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. Our body treatments, facials, hand and foot therapies 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 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 unending skies. Come early to take in the stunning vista or extend the bliss and linger after your treatment.

www.thespaatcliffhousemaine.com
BODY
Signature Customized Massage 50, 80 or 110 min., $155, $215 or $310
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, this is an experience that is truly unique to you. Your massage includes a choice of the highest quality organic unscented or aromatherapy oils.

FACE
Signature Customized Facial 50 or 80 min., $165 or $225
Your skin is beautifully unique and so is this facial. 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.

HANDS + FEET
Signature Manicure 50 minutes $75
Luxurious resort spa nail service that includes a soak, exfoliation and luxurious massage, cuticle care, nail shaping and polish.

Signature Pedicure 50 minutes $85
An ultra-relaxing traditional pedicure with an extended massage and hydration treatment that will give your feet the much needed attention they deserve.

Spa Reflexology Pedicure 80 minutes $125
Incorporation of reflexology techniques to enhance our traditional pedicure services to promote relaxation and circulation.

PAIRED EXPERIENCES
Duo Retreat 50 or 80 min., $330 or $440
Your choice of side by side massage in our Ocean View Cliff Suite.

Cliff Side Escape 110 minutes $585
Retreat into relaxation with someone you love and 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.
Inspired by the abundant Rosa Rugosa Roses that grow wild on our coast, the Signature Seacoast Rose Experience is sure to leave a lasting memory of your days close to the sea in Southern Maine.

Seacoast Rose Massage
50 or 80 min., $170 or $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 poultries melt away muscle tension.

Seacoast Rose Facial
50 or 80 min., $175 or $245
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 activated by our signature rose petal and herbal skin steam. Lasting hydration and glowing skin are the result which makes this perfect for even the most sensitive of all skin types.

Seacoast Rose Wrap
25 minutes $80
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 in to a deeply relaxing state while listening to entrancing Tibetan bowls.

Seacoast Rose Manicure + Pedicure
Manicure 50 minutes $80
Pedicure 50 minutes $80
Mani + Pedi Combo 80 minutes $135
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 jojoba beads that will leave your hands and feet well cared for.

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

Enjoy a full day of the Seacoast Rose Experience of at least 3 hours to receive a Signature Spa Gift Bag.

Our Task is to take this earth so deeply and wholly into ourselves that it will resurrect within our being.

- Rilke
BODY
Sun Polish + Wrap + Reflexology 80 minutes $220
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.

Matcha Tea + Body Brush + Wrap 50 minutes $165
Your journey with Matcha tea begins with a full-body brushing to enhance circulation and prepare your skin. A powerful concoction of earthen clays, kelp powder, raw honey and Matcha green tea powder are whisked by way of ancient tradition and charcoal filtered water, to create a purifying body mask. After an ultra-cleansing shower, a silky blend of Matcha cream will leave you feeling renewed and your immunity boosted.

FACE
Vitamin Sea Facial 50 or 80 min., $170 or $265
Say goodbye to hyperpigmentation and premature aging with a potent combination of vitamin C + collagen. This corrective facial uses a professional strength Alpha Beta peel to slough away dull skin revealing a smoother texture, giving luminosity to lackluster skin. Specialized infrared light therapy will diminish fine lines around the eyes, while a hyaluronic marine mask plumps and repairs skin.

Sea The Difference Neck + Décolleté 25 minutes $85
Improve an area often neglected in our daily skin care regimen. An effective blend of alpha and beta acids will decrease photo aging and tighten skin revealing a brilliant glow to your neck and décolleté.

Matcha Tea + Face 50 or 80 min., $165 or $230
A double tea potion of Matcha and white tea compounds are blended with marine algae to deliver a high dose of antioxidants and instantly revitalize lackluster skin. Featuring our Signature Facial Steam with Matcha green tea and neck and décolleté treatment to improve tonality and brighten areas vulnerable to sun exposure and premature aging. A skin benefiting tincture follows this treatment adding a spark of wellness to your inside to match your radiant skin on the outside.

