



# 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.

# Massage Therapies

#### Aroma Journey Massage

60 OR 90 MINUTES

This 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.

### Blissful CBD Massage

60 OR 90 MINUTES

This CBD infused therapeutic massage is the gold standard of deep relaxation. Our CBD massage reduces joint and muscle pain, inflammation and promotes deep muscle release. This massage has the cooling benefits of camphor and menthol within its Broad-Spectrum CBD blended all-natural luxurious lotion. By combining nature's remedy with skilled massage techniques, CBD massage is a holistic way to heal and treat your body and mind.

#### Deep Tissue Massage

60 OR 90 MINUTES

A combination of medium to deep massage techniques will be blended throughout this treatment to reboot the mind and transform stress into balance. Various specialized techniques are used to relieve muscle soreness to those tired areas. Unwind the body with a relaxing, therapeutic, mindful experience.

# Nirvana Stress Relief Massage

60 OR 90 MINUTES

Fall into this deeply revitalizing treatment using Aromatherapy and Swedish techniques to alleviate stress and tension in the muscles, while re-balancing and restoring your well-being. We combine a Meditation Alchemy of warm and spicy cardamom, sandalwood and sweet orange, which will stimulate the senses, as a cooling Alpine Arnica Massage Oil soothes the mind, body and spirit. These exquisite blends of rare plant essences and extracts will nourish your senses and blissfully feed your soul. Once wrapped in a warm, relaxing cocoon, enjoy a therapeutic neck massage using peppermint leaf muscle cream. Pure Nirvana!

### Ocean Massage

60 OR 90 MINUTES

Reflecting the movement of the tides, our signature massage carries away layers of stress and fatigue with successive waves of massage strokes from the head down to the toes. This massage utilizes warm stones, soothing the nervous system.

### Couples/Side-by-Side Massage

60 OR 90 MINUTES

Choose any two of our massage therapies offered to unwind and renew together. This option allows you to relax and connect in our side-by-side treatment room. This is a wonderful way to share time with your spouse, partner, mother, sister, or best friend. A side-by-side massage can be a positive, personal experience that provides many benefits both physically and mentally.

## Mother of Pearl Massage

**60 MINUTES** 

Allow the soft scent of lavender and gently tailored massage techniques to calm your mind and reduce muscle tension. This therapeutic massage is designed to deliver all the comfort and relaxation you deserve. This massage can be received any time after your first trimester.

#### Invigorating Hot Stone Massage

90 MINUTES

This deeply relaxing treatment, featuring long connective strokes is designed to ease fatigue and soothe an over stressed nervous system. Pressure points are held to unwind and release the patterns that cause tension. Various stretches are incorporated throughout, to energize and spread relief all over the body. Warmed stones are introduced mindfully to aid the healing process. An ideal treatment for chronic muscle tension.

#### De-Stress by the Sea Massage

30 MINUTES

Ease muscle tension in your neck, back and shoulders with this targeted 30-minute massage. A warm lavender blossom body oil will calm your nervous system and promote relaxation.

#### MASSAGE ENRICHMENT

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

#### CBD Muscle Repair

Add this CBD sports cream to any massage treatment which is designed to help soothe sore muscles, tendons, and stiff joints. Ideal for reducing unwanted symptoms like pain or inflammation.

# Cabana Treatments

Enjoy the elements of summer by selecting one of the following treatments in our private outdoor cabanas in our Zen Garden:

Aroma Journey Massage Blissful CBD Massage Deep Tissue Massage De-Stress by the Sea Massage

# 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.



# Skin Care

#### Signature Facial

60 MINUTES

Allow our experienced estheticians to create the perfect facial for you. This customized treatment addresses your concerns and your skin's specific needs. Good for all skin types.

#### Clarifying Facial

60 MINUTES

Speed up skin cell turnover to enhance an overall glow and reveal healthy skin with this treatment. This healing facial deeply cleanses and soothes blemish-prone skin. This facial is ideal for oily, unbalanced, dull or sun damaged complexion.

