

SPA *policies*

Appointments

Reservations are required and all spa services are subject to availability. We encourage you to arrange your spa services two weeks in advance of your arrival by calling 207.799.3134. Day spa guests are asked to supply a credit card or gift certificate number to book spa appointments. For single treatments, a 24 hour notice of cancellation or change is required to avoid being assessed the full treatment charge. No-shows incur the full treatment price.

Check-in

We encourage guests to check in 20-30 minutes prior to scheduled treatment to relax and enjoy the steam room, the experience shower and sanctuaries.

Late Arrivals

We strive to begin and end treatment times on schedule. If you are late, we will perform as much of your treatment as possible in the remaining appointment time and the full treatment fee will apply.

Gift Certificates

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

Making the Most of Your Spa Visit

Please inform the spa reservations staff and your therapist if you are pregnant, have high blood pressure, a heart condition, allergies or any health history that may contraindicate heat or treatments. The steam room is not appropriate for guests with diabetes, high blood pressure, heart conditions or pregnancy. For the sake of your health, please respect these restrictions.

For your safety and well-being, we discourage alcohol consumption prior to receiving spa treatments.

Sun exposure is discouraged the same day after facials. Some treatments cannot be performed on sunburned skin.

Shaving is not recommended prior to any body exfoliation treatment or hair removal service. We do recommend that men shave at least two hours before a scheduled facial.

Privacy

You are welcome to request a male or female provider. All of our professional, licensed providers use traditional spa draping techniques for your comfort and privacy.

In order to provide a quiet and tranquil spa experience, we ask that you turn off your cell phones and pagers before entering the spa.

Guests must be 14 years of age or older and guests under 18 must be accompanied by an adult.

The SPA is not responsible for damage or loss of personal belongings. We recommend you do not bring jewelry or other valuables to the SPA.



SPA
pricing
menu

207.799.3134 | InnbytheSea.com

40 Bowery Beach Road | Cape Elizabeth, ME 04107

SIGNATURE TREATMENTS

Sea Waves	90 minutes	\$165.
Deep Sea Soother	90 minutes	225.
Sea Breeze	90 minutes	190.
Sea-Sational Combo	105 minutes	190.

MASSAGE THERAPIES

Swedish	60, 75 or 90 minutes	\$100/125/140.
Deep Tissue	60, 75 or 90 minutes	115/140/155.
Casco Bay Massage	60 or 90 minutes	120/150.
Personalized Aroma	90 minutes	165.
Trident Massage	60 minutes	275.
Reflexology	75 minutes	115.
Sea Coast Custom Massage	60 or 90 minutes	140/165.
Motherhood Massage	60, 75 or 90 minutes	105/125/145.
Mermaid's Massage	60 minutes	135.
In-Room Treatments	Additional fee (per person)	50.

MASSAGE ENHANCEMENTS

Foot Massage	15 additional minutes	\$ 25.
Scalp Massage	15 additional minutes	25.
Paraffin Hand or Foot	Cost for each	30.

FACIALS

Sea Flora Hydrating Facial	60 minutes	\$105.
Calming Coastal Facial	60 minutes	100.
European Facial	60 minutes	105.
Ocean Siren Facial	60 minutes	115.
High Tide Teen Facial	60 minutes	105.
With skin care lesson	90 minutes	135.
Men's Maritime Facial	60 minutes	105.
Sand Dollar Back Facial	45 minutes	90.

FACIAL ENHANCEMENTS

Extra Extractions	15 minutes	\$ 20.
Brow Tinting	30 minutes	30.
Lash Tinting	30 minutes	35.
Galvanic Treatment		25.
High Frequency Treatment		20.
Eye Treatment		35.
Flower Acid Peel		45.
Collagen Mask		35.
Facial Boosters		35.

BODY THERAPIES

Seasonal Scrub	45 minutes	\$ 90.
Maine Scrub	45 minutes	90.
Marine Body Polish	45 minutes	90.
Sea Algae Detoxifying Body Wrap	60 minutes	125.
Maine Mud Mask	60 minutes	125.
Hydrating Wrap	45 minutes	100.
Sand & Sea Foot Spa	45 minutes	90.

ROMANTIC RETREATS (Prices shown per couple)

Sweet Surrender	90 minutes	\$250.
Indulgences	160 minutes	545.

SEA SPA ESCAPES & JOURNEYS

Crescent Beach Escape	165 minutes	\$265.
Seaside Delight	180 minutes	320.
Cape Elizabeth Retreat	285 minutes	440.

WAXING SERVICES

Eyebrow Wax	15 minutes	\$ 25.
Eyebrow Shaping	30 minutes	35.
Lip Wax	15 minutes	25.
Chin Wax	15 minutes	25.
Neck Wax	15 minutes	25.
Shoulder Wax	15 minutes	35.
Back Wax	30 minutes	60/90.
Chest Wax	30 minutes	50/80.
Underarm Wax	15 minutes	25.
Half Arm Wax	30 minutes	40.
Full Arm Wax	45 minutes	55.
Stomach Wax	15 minutes	25.
Bikini Wax	30 minutes	40.
Half Leg Wax	30 minutes	40/60.
Full Leg Wax	45 minutes	60/90.
Feet & Toes	15 minutes	25.