity and energetic harmony. Your session begins with a guided tarot reading, offering personalized insights to illuminate your path forward. This is followed by a calming chakra balancing, using gentle energy techniques to release blockages, restore flow, and promote deep relaxation. Emerge centered, empowered, and aligned in both body and mind.

### Reflexology

**50 Minutes | \$205**

This 4000-year-old healing art of acupressure is gently applied to the feet through points known to correspond to the major systems of the body. Allowing energy to flow, this deeply relaxing and restorative treatment invites the body to rejuvenate to a state of balance and well-being.





Live in the sunshine, swim in  
the sea, drink the wild air.

– Ralph Waldo Emerson

## Signature Body Treatments

From body polish to exfoliate any skin impurities, to body wrap for a deep hydration, each service is uniquely designed to address each skin type and to deeply relax the mind, body and soul.

### Seacoast Rose Hydrating Wrap

**50 Minutes | \$205**

Indulge in the ultimate skin-nourishing experience with this luxurious body wrap, infused with hydrating rose, jojoba, and shea butter. A full-body dry brushing prepares the skin for optimal absorption, leaving it silky smooth and deeply replenished. As the rich botanical blend envelops you, tension melts away, restoring both body and mind with a profound sense of well-being.

### Salt of the Earth Exfoliating Scrub

**50 Minutes | \$205**

Revitalize your skin with this invigorating full-body treatment, combining a stimulating dry brush exfoliation with a mineral-rich sea salt and organic algae scrub. Sourced from waters around the world, these potent ingredients buff away dullness, leaving your skin silky smooth and refreshed. To complete the experience, your skin is nourished with a blend of seaweed-infused botanicals, rich in antioxidants, omega fatty acids, and essential minerals. This hydrating finish helps firm, tone, and restore radiance—leaving you renewed from head to toe.

### Organic Blueberry + Honey Body Polish

**50 Minutes | \$205**

Reveal radiant, silky-smooth skin with this nourishing exfoliation ritual. A blend of blueberry seeds, molasses, and honey crystals provides dual-action exfoliation, while gentle dry brushing enhances circulation and promotes a healthy glow. Ideal for dry or sensitive skin, this treatment leaves you feeling hydrated, refreshed, and naturally luminous.

### Seafoam Body Wrap

**50 Minutes | \$205**

Drift into renewal with this ocean-inspired body wrap designed to detoxify, hydrate, and soothe. A gentle dry brush exfoliation prepares the skin, followed by the application of a warm seafoam clay mask rich in marine minerals and botanical extracts. While wrapped in a comforting cocoon, you'll enjoy a relaxing scalp massage. The treatment finishes with a nourishing marine-infused body cream, leaving your skin soft, replenished, and glowing—like a breath of sea air on your skin.



Your sacred space is  
where you can find yourself  
over and over again.

– Joseph Campbell

## Facials

Customized specifically for you. Please advise the spa concierge of the benefits you'd like to achieve and allow us to recommend the therapist and technique to meet your needs.

### Signature Seacoast Rose Renewal Facial

**50 Minutes | \$205**

**80 Minutes | \$300**

Indulge in a deeply restorative facial inspired by the tranquil beauty of the Maine coast. This hydrating experience blends hyaluronic acid and botanical actives to support your skin's natural collagen production—plumping, smoothing, and fortifying while softening visible signs of aging. A mineral-rich infusion of rose and plant-based ingredients soothes sensitivity, enhances radiance, and replenishes moisture. Gentle exfoliation refines skin texture, followed by a collagen-boosting mask that subtly lifts and sculpts.

The 80-minute experience includes our signature rose quartz gua sha massage to stimulate circulation, ease tension, and promote a luminous, youthful glow.

### Time Rewind Lifting Facial

**50 Minutes | \$205**

**80 Minutes | \$300**

Turn back the clock with this results-driven treatment designed to boost collagen production, smooth fine lines, and restore your skin's youthful resilience. Potent active ingredients visibly firm and tone, while targeted massage techniques stimulate cellular renewal and enhance elasticity.

The 80-minute experience includes facial cupping and microcurrent therapy to lift and define facial contours, along with a manual tightening mask to improve jawline definition.

### Beach Glow Brightening Facial

**50 Minutes | \$205**

**80 Minutes | \$300**

Experience the revitalizing essence of the sea with this brightening, restorative facial, tailored to your skin's unique needs. Nutrient-rich seaweed extracts and active botanicals replenish hydration, smooth texture, and restore a luminous, even-toned glow. Your journey begins with our calming craniofacial touch and a purifying cleanse, followed by an infusion of marine minerals and hyaluronic acid to rejuvenate, brighten, and strengthen the skin.

