



THE SPA

AT CLIFF HOUSE



WELCOME TO THE SPA AT
CLIFF HOUSE MAINE

EXPERIENCE GUIDE

Massage Experiences

Couple's Experiences

Body + Mind Experiences

Body Treatment Experiences

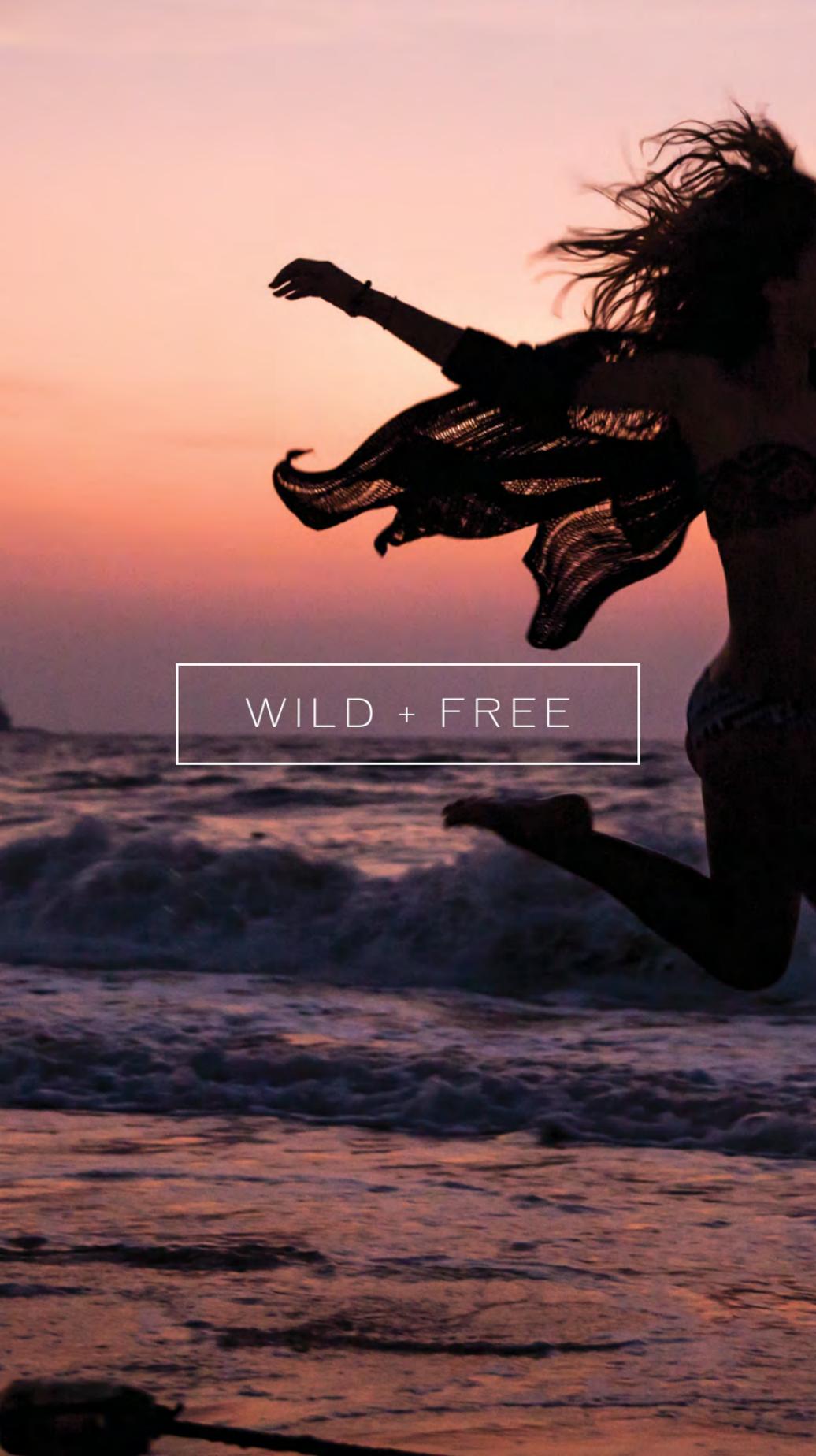
Hands + Feet Experiences

Gentleman's Well + Being

Infrared Sauna Experience

Wellness + Fitness Experiences



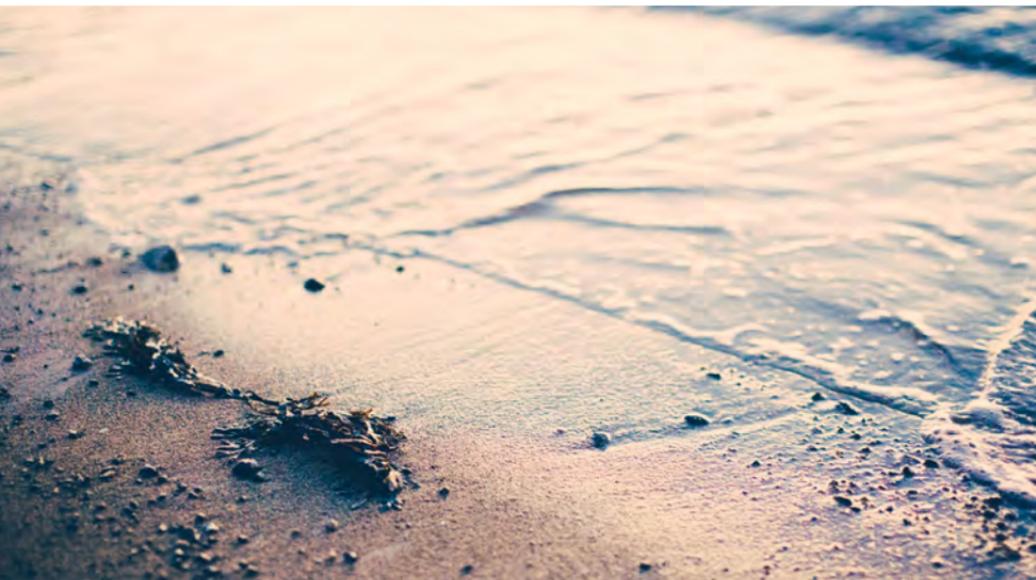
A vertical photograph capturing a woman in mid-air, jumping joyfully on a beach at sunset. The woman is silhouetted against the bright, orange and pink sky. Her hair is blowing in the wind, and a white, mesh-like fabric is caught in the air around her, suggesting movement and freedom. The ocean waves are visible in the lower half of the frame, with the sun's glow reflecting on the water. A white rectangular box is centered in the middle of the image, containing the text "WILD + FREE" in a clean, white, sans-serif font.

WILD + FREE



The rugged, untamed natural beauty of coastal Maine is the driving force behind The Spa at Cliff House, a sanctuary of wellbeing that invites you to surrender to your truest essence. Taking inspiration from the raw power of the Maine elements, The Spa offers a wide range of services each designed to guide you back to your own untamed beauty. Each page of our spa menu is organized by experiences so that you can dive deeply into each element, revealing the splendor that awaits just below your surface.

Our intuitive therapists use only the finest natural and organic products, enhanced with therapeutic essential oils that soothe body and mind. Anchor your spa experience in a reflective retreat to our Ocean View Sanctuary, which hovers high above the seaside cliffs, crashing waves and infinite horizons.



MASSAGE EXPERIENCES

SEASONAL SALT OF THE SEAS

50 min \$180 / 80 min \$250

2019 ISPA INNOVATE AWARD WINNING TREATMENT

Changing throughout the year as the seasons do, this signature massage experience will keep you aligned with the natural world. In all variations of the series, we use warm hand-carved salt stones and unique essential oil blends. Selected to fully represent each season and move the energetic pathways of your body. You will experience improved sleep and optimal wellness with each unfolding season on the Seacoast.

