

# The Spa at the Bar Harbor Inn

## Menu of Services

### Body Treatments

#### **Aromatic Salt Glow**

Your body is cleansed and gently exfoliated with aromatic oils mixed with sea salt. A moisturizing lotion is applied to the body, leaving the skin feeling silky smooth.

*Approximately 50 min. ~ \$85.00*

#### **Vitamin A, C and E Body Treatment**

A luxurious experience beginning with a salt scrub exfoliation and continuing with a relaxing Vichy shower rinse followed by a lavish application of a vitamin enriched anti-aging cream. A great treatment for dry skin. Your skin will be notably smoother after one treatment.

*Approximately 80 min. ~ \$160.00*

#### **Moor Mud Wrap**

This revitalizing European treatment using Moor mud, known for its therapeutic properties. Moor Mud helps to detoxify, hydrate and re-mineralize the body. Exfoliated with sea salt and wrapped in mud to detoxify, the body is rinsed with a balancing Vichy rain shower followed by a hydrating cream, leaving the body soft and supple.

*70 min. ~ \$140.00*

#### **Marine Algae Body Wrap**

Marine algae tightens and tones the skin helping to eliminate toxins from skin tissue. An excellent way to firm body contours and treat cellulite. Recommended when dieting or when your skin needs detoxification.

*70 min. ~ \$140.00*

### Massage

#### **Swedish Massage**

The perfect massage for people who simply want to relax. Light to medium pressure and long, flowing strokes are used to soothe, relax and revitalize the soft tissue and muscles. Great for stress reduction and the perfect first time massage.

*50 min. ~ \$90.00 / 80 min. ~ \$135.00*

#### **Aromatic Massage**

Enhance your Swedish massage with aromatherapy. Soothe away tensions and integrate mind, body and spirit with calming fragrances customized for your personal needs.

*50 min. ~ \$95.00 / 80 min. ~ \$140.00*

#### **Therapeutic Massage**

Our therapist uses both Swedish and deep tissue methods to customize your massage, leaving your body well balanced.

*50 min. ~ \$105.00/ 80 min. ~ \$155.00*

#### **Back Neck and Shoulders**

A great choice for the overworked and overstressed. A medium to firm massage that focuses on the areas holding the most tensions.

*40 min. ~ \$70.00*

#### **Hot Stone Massage Therapy**

Smooth, ocean-tumbled basalt stones are heated and placed to massage away tension and ease sore muscles. The deep penetrating heat of the stones warms and relaxes the muscles, going beyond the physical, and allows you to enter a deeper sense of relaxation, health and well-being.

*80 min. ~ \$160.00*

### **Deep Tissue Massage**

Firm pressure, kneading and a variety of specialized movements help relax stressed and overworked muscles. Recommended for guests who are familiar with massage and are in need of deep pressure.

*50 min. ~ \$110.00 / 80 min. ~ \$165.00*

### **Pre-natal Massage**

A gentle massage focusing on the special needs of the mother-to-be as her body goes through changes related to childbirth. This treatment helps promote relaxation, improves circulation, and relieves tension.

*50 min. ~ \$95.00/80 min. ~ \$135.00*

### **Sports Massage**

Deep tissue techniques, range of motion and resistance work together to create a detailed therapy essential to physically active bodies, this massage relaxes muscles.

*50 min. ~ \$110.00/80 min. ~ \$165.00*

### **Suite for Two**

Celebrate your togetherness with side-by-side massages in our couple's suite. Choose any combination of massage services for a romantic and relaxing experience. Ask for a customized package by adding any bath experience or steam shower for two.

## **Facials**

### **The Bar Harbor Spa Signature Facial**

A deep cleansing treatment tailored to your individual complexion and skin care needs. A personal skin analysis is followed by cleansing, exfoliation and extractions as needed. Followed by a facial massage, custom masque and hydration.

*70 min. ~ \$125.00*

### **Vitamin Sea**

Concentrated serums, rich in Vitamin C and marine minerals in a powerful antioxidant facial to restore damaged skin and leave the complexion refreshed and noticeably brightened.

*50 min. ~ \$85.00*

### **Babor Sea Creation**

Thermophilus, the magical active ingredient formulated with pearl protein and silk, will energize and revitalize your skin. Conch shells are used to pour ingredients that are used in the lymph drainage massage. Fine lines vanish, the skin is energized, and a youthful radiance is restored.

*90 min. ~ \$195.00*

### **The Refiner**

One of our most powerful anti-aging and lifting facials. Babor ingredients combine with a highly effective masque and massage to lift and firm the skin, accelerating cellular turnover and fighting the signs of aging. The skin is left visibly smoother by improving the appearance of uneven skin tone, fine lines and wrinkles.

*80 min. ~ \$155.00*

### **The Mini Refiner**

A short version of The Refiner, perfect for those who want the benefits of an anti-aging facial in a shorter time period. The same powerful ingredients as in the full version offer a comforting pick-me-up or the perfect quick lift before an event.

*50 min. ~ \$85.00*

### **Derma Cellular Skin Renewal**

This alpha hydroxyl facial treatment provides intensive support for the skin's regenerative processes. 10% glycolic acid removes dead skin cells and impurities deep in the pores, and accelerates the regeneration of the skin. Age-related skin changes are corrected and wrinkles minimized. The skin regains its youthful glow and looks incredible.

*60 min. ~ \$125.00*

### **Deep Pore Cleanse**

An intensive treatment that gives exceptional results for problematic complexions by combining pineapple and papaya enzymes with steam to soften, exfoliate and cleanse. Your skin technician will also do extract ions as needed. A soothing, customized mask is then applied. The perfect treatment for someone with acne or problematic skin.