# Age-Defying Facial

AN MINUTES

This breakthrough treatment helps repair and nourish skin at the cellular level on your face and neck. A combination of potent anti-aging serums and treatment creams help to decrease wrinkles, even skin tone and restore firm radiant skin.

#### Vitamin C Facial

**60 MINUTES** 

An essential treatment in any skin care regimen. Our synergistic, highly concentrated antioxidants are designed for optimized absorption in skin and proven by scientific research to help prevent free radical damage that can lead to the appearance of premature aging. This Vitamin C facial will improve the look of fine lines, wrinkles and discoloration. This is an ideal facial for sun-damaged skin.

#### Ultra Calming Facial

60 MINUTE:

Specially designed to target the triggers behind unwanted redness, itching and stinging, this treatment will restore and calm your skin. Our soothing mask focuses on reducing inflammation and increasing hydration. Clients who elect this service will experience the most relaxing way to a calmer, brighter complexion.

#### Oxygen Facial

SO MINUTES

A breath of fresh air for your skin. Ideal for all skin types, this facial utilizes an oxygen infusion to improve hydration and radiance. Fine lines are minimized, and skin is nourished. Customized serums, dispensed via an oxygenated micronized mist will address all your skin's individual needs. Oxygen is naturally anti-inflammatory and healing, making this the perfect facial to calm and soothe acne-prone or sensitive skin. Your skin will glow!

#### Dermasound Facial

50 MINUTES

The Spa's most popular facial. Your skin will be silky smooth and deeply cleansed with an immediate reduction in fine lines and rough textures as a result of this powerful treatment. The Dermasound wand exfoliates surface debris without irritation. A tailored combination of serums are then penetrated deep into the skin to create radiantly hydrated skin. Microcurrent therapy is used to boost your skin's collagen and elastin and tighten slack facial muscles.

#### Gel-Peel Facial

**60 MINUTES** 

This gel formulation ensures maximum acid delivery to target areas. The use of Glycolic acid or Salicylic acid will improve hydration, collagen synthesis and elastin fibers in the dermis and encourage cell renewal. We will target various skin concerns including fine lines and wrinkles, blemishes, enlarged pores and uneven skin tone.

## Express Facial

30 MINUTES

An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension. Treatment includes cleansing, exfoliation, massage and mask.

## Dermaplaning

30 MINUTE

An advanced exfoliation treatment or an add-on to any facial service for increased absorption of products. We expertly remove dead skin layers, surface debris and vellus hair with a manual feather-motion technique using a medical-grade surgical blade. An excellent way to soften fine lines, clean pores and allow for flawless make-up application.

#### SKIN CARE ENRICHMENTS

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

#### Oxygen Infusion

Take any facial to the next level. Serums will be chosen according to your skin's unique needs and infused deeply into the skin via a micronized oxygen infusion. This treatment is excellent for increasing hydration, stimulating collagen production, minimizing fine lines, and improving all over skin tone.

#### Dermaplaning

This is a cosmetic procedure that removes the top layers of your skin. The procedure aims to remove fine wrinkles and deep acne scarring, as well as making the skin's surface look smooth.

#### Dermasound

The Dermasound wand exfoliates surface debris without irritation. A tailored combination of serums are then penetrated deep into the skin to create radiantly-hydrated skin. Micro-current therapy is used to boost your skin's collagen and elastin and tighten slack facial muscles.

#### SKIN CARE ENHANCEMENTS

Gentle Hair Removal Lip or Chin

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# Nail Care

#### Coastal Manicure or Pedicure

30 MINUTE MANICUR

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.

