



The Spa 
AT CHATHAM BARS INN



Relax.

A step into the Spa at Chatham Bars Inn is a step towards transformation. With the turn of the page, a world of discovery awaits you with treatments designed to soothe and restore the body, mind and soul. We have everything you need to completely escape and recharge before, during and after your treatment. Enhancements such as saunas, steam showers and our outdoor relaxation pool and hot tub prolong the feelings of comfort that surround you as you take the first step toward a better, healthier you. The possibilities are endless. The journey begins now.

Body Care

Sea Salt Scrub

60 MINUTES

Mineral-rich salts polish the skin and cleanse the electromagnetic field that surrounds the body, leaving freshness that is complete and lasting. Skin is hydrated with warm algae oil to complete the treatment.

Rejuvenating Body Polish

60 MINUTES

Soothe your skin and senses with this intoxicating body polish. This updated formula introduces Lychee Seed for ultimate exfoliation, alongside favorites Undaria seaweed and Volcanic Pumice to resurface the body from head to toe. Cannabis Sativa and Kukui Seed oils hydrate for your softest skin ever.

Espresso Mud Detoxifying Scrub

60 MINUTES

Re-mineralize your skin while drawing out impurities. This deeply detoxifying, rich mud scrub blends traditional remedies to cleanse and replenish the skin. After exfoliation, a soothing body oil is applied to hydrate and moisturize, giving a luminescent glow.

Healing Seaweed Body Wrap

90 MINUTES

This nourishing body treatment begins with a dry brush exfoliation followed by a soothing white algae body mask. As you lie cocooned, white algae gel is applied to the face to enhance deep relaxation. Finish with a light massage using warm algae oil to hydrate your skin, leaving it supple, moist and glowing.

Antioxidant Body Wrap

90 MINUTES

This hydrating treatment will uplift your spirits and bring a soft glow to your skin. Beginning with an application of body polish that exfoliates the skin, follow with a relaxing massage using warm stones and an application of anti-aging body balm. Your treatment is followed by a warm body wrap to continue the deep rehydration, while your therapist releases tension with a facial massage.



Nail Care

Coastal Manicure or Pedicure

30 MINUTE MANICURE

45 MINUTE PEDICURE

To keep your hands and feet always looking their best—healthy and strong, we do not use any synthetic bonding products on your nails such as acrylic or powder dip nail color. We use natural, hydrating products that promote nail growth and hydration. Hands or feet will be soaked with essential oils, cuticles are perfected, nails are shaped and a luxurious massage of the hands or feet will follow. The service is completed with a professional application of a polish of your choice.

Signature Manicure or Pedicure

60 MINUTES

These luxurious treatments use a natural approach to help you achieve healthy nails and beautiful hands and feet. Your hands and feet will be left feeling nourished and hydrated. This treatment includes a hydrating mask and warm nourishing mitts or booties to help intensify hydration and leave hands or feet soft and supple.

Long-Lasting Shellac Manicure

45 MINUTES

Our Shellac manicure is a unique and instant service with no added drying time. Treatment includes traditional manicure service with shaping of the nails and grooming of the cuticles. This service provides long-lasting, chip-free, flawless color with incredible shine. A hydrating hand and arm massage is included to top off this wonderful service. Nails are dry instantly. *Please inform concierge if you have any gel polish on prior to treatment. There will be a fee for removal of gel polish products.*

Mother of Pearl Pedicure

45 MINUTES

Rejuvenate and hydrate overstressed feet with a soothing foot soak, exfoliation and massage. This treatment is designed for mothers-to-be and will help alleviate swollen and tired feet using all natural oils, scrubs and lotions.

Alive Feet

30 MINUTES

This foot care treatment uses all natural products to detoxify and increase circulation in the legs and feet. This service includes an exfoliation of the feet followed by a clay-based detoxifying mask. Warm towels are applied to draw out toxins and a hydrating foot massage makes this service complete. This service does not include any nail work or polish service but it will leave your feet feeling alive and invigorated.

NAIL ENHANCEMENTS

French Polish or Shellac Removal

15 MINUTES

PLEASE NOTE:

When scheduling nail services please mention if you currently have a Shellac or Gel polish on your nails.

- *In order to keep your nails healthy and strong, we do not apply any acrylics, powder dip or nail tips.*
- *We are a natural nail spa. Therefore, we are unable to remove any dip, acrylic or silk wraps. We do not use any nail drills or synthetic bonding substances on your nails.*



Spa Packages

Ocean Bliss

2.5 HOURS

90 Minute Deep Tissue Massage
60 Minute Signature Facial

Seaside Retreat

2.75 HOURS

60 minute Ocean Massage
60 minute Signature Facial
Coastal Pedicure

Mother-To-Be

2.75 HOURS

Mother of Pearl Massage
Signature Manicure
Mother of Pearl Pedicure

Ultimate Indulgence

4 HOURS

90 Minute Aroma Journey Massage
60 Minute Signature Facial
Signature Pedicure
Coastal Manicure

Products

Skinceuticals

Naturopathica

Osea

CND Shellac

CND Vinylux

Dazzle Dry

Moroccanoil

Primabee

Lavender Honey Custom Blend Body Butter & Scrub





Fitness

The Spa at Chatham Bars Inn offers wellness and fitness services to guests of the Inn as part of the experience. Guests can request private yoga, personalized training, one on one meditation or nutrition sessions.

You can have your own private coach and/or come to one of our regularly scheduled complimentary fitness classes. All offerings can be customized for guests who are unsure where to begin. The options are endless! Our personal trainer is available daily. Please contact the Spa directly for details and appointments.