- **SPRING** Beginning on the date of the Spring Equinox, when all signs of nature begin to awaken from a restorative winter slumber. Spring is associated with the element of WOOD and represents growth of trees and the human body. Tree roots, trunk and limbs simultaneously grow upward, down and outward much like the spine and limbs of the human body. We incorporate massage techniques in accordance with the nature of WOOD and use blended essential oils comprised of sandalwood and spring budding plants to provide maximum assistance in this spring transition.
- **SUMMER** The Summer Solstice provides the longest amount of daylight and encourages all things in nature to flourish. The summer season is associated with the element of FIRE. Igniting the FIRE from within means to enliven our passion, creativity and personal growth. To balance the FIRE of this season, we include vigorous massage strokes in outward motion leading the energy to expand outward and an essential oil blend of uplifting lemon basil, rosemary and ginseng to support and bring forth our inner FIRE.
- **LATE SUMMER** Commonly known as Indian Summer, this is the time of year when mother earth's gifts are most abundant. This season is represented by the EARTH element. Although it is the shortest of the seasons, it is thought to be powerful and directly linked to the bounty of the EARTH. With special emphasis on the pathways of the processing organs of the body, this experience utilizes earthly gifts of Indian Summer in Maine to balance the shift from outward energy to introspection and restorative health behaviors through this season.
- **AUTUMN** The Autumnal Equinox starts the season of harvest and gathering of nature's gifts before winter rest. Autumn is a preparation season, a time to look inward and toward the root of our being. METAL is the element associated with this season that represents the iron ore deep within the earth and is significant to looking within ourselves. To help you transition through this season, we incorporate memorizing deep tones of a Tibetan bowl to bring inward peace and promote clarity.
- **WINTER** The Winter Solstice marks the beginning of the season of rest and replenishment and is identified with the element of WATER, the lifeblood of the planet. We celebrate the WATER of the deep blue sea in this seasonal experience with remineralization of the body with stone made from ancient sea salt and complementing oils that include marine extracts.

HOLISTIC MESSAGE 50 min \$160 / 80 min \$230 / 110 min \$320

In consultation with your massage therapist, your experience will be personalized to your specific needs. Whether it is Swedish, Therapeutic, Deep Tissue or a combination of many modalities, our skilled providers listen with their heads, hands and hearts to respond to your body's specific needs, using only highest quality organic unscented massage oil.

SEACOAST ROSE MESSAGE 50 min \$170 / 80 min \$240

A connective full body massage using hand-picked rose botanical oils takes you on an aroma-therapeutic journey that will harken you to the Seacoast. This ultra-relaxing experience pays special attention to your hands and feet and a combination of heat and pressure from hand-made rosebud poultices melt away muscle tension.

HONEY + BODY + MESSAGE 80 min \$240

Your aching back will greatly benefit from the use of local Maine honey and Myofascial release techniques to ease physical restrictions, eliminate pain and restore motion. Combined with the ancient art of Thai stretching and modern silicone cupping, this experience will encourage your body to move freely again. **Beneficial for athletes and guests who enjoy deep tissue massage.*

GEMSTONE BALANCING MESSAGE 50 min \$170 / 80 min \$240

A deeply relaxing full body massage experience that subtly balances physical and emotional energy using crystal massage tools. Enhanced by the soothing effects of wild-crafted body oils energized with Amethyst, Carnelian, Garnet and Rose Quartz, allow yourself to feel a balance in body and mind.

MOTHER-TO-BE 50 min \$160 / 80 min \$230

The journey to motherhood is not only about the birth of a baby, but also, the birth of you as a mother. Nurture your body and uplift your spirit during this momentous time with a relaxing massage using pure organic oils and advanced body positioning system designed especially for mothers to be. Bring home your relaxation experience with a custom blended massage oil and instruction on how to massage your baby. **Our therapists are trained to perform massage during all stages of pregnancy. Please communicate number of weeks you will be at time of service when booking.*



INTEGRATIVE TUI NA*50 min \$180 / 80 min \$250*

Tui Na is an ancient Chinese form of therapeutic massage aimed at harmonizing the physical and energetic aspects of the body. Combining acupressure and a specialized massage style called Range of Motion Myofascial Release, Integrative Tui Na removes blockages in the body by stimulating movement through the structural layers and energetic pathways. This treatment has the unique ability to leave you feeling both relaxed and energized. Integrative Tui Na is appropriate for both acute and chronic conditions of the muscular and skeletal systems, and can be utilized on every body type and age, including infants and elderly. *Receive this treatment fully clothed, wearing either loose fitting and/or stretchy attire.

HEALING SEA BODY WRAP + MASSAGE*80 min \$250*

An incorporation of enriching massage butter prepared with healing herbs and precious gems will deepen this care. Warm and re-mineralizing Himalayan salt stones will ease sore muscles and your whole body is swaddled in a cocoon of nurturing warmth. **Recommended as a postnatal massage + wrap to honor the powerful steps into motherhood and replenish physical and energetic reserves.*

TEEN MESSAGE*50 min \$155*

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.*



COUPLE'S EXPERIENCES

COUPLES DUO RETREAT 50 min \$340 / 80 min \$460 / 110 min \$640

A holistic couple's experience brings you together with side by side massages while you are each cared for individually according to your specific needs and ideal preferences.