Green Tea + Eyes No additional time $25
When headaches, allergies, late nights or fatigue cause your eyes to look tired, these green tea and collagen eye pads add moisture and nutrients to the delicate under-eye zone, creating a more relaxed and refreshed appearance. A great addition to any spa experience.

HANDS
Matcha Brightening Hand Treatment No additional time $20
Add to any manicure, a powerful blend of antioxidants from Matcha tea will help to reduce the appearance of sunspots, improve tone and texture leaving you with youthful looking hands.

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

Seasonal Services: 50 or 80 min., $170 or $235
Holistic Body + Mind
110 minutes $350
A total wellness experience beginning 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 in local glacial clay will purify the body and bring you closer to earth. Highly specialized vibrational sound healing and tuning is 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.

Holistic Facial
80 minutes $270
Take a more holistic look at your skin’s health by learning your unique Skin Personality. A thorough consultation will lead to a profound facial experience that will help reset the clock and bring ultimate balance back to your skin. Strengthen skin microbiome with Manuka honey while a probiotic-rich Kombucha mask drastically improves hydration. A detoxifying herbal facial steam leads the way for ultimate absorption of super potent vitamin-rich serums. Finish your Holistic Facial experience with a customized guide to Holistic Skin Care including ancient healing remedies and healthy lifestyle tips. See how the most beautiful you is achieved from within.

Sound + Healing
25, 50 or 80 min., $80, $150 or $205
Sound healing is a gentle non-invasive therapeutic experience that can be enjoyed by everyone. Tuning forks designed with ancient solfeggio frequencies and special gem-infused crystal bowls provide relaxation and deep healing on a cellular level. The pure resonating tones have been shown to help individuals remove energetic blockages, promote proper energy flow, repair DNA, and raise conscious awareness, leaving you very relaxed with a feeling of inner peace.

ENJOY BOTH HOLISTIC EXPERIENCES AND RECEIVE A SPA GIFT BAG.
NURTURE + NATURE EXPERIENCES

Honey + Body 80 minutes $230
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.

Honey + Face 80 minutes $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. Facial cupping provides a non-traditional facial massage, so effective in reducing inflammation and fine lines, we call it the non-surgical face lift.

Gemstone Balancing Massage 50 or 80 minutes $165 or $215
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.

Prenatal Massage 50 or 80 minutes $155 or $215
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.
OUTDOOR ENTHUSIASTS AND BUSINESS MEN ALIKE, WILL BENEFIT FROM CUSTOMIZED SPA EXPERIENCES DESIGNED JUST FOR MEN. CHOOSE FROM HEALTHFUL AROMATHERAPY THEMES: REST, STRENGTHEN, DETOX OR AWAKEN

**Well+Being Massage**
25, 50 or 80 min., $95, $155 or $215
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, a stress-reducing scalp massage to enhance vitality and achieve your personal best.

**Well+Being Exfoliation**
25 or 50 min., $90, $150
A compliment to any WELL+BEING experience or on its own, to improve circulation and revitalize lackluster skin.

**Well+Being Face**
50 min. $150
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**
No additional time $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.

**Well+Being Back Scrub**
20 min. $40
Extend your WELL+BEING massage or facial with a complete back exfoliation that will leave you feeling ahhhh!

**Well+Being Hands And Feet**
25, 50 min., $45, $90
Reflexology enhances our traditional manicure and pedicure services to promote relaxation and circulation.

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.

**ENJOY A FULL DAY OF THE WELL+BEING EXPERIENCE OF AT LEAST 3 HOURS TO RECEIVE A SIGNATURE GIFT FROM THE SPA.**
Focused Massage  25 minutes $95
When time is precious and wellness is a priority, find relief for yourself with this target area massage.

Leg & Foot Treatment  25 minutes $90
Invigorate tired legs and feet with an express foot scrub, hot towel and massage.

Illuminating Facial Glow  25 minutes $105
Delivering visible and immediate results, this experience is perfect for anyone short on time or as a boost to any facial. A professional strength Alpha Beta exfoliation improves radiance and texture while an oil-free hydrating marine moisturizer and eye gel delivers 72 hours of hydration. A transformative addition to any spa day. Does not include extractions.