*50 min. ~ \$85.00*

## **Just for Men**

### **Gentlemen's Manicure**

Complete with a nail and cuticle treatment, an application of a hydrating cream and a hand and arm massage, our Spa manicure will leave your nails buffed to perfection.

*50 min. ~ \$35.00*

### **Gentlemen's Pedicure**

Start with a relaxing foot bath in our whirlpool tub, followed by an exfoliation to remove rough skin. Continue with a nail and cuticle treatment, and an application of a protective cream with a foot and leg massage. Finished with a natural, healthy nail buff.

*50 min. ~ \$55.00*

### **Gentlemen's Facial**

This facial is designed for men's specific skincare needs. A thorough cleansing, toning and skin exfoliation combined with a calming and nourishing mask helps relieve minor razor burn, skin dryness and irritation. Includes a relaxing face and scalp massage.

*50 min. ~ \$80.00*

## **Feet and Hands**

### **Bar Harbor Spa Manicure**

This signature hand treatment includes cleansing and exfoliation of the hands. Followed by nail shaping, cuticle care and a relaxing hand massage. Finished with the perfect polish.

*50 min. ~ \$38.00*

### **Bar Harbor Spa Pedicure**

Immerse your feet in our warm water pedi-spa tub to soothe and soften. Follow with an exfoliation treatment removing rough skin, a nail shaping and cuticle treatment, an application of enriched hydrating cream and a foot and leg massage. Finished with the perfect polish.

*50 min. ~ \$58.00*

### **Callus Treatment**

Add to your pedicure a callus eliminating treatment for dry and cracked feet.

*10 min. ~ \$8.00*

### **Our Mini Manicure or Pedicure**

A quick fix for someone who just needs a nail shaping and cuticle treatment, finished with perfect polish.

*30 min. Manicure ~ \$25.00 / 30 min. Pedicure ~ \$35.00*

### **Bar Harbor Spa Nails**

Nail Repair	\$6.00
Polish Change for Nails	\$12.00
French Change for Nails	\$15.00
Polish Change for Toes	\$15.00
French Change for Toes	\$18.00
Paraffin Treatment for Hands or Toes	\$20.00

## Make-up

Special Event Make-up	\$40.00
Make-up Lesson	\$48.00

## Waxing

Eyebrow	\$12.00
Lip	\$12.00
Chin	\$10.00
Brow, Lip, & Chin	\$30.00
Whole Face	\$45.00
Bikini	\$25.00
Under Arm	\$25.00
Lower Arm	\$20.00
Full Arm	\$35.00
Lower Leg	\$35.00
Full Leg	\$75.00
Full Leg with Bikini	\$95.00

### Gentlemen's Waxing

Quick Brow Fix	\$10.00
Upper Back or Chest	\$45.00
Whole Back	\$60.00
Whole Chest	\$75.00

## Service Enhancements

Add on experiences to specific treatments or massages.

Prices per person.

Our steam shower lets you wash your cares away after a relaxing massage.

*10 min ~ \$25.00*

## Vanilla Milk Bath

For centuries, milk baths have healed and restored dry, sensitive skin. A rich blend of whey and proteins replenish your skin's protective layers, providing a natural cleansing and moisturizing effect.

*20 min. ~ \$45.00*

## Sea Water Soak

A delicately scented bath, your own private "sea", that uses trace marine elements to help moisturize and re-mineralize your skin. The elements fortify the epidermis to help prevent cellular fatigue and improve circulation, leaving you relaxed and rejuvenated.

*20 min. ~ \$45.00*

## Warm Scalp Oil Massage

A warm organic oil is massaged into the hair and scalp. Great for dry hair and tension in the scalp.

*20 min. ~ \$45.00*

## Spa Recommendations and Etiquette

Robes, slippers and personal amenities are provided along with complimentary fresh fruit, tea and coffee. In consideration of other guests we ask that all cellular phones and pagers are turned off while in the Spa. To ensure professionalism, only the client receiving the service is permitted in the treatment room. This is your time to relax and the therapist needs to focus on you. Lockers are provided for your personal belongings. Please wear whatever is comfortable during treatments. Therapists do their best to ensure personal privacy. Some Spa treatments require disposable Spa undergarments for your privacy. If you have any questions please feel free to contact the Spa.

**Reservations**

Advanced reservations are strongly recommended. Call 207-288-8455. To schedule a service at The Spa at the Bar Harbor Inn requires a credit card guarantee. No charges are posted until your visit, at which time you may select another payment option, if desired. Please note our cancellation policy below.

**Check-in**

We suggest that you arrive at least 15 minutes before your appointment in consideration of all Spa guests and therapists. This will allow time to change and relax. Late arrivals will not receive an extension of scheduled treatments and full value will be charged.

**Cancellation Policy**

Cancellations require at least a 24 hour notice or the full value of your treatment will be charged to your credit card.

**Spa Hours**

9.00 a.m. to 8.00 p.m. Monday through Sunday.

9.00 a.m. to 7.00 p.m. Sunday

**Fitness Center**

7.00 a.m. to 9.00 p.m. daily

**Age requirement**

At least 16 years of age unless receiving a treatment, accompanied by an adult.

**Hotel Guests**

We recommend booking spa services prior to your arrival.

**The Spa at the Bar Harbor Inn**

Newport Drive, Bar Harbor, Maine 04609

800.796.8455 or 207.288.8455

[www.barharborinn.com](http://www.barharborinn.com)