

## Enhance your experience

To enhance your Spa experience, please arrive 30 minutes before your scheduled treatment. This will allow time to relax in the lounges, sauna (women's), steam showers and outdoor relaxation pool and jacuzzi. Arriving late will simply limit the time for your treatment, thus lessening the effectiveness and your pleasure. Your treatment will end on time so the next guest will not be delayed. The full value of your treatment will be charged.

If you prefer a male or female therapist, please make your request when scheduling your treatment. We will always try to accommodate your personal preferences based on our daily schedule.

Most body treatments are enjoyed without clothing, however, please wear whatever is comfortable for you. Disposable undergarments are available upon request. During all treatments, the body is fully draped, except for the area being worked on. Robes and slippers are provided in the ladies' and gentlemen's lounges before treatments.

Your Spa experience is your time and you should delight in it to the fullest. If you experience discomfort due to room temperature, massage pressure, music volume or any other conditions, please notify your therapist immediately.

## Appointments

Spa services should be scheduled in advance. The Spa Concierge can help plan your spa experience, including the best order of treatments. A credit card number is required at the time reservations are made. When making reservations please notify the Spa Concierge if you have high blood pressure, allergies, physical ailments or disabilities, or if you are pregnant. There are a few services that should be avoided during pregnancy, but many can be enjoyed.

Prices and services are subject to change.

## Cancellation policy

If you must reschedule or cancel your appointment, please notify the Spa 24 hours in advance to avoid being charged the full service fee.

## Spa policies

The Spa at Chatham Bars Inn is for guests 16 years of age or older.

**For your convenience, a 20% service charge will be added for each Spa service.** Gratuities are dispersed to the Spa staff members that served you during your visit. Additional gratuities are at your discretion.

Cell phones and pagers should be turned off in the Spa.

We reserve the right to refuse spa services to any guest under the influence of drugs or alcohol or with an existing medical condition that may be infectious.



CHATHAM BARS INN

[www.chathambarsinn.com](http://www.chathambarsinn.com)

508.945.6737

Shore Road, Chatham, Cape Cod, MA 02633



thespa 

AT CHATHAM BARS INN



# relax

by the edge of the sea



## seasonal therapies

### Spring Renewal – 90 min

\$195

Spring is a time of joy, renewal and cleansing. Organic essential oils of lemongrass, rosemary and cypress stimulate circulation and tone skin, while exotic ylang ylang flowers uplift the spirits and relax the nervous system. The treatment begins with an invigorating body polish using sugar drenched in emollient plant oils. Then, like spring rains, your body is cleansed using our Vichy shower. We then apply a botanical shea butter over the whole body. The goodness of the shea butter is then infused into your skin by wrapping you with linens, while you receive a face massage focusing on energy points to release and tone.

### Summer at the Shore – 90 min

\$195

This treatment will condition and protect your skin, leaving it satin soft and deeply hydrated for days. Your skin is gently polished with our signature Ocean Rose Foaming Body Polish, a blend of fine mineral-rich salts drenched in botanical oils and anti-oxidants. Then you are invited to step into the shower, where the polish will create a gentle cleansing lather as you wash it away, each bubble releasing the soft scent of coastal herbs and rose petals. You then receive a hydrating massage with Ocean Rose Shea Butter Cream before being wrapped in warm linens, causing the shea butter to melt into your skin. As you rest, receive a relaxing neck and face massage with Ocean Rose SPF30 Moisturizer to leave you pampered and protected from head to toe.

### Fall into Grace – 90 min

\$195

Stimulate healing and regeneration in your skin as you are calmed and soothed with organic lavender and rosewood. We begin with a dry brush exfoliation to stimulate lymphatic detoxification and skin absorption. Then you are gently misted with our Rose hydrolat to prepare the body for a soothing, warming lavender clay mask. As you lie wrapped in soft linens, allowing yourself to deeply relax, we apply a warm compress of organic lavender to your face before a soothing head and scalp massage. When you are unwrapped receive an all over application of Lavender Rosewood Body Oil.

### Winter Wind – 90 min

\$195

The sweetness and warmth of pure organic vanilla and cardamom is inviting and enticing, calling forth your sense of aliveness and optimism in the cold of winter. A gentle, conditioning body polish brings a glow to skin that has been dried by indoor heating and cold winds. Then moisture and essential oils are returned to your skin during a slow, luxurious massage using a Vanilla Cardamom Shea Butter Cream. Finally, we will warm your core, wrapped in a comforting cocoon, while you receive a releasing neck and scalp massage.

