Relax

A step into the Spa at Chatham Bars Inn is a step towards transformation. With the turn of the page, a world of discovery awaits you with treatments designed to soothe and restore the body, mind and soul. With nature as our guide, the land and sea inspire our product line using homegrown botanicals from our Farm, honey from our beehives, cranberries from local bogs and salt from the sea. We have everything you need to completely escape and recharge before, during and after your treatment. Enhancements such as saunas, steam showers and our seasonal outdoor relaxation pool and Jacuzzi prolong the feelings of comfort that surround you as you take the first step toward a better, healthier you. The possibilities are endless. The journey begins now.
MASSAGE THERAPIES

Aromatherapy Massage
60 or 90 minutes
This light pressure massage combines the power of touch with the healing benefits of Aromatherapy. Based on your preference a custom blend of aromatic herbs, flowers and trees will heal, nourish and delight the body and ease the mind.

Deep Tissue Massage
60 or 90 minutes
Various specialized techniques are used to relieve muscle soreness, deep-seated tension and to energize the body. This massage addresses the deeper layers of tissue and can relieve aches and pains in tight or overused muscles. An ideal treatment for chronic muscle tension.

Mother of Pearl Massage
60 minutes
With a blend of mother-and-baby safe organic oils to nourish the skin and reduce the appearance of stretch marks, enjoy all the comfort and relaxation you deserve with this specially tailored massage. This massage will be adjusted for each trimester so it can be received at any time during pregnancy.

Cabana Massage
60 or 90 minutes
Enjoy the elements of summer with this refreshing rosemary and mint infused massage. Using soft flowing strokes, your body will unwind and relax. We finish the treatment with cool stones on the face and a head and neck massage. This treatment is offered during the summer months only in a private outdoor cabana.

De-stress by the Sea
30 minutes
This treatment combines deep tissue stimulation with Swedish massage, relieving tension by focusing on key areas in the neck, shoulders and back.

Barefoot on the Beach
30 minutes
This foot massage is exactly what your feet have been craving! Start with a refreshing foot exfoliation with foot polish followed by a therapeutic foot massage using an extra rich healing and hydrating foot cream.

SKIN CARE

ESPA Intensive Facial
60 or 90 minutes
Allow our experienced estheticians to create the perfect facial for you! This customized treatment addresses your concerns and your skin’s specific needs. Good for all skin types, including combination skin.

ESPA Age-defying Facial
60 or 90 minutes
Your esthetician will choose products best suited to your specific anti-aging needs resulting in skin that is more hydrated, brighter, toned and refined.

ESPA Sun Soother Facial
60 minutes
A perfect facial for even the most sensitive skin! We have customized this treatment to calm inflamed, stressed or sun exposed skin. *Offered during summer months in a private outdoor cabana.
TREATMENT ENHANCEMENTS

**Hair & Scalp Revitalizer**
30 minutes
Nothing is so naturally relaxing and energizing as a hair and scalp massage. This treatment not only lulls you into a deep state of let-go as the warm oil is massaged into your scalp, it is transformative for the condition of your hair and scalp. *Available as an add-on to any massage or facial treatment

**Sea Buff**
30 minutes
Our signature Lavender Honey Scrub will cleanse and revitalize your skin and is a perfect beginning to any of our massages. *Available as an add-on to any massage

**Warm Stone Application**
Available as an add-on to any massage and incorporated in the time of the massage

---

**OSEA Deep Pore Cleansing Facial**
60 or 90 minutes
Calm and correct acne prone complexions with this gentle, yet effective facial. Utilizing products designed to deeply cleanse and clarify your skin, this treatment will help to decongest your pores and balance oil production.

**OSEA Vitamin Sea Facial**
60 or 90 minutes
This ultimate anti-aging facial utilizes ingredients brimming with antioxidants, vitamins, minerals, and botanical extracts, to combat signs of aging and disrupt hyper-pigmentation.

**ESPA Express Facial**
30 minutes
An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Treatment includes cleanse, exfoliation, massage, firming eye mask and application of Eye Serum.

---

**GENTLE HAIR REMOVAL**
Lip or Chin
Eyebrow Arch / Design
Half Leg / Full Leg
Bikini
Underarm
Back or Chest
Half Arm / Full Arm
SIGNATURE TREATMENTS

Tides Massage
60 