Yoga

Power Yoga

Meditation

Nutrition

HIIT Training

Private Fitness Training

Group Fitness Training

Terms and Conditions

SPA ARRIVAL We recommend that you arrive at the Spa 30 minutes prior to your first scheduled appointment. This allows time for a consultation regarding your treatment expectations and provides you with ample time to visit the Spa's facilities, which will truly prepare you for your treatment experience. Please note: a bathing suit is required while enjoying the facilities.

GRATUITY For your convenience a 20% gratuity will be added for each service on your final bill.

APPOINTMENT INFORMATION We offer our busy guests a reliable timetable, therefore arriving late will simply limit the time of your treatment, reducing your full benefit and enjoyment. Your treatment will end on time to prevent inconvenience to the next guest. The full treatment price will apply. Please kindly note that availability and pricing are subject to change or discontinue at any time without prior notice.

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. All sessions are conducted in a professional manner. Inappropriate behavior by the guest will result in immediate termination of the session and the guest will remain responsible for payment of the scheduled session.

ADVANCED BOOKINGS We highly recommend booking your treatment in advance to ensure that your preferred time and treatment are available.

HEALTH CONDITIONS Please advise us when making your spa reservations of any health conditions, allergies or injuries which could affect your treatment.

CLEANLINESS In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilized and sanitized after every service and treatment.

LOSS OR DAMAGE We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables locked in your locker during your visit. For the protection of your clothing, we also ask that you wear the robe provided.

SPA BOUTIQUE To continue your spa regimen at home, spa products used in the treatments are available in our Spa Boutique.

GUESTS The Spa welcomes both hotel guests and the general public for any of our treatments. All spa guests having treatments are invited to enjoy our facilities and relaxation area.

The Fitness Center is available for our hotel guests and members 24-hours per day. Personal training sessions are available upon request.

DIGITAL DISCONNECTION Our Spa offers each guest the chance to relax in a tranquil setting. We appreciate you turning off your mobile phone and other electronic devices. To respect the privacy of our guests, we kindly ask you to secure your electronic devices in your locker.

PREGNANCY We have specially designed treatments for expectant mothers in their second and third trimester. Please let the Spa Concierge guide you in selecting a treatment, taking into consideration your well-being during this special time.

AGE REQUIREMENTS The minimum age to access the Spa's facilities, relaxation areas and Fitness Center is 16 years of age.

CANCELLATION POLICY Please allow 24-hour notice of cancellation to avoid a 100% charge. A credit card number is required at the time of booking to guarantee the appointment. If you must reschedule or cancel your appointment, please notify the Spa at 508-945-6737 or email thespa@chathambarsinn.com.

Services Price List

Massage Therapies

Ocean Massage	60 OR 90 MINUTES	\$200/\$275
Aroma Journey Massage	60 OR 90 MINUTES	\$200/\$275
Deep Tissue Massage	60 OR 90 MINUTES	\$200/\$275
Nirvana Massage	60 OR 90 MINUTES	\$200/\$275
Blissful CBD Massage	60 OR 90 MINUTES	\$245/\$295
Couples/Side-by-Side Massage	60 OR 90 MINUTES	
<i>Custom pricing based on selected services</i>		
Mother of Pearl Massage	60 MINUTES	\$200
Invigorating Hot Stone Massage	90 MINUTES	\$275
De-Stress by the Sea	30 MINUTES	\$125
Hand and Arm Tension Relief	30 MINUTES	\$125

Massage Enrichment

This remedy is designed to enrich your massage experience without adding time to your service

CBD Muscle Repair	\$45
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Body Care

Sea Salt Scrub	60 MINUTES	\$200
Rejuvenating Body Polish	60 MINUTES	\$200
Espresso Mud Detoxifying Scrub	60 MINUTES	\$200
Healing Seaweed Body Wrap	90 MINUTES	\$275
Antioxidant Body Wrap	90 MINUTES	\$275

Spa Packages

Ocean Bliss	2.5 HOURS	\$430
Seaside Retreat	2.75 HOURS	\$425
Mother-To-Be	2.75 HOURS	\$335
Ultimate Indulgence	4 HOURS	\$560

Skin Care

Signature Facial	60 OR 90 MINUTES	\$200/\$255
Clarifying Facial	60 OR 90 MINUTES	\$200/\$255
Age-Defying Facial	60 OR 90 MINUTES	\$200/\$255
Vitamin C Facial	60 OR 90 MINUTES	\$200/\$255
Ultra Calming Facial	60 OR 90 MINUTES	\$200/\$255
Gel-Peel Facial	60 OR 90 MINUTES	\$200/\$255
Dermasound Facial	60 MINUTES	\$275
Express Facial	30 MINUTES	\$125
Dermaplane	30 MINUTES	\$95

Skin Care Enrichments

These remedies are designed to enrich your skin care experience without adding time to your service

Dermaplane	\$95
Dermasound	\$65

Gentle Hair Removal

Lip or Chin	\$35
Brow	\$45

Nail Care

Coastal Manicure or Pedicure	30 MINUTES MANICURE	\$50
	45 MINUTES PEDICURE	\$70
Signature Manicure or Pedicure	60 MINUTES	\$75/\$95
Long Lasting Shellac Manicure	45 MINUTES	\$75
Mother of Pearl Pedicure	45 MINUTES	\$95
Alive Feet	30 MINUTES	\$65

Nail Enhancements

French Polish or Shellac Removal	15 MINUTES	\$20
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