OCEAN VIEW COUPLES CLIFF SIDE RETREAT 110 min \$615

Retreat into relaxation with someone you love with a side by side treatment in the Ocean View Cliff Suite. Each of you will receive 90 minutes of individual customized massages that include five experience enhancements and signature harmonizing ritual using Tibetan bowls. Share time together afterwards looking out on the ocean while enjoying a glass of champagne and a uniquely paired delectable treat.

**Any massages offered in the menu can be paired as a couple's experience.*



WHAT IS HUMAN LIFE?
THE FIRST THIRD A GOOD TIME;
THE REST REMEMBERING ABOUT IT.

- TWAIN

BODY + MIND RITUALS

Body and mind restorative rituals created to take you through multi-layered processed designed to offer complete wellness experiences to enhance and uplift healthy lifestyle. Experience ancient healing modalities that seamlessly activate the physical, energetic and emotional layers by stimulating specific regions and points located across the body. Using a tailored set of points and techniques, each treatment is carefully customized to address your unique concerns in a holistic and gentle manner.

HOLISTIC BODY + MIND

110 min \$360

A total wellness experience begins with a ritual to honor the powerful convergence of elements felt on the coast of southern Maine. A sea salt scrub will release your outer layers and increase your kinetic energy, while a wrap with powerful blend of kelp powder and raw local honey wrap will purify the body and bring you closer to earth. Highly specialized vibrational sound tools are incorporated to closely connect you to the wind, water, metal, fire and earth linking your spirit to the grounding force of nature. A deep conditioning hair treatment and acupressure scalp massage will ease cranial tension and clear your mind. Benefit from a warm salt stone massage with organic aromatherapy oils all working together for optimal balance and harmony.

GEMSTONE MASSAGE + FACIAL

110 min \$360

The fusion of two separate spa treatments combined into one seamless experience. Wild-crafted aromatic body oils energized with Amethyst, Carnelian, Garnet and Rose Quartz, and gemstone balanced facial products from pristine sources will enliven your senses and invoke your inner light.

BETWEEN HEAVEN + EARTH

110 min \$370

An intrinsic tenet of Daoist philosophy, our human nature occupies a space rooted on the Earth with heads reaching towards the height of Heavens. Multiple therapies of massage, aromatherapy, energetic palpation and sound healing are combined to create the ultimate holistic wellness experience. Align yourself physically, energetically and emotionally to fully embody your position in this life Between Heaven and Earth.



MASSAGE ENHANCEMENTS

Personalize your experience by choosing any of the following treatment enhancements with no additional time needed. \$25.00 each.

HAIR & SCALP TREATMENT

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

ENLIVENING FOOT TREATMENT

Revitalizing peppermint and shea butter foot scrub enlivens tired feet.

HIMALAYAN SALT STONE THERAPY

Warm salt stones placed on target areas for added relief.

ACUPRESSURE FACIAL MASSAGE

Specific pressure on Marma points will tone facial muscles, balance energy, improve general wellness, skin tone and circulation.

HYDRATING EYE LIFT

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

BODY CUPPING

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

CBD OIL

\$40

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



BODY EXPERIENCES

SUN POLISH + WRAP + REFLEXOLOGY 50 min \$165 / 80 min \$240

Blueberry seeds, molasses and honey crystals synthesize a dual exfoliation that will reveal the most vibrant you. After a warm shower, you are quenched with potent sea extracts that re-mineralize the skin while a warm stone and reflexology foot massage support a grounded feeling, reminiscent of summer walks on the beach.

