

# THE BREAKWATER SPA

## MASSAGE

### SWEDISH MASSAGE

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

50 min - \$110

### REIKI

A Reiki session helps ease tension and stress and help support the body to facilitate an environment for healing on all levels physical, emotional and spiritual.

A session is pleasant and relaxing and is most often utilized for one's own personal wellness.

50 min - \$105

### CUSTOMIZED THERAPUTIC MASSAGE

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

50 min - \$125

### DEEP TISSUE MASSAGE

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

50 min - \$125

### SPORTS MASSAGE

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

50 min - \$125

### LYMPHATIC MASSAGE

The massage uses very light pressure and long, gentle, rhythmic strokes to increase the flow of lymph and reduce toxins in your body.

50 min - \$125

## 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 a Naturopathica 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

### OCEAN EMBRACE

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.

50 min - \$135

### ESPRESSO DETOXIFYING MUD TREATMENT

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.

50 min - \$135

### BY THE SEA SALT SCRUB

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.

50 min - \$135

### BACK FACIAL

This treatment includes a deep exfoliation, a clarifying mask, and hydrating moisturizer to leave this hard to reach area feeling renewed.

50 min - \$125

## WAXING

Bikini \$35 Back \$55

Arm \$35 Full Leg \$65

Brows \$20 Half Leg \$40

### 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. A 50% service charge will be applied to your credit card for failure to follow this policy. No-show appointments are 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 20% service charge is added to all services, acting as gratuity for the service provider. Additional gratuities at your discretion.



## A NOTE REGARDING COVID-19

Dear Guest,

As we slowly and safely reopen our doors, we're adding some extra precautions and requirements to ensure everyone's health and safety as best we can. Thanks for your patience while we all adapt!

If you have any flu-like symptoms or symptoms associated with Covid-19 please let us know so we can reschedule your appointment. Symptoms may include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, and nausea or vomiting. Until further notice we are suspending cancellation fees. Even if you wake up feeling ill on the day of your visit you will not be charged for canceling. If you know you have come in close contact with Covid-19 please wait at least 14 days before making an appointment.

If you are part of one of the high risk groups outlined on the CDC website please be aware that massage and bodywork are contraindicated. Though we will do our absolute best to minimize risk, Covid-19 is very contagious and social distancing during a treatment is impossible. Ultimately it is up to you to decide when you are comfortable coming in, we just ask that you make an informed decision before doing so.

We ask that you wear a mask and sanitize your hands immediately upon entering the building. Please be prepared to wear a mask throughout your appointment (your practitioner will work with you to make sure you are comfortable!). Upon your arrival, you will be met by your practitioner and escorted to our screening area for a quick temperature check. You will be asked to complete a brief screening and read and sign a short liability waiver regarding Covid-19 related risks before your initial session begins.

(Note: Facial treatments and couples treatments are currently unavailable. Per Maine's reopening guidelines, clients will be required to wear a face covering for the duration of any appointment. Any service requiring the removal of a face covering is unable to be performed at this time. Aesthetic services will be limited to: eyebrow waxing, body waxing, and body treatments.)

Please know that we'll be closely following all state and CDC guidelines to make our space as safe as possible. We will be wearing masks, allowing extra time between appointments for thorough sanitation, and closing common areas to minimize contact.

If you have any questions or would like help scheduling an appointment do not hesitate to contact us! We look forward to seeing you soon.

Warmly,

The Breakwater Spa Therapists and Staff