

SPA *conciierge*

As part of your visit to Inn by the Sea, our SPA concierge can help you combine services or add enhancements to create the perfect spa retreat. Suggested additional enhancements include:

In Room Massage

Matching Bathrobes to Take Home

One Dozen Roses

Fresh Flower Arrangement

Chocolates

Birthday & Anniversary Gifts

Romance Spa Gifts

Aromatherapy Gift Bag

Soothing Sounds CD Pack

SPA
INN BY THE SEA

207.799.3134 | InnbytheSea.com

gift certificates

Gift Certificates to the SPA, Sea Glass Restaurant or Inn are available in any denomination and are available for purchase at the SPA concierge desk, at the Inn front desk, or by calling 207.799.3134. Gift Certificates do not expire and cannot be redeemed for cash.

Please call for more information
or to schedule an appointment

207.799.3134 | InnbytheSea.com

40 Bowery Beach Road | Cape Elizabeth, ME 04107

Where

rejuvenation

comes

naturally

Welcome to our tranquil *coastal spa*

This beautiful and serene setting coupled with our sea-inspired treatments will fill you with a profound sense of well being. Join us for a relaxing hour, day or several days of restorative spa treatments that will unwind and refresh you.

Our spa features separate men's and women's sanctuaries, your own locker appointed with a robe and sandals, private steam rooms, experience shower, lush amenities and beverages to help you transition into a relaxed frame of mind and start the therapeutic process even before your treatments begin. Our Suite for Two includes an oversized soaking tub and luxurious side-by-side treatment beds.

We have developed and selected the finest spa products featuring active ingredients from rejuvenating seaweed, marine-based peptides, nutraceutical extracts and pure essential oils. All are inspired by our coastal setting and follow the world's best ancient and modern practices.

We dedicate our expertise to providing a tranquil, relaxing escape that leaves you renewed and refreshed.

Welcome to SPA at Inn by the Sea.





Signature *treatments*

Sea Waves Massage | 90 minutes

Inn by the Sea's signature massage induces tranquility as our therapist applies an aromatic massage oil – custom-blended for you – with long, relaxing strokes synchronized to the sounds of the sea. Our surround sound massage table responds to the build and tumbling of the ocean while the restorative personalized oil blend melts away tension.

Deep Sea Soother | 90 minutes

Respite from your busy agenda begins here. Your treatment starts with a full body dry brush and continues with a full body massage that slows respiration and lulls you into a state of deep relaxation. Your massage is followed by an aromatherapy wrap coupled with a head and foot massage as soothing music provides a peaceful background. This is a truly transforming therapy for those who have trouble winding down or falling asleep. You will leave with a gift that will support further relaxation and tranquility with our compliments.

Sea Breeze Facial | 90 minutes

Our signature facial cleanses, nourishes and super-hydrates the skin. A powerful complex of unique sea-based, repairing enzymes and anti-oxidants strengthens and repairs the skin, neutralizing free radicals and reversing the effects of sun exposure. This natural, anti-aging treatment results in amazingly soft supple skin and can be tailored to your skin's individual needs.

Sea-Sational Combo | 105 minutes

This delightful combination of a scrub and massage will leave your skin feeling its best – silky and refreshed while your body feels rejuvenated and completely rested. You will enjoy a scrub of your choice and a one-hour full body massage.

massage therapies

Swedish Massage | 60, 75 & 90 minutes

Traditional Swedish massage strokes, ranging from light to medium pressure, improve circulation, eliminate muscle fatigue, relieve tension and leave you with an incredible sense of tranquility.

Deep Tissue Massage | 60, 75 & 90 minutes

This popular massage features deep, strong pressure to focus on specific areas, untangling knotted muscles, relieving tension and soothing sore areas. A deep heat muscle analgesic made from essential oils is applied to enhance the treatment. Anti-fluid gel, moist heat and soothing laminaria oil amplify the results of this therapeutic massage.

Casco Bay Stone Massage | 60 & 90 minutes

Locally gathered sea-smoothed stones are gently warmed and applied with hydrating laminaria oil in a full body massage. This is followed by a deeply hydrating sea mist to revitalize the skin.