MAINE + BODY BRUSH + WRAP 80 min \$240

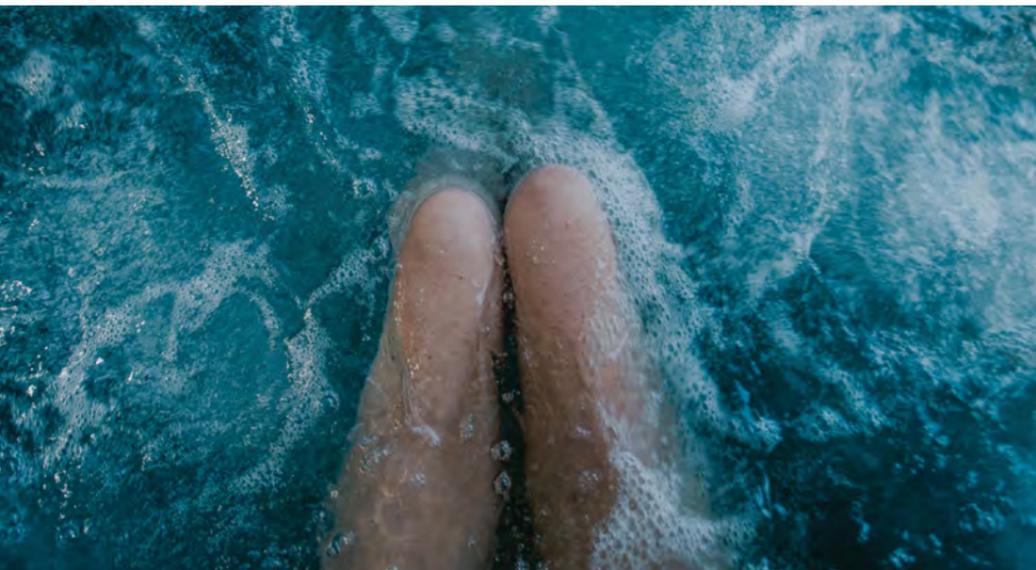
A detoxifying seacoast journey beginning with a full-body dry brushing to enhance circulation and prepare your skin. A powerful blend of kelp powder and raw local honey are transfused with charcoal filtered water to create a purifying body mask. Indulge in a scalp + foot massage while being wrapped in a cocoon like body wrap. Experience double exfoliation with honey, sugar and kelp powder scrub to further polish dry skin. After an ultra- cleansing shower, a silky blend of seaweed, green tea and herbs will leave you skin feeling renewed and your immunity boosted.

SEACOAST ROSE WRAP 25 min \$90

Extend your Seacoast Rose experience by enhancing any massage or facial with a luxurious rose, jojoba, and shea butter body wrap which will leave your skin feeling supple and petal soft. Settle into a deeply relaxing state while listening to entrancing Tibetan bowls. **Add this service to Seacoast Rose Massage or Seacoast Rose Facial. *Add this service to Seacoast Massage to further enhance your experience.*

LYMPHATIC DRAINAGE + DRY BRUSH 80 min \$230

Deep detoxification experience begins with a full-body dry brushing to remove dry skin and enhance circulation, followed by face + body manual lymphatic drainage using HydraFacial technology to reduce water retention, reduce edema, release toxins, and boost immune system. Treatment is finalized with luxurious body butter featuring sea extracts to enhance the appearance and re-mineralize the skin. **Recommended to book in conjunction with a facial service.*



FACIAL EXPERIENCES

HOLISTIC FACIAL

50 min \$170 / 80 min \$240

A thorough consultation will lead to a profound facial experience that will help reset the clock and bring ultimate balance back to your skin. This innovative and power-packed organic skin care treatment brings a classic European-style customized experience to every skin type using the highest grade of organic ingredients to deliver the best results for your complexion.

SEACOAST ROSE FACIAL

50 min \$175 / 80 min \$245

A detoxifying seacoast journey beginning with a full-body brushing to Known as the queen of botanicals, rose offers skin-enriching benefits that lead to restored beauty. Abundant in antioxidants, vitamins and essential fatty acids, rosehip oil encourages tissue repair and promotes collagen production. Potent ingredients are energized using rose quartz stones and eye mask made of 150 hand polished rose quartz. Lasting hydration and glowing skin are the result which makes this perfect for even the most sensitive of all skin types.

HONEY + FACE

50 min \$170 / 80 min \$240

Allow your skin to be enriched by the medicinal benefits of Manuka + local Maine honey to nourish your natural beauty. Increase the benefits from an herbal facial steam specifically for your skin type and a probiotic-rich honey mask. Especially recommended for dry, sensitive or acne-prone skin.

GEMSTONE FACIAL

50 min \$175 / 80 min \$245

Wild + Free ingredients of organic and wild crafted sources maintain pristine purity of these energetic, alive plants. Ultra-infusion of active ingredients with gemstones this facial awakens the skin, mind and spirit. An ultra-cooling gemstone facial mask made of 250 hand polished gemstones used to reduce inflammation and dark circles along with nurturing spiritual protection and purification. Take yourself on this wild and free journey and transform your skin to become alive + ageless!

