



THE SPA

AT CLIFF HOUSE



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

– Rumi

Our Story.

With the wild + 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, steam, 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 where beverages, light bites and express spa services are available at your leisure. With expansive views of bald head cliff and cove, 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, massage, 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 + free....



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

– John Burroughs

Signature Journeys.

Take time out of your busy life to experience a Signature Cliff House Spa Journey. Each journey provides a specific intention created to honor yourself and your well-being. Also includes a full body massage with a hand, scalp + foot ritual.

A Walk On The Beach

110 Minutes | \$370

Nothing soothes the soul more than a walk on the beach. Begin this journey with the Endless Summer Grounding Ritual enhanced with a full body massage and our hand, scalp, and foot ritual.

Wild + Free

110 Minutes | \$370

Inspired by the abundant Rugosa roses that grow wild on our coast, the Wild + Free journey will leave a lasting memory of your time by the sea in Southern Maine the intoxicating aroma of the seacoast rose hydrating wrap and full body massage provides a deep sense of well-being, nourishment and vitality.

Untamed Maine

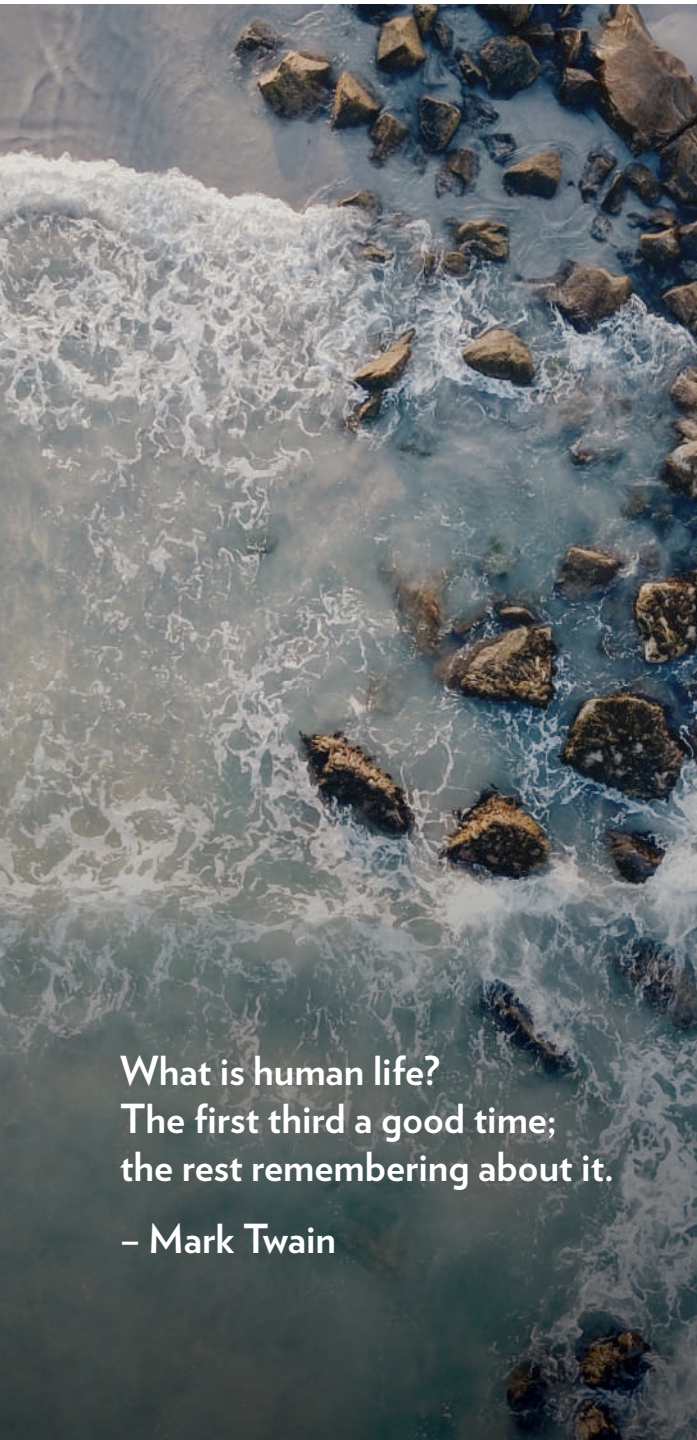
110 Minutes | \$370

Experience the energy that's created where the ocean meets the cliff which stirs a sense of vitality and well-being. Begin the journey with a stress relief massage followed by a nutrient rich marine mud wrap that leaves you with the ultimate sense of renewal and purification.