## massage therapies

### Custom Massage – 60/90 min \$125/\$175

This medium to light pressure massage combines the power of touch with the healing benefits of Aromatherapy. Based on your preference a custom blend of aromatic herbs, flowers and trees will heal, nourish and delight the body and ease the mind.

### Deep Tissue Massage – 60/90 min \$140/\$190

Various specialized techniques are used to relieve muscle soreness, deep-seated tension and to energize the body. This massage addresses the deeper layers of tissue and can relieve aches and pains in tight or overused muscles. An ideal treatment for chronic muscle tension.

### Tides Massage – 60/90 min \$135/\$185

Reflecting the movement of the tides, our signature massage carries away layers of stress and fatigue with successive waves of deepening strokes from the head down to the toes. The massage utilizes warm sea shells, soothing the nervous system and inducing deep states of let-go. We finish in stillness with a delicate face massage using smoothed beach shells.

### Sea Dew Hot Stone Massage – 90 min \$190

Warm rosemary oil is applied to the body with long, soothing strokes using hot stones to melt the muscles of your back. The combination of deep heat emanating from smoothed basalt stones, and the refreshing and invigorating effects of wild rosemary oil, is at once relaxing and rejuvenating. The Latin name for rosemary, Ros-marinus, means 'dew of the sea'. This herb was revered for its wide range of healing effects including stimulating memory, relieving pain in the joints and toning and strengthening vascular tissue.

### Arnica Therapeutic Massage – 60/90 min \$140/\$190

Sore muscles and chronic pain are targeted in this penetrating and releasing treatment. The whole body is first warmed and massaged with Mountain Arnica oil scented with wild sage and lavender. Pressure points are held, unwinding and releasing the patterns which cause tension. Long, deep myo-fascial strokes stretch, energize and spread relief all over the body, leaving you feeling relaxed and with renewed mobility.

### Herbal Poultice – 60/90 min \$145/\$195

Opening the flow of energy along meridians in the body, this East Asian technique is revitalizing and detoxifying. Preparation begins by lightly massaging lines of energy flow on the body before application of hot, fragrant herbal poultices to acupressure points. This has the effect of correcting energy imbalances, restoring vigor and vitality.

*In-room massage services are available for an additional \$30 per treatment*

### Cabana Massage – 60/90 min \$125/\$175

Enjoy the elements of summer with this aloe and rose infused massage. Using soft flowing strokes, your body will unwind and relax. At various stages during the massage successive layers of delicious botanical hydrolats are misted onto the skin and worked into the body. We finish the treatment with cool stones on the face, and a head and neck massage.

*\*This treatment is offered during the summer months in a private outdoor cabana*

### Couples Massage – 60/90 min \$125pp/\$175pp

Enjoy the magic art of relaxing and connecting together. Whether on a getaway or celebrating a special occasion with your spouse or companion, enjoy a synchronized massage with our signature blend of aromatherapy oils to warm, entice and delight the senses.

### Mother of Pearl Massage – 60 min \$125

With a blend of mother-and-baby safe organic oils to nourish the skin and reduce the appearance of stretch marks, enjoy all the comfort and relaxation you deserve with this specially tailored massage. Emotionally soothing, the light scent of organic tangerine and jasmine essential oils have an uplifting and positive effect, while wheat-germ and rosehip feed and protect your skin. Gentle strokes release tired muscles, soothe the digestive system and bring you into a state of peaceful contentment. This massage will be adjusted for each trimester so it can be received at any time during pregnancy.

### De-stress by the Sea – 30 min \$75

This treatment combines deep tissue stimulation with Swedish massage, relieving tension by focusing on key areas in the neck, shoulders and back.

### Side by Side Massage

Stop the clock and truly be with someone – friend, partner, spouse, sister, mother or daughter – enjoy time well spent together. Choose any pair of massage therapies offered in our breathtaking side by side massage room.

## massage enhancements

### Hair & Scalp Revitalizer – 30 min \$55

Nothing is so naturally relaxing and energizing as a hair and scalp massage. This treatment not only lulls you into a deep state of let-go, it is transformative for the condition of your hair and scalp.

*\*Available as an add-on to any massage or facial treatment*

### Sea Buff – 30 min \$55

Our signature scrub will cleanse and revitalize your skin and is a perfect beginning to any of our massages.