The 80-minute experience includes a needle-free infusion of epidermal filler with hyaluronic acid and vitamin C to amplify brightness, even skin tone, and enhance radiance.

### Skin Reboot

**25 Minutes | \$115**

Get smoother, firmer, more radiant skin, fast.

This high-performance treatment pairs advanced, needle-free microchanneling with targeted microcurrent technology to lift and tone. It jumpstarts collagen production, deeply exfoliates, and floods the skin with hydration. Fine lines are softened, texture is refined, and your complexion looks instantly refreshed, plumped, and glowing. No downtime—just real results in under 30 minutes.

### **Tidal Wave Hydrating Facial**

**50 Minutes | \$205**

**80 Minutes | \$300**

This high-performance treatment repairs moisture deficit in the skin, leaving the skin thoroughly hydrated, plump and smooth. It optimizes the skin's ability to store moisture in the long-term, preventing premature aging by using multi-dimensional hydration. To amplify its effect HY3 Peptides are used to fill lines and wrinkles for smooth, youthful looking skin.

The 80-minute experience includes a needle free infusion of an epidermal filler with 37 mg of Hyaluronic Acid to smooth fine lines.

### **Teen Facial**

**50 Minutes | \$205**

A facial designed for teens which focuses on teen complexion concerns. This skin balancing experience includes guidance on the importance of healthy skincare habits.

### **Refresh Brow Wax + Tinting**

**25 Minutes | \$115**

Transform your eyes with a precision brow design using waxing and tinting to create fuller, bolder brows. This 25-minute treatment includes our Hydrating Eye Lift, featuring a nutrient-rich collagen gel mask infused with hyaluronic acid and marine collagen to deeply hydrate and rejuvenate the delicate eye area. The result is beautifully defined brows and a refreshed, youthful look.

## **Skincare Enhancements**

Customize your facial with specialized enhancements.

### **Hair + Scalp Treatment | \$40**

A keratin and Dead Sea mineral hair mask to hydrate and soften hair.

### **Luxe Lip Treatment | \$40**

Experience immediate results with this advanced lip treatment, designed to smooth, hydrate, and plump the lip area. Using a specialized microcurrent tool, this treatment targets fine lines and promotes firmness, giving you visibly fuller, more defined lips.

### **Facial Waxing | \$45 per wax - lip, chin, or brow**

Facial waxing services available during a facial.

### **Microcurrent Hydrating Eye Lift | \$40**

Revitalize the delicate eye area with gel masks infused with hyaluronic acid and marine collagen, designed to deeply hydrate, smooth fine lines, and firm the skin. Enhanced with a specialized microcurrent tool, this treatment stimulates circulation, lifts, and tightens, delivering visible results—leaving your eyes brighter, more youthful, and refreshed.

### **Light Panel | \$35**

Boost radiance and rejuvenation with this advanced LED therapy, stimulating collagen, reducing inflammation, and enhancing your glow.

### **Microcurrent Sculpting Treatment | \$40**

Lift, tone, and smooth with targeted microcurrent technology. Boosts collagen, improves circulation, and enhances facial contour—no added time, just visible results.

### **Dermaflash Facial Boost | \$45**

This award-winning sonic technology gently exfoliates dead skin and removes peach fuzz to instantly reveal a smoother, brighter, and fuzz-free complexion. Perfect for a flawless glow and enhanced product absorption.

### **Ampoule Concentrate | \$35**

Concentrated specialty serum to enhance skincare results.

# Advanced Skincare

Innovative technology. Transformative results.

This curated collection of next-level facials blends powerful skincare science with holistic techniques to deliver visible, lasting results. From cryotherapy and micro-exfoliation to lymphatic drainage and energy work, each treatment is designed to target specific concerns—reviving your skin’s natural radiance while elevating your self-care ritual.

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## Celestial Gemstone Energy Facial

**80 Minutes | \$325**

Elevate your skincare ritual with a transformative facial experience that harmonizes beauty and energetic balance throughout the body. This treatment blends the mineral-rich potency of nutrient-dense skincare with the vibrational healing of gemstones to restore both skin and spirit. A deeply purifying and replenishing facial nourishes the complexion, while a curated selection of gemstones are placed along the body’s energy centers to promote circulation, detoxification, and alignment. A sculpting facial massage refines and lifts, while gentle energy work fosters a sense of grounding and renewal. This immersive treatment leaves your skin radiant, your body restored, and your mind in a state of deep serenity.