Oceanview Cliffside Retreat – Duo

110 Minutes | \$750

Retreat and reconnect with a side-by-side journey in the Ocean View Cliffside Suite. Receive 90 minutes of customized massages that include five experience enhancements for a total mind and body escape. Continue your time together enjoying the ocean view with a glass of champagne and a uniquely paired delectable treat.



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

– Mark Twain

Massage And Bodywork.

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.

25 Minutes \$95

50 Minutes \$185

80 Minutes \$275

Therapeutic Honey Massage + Cupping **80 Minutes**

Soothe your aching body with the benefits of local maine honey combined with 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 encourages your body to let go and move freely. Beneficial for athletes and guests who enjoy deep tissue massage.

Vagus Nerve Meditative Massage **80 Minutes**

The vagus nerve is the longest cranial nerve in the body - reaching from the brain to the gut. It helps regulate stress, rest, and digestion. This unique experience activates the calming effects of the vagus nerve response using steaming aromatic compresses, gentle neck and body massage strokes, cranial holds and a soothing essential oil blend formulated to invite an uplifting, meditative state of consciousness. This essence of Juniper, Chamomile, Lavender, and Jojoba works to mitigate feelings of stress, while stimulating positivity and wellbeing in the mind and body.

Holistic Custom Massage **50 | 80 Minutes**

Customized specifically for you. Combining swedish, therapeutic, and/or deep tissue techniques, our skilled providers listen with their heads, hands and hearts to respond to your body's specific needs. Choice of organic unscented or aromatherapy massage oil.

Seacoast Rose Aromatherapy Massage **50 | 80 Minutes**

A connective full body massage using hand-picked rose botanical oils and swedish massage techniques to take you on an aroma-therapeutic journey that will harken you to the seacoast.

Salt Of The Sea Massage **50 | 80 Minutes**

A massage and healing technique using warm salt crystal stones to ground and balance the body's electromagnetic field, central nervous system, and meridians. Salt crystals from an ancient primal sea beneath the Himalayan Mountains are hand-carved into massage stones that gently soothe away an accumulation of stress, tension, and pollutants, bringing the mind, body and spirit into balance.

Marine Mud Detox Massage

50 | 80 minutes

A massage unlike any other. Encourages profound purification of the tissues using an innovative massage mud that stimulates cellular vitality and detoxification.

Scalp, Hand + Foot Ritual

25 | 50 minutes

An intentional ritual designed to hydrate and heal your dry and over washed hands, relieve your aching feet, and alleviate tension in your head and scalp.

Side-By-Side Massage

50 | 80 minutes

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 these modalities, our skilled providers respond to your body's specific needs.

Mother-To-Be Massage

50 | 80 minutes

Nurture your body and uplift your spirit with a relaxing massage using pure organic oils and an advanced body positioning system designed specifically for mothers to be. Bring home your relaxation experience with a custom blended massage oil and instruction on how to massage your baby.

Teen Massage

25 | 50 minutes

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.

Thai Massage

110 minutes | \$395

Please wear yoga or exercise attire
Experience the healing arts of traditional Thai massage as your practitioner simultaneously rhythmically stretches and flexes your body, opening and relieving muscle tension. Thai massage renews the body's energy flow while reducing tension and stress with pressure-point stimulation and targeted stretching, yoga like stretching and simultaneous rhythmic application of trigger point pressure.

Focus Massage

25 minutes

When time is precious, and wellness is a priority - find relief for yourself with this target area massage.

Massage Enhancements.

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

Prices Range \$30-40

CBD Balm | \$40

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

Hair + Scalp Treatment

A keratin and dead sea mineral mud hair mask to hydrate and soften hair

Healing Foot Treatment

Revitalizing peppermint and shea butter foot scrub enlivens tired feet

Himalayan Salt Stone

Warm salt stones placed on target areas for added relief

Hydrating Eye Lift

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

Cupping

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

Emerge in deep relaxation in connection with your body and mind through the soles of your feet.

Healing Waters Foot Soak + Massage 25 Minutes | \$95

While enjoying a warm neck roll, remineralizer 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.

Reflexology 50 Minutes | \$185

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

Body Rituals.

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 their mind, body and soul.

50 Minutes \$185

80 Minutes \$275

Endless Summer Grounding Ritual

80 Minutes

The aromas of fruits, nuts, blueberries, green tea and honey bring you back to a warm summer day. The combination of the organic body polish, hydrating body butter wrap, and warm salt stone foot massage support a grounded feeling, reminiscent of summer walks on the beach.

Maine Body Ritual

80 Minutes

Experience a sense of deep renewal and purification with a muscle-warming, re-mineralizing, and purifying body wrap. The invigorating dry brush, exfoliating scrub, and stimulating marine mud softens skin, improves energy flow, relieves aches, pains, and muscular tension.