Personalized Aroma Therapy | 90 minutes

Discover the healing powers of aromatherapy. Start with a rejuvenating foot soak while you complete a short questionnaire. Your therapist will mix a customized aromatherapy blend that addresses your specific needs. Your custom formula massage oil will be used to give you a relaxing, aromatherapy massage. A bottle of your unique blend is yours with our compliments.

Trident Massage | 60 minutes

The ultimate spa experience, fit for the ultimate spa-goer. Two massage therapists perform a choreographed session of various massage techniques. Walk out of this treatment with a feeling of pure bliss.



A vertical photograph on the left side of the page shows a spa-themed arrangement. At the top is a large, lit candle in a glass holder. Below it is a wooden bowl filled with white bath salts. In the foreground, a white orchid with a yellow and red center is in bloom. The background is a warm, textured wall.

massage therapies continued . . .

Reflexology | 75 minutes

A warm aromatic foot soak and scrub starts this stimulating, yet relaxing hand and foot treatment. Based on time-honored therapeutic principles, pressure is applied to trigger points on the hands and feet, restoring balance, harmony and energy.

Sea Coast Custom Massage | 60 & 90 minutes

Allow your massage therapist to create the perfect massage for your specific needs. Whether you would like your head, hands & feet; neck, back & shoulders; or a mixture of reflexology, deep tissue and Swedish massage on your arms and legs, this massage can be tailored to your body's needs. We ask that you allot an additional 15 to your service time for a consultation with your massage therapist.

Motherhood Massage | 60, 75 & 90 minutes

This relaxing massage is specifically created for new mothers and mothers-to-be. A pregnancy cushion allows complete comfort as gentle massage soothes tired, achy legs and back while relieving swelling and stress on weight bearing joints.

Mermaid's Massage | 60 minutes

This treatment uses a customized therapeutic oil blend to release your inner goddess. The massage is enhanced with warm mitts and booties and a mini scalp massage.

Massage Add-Ons

Made to complement any of our full service treatments.

Foot Massage and/or Scalp Massage

An additional 15 minutes dedicated to your feet or your scalp.

Paraffin Hand and/or Foot Treatment

facials

Sea Flora Hydrating Facial | 60 minutes

This sea-based, multi-step facial includes deep pore cleansing and ultra hydration. Recommended for sun damaged or dry, dehydrated skin. Pure seaweed extracts and essential oils restore lost minerals and stimulate cellular growth to renew the tone and radiance of your skin.

Calming Coastal Facial | 60 minutes

Ideal for rosacea, sunburn or irritated skin, this soothing facial uses an oxygenated renewal complex and a cryogenic mask with concentrated marine extracts to restore balance, reduce redness and calm irritation.

European Facial | 60 minutes

This classic six step facial is ideal for oily or t-zone skin. Tea tree and thyme are used to decongest pores, normalize oil production and balance the skin's pH. Light extractions assist in removing impurities, minimizing enlarged pores and promoting flawless looking skin.

Ocean Siren Facial | 60 minutes

Catering to mature skin, this facial uses marine and botanical extracts that combat fine lines and wrinkles. Seaweed extracts firm and reduce puffiness while the marine serum provides cellular repair and builds collagen for younger looking skin.

High Tide Teen Facial | 60 minutes

Traditional European deep cleansing treatment uses botanical extracts and a gentle peel to exfoliate and cleanse. Includes manual extraction and sea clay purifying mask to remove impurities.

Combined with a skin care lesson | 90 minutes





facials continued . . .

Men's Maritime Facial | 60 minutes

This hydrating and toning treatment caters to the specific needs of men and is good for skin that has been hard at work or play. Includes traditional hot towels and a neck and shoulder massage. We recommend that you shave two hours prior to your service.

Sand Dollar Back Facial | 45 minutes

One of the most neglected areas of your body is your back. Treat your back to a sea salt exfoliation, followed by a purifying mud mask and a full back massage. This service is complete with our Porphyra Red Algae lotion to rehydrate your skin.

facial enhancements

Extra Extractions

For those who need help in removing additional blackheads.

