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

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.

Aroma Journey 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.

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.

Mother of Pearl Massage 60 MINUTES
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. This massage will be adjusted so it 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 30 MINUTES
Special techniques will be applied to de-stress the overtired mind. Key areas of focus for tension relief are the scalp, face, neck and shoulders.

Revitalizing Foot Massage 30 MINUTES
This massage is exactly what your feet have been craving. Our relaxing foot massage is designed to stimulate certain body systems by activating different pressure points in the feet. This will assist the body back into its natural state of balance; thus providing overall better health and wellness.

MASSAGE ENRICHMENTS
These remedies are designed to enrich your massage experience without adding time to your service.

Muscle Repair
Add this body salve to your treatment which is designed to help soothe sore muscles, tendons and stiff joints.

Hand & Arm Tension Relief
This energizing enrichment combines a detailed therapeutic hand and arm massage followed with steaming hot towels steeped in aromatic oils to relieve hand and wrist tension.

MASSAGE ENHANCEMENTS

Hair, Scalp and Face Revitalizer 30 MINUTES
Nothing is as naturally rejuvenating as a hair, scalp and facial massage. Warm oils are massaged into your scalp and pressure points are gently activated on your face and neck to awaken and relax your senses.

Sea Buff 30 MINUTES
Using one of our signature body polishes, this enhancement will assist in revitalizing your skin as a full body exfoliation, the perfect beginning to any of our massages.

Couples Treatments

Couples Massage 60 OR 90 MINUTES
Relax and connect with your spouse or partner whether on a getaway or celebrating a special occasion. This relaxing massage is complemented by a blend of aromatic oils that will warm, entice and delight the senses.

Side by Side Massage 60 OR 90 MINUTES
Stop the clock and truly enjoy time well spent with a friend, partner, spouse, sister, mother or daughter. Choose any pair of massage therapies offered in our side by side massage room.

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
Deep Tissue Massage
De-Stress by the Sea Massage
Revitalizing Foot 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 Scrub
60 MINUTES
Experience a true Cape Cod escape. Using products exclusive to The Spa at Chatham Bars Inn, this indigenous treatment will center, purify and revitalize your mind and body. Featuring products grown at our farm, our enriching sugar polish exfoliates and nourishes the skin. This treatment is then finished with a light massage using the complementary body butter.

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 luminous 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. Begin with our indigenous sugar 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 OR 90 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 OR 90 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. A combination of salicylic acid and acne-fighting peptides improves skin smoothness and balances oil production. Ideal for oily, unbalanced, dull and sun-damaged complexions.

Age-Defying Facial
60 OR 90 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 are blended with stem cells to help decrease wrinkles, even skin tone and restore firm, radiant skin.

Vitamin C Facial
60 OR 90 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.

Oxygen Facial
60 OR 90 MINUTES
This revolutionary oxygenating treatment is designed to improve skin that is stressed, fatigued and dull leaving it luminous, moisturized and younger-looking. Oxygen-infused therapy strengthens skin elasticity, eliminates acne-causing bacteria and evens out skin tone.

Gel-Peel Facial
60 OR 90 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 MINUTES
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.

Dermaplaning
60 OR 90 MINUTES
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.

Hair, Scalp and Face Revitalizer
30 MINUTES
Nothing is as naturally rejuvenating as a hair, scalp and facial massage. Warm oils are massaged into your scalp and pressure points are gently activated on your face and neck to awaken and relax your senses.

Gentle Hair Removal
Lip or Chin
Brow

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

Dermasound
The Dermasound wand exfoliates surface debris without leaving the skin red. A powerful peptide-infused mask is 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
For the Hands and Feet

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.

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.

Mother of Pearl Pedicure
60 MINUTES
Rejuvenate and hydrate overstressed feet with a soothing foot mask, 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.