Organic Blueberry + Honey Body Polish

50 Minutes

Blueberry seeds, molasses and honey crystals synthesize a dual exfoliation along with dry brushing, will reveal the most vibrant you. Recommended for dry, sensitive skin.

Salt Of The Earth Exfoliating Scrub

50 Minutes

Invigorating full body dry brush and scrub featuring organic algae and sea salt harvested from around the world, exfoliates and softens your skin. A blissful application of anti-aging coconut oil leaves you feeling relaxed, refreshed, and renewed.

Seacoast Rose Hydrating Wrap

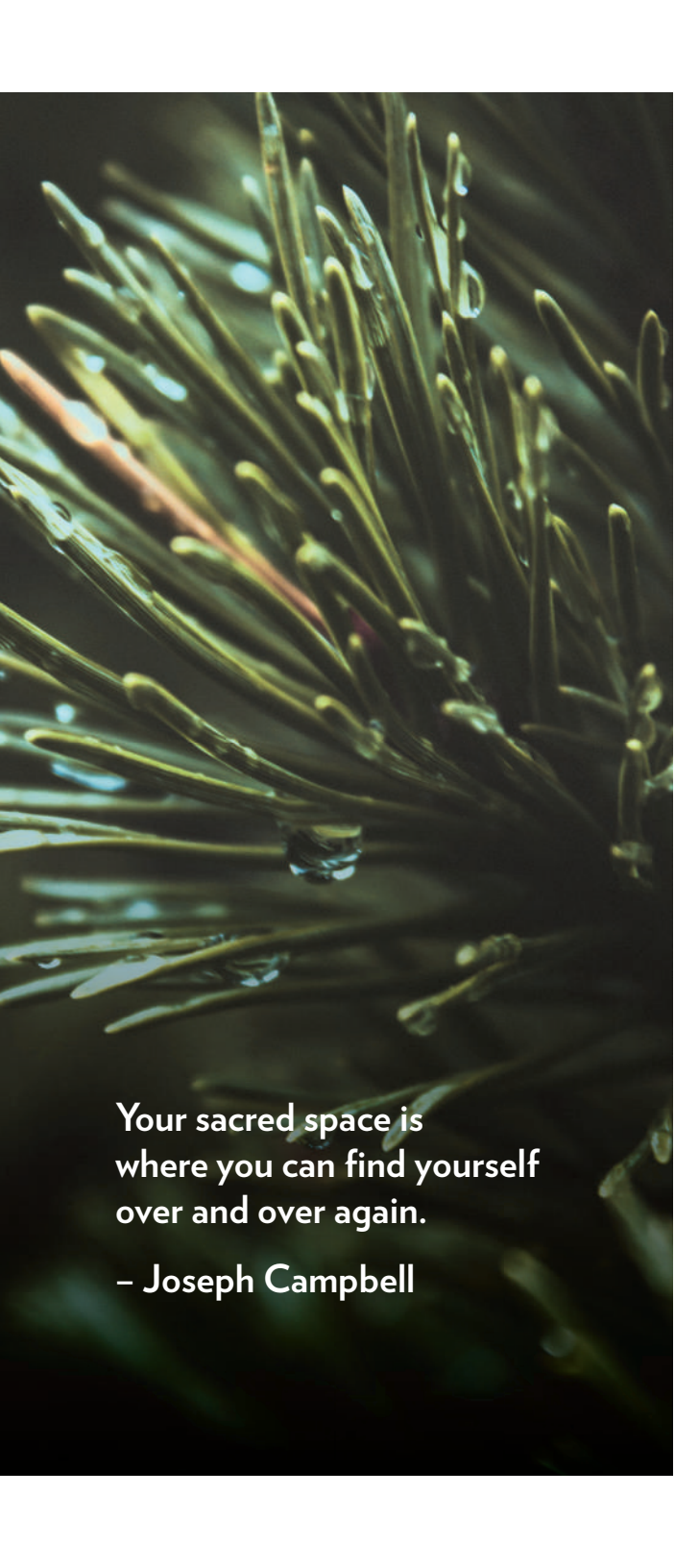
50 Minutes

Luxurious rose, jojoba, and shea butter body wrap along with a full-body dry brushing, will leave your skin feeling supple and petal soft and your mind and body with a deep sense of wellbeing.

Marine Detox Mud Wrap

50 Minutes

Full-body dry brush and warm cocoon wrap stimulates cellular vitality and detoxification, reduces stress, improves circulation, and leaves you feeling grounded and “free”.



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

– Joseph Campbell

Skincare.

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.

25 Minutes \$95

50 Minutes \$185

80 Minutes \$275

Seacoast Rose Restorative Facial 80 Minutes

Known as the queen of botanicals, rose offers skin-enriching benefits that lead to restored beauty. The power of peptides increases cell turnover and triggers the slowdown of the chronological aging process. Potent ingredients are energized using rose quartz gua sha addressing fine lines, dull complexion, and loss of elasticity... revealing a healthy radiant complexion.