Budding Rose Facial  25 minutes $105
Advanced hydration express facial leaving you balanced with a healthy glow. First a thorough cleanse, then an enzymatic exfoliation, followed by facial infusion of extreme moisture. It's like a drink of water for your face! Does not include extractions.

Revital + Eyes  25 minutes $85
Time tested facial cupping techniques will instantly soften the appearance of fine lines and reduce the appearance of dark circles and inflammation around the eyes.

Professional Strength Peel  
No additional time  $40
Boost the anti-aging results of your facial without irritation or down time with a professional strength facial peel available in three formulas.

Waxing  
Starting at $20
Please inquire about our variety of depilatory waxing services.

Express Nails  25 minutes $40
A touch-up polish change that includes shaping, buff and fresh polish.

Shellac Removal  20 minutes $20
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.

French Polish  
No additional time $15
*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.

EXPRESS EXPERIENCES

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

- THOREAU
EXPERIENCE ENHANCEMENTS

Personalize your experience by choosing any of the following treatment enhancements with no additional time needed. $25 each

**Hair & Scalp Treatment**: A keratin and Dead Sea mineral mud hair mask to hydrate and soften hair. *massage, body or facial therapies only

**Enlivening Foot Treatment**: Revitalizing peppermint and shea butter foot scrub enlivens tired feet. *massage, body or facial therapies only

**Himalayan Salt Stone Therapy**: Warm salt stones placed on target areas for added relief. *massage, body or facial therapies only

**Acupressure Facial Massage**: Specific pressure on Marma points will tone facial muscles, balance energy, improve general wellness, skin tone and circulation. *massage, body or facial therapies only

**Hair & Scalp Treatment**: A keratin and Dead Sea mineral mud hair mask to hydrate and soften hair. *massage, body or facial therapies only

**Hydrating Eye Lift**: Nutrient packed collagen gel masks infused with hyaluronic acid & marine collagen. *add to any spa service
Teen Massage  
25 or 50 min., $85 or $130
Introduction to massage before adulthood can bring lifelong positive change to health and well-being. Teens ages 14-17 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.

Teen Facial  
25 or 50 min., $85 or $130
A facial designed for teen skin. Focusing 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 11-17

Princess Mani + Pedi  
25 minute manicure $30
25 minutes pedicure $30
For spa princesses up to age 6 using the first vegan, hypoallergenic non-toxic nail polish, free of formaldehyde, toxic preservatives and chemicals.
Elevate your look for an evening out or find your brand new signature look with personalized make-up application. Consult with our expert make-up artists to design a look that’s right for you plus, receive step-by-step guidance on how to create the look on your own. With complimenting colors to your skin tone, eyes, hair and fit to your lifestyle, our experts can create a day or evening look for you.

Make Up Application
30 minutes $85
60 minutes $125 *includes airbrush and lashes

Your New Look Design + Instruction
90 minutes $200

Bridal Make Up Design
90 minutes $150

Wedding Day Bridal Make Up
60 minutes $275 *includes airbrush, lashes and touch up kit

Bridesmaid Make Up
30 minutes $95
Add lashes $25

TO RESERVE YOUR TREATMENT: dial ext. 6290 or 207.361.6290
thespa@cliffhousemaine.com
www.thespaatcliffhousemaine.com
I GO TO NATURE TO BE SOOTHED
AND HEALED AND TO HAVE
MY SENSES PUT IN TUNE ONCE MORE.

- JOHN BURROUGHS

CONNECT WITH
YOURSELF + NATURE
RELEASE YOUR
WILD + FREE SPIRIT

Please arrive 20 minutes prior to your scheduled appointment time to ensure a leisurely check in. Gratuities are at your discretion; however, guests who leave without proper check out at the spa desk will incur a 20% automatic gratuity on the total balance for treatments received. 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 $25.00 change fee. Missed appointments will be charged in full.