



MASSAGE

SWEDISH MASSAGE

50 min - \$139 | 80 Min - \$229

This massage uses long, flowing, connecting strokes to relax your muscles, free your mind, and reduce stress

BREAKWATER CUSTOM THERAPUTIC MASSAGE

50 min - \$149 | 80 Min - \$239

Combining the best of Swedish, Deep Tissue, and Sports massage we will work together to create a unique treatment for your body's needs

DEEP TISSUE MASSAGE

50 min - \$149 | 80 Min - \$239

Ease your body's sore muscles with this strong and invigorating massage

SPORTS MASSAGE

50 min - \$149 | 80 Min - \$239

Used to help prevent injuries, to prepare the body for athletic activity, to maintain optimal condition, and to help athletes recover from workouts and injuries

KENNEBUNK RIVER STONE MASSAGE

50 min - \$169 | 80 min - \$259

Warm river stones are used as extensions of your therapist's hands to massage sore muscles and joints, while increasing energy

MASSAGE

ENHANCEMENTS

Customize your massage with one or more of the following enhancements for \$30 each

AROMATHERAPY

Infuse your chosen massage with your choice of an Aromatic Alchemy to help relax, inspire, clarify, or energize your body

ALPINE ARNICA MUSCLE REPAIR

This anti-inflammatory treatment eases muscle pain and joint stiffness

CBD

This treatment can help soothe areas experiencing inflammation, swelling, pain or tension

BODY TREATMENTS

CBD COFFEE AND HIMALAYAN SALT SCRUB

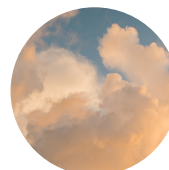
50 min - \$159

This multitasking body scrub combines the powerful, regenerative properties of water-soluble CBD (100 mg), coffee, and Himalayan salt to give you glowing, exfoliated skin while also helping to relieve sore muscles. This scrub also helps to keep the skin hydrated, prevent stretch marks and breakouts and helps to reduce the appearance of cellulite.

LEMON VERBENA BODY POLISH

50 min - \$149

A creamy exfoliating polish combines bright citrus notes of lemon verbena with the delicate sweet floral essence of lavender to smooth and hydrate the skin



BY THE SEA SALT SCRUB

50 min - \$149

This invigorating body scrub will soften your skin using sea salts blended with spicy rosemary and citrus essential oils to stimulate circulation and slough away dull, flaky skin. Treatment is followed by a moisturizing lotion application. This service is not recommended for sensitive skin

OCEAN EMBRACE

50 min - \$149

Naturopathica's mineral-rich and toning seaweed body serum will help remove toxins from the skin and restore your skin's natural radiance. The treatment is followed by a moisturizing lotion application

ESPRESSO DETOXIFYING MUD TREATMENT

50 min - \$149 | 80 min - \$239

Re-mineralizing your skin while drawing out impurities, this detoxifying treatment starts with volcanic pumice and coffee arabica to stimulate circulation, followed by a warm wrap with mineral-rich black silt clay and herbal extracts of Indian sarsaparilla and honey to help smooth and firm the skin

BY THE SEA SALT SCRUB + OCEAN EMBRACE

80 min - \$239

This invigorating body scrub will soften your skin using sea salts blended with spicy rosemary and citrus essential oils to stimulate circulation and slough away dull, flaky skin, followed by Naturopathica's mineral-rich and toning seaweed body serum will help remove toxins from the skin and restore your skin's natural radiance. This treatment is finished with a moisturizing body lotion

FACIAL TREATMENTS

CUSTOM FACIAL

50 min - \$149

This facial is tailored to your individual skin needs. Incorporating deep cleansing, exfoliation, and moisturizers, your skin will be revitalized

SOOTHE AND RESTORE FACIAL

50 min - \$149

This healing and restorative facial is designed to calm inflammation and redness. Featuring regenerating Sweet Lupine and Calendula, as well as hydrating and soothing Aloe Replenishing gel mask provides immediate relief for irritated skin

CBD FACIAL

50 min - \$169

Known for its healing properties, CBD offers Antioxidant and anti-inflammatory benefits which can be helpful in treating skin concerns like inflammation, dryness and free radical damage

ANTI-AGING OXYGEN FACIAL

50 min - \$159

This super charged oxygen treatment awakens cells and boosts cellular renewal. Breathe life back into dull, damaged cells and prevent future damage from occurring. This treatment deep cleans pores, increases cellular turnover, reduces bacteria and boosts collagen production for smooth baby-like skin

GENTLEMEN'S FACIAL

50 min - \$149

Designed specifically for Gentlemen, this facial will provide a deep clean, offer anti-aging protection and leave you with a dapper and healthy glow.



FACIAL ENHANCEMENTS

Customize your facial with one or more of the following enhancements for \$30 each

PARAFFIN TREATMENT

Paraffin, a natural emollient, adds moisture to the skin, opens pores and removes dead skin cells, rejuvenating the appearance of your skin and making your hands and feet feel silky and smooth. As a type of heat therapy, paraffin helps increase blood flow, relax muscles and reduce stiffness in joints

COLLAGEN MASK

By boosting your skin's collagen content and slowing the rate of collagen depletion, collagen masks potentially reduce fine lines and wrinkles, promote smoother skin texture and help restore or maintain your skin's elasticity

VITAMIN C15 WRINKLE REPAIR

A potent 15% Vitamin C treatment that helps to firm, brighten, and smooth the skin as well as reduce the appearance of fine lines and wrinkles

SPA FACILITY INFORMATION

We ask that you arrive 20 minutes prior to your appointment time to check in. As a courtesy to following clients, late arrivals will only receive the remaining available appointment time and will be charged the full service fee

Treatment times are reserved especially for you; we do strictly adhere to our cancellation policy. We kindly request that cancellations or changes to appointments be made at least 24 hours in advance. Cancellation within 24 hours or no-show appointments will be charged in full. All Spa guests have same-day access to our Fitness Center

A credit card is required to hold all appointments. We accept all major credit cards. As a convenience, an automatic 25% service charge is added to all services, acting as gratuity for the service provider. Additional gratuity welcomed at your discretion.

To Book

PLEASE CONTACT
OUR FRONT DESK |
207.967.5333