Time Rewind Lifting Facial 80 Minutes

Rewind the time with this powerful treatment that provides immediate visible results. Targeted active ingredients not only smooth visible wrinkles but prevent new wrinkle formation and slow

the aging process. The potent formulations and specialized massage techniques using quartz gua sha stones improve skin firmness, tone and elasticity and redefine facial contours. The skin is plumped from within revealing a firmer, smoother and more youthful looking skin.

Summer Breeze Lymphatic Facial 80 Minutes

Restore your natural glow using LINNE small batch, ethically crafted skincare with ingredients formulated exclusively from superlatively sourced plants and minerals. Result driven yet gentle products effectively address a range of skin concerns, including acne, dehydration, inflammation, hyperpigmentation, sensitivity and premature aging. The

aromas of this facial will encourage you to reminisce of the best summer months while offering the results your skin deserves. With a focus on facial massage and addition of facial cupping to reduce facial inflammation, encourage lymphatic drainage, increase blood flow, brighten and even skin tone.

Cliff House Custom Facial 25 | 50 | 80 Minutes

This custom facial is designed to meet the specific needs of your skin blending advanced customized product to obtain your optimal skin care results. With high-performance cosmeceuticals and specialized technologies to boost skin activity, hydrate and reactive skin's functions to restore the health and vitality to the skin.

Marine Collagen Age-Defying Facial

50 | 80 Minutes

Plump and densify your skin with this collagen boosting age-defying facial. Ultra-potent hyaluronic acid and collagen stimulate your skin while smoothing fine lines and wrinkles. The effect of this treatment is amplified with a collagen infused mask to lift and reshape the facial contour.

Tidal Wave Hydrating Facial

50 | 80 Minutes

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. 80-min includes a second mask for maximum hydration.

Vitamin Sea Facial

50 | 80 Minutes

Revitalize your skin with a gentle AHA peel and highly potent vitamin C. This highly effective treatment brightens dull tired skin, evens the skin tone, and protects from environmental stress with powerful antioxidants. The immediate result - luminous glowing skin.

Teen Facial

25 | 50 Minutes

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

Express Facial

25 Minutes

Delivering visible and immediate results, this experience is perfect for anyone short on time or as a boost to any treatment. A transformative addition to any spa day. Does not include extractions.

Refresh Brow Wax + Tinting

25 Minutes | \$100

Refresh your eyes with eye brow design using wax and tinting for more defined and bolder beautiful brows.

Skincare Enhancements.

Customize your facial with specialized enhancements

Price \$30

Hair + Scalp Treatment

A keratin and dead sea mineral hair mask to hydrate and soften hair

Facial Waxing


Facial waxing services available during a facial

Hydrating Eye Lift

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

Hand Or Foot Paraffin Enhancement | \$40

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



Forget not that the earth
delights to feel your bare
feet and the winds long
to play with your hair

– Kahlil Gibran

Advanced Skincare.

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.

Prices Range \$250-\$395

Hydrafacial Face + Neck + Decollete

80 Minutes | \$395

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 three 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 | \$295

Experience an invigorating three step process that removes dead skin cells, extracts impurities, and 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.

Back Facial Hydrafacial

50 Minutes | \$250

This result-oriented back treatment begins with an application of an acne-fighting cleanser to remove impurities and improve overall back skin health. Followed by an invigorating three-step process of cleansing, exfoliation, 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.

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.

50 Minutes \$85

80 Minutes \$150

Seacoast Rose

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.

Manicure | 50 Minutes

Pedicure | 50 Minutes

Mani + Pedi Combo | 80 Minutes

Honey

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.

Manicure | 50 Minutes

Pedicure | 50 Minutes

Mani + Pedi Combo | 80 Minutes

Deep Sea

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

Manicure | 50 Minutes

Pedicure | 80 Minutes

Gentlemen's Mani – Pedi

80 Minutes

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

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 | \$95

While enjoying a warm neck roll, remineralizer 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.

Shellac Removal

25 Minutes | \$40

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.

Nail Enhancements.

Personalize your experience by choosing specialized enhancements

Prices Range \$15-\$40

Salt Stone Therapy | \$15


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

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 B12

Hydrating Eye Lift | \$30

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.

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 Minutes | \$45

Duo Infrared Session


30 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.

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 | 60 Min | \$120

Two Guests | 60 Min | \$180

Add Meditation + Sound guided meditation to your Private Yoga session. 30 min \$50
For group pricing for more than two guests, please contact Spa Concierge for pricing.

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

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.