VITAMIN SEA FACIAL

50 min \$175 / 80 min \$245

Full-bodied brightening treatment, featuring illuminating Narcissus Poeticus and French algae, gently hydrates and exfoliates to reveal more event and radiant skin. Clinically proven l-ascorbic acid is the most effective form of vitamin C to brighten and correct skin tone and boost radiance. The performance of the botanicals yields powerful results to photo damaged skin and brings renewal to your skin. Awaken the radiance from within!



THE SEA PEARL

50 min \$175 / 80 min \$245

Nutrient rich chlorella algae blended with ocean sea plants to instantly revitalize and tone lackluster skin. This facial gives your skin a hydrated and nourishing appearance, improve tonality and brighten areas vulnerable to sun exposure and premature aging, giving you fresh healthy glow. A skin benefitting tincture follows this treatment adding a spark of wellness to your inside to match your radiant skin on the outside.

CALMING SEA PROBIOTIC FACIAL

50 min \$175 / 80 min \$245

Formulated for sensitive skin, this facial will boost life and instantly pacify irritation and replenish the moisture barrier for calm, healthy-looking skin. Featuring marshmallow known for its emollient soothing properties, probiotic lysate to absorb more easily and support skin's microbiome combatting reactivity to environmental stressors, and microalgae to calm the skin by reinforcing the moisture barrier.

TEEN FACIAL

50 min \$160

A facial designed for teens which focuses on teen complexion issues. This skin balancing experience includes guidance on the importance of healthy skincare habits. **Recommended for both pre-teens and teens ages 15-17.*

HYDRAFACIAL

50 min \$295

Experience an invigorating three step process that removes dead skin cells, extracts impurities, exfoliates while simultaneously infusing nourishing ingredients to hydrate the skin. Includes a personalized booster to target your specific skin concerns and features LED Light Therapy to penetrate product deep into the skin and reduce the signs of aging.

HYDRAFACIAL FACE + NECK + DECOLLETE

80 min \$395

The detoxification process begins with Lymphatic Drainage of the face, neck and décolleté, followed by non-invasive skin resurfacing treatment that will enhance the health and appearance of the skin through its three step-process by removing dead skin cells and extracts impurities while simultaneously treating new skin with cleansing, hydrating and moisturizing serums. The treatment concludes with LED Light Therapy to further reduce the visible signs of aging.

HYDRAFACIAL ENHANCEMENTS **No additional time required + includes 30-day supply to take home*

\$50 each

- Lip Perk Enhancement – exfoliates, hydrates and lightly plumps the lips for immediate long-lasting results.
- Eye Perk - Brighten, tone and firm outer eye area revealing immediate results.
- Hand Treatment – Tone and brightens skin on the hands, helping target uneven skin tone, sunspots, and early signs of aging.

BACK HYDRAFACIAL

50 min \$250

This result-oriented back treatment begins with an application of colloidal silver acne-fighting cleanser to remove impurities and improve overall back skin health. Followed by invigorating three-step process of cleansing, exfoliation and extraction, hydration and antioxidant protection for smooth, beautiful skin. Treatment concludes with the blue LED Light Therapy to treat acne, eliminate bacteria and reduce acne inflammation.



FACIAL ENHANCEMENTS

Personalize your experience by choosing any of the following treatment enhancements with no additional time needed. \$25.00 each

GOLD CRYO DROPS \$25
18K gold plated wands impact extreme cooling therapy to the skin to revitalize tired skin, help minimize the appearance of pores, softens the appearance of fine lines, and highlights the appearance of firmer skin.

HYDRATING LIP TREATMENT \$25
Lip exfoliation to remove dead skin cells and plump the lips followed by lip butter application for maximum hydration.

HAIR & SCALP TREATMENT \$25
A keratin and Dead Sea mineral mud hair mask to hydrate and soften hair.

LOWER LEG + FOOT MASSAGE \$25
Acupressure lower leg and foot massage to alleviate muscle tension.

FACIAL WAXING \$40
Facial waxing services available during a facial.

CBD FACIAL OIL \$40
Organically cultivated, USA-grown hemp ingredients to reduce tension, help relieve chronic pain and improve skin conditions.