## Cryo Sculpt Facial

**80 Minutes | \$345**

This results-focused facial blends the refreshing power of cold therapy with sculpting gua sha to visibly lift, tone, and awaken tired skin. A triple exfoliation smooths and refines the complexion, allowing potent collagen-boosting formulas to penetrate more effectively. Cryo gua sha, a cooling peel-off mask, and precision contouring massage techniques work in harmony to reduce puffiness, define facial features, and restore a radiant, even tone. A soothing scalp ritual and targeted lymphatic drainage enhance circulation and amplify visible results—leaving skin firmer, smoother, and beautifully refreshed.

## Pro Power Peel

**50 Minutes | \$220**

This advanced resurfacing treatment delivers visible results with zero downtime, making it ideal for all skin types. A carefully calibrated blend of AHA exfoliants and low pH peels works beneath the surface to refine texture, smooth fine lines, and brighten the complexion—without irritation. Designed to target concerns like dryness, dullness, enlarged pores, hyperpigmentation, and uneven tone, this powerful yet gentle treatment leaves skin visibly transformed.

## HydraFacial Face + Neck + Décolleté

**80 Minutes | \$445**

The detoxification process begins with lymphatic drainage of the face, neck and décolleté, followed by non-invasive skin resurfacing that will enhance the health and appearance of the skin. A multi-step process removes dead skin cells and extracts impurities while simultaneously treating new skin with cleansing, hydrating and moisturizing serums. This treatment concludes with LED light therapy to further reduce the visible signs of aging.

## HydraFacial

**50 Minutes | \$340**

Experience an invigorating multi-step process that removes dead skin cells, extracts impurities, and exfoliates while simultaneously infusing nourishing ingredients to hydrate the skin. This treatment concludes with LED light therapy to further reduce the visible signs of aging.

## HydraFacial Keravive Scalp Treatment

**50 Minutes | \$399**

Revitalize and nourish your scalp with the HydraFacial Keravive treatment, designed to improve scalp health and promote fuller, healthier hair. Using HydraFacial’s signature technology, this treatment cleanses, exfoliates, and nourishes the scalp while delivering a blend of growth factors and skin proteins. The result is a refreshed, hydrated scalp with enhanced circulation, creating the perfect foundation for hair growth. Complete the experience with a take-home spray to maintain scalp hydration and support long-term hair health. Perfect for anyone looking to improve scalp condition and hair vitality.

## HydraFacial Perk Lip Treatment

**15 Minutes | \$50**

A revitalizing add-on that exfoliates, hydrates, and plumps your lips in just 15 minutes. Using advanced roller-flex technology, this treatment gently removes dead skin while infusing peppermint oil and peony extract to nourish and restore volume. The result: smoother, softer, and more hydrated lips with enhanced natural fullness. Complete with a take-home Lip Revitalizing Serum to extend the benefits and keep your lips feeling refreshed. Perfect for a quick boost to your smile!

# Nails

Take some time for yourself to relax and pamper your hands and feet. At The Cliff House Salon, we use natural, healing, and hydrating products. Partnered with The Dazzle Dry nail system: vegan, hypoallergenic, non-toxic nail polish, free of formaldehyde and toxic preservatives and chemicals. High gloss, no UV lamp needed – and dries rock hard in 5 minutes.

**Manicure | 50 Minutes | \$85      Pedicure | 50 Minutes | \$105      Mani + Pedi Combo | 80 Minutes | \$165**

## Seacoast Rose

**Manicure | 50 Minutes**

**Pedicure | 50 Minutes**

**Mani + Pedi Combo | 80 Minutes**

Luxurious resort spa manicure, pedicure or mani-pedi combo features a conditioning exfoliation with in-house blended salt and rose scrub that will leave your hands and feet well cared for.

## Honey

**Manicure | 50 Minutes**

**Pedicure | 50 Minutes**

**Mani + Pedi Combo | 80 Minutes**

Your hands and feet will be refreshed and polished using organic honey and sugar crystals while blueberry seeds enhance the senses and exfoliation. The humectant and hydrating properties of honey will leave your hands and feet ultra-nourished.

## Deep Sea

**Manicure | 50 Minutes**

**Pedicure | 80 Minutes**

This luxurious manicure or pedicure includes a mineral-rich foot soak, seaweed scrub, organic cuticle care, and reflexology foot massage.

## Gentlemen's

**Manicure | 25 Minutes | \$55**

**Pedicure | 50 Minutes**

**Mani + Pedi Combo | 80 Minutes**

Experience a tailored indulgence with our Sea Smoke Fusion products and precision acupressure techniques, curated for the modern gentleman's manicure and pedicure.

## Express Refresh Manicure or Pedicure

**25 Minutes | \$55**

A touch-up polish change for hands and/or feet when you are running short on time and need re-fresh.