*\*Available as an add-on to any massage*

## body care

### Sacred Time at Sea – 150 min \$300

We come to the ocean for our stresses to be washed away. Utilizing the purifying and re-mineralizing properties of the ocean we leave you feeling radiant and stress-free. Begin with a gentle full-body exfoliation using our signature Ocean Rose Foaming Body Polish. Then be reminded of the art of bathing with a relaxing soak of organic seaweeds and salts. Return for a massage where wave-like strokes sweep you to the ocean's depths of stillness. Finish in a botanical wrap, while your hair and scalp are treated. Emerge in a state so relaxed that you may feel like drifting at sea.

### Citrus Sunset – 90 min \$195

This deeply hydrating treatment will uplift your spirits and bring a soft glow to the skin, leaving it delicately scented with tangerine and pomegranate. (*Pomegranate oil is one of nature's most valuable skin nutraceuticals.*) This pair of citrus is then combined with tiny spheres of jojoba wax and are massaged into the body with two halves of a citrus fruit, gently lifting away devitalized skin cells revealing a softer, fresher complexion beneath. We then massage a generous coating of butter cream into your skin before wrapping you in a deliciously warm cocoon wrap. As you relax and soak in the botanical goodness, we will offer you a hair and scalp treatment, and finish with a mist of Tangerine & Pomegranate Dry Oil Spray.

### Sea Breeze – 90min \$195

This treatment recalls the dance of the sea, helping you rediscover your full freshness and vigor. First the body is oiled with warm aromatherapy oil to gently stimulate circulation and lymphatic drainage. Next, a fine powder of coastal herbs, sea algae and organic grains are sifted onto the body like a fresh sea breeze, an intriguing and delicious sensation. Using vigorous hand-over-hand strokes these grains are buffed into the skin, cleansing the pores and stimulating renewal. Then you are wrapped in hot herbal linens to further detox while your therapist releases tension with a facial massage. After showering, we massage Shea butter which melts into your skin with the application of hot basalt rocks in long, deep strokes.

### Cranberry Crush – 60 min \$130

Experience a true Cape Cod escape. Using local products exclusive to The Spa at Chatham Bars Inn, this indigenous treatment will center, purify and revitalize your mind, body and spirit. Featuring the antioxidant power of local organic cranberries, our enriching scrub exfoliates and nourishes the skin. You then finish with a massage using cranberry Shea butter. Cape Cod's transforming gift for you!

### Healing Sea Cocoon – 90 min \$195

This nourishing skin treatment begins with organic algae oil dry brushed into your skin to relieve tension, reduce water retention and open pores. Then as you lie cocooned in a soothing white algae body mask, harvested by hand from the Patagonia coast, fresh strips of white algae are applied to the face. Skin will be left supple, moist and glowing.

### Ocean Scrub – 60 min \$130

Mineral-rich salts polish the skin and cleanse the electro-magnetic field that surrounds the body, leaving a freshness that is complete and lasting.

### Sugar Glaze – 60 min \$130

Our signature Ocean Rose body polish is a blend of soothing botanical oils rich in anti-oxidants. Especially gentle after waxing or shaving.

### Jojoba Body Polish – 60 min \$130

Essential citrus oils are blended with gentle jojoba beads to gently exfoliate and hydrate dry, sensitive skin that is environmentally exposed. The senses are restored and skin nourished.

### Mineral Mud Wrap – 60 min \$130

Nourish yourself head to toe with this detoxifying body treatment. Experience a full body exfoliation with a dry brush treatment, followed by a warming body mud mask and finished with a re-mineralizing application of organic algae oil. Nourish your cells with the earth's first living food.



## skin care

### Signature Facial – 60/90 min \$135/\$185

This customized treatment targets your skin's special needs. Your esthetician will analyze your skin assessing your personal pH levels, dermal fatigue, skin's chemistry and moisture content to customize a facial that addresses your specific needs and concerns. Your experience is enhanced with our signature cranial facial massage. Good for all skin types, including combination skin.

### Sea of Life Anti-Aging Facial – 60/90 min \$135/\$185

You've found the fountain of youth from the sea! Naturally firm, tone, refine and deeply hydrate the skin with this marine based skin care line. Anti-aging serums combine with a pure plant mineral oxygen infusion, an algae skin tightener and mineral enzymes to help stimulate cellular metabolism and relax stress lines. The results are skin that is visibly brighter and toned.

### Healing Water Soothing Facial – 60/90min \$135/\$185

A cleansing facial designed to soothe reddened or sun-exposed skin. This calming facial treatment begins with gentle marine-based cleansing milk fortified with Water Lily extract to re-mineralize and calm skin. French seaweed extracts and pure essential oils help boost antioxidant activity, promote hydration and combine with dermal proteins to form a protective moisturizing barrier against the elements. To finish, we apply cooling facial compresses soaked in sea minerals and premium green tea extract to reduce swelling, redness and peeling.