HAND AND FEET ENHANCEMENTS
15 MINUTES
Hydrating Treatment
French Polish or Shellac Removal

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
3 HOURS
Mother of Pearl Massage
Signature Manicure
Mother of Pearl Pedicure

Ultimate Indulgence
4 HOURS
60 Minute Aroma Journey Massage
Sea Buff
60 Minute Signature Facial
Signature Pedicure
Coastal Manicure

Products

Skinceuticals
Naturopathica
Osea
Zentz
Inika Organic Makeup
CND Shellac
CND Vinylux
Dazzle Dry
Cranberry Lemongrass with Honey Custom Blend
Body Butter, Scrub & Salt:
and
Lavender Honey Custom Blend
Body Butter & Scrub
**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 prepares 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.

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

**APPOINTMENT INFORMATION** We offer our busy guests an available 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 appointments 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 phones 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.

**GROUP FITNESS TRAINING**

**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 when to begin. 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

**Loss or Damage**

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**Spa Boutique**

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

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Services Price List

**Massage Therapies**
- Ocean Massage: 60 OR 90 MINUTES $195/$250
- Aroma Journey: 60 OR 90 MINUTES $190/$245
- Deep Tissue Massage: 60 OR 90 MINUTES $195/$250
- Mother of Pearl Massage: 60 MINUTES $195
- Invigorating Hot Stone Massage: 90 MINUTES $250
- De-Stress by the Sea: 30 MINUTES $105
- Revitalize Foot Massage: 30 MINUTES $105

**Massage Enrichments**
These remedies are designed to enrich your skin care experience without adding time to your service
- Muscle Repair
- Hand & Arm Tension Relief

** Massage Enhancements**
- Hair, Scalp and Face Revitalizer: 30 MINUTES $85
- Sea Buff: 30 MINUTES $85

**Body Care**
- Sea Salt Scrub: 60 MINUTES $190
- Rejuvenating Scrub: 60 MINUTES $190
- Espresso Mud Detoxifying Scrub: 60 MINUTES $200
- Healing Seaweed Body Wrap: 90 MINUTES $255
- Antioxidant Body Wrap: 90 MINUTES $255

**Couples Treatments**
- Couples Massage: 60 OR 90 MINUTES $380/$490
- Side by Side Massage: 60 OR 90 MINUTES

**Skin Care**
- Signature Facial: 60 OR 90 MINUTES $190/$245
- Clarifying Facial: 60 OR 90 MINUTES $195/$250
- Age-Defying Facial: 60 OR 90 MINUTES $195/$245
- Vitamin C Facial: 60 OR 90 MINUTES $200/$255
- Ultra Calming Facial: 60 OR 90 MINUTES $195/$245
- Oxygen Facial: 60 OR 90 MINUTES $200/$255
- Gel-Peel Facial: 60 OR 90 MINUTES $200/$255
- DermaSOUND Facial: 60 MINUTES $250
- Express Facial: 30 MINUTES $105
- Dermaplaning: 30 MINUTES $85

**Skin Care Enrichments**
These remedies are designed to enrich your skin care experience without adding time to your service
- Dermaplaning $85
- DermaSOUND $60

**Skin Care Enhancements**
- Hair, Scalp and Face Revitalizer: 30 MINUTES $85
- Gentle Hair Removal
  - Lip or Chin $35
  - Brow $45

**Spa Packages**
- Ocean Bliss: 2.5 HOURS $395
- Seaside Retreat: 2.75 HOURS $405
- Mother-To-Be: 3 HOURS $320
- Ultimate Indulgence: 4 HOURS $540

**For the Hands and Feet**
- Coastal Manicure or Pedicure: 30 MINUTES MANICURE $45
  45 MINUTES PEDICURE $65
- Signature Manicure or Pedicure: 60 MINUTES $70/$90
- Long-Lasting Shellac Manicure: 45 MINUTES $70
- Alive Feet: 30 MINUTES $60
- Mother of Pearl Pedicure: 60 MINUTES $90

**Hand and Feet Enhancements**
- Hydrating Treatment
  - 15 MINUTES $15
- French Polish or Shellac Removal

The Spa
at Chatham Bars Inn