## Healing Waters Foot Soak + Massage

**25 Minutes | \$115**

While indulging in a warm neck roll, rejuvenate your body with a custom apothecary blend of Lavender and Magnesium Foot Soak, harnessing the sedative effects to quiet the mind. Enjoy an acupressure hand and foot massage to ease tension, alleviate aches, and stimulate your body's natural self-healing process.

## Shellac Removal

**25 Minutes | \$45**

Removal of gel or shellac requires additional time. Please inform our spa concierge if you have existing Shellac or gel nail products when booking your appointment.

*\*Available only with a manicure or pedicure service*

# Nail Enhancements

Personalize your experience by choosing specialized enhancements.

## Himalayan Salt Stone | \$40

Warm salt stones are massaged on calves and feet for added relief.

## French Polish | \$25


## Hand or Foot Paraffin | \$40

Nourishing hand or foot treatment with potent age-defying ingredients: apple stem cell, grape seed oil, green tea, white tea, Vitamin B-12.

## Hydrating Eye Lift | \$35

Nutrient packed collagen gel masks infused with hyaluronic acid + marine collagen.





There is something  
infinitely healing in the  
repeated refrains of nature—  
the assurance that dawn  
comes after night, and  
spring after winter.

– Rachel Carson

## Rest + Recovery

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### Infrared Sauna Session

Give your body an internal health boost through infrared rays that heat and repair the body from within, supporting a wide range of health benefits — lower blood pressure, aid in weight loss, renews the skin, wound healing, pain relief, and more. Equipped with near, mid and far infrared heaters, your entire body will be enveloped with healing heat for a renewed sense of vitality.

Our saunas are made from high quality eco-friendly and hypoallergenic eucalyptus wood. Extend health benefits by enjoying infrared saunas to heat and relax your muscles prior to any massage therapy. Choose from six wellness experiences: detoxification, anti-aging, weight loss, pain relief, cardiovascular.

### Single Infrared Session

**30-45 Minutes | \$45**

### Duo Infrared Session


**30-45 Minutes | \$75**

\*currently only available in women's retreat

### Compression Therapy powered by Therabody

**30-45 Minutes | \$45**

Sit back, relax, and recover faster with a Therabody Recovery Air Session. Supports blood and lymphatic circulation relieving muscle fatigue and reducing muscle soreness so your whole body feels refreshed and revitalized.



All serious daring starts  
from within.

– Eudora Welty

## Fitness + Wellness

In addition to our spa programming, review our “at the helm” activities calendar for additional seasonal activities such as weekly exercise and yoga classes on the 7th floor of the ledges building, lawn games, nature paths, our north point driving range and more.

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### Private Yoga

Strengthen your mind and lengthen your muscles as you move through breath-linked flows in this energizing 60-minute class.

**One Guest | 60 Minutes | \$150**

**Two Guests | 60 Minutes | \$225**

**Additional Guest | \$75**

### Group Fitness Classes

An array of fitness classes available on weekends during winter season, and daily during summer season. Choices include a wide variety of classes for all fitness levels, body types, and abilities.

\*20% gratuity is added for all private sessions.

# Spa Etiquette

## Arrival

We recommend that all guests arrive at least 20 minutes prior to your service before your first scheduled appointment. Within this time, we will familiarize you with our facility and allow you to change into robes and slippers prior to your service. Late arrivals will be subject to reduced treatment times. All services end on time, allowing the next guest to enjoy their allotted service time. We appreciate your understanding and cooperation.

## Spa Attire

For your comfort, a luxurious robe and slippers will be provided at The Spa to wear between treatments, and a locker for your personal belongings. Professional draping is performed throughout your treatment. Please leave jewelry and other valuables in your room safe.

## Cell Phones, Personal Electronic Devices, and Cameras

To preserve the relaxing environment of The Spa and ensure privacy for all guests, we request that you refrain from using your cell phone or taking photos in common areas of The Spa. We strive to provide our guests with a tranquil and private escape from the outside world.

## Age Requirement

The minimum age of 15 is required for access to treatment rooms. A consent form must be signed for all guests receiving services 15-18 years of age. The minimum age of 5 is required for access to the Nail Salon. Guests must be 15 years of age to enter a fitness center without parental supervision.

## Payment For Services

We require a valid credit card number to confirm all spa reservations. For your convenience, payment for spa services is settled upon the conclusion of your treatment. 20% gratuity is added to the total balance of treatments and services received. All prices are subject to change.

## Cancellations

To avoid a cancellation fee equal to the full value of the service, appointments must be canceled **at least 24 hours in advance**. Same-day modifications are subject to a \$35 change fee. Missed appointments will be charged in full.

## Therapist Preference

While we strive to accommodate your therapist preference, availability may vary. Rest assured, all of our therapists are trained in treatment and draping protocols to ensure your comfort throughout your experience.