### Deep Pore Cleansing Facial – 60 min \$135

A variety of different organic seaweeds that are highly concentrated in minerals, trace elements, amino acids and vitamins help to exfoliate and purify clogged pores. Balance problem skin and control excess oil production with this specifically designed marine-based deep pore cleansing treatment. This facial promotes a healthy and purified result.

### Antioxidant Vitamin C Facial – 90 min \$185

This oxygenating, anti-aging facial utilizes ingredients brimming with antioxidants, including an application of a natural Spirulina Algae rich in protein, vitamins, minerals, and botanical extracts, to combat premature aging, disrupt hyper-pigmentation, providing skin with a healthy glow. This facial includes a luxurious neck and shoulder massage and a hydrating hand treatment.

### Sea Captains Environmental Repair Facial – 60/90 min \$135/\$185

Designed specifically for men, this anti-aging facial helps protect and restore skin from damage caused by sun exposure and time. The face is cleansed and exfoliated, then followed by a mask tailored to your specific needs. Glide into a relaxing face, shoulder, neck and head massage that will leave you feeling refreshed and soothed.

### Beach Buff Back Facial – 60 min \$135

Be beach ready with this deep cleansing treatment. A beautiful back begins with a soothing cleanse and an organic scrub made with Gigartina algae, passion fruit, acaci and bamboo. Drift away during your detoxifying mask followed by a soothing organic algae gel rub. Dare to go bare!



## skin care enhancements

Gel Peel – 15 min	\$40
Micro Polish – 15 min	\$40
Collagen Facial Mask – 15 min	\$40
Collagen Neck Treatment – 15 min	\$40
Eye & Lip Treatment – 15 min	\$40
Hair & Scalp Revitalizer – 30 min	\$55

## for the hands and feet

### Signature Manicure or Pedicure – 60 min \$65 manicure/\$85 pedicure

These luxurious treatments use a natural approach to help you achieve healthy nails and beautiful hands or feet while leaving the skin nourished and supple. Treatment includes exfoliation, a deep therapy mask and a paraffin treatment for extra hydration.

### Coastal Manicure – 30 min \$45

In this traditional treatment, cuticles are perfected, nails are shaped and buffed and hands are massaged with a hydrating moisturizer. A professional application of polish completes the session.

### Coastal Pedicure – 45 min \$65

The traditional choice for lavishing care on the feet and toes. This favorite provides moisturizing therapy that smoothes and conditions. Nails are shaped, buffed and professionally polished to complete the treatment.

### Mother of Pearl Pedicure – 60 min \$75

Rejuvenate and hydrate overstressed feet with a soothing foot soak, exfoliation and massage. This deluxe treatment uses all natural, wild crafted ingredients with essences of jasmine and ginger to ease tension and restore energy.

### Alive Feet – 30 min \$55

Nothing feels so good as refreshed and pampered legs and feet. Our foot care treatment uses organic oils of ginger, rosemary and calendula to tone and strengthen vascular tissue, increasing circulation and enlivening your legs and feet. After a warm, organic tea tree foot soak, a fine grain foaming salt scrub gently but thoroughly polishes and softens the skin of feet and legs. A cooling mask of energizing clay is applied and finally a deep massage from knee to toe with Alive Feet Oil leaves you with a fresh sense of grounding and energy.

### Polish Change – 15 min \$20 hands/\$25 feet

## hands and feet enhancements

Paraffin Plunge	\$25
French Polish	\$10 hands/\$15 feet

## gentle hair removal

Lip or Chin	\$20
Eyebrow Arch	\$25
Eyebrow Design	\$35
Bikini	\$45
Lower Leg	\$55
Full Leg	\$100
Underarm	\$45
Half Arm	\$45
Full Arm	\$80
Back or Chest	\$100

## packages

### Ocean Bliss – 2.5 hours \$275

- 90 minutes Custom Massage
- 60 minutes Signature Facial

### Seasonal Celebration – 3.25 hours \$350

- Choice of Seasonal Therapies
- 60 minute Signature Facial
- Coastal Pedicure

### Ultimate Indulgence – 4 hours \$400

- 60 minutes Custom Massage
- Sea Buff
- 60 Minute Signature Facial
- Signature Pedicure
- Coastal Manicure

### Mother to Be – 2.5 hours \$215

- Mother of Pearl Massage
- Mother of Pearl Pedicure
- Coastal Manicure