SEA THE DIFFERENCE NECK + DÉCOLLETÉ \$40
Improve an area often neglected in our daily skin care regimen. A powerful enzymatic exfoliation blended with vitamin C will reduce signs of photo aging and tighten skin revealing a brilliant glow to your neck and décolleté.



HANDS + FEET EXPERIENCES

HOLISTIC MANICURE + PEDICURE

Calm your mind and encourage creative paths using lavender and citrus. A holistic approach to farming is used allowing the plant to carry on its true intention. Your hands and feet will be well cared for leaving you feeling balanced and connected to something greater.

- *Manicure 50 minutes \$85*
- *Pedicure 50 minutes \$85*
- *Mani+ Pedi 80 minutes \$150*

SEACOAST ROSE MANICURE + PEDICURE

You've never felt more tended to than when you are experiencing the Seacoast Rose manicure or pedicure. Start with a cup of tea and a warm neck roll while soaking feet in Himalayan salts and rose petals. Luxurious resort spa manicure and pedicure features a conditioning exfoliation with in-house blended salt and rose scrub that will leave your hands and feet well cared for.

- *Manicure 50 minutes \$85*
- *Pedicure 50 minutes \$85*
- *Mani + Pedi Combo 80 minutes \$150*

HONEY MANICURE + PEDICURE

Begin with Himalayan salt and honey hot foot soak, followed by luxurious resort spa manicure and pedicure, allowing your hands and feet to be refreshed and polished using organic honey and sugar crystals, blueberry seeds to enhance the senses and exfoliation, humectant properties of honey will leave your hands and feet ultra-nourished.

- *Manicure 50 minutes \$85*
- *Pedicure 50 minutes \$85*
- *Mani + Pedi Combo 80 minutes \$150*

GEMSTONE MANICURE + PEDICURE

Known to relieve stress and calm the mind, gemstones offer conscious and unconscious healing benefits to awaken your spirit. Pulverized precious gemstone and infused oils will leave your hands and feet cared for. Take home a beautiful gemstone and continue to experience a more centered, peaceful state of being.

- *Manicure 50 minutes \$85*
- *Pedicure 50 minutes \$85*
- *Mani + Pedi Combo 80 minutes \$155*

HOLISTIC FEET SPA REFLEXOLOGY PEDICURE *80 min \$150*

Start your journey into relaxation by soaking feet, enjoying a neck roll and a cup of tea. Followed by hand massage, nourishing hot paraffin and a pedicure with incorporation of reflexology techniques to enhance our traditional pedicure services to promote relaxation and increase circulation.

FOOT SOAKS + MASSAGE EXPERIENCES

HEALING WATERS FOOT SOAK + MASSAGE

25 min \$100

While enjoying a warm neck roll, remineralize your body with birch-magnesium foot soak, and allow the sedative effects of lavender essential oils help to quiet the mind. Acupressure hand and foot massage to ease tension, alleviate aches, and turn on your body's own self-healing process.

**Service is performed in the Nail Salon.*

NEW MOON FOOT SOAK + MASSAGE

25 min \$100

Relax and feel at ease with an herbal foot soak with quartz crystals as you set intentions for new beginnings during this magical moon phase. Slow intentional hand, lower leg and foot massage using quartz and black tourmaline are used to release tension and ground energy. Start anew. Put your ideas in motion and set your intentions!

**Only offered during actual New Moon phase.*

FULL MOON FOOT SOAK + MASSAGE

25 min \$100

Reflect on the past and celebrate the growth that comes with the full moon. Tune in to your own intuition and creativity. A warm foot soak followed by hand, lower leg and foot massage open your heart to have faith in what is to come. Quartz and amazonite calm and align, bringing the body and mind back into balance. The Luminescent glow of the body oils will shine like a full moon on a dark night.

**Only offered during actual Full Moon phase.*



EXPRESS HANDS + FEET

EXPRESS MANICURE

25 min \$55

A touch-up polish change for natural nails only that includes shaping, buff and fresh polish.

PEDI + POLISH CHANGE

25 min \$55

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

SHELLAC REMOVAL

20 min \$40

Not all Shellac and gel polishes are the same and removal of such product will require additional time. Sometimes your existing polish may be un-removable without specific tools. Please inform our spa concierge if you have existing Shellac or gel nail products when booking your appointment.