Foot Massage and/or Scalp Massage

Brow Tinting | 30 minutes and/or Eye Lash Tinting | 30 minutes

Galvanic Treatment

Good for any skin type; this ionization treatment allows our marine based serums and masks to penetrate the skin breaking down impurities such as blackheads and clogged pores.

High Frequency Treatment

This secondary treatment after extractions aids in creating a drying effect, killing bacteria and eliminating excess oil.

facial enhancements continued . . .

Eye Treatment

An anti-aging treatment to provide restoration, minimize fine lines and hydrate the delicate eye area.

Flower Acid Facial Peel

This anti-inflammatory treatment smoothes fine lines and makes the skin luminous — a good choice prior to special occasions.

Collagen Mask

Collagen, the substance and crucial element that gives young skin its elasticity and luminous glow, is applied to restore your skin, visibly improving its health and tone. Choose Hydrating, Firming, Anti-aging or Soothing application.

Facial Boosters

100% active facial enhancers are brushed directly onto skin undiluted for immediate and substantial results.

Waxing - Eye Brow Shaping to Full Body

body therapies

Seasonal Scrub | 45 minutes

Call our SPA concierge to inquire about our seasonal scrub offers, each of which marries our natural environment with the spirit of seasonal splendor.

The Maine Scrub | 45 minutes

This full body exfoliation begins with a dry skin brushing and proceeds to a Dead Sea salt scrub to stimulate cell regeneration,





body therapies continued . . .

Marine Body Polish | 45 minutes

Recommended for sensitive and delicate skin. A mild exfoliator will slough dry, tired skin away while we replenish moisture with a firming cream blended with oil for radiant and re-energized skin.

Sea Algae Detoxifying Body Wrap | 60 minutes

The perfect treatment to flush out impurities and restore lost minerals vital to cell health. This total body rejuvenation ends with a toning mist to lock in moisture and add luster to the skin. Not recommended for those with an iodine sensitivity.

Maine Mud Mask | 60 minutes

This treatment begins with a full body dry brushing to prepare the skin for the moisturizing and re-mineralizing properties of mud. You will then be painted with rich clay and cocooned in a heated wrap, all while receiving a scalp massage.

Hydrating Wrap | 45 minutes

If you are suffering from dry, flaky winter skin or received a little too much sun at the beach, this ultra hydrating treatment is great for you. A light wrap in an aloe and tea tree recovery gel gives skin instant relief. A nourishing rehydrator lotion is then applied to add additional moisture to lock in the hydration benefit. A six-ounce tube of Recovery Gel is yours with our compliments so you may prolong the effects of this treatment at home.

Sand & Sea Foot Spa | 45 minutes

Your lower legs and feet are exfoliated with sea salts to reduce calluses and soften the skin. Then a relaxing seaweed milk bath restores essential minerals and a warm paraffin wax is applied to seal hydration. Lastly a soothing, anti-fluid gel is applied, bringing instant relief to tired, aching feet.

Romantic *retreats*

Sweet Surrender | 90 minutes

Candlelight and soft music set the stage for your sublime experience. Begin with a sensual soak in our couples tub followed with lavish one hour aromatherapy massages. Surrendering to this level of deep sensuality is one of the best things you can do for your connection with your love.

Indulgences | 160 minutes

Every one of your senses is indulged with pleasure, as you enjoy the exquisite sensation of a scalp massage before a mini facial. A therapeutic essential oil massage and a soothing aroma wrap are accompanied by candlelight, soft music and luscious chocolates. Finish with a private soak for two that will transport you to a whole new state of relaxation.

Sea SPA *escapes & journeys*

Crescent Beach Escape | 165 minutes

A complete spa package. Choose from one of our body scrubs, followed by a 60 minute Swedish massage and a 60 minute facial.

Seaside Delight | 180 minutes

Enjoy two of our best signature treatments, the Sea Waves Massage and the Sea Breeze Facial.

Cape Elizabeth Retreat | 285 minutes

A half-day that indulges you from head to toe. Renew as you slip away into total relaxation with a wrap of your choice, a 60 minute facial, a 90 minute customized massage, a 30 minute reflexology session and lunch.