#### 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

## Mother-To-Be

2.25 HOUR

60 Minute Mother of Pearl Massag

30 Minute Coastal Manicure

45 Minute Coastal Pedicure

#### Ocean Bliss

2 HOURS

60 Minute Ocean Massage

60 Minute Signature Facia

## Seaside Retreat

3 HOURS

60 Minute Aroma Journey Massage

80 Minute Signature Facia

60 Minute Signature Pedicure

# Ultimate Indulgence

4 HOURS

60 Minute Deep Tissue Massage

60 Minute Signature Facia

60 Minute Signature Manicure

60 Minute Signature Pedicure

# Products

Skinceuticals

Naturopathic

Osea

3abor

Patchology

Supergoop

CND Shellad

CND Vinylux

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

Moditation

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 behavio 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  |                  |               | Skin Care   |            |                      |
|--|------------------|---------------|---|------------|----------------------|
| Aroma Journey Massage  | 60 OR 90 MINUTES | \$250 / \$310 | Signature Facial  | 60 MINUTES | \$250                |
| Blissful CBD Massage   | 60 OR 90 MINUTES | \$250 / \$310 | Clarifying Facial   | 60 MINUTES | \$250                |
| Nirvana Massage  | 60 OR 90 MINUTES | \$260 / \$320 | Age-Defying Facial  | 60 MINUTES | \$250                |
| Ocean Massage  | 60 OR 90 MINUTES | \$260 / \$320 | Vitamin C Facial  | 60 MINUTES | \$250                |
| Deep Tissue Massage  | 60 OR 90 MINUTES | \$275 / \$335 | Ultra-Calming Facial  | 60 MINUTES | \$250                |
| Couples/Side-by-Side Massage   | 60 OR 90 MINUTES |               | Gel-Peel Facial   | 60 MINUTES | \$250                |
| Custom pricing based on selected s   | ervices          |               | Oxygen Facial   | 60 MINUTES | \$300                |
| Mother of Pearl Massage  | 60 MINUTES       | \$250         | Dermasound Facial   | 60 MINUTES | \$300                |
| Invigorating Hot Stone Massage   | 90 MINUTES       | \$320         | Express Facial  | 30 MINUTES | \$175                |
| De-Stress by the Sea   | 30 MINUTES       | \$175         | Dermaplane  | 30 MINUTES | \$95                 |
| Massage Enrichment This remedy is designed to enrich your massage experience without adding time to your service |                  |               | Skin Care Enrichments These remedies are designed to enrich your skin care experience without adding time to your service |            |                      |
| CBD Muscle Repair Body Care  |                  | \$25          | Oxygen Infusion<br>Dermaplane<br>Dermasound   |            | \$50<br>\$95<br>\$50 |
| Sea Salt Scrub   | 60 MINUTES       | \$250         | Skin Care Enhancements  |            |                      |
| Rejuvenating Body Polish   | 60 MINUTES       | \$250         | Gentle Hair Removal   |            |                      |
| Espresso Mud Detoxifying Scrub   | 60 MINUTES       | \$250         | Lip or Chin   |            | \$35                 |
| Healing Seaweed Body Wrap  | 90 MINUTES       | \$350         | Brow  |            | \$45                 |
| Antioxidant Body Wrap  | 90 MINUTES       | \$350         | Nail Care   |            |                      |
| Spa Packages   |                  |               | Coastal Manicure  | 30 MINUTES | \$60                 |
| Mother-To-Be   | 2.25 HOURS       | \$380         | Coastal Pedicure  | 45 MINUTES | \$80                 |
| Ocean Bliss  | 2 HOURS          | \$460         | Signature Manicure or Pedicure  | 60 MINUTES | \$85 / \$105         |
| Seaside Retreat  | 3 HOURS          | \$545         | Long Lasting Shellac Manicure   | 45 MINUTES | \$85                 |
|  |                  | \$645         | Alive Feet  | 30 MINUTES | \$75                 |
| Ultimate Indulgence  | 4 HOURS          | <b>\$045</b>  |   |            |                      |
|  |                  |               | Nail Enhancements   |            |                      |
|  |                  |               | French Polish or<br>Shellac Removal   | 15 MINUTES | \$25                 |



297 Shore Road
Chatham, MA 02633
508.945.6737
www.chathambarsinn.com