All products used in our hand treatments are designed for use on natural nails, using vegan, hypoallergenic, non-toxic nail polish, free of formaldehyde and toxic preservatives and chemicals.

HAND + FEET ENHANCEMENTS

Personalize your experience by choosing any of the following treatment enhancements with no additional time required.

HIMALAYAN SALT STONE THERAPY

\$25

Warm salt stones placed on target areas for added relief.

PARAFFIN HANDS OR FEET

\$40

Nourishing hand or foot treatment with potent age-defying ingredients: apple stem cell, grape seed oil, green tea, white tea, Vitamin B12.

BRIGHTENING HAND MASK

\$25

A mask applied to hands to hydrate, nourish and brighten the skin.



GENTLEMEN'S WELL + BEING

Outdoor enthusiasts and business-men alike, will benefit from customized spa experiences designed just for men. Arrive early at the spa to enjoy the sauna and steam room and take a refreshing shower before your treatment(s) as these products are designed to be left on the skin to maximize their therapeutic benefits.

WELL+BEING MESSAGE

50 min \$160 / 80 min \$240

Whether it is Swedish, Therapeutic, Sports, Deep Tissue or a combination of many modalities, this is an experience that is truly unique to your needs. Your treatment includes targeted body work at your preferred pressure.

WELL+BEING EXFOLIATION + SHOWER

45 min \$155

Potent rich in minerals mixture of algae, honey, molasses and sugar body scrub and scalp massage followed by a warm shower will improve circulation and revitalize lackluster skin.

WELL+BEING FACE

50 min \$165

The combination of organic skincare products, steamed towels and scalp, face and neck massage will relax and refresh you for any special occasion or just to look and feel your best.

WELL+BEING SCALP

\$25

Add an acupressure scalp massage to any WELL+BEING treatment to ease cranial tension and improve scalp health. Potent properties of Black Spruce and Siberian Ginseng positively impacts hair appearance, promotes densification and prevents hair loss.

**No additional time required.*

WELL+ BEING MANICURE + PEDICURE

80 min \$130

Incorporation of acupressure hand and foot techniques enhance traditional gentlemen's manicure + pedicure services to promote relaxation and circulation.

**CONTINUE THE EXPERIENCE WITH A GROOMING BAR
LOCATED INSIDE OUR GENTLEMEN'S RETREAT.**



INFRARED SAUNA EXPERIENCE

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 sauna 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 min \$45
Stretch out in the spa for a single session full of health benefits.

DUO INFRARED SESSION 30-45 min \$75
Our Duet sauna is spacious for two and can be shared with a friend.

**Currently available in Women's Retreat only.*



AN EARLY-MORNING WALK IS A BLESSING FOR THE WHOLE DAY.

- THOREAU

FITNESS + WELLNESS

Inspired by the ocean, forests, and winding roads of our region, we offer a range of physical activities and classes that help you connect with nature, challenge your body and embrace wellness.

PERSONAL TRAINING *30 min \$70 / 60 min \$100 / 90 min \$150*

Whether you are a beginner or a longtime fitness enthusiast, our fitness professionals can design a personalized program to fit your individual needs. Our certified personal trainers will assist and guide you through an individualized workout session of your choice to help revitalize your fitness routine.

PRIVATE YOGA

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

- *One Guest - 60min \$120*
- *Two Guests - 60min \$180*

For group pricing for more than two guests, please contact Spa Concierge for pricing.

Add Meditation + Sound guided meditation to your Private Yoga session.
30 min \$50

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.*

WELLNESS LECTURES BY THE SEA

Deepen your wellness experience while unwinding by the sea through regularly scheduled complimentary wellness lectures held Spa Sun Lounge. Please inquire with the Spa Concierge for the schedule.



SPA ETIQUETE

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 of the Nail Salon. Guest must be 15 years of age to enter 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 conclusion of your treatment. 20% gratuity is added to the total balance of treatments and services received. All prices are subject to change.

CANCELLATIONS

Cancellations must be made within 24 hours of the appointment time to avoid a fee equal to the full value of the service. Same day modifications are subject to a \$35 change fee. Missed appointments will be charged in full.

TO RESERVE YOUR TREATMENT: dial ext. 6290 or 207.361.6290

spa@cliffhousemaine.com

www.cliffhousemaine.com/spa



WILD + FREE

[CLIFFHOUSEMAINE.COM/SPA](https://cliffhousemaine.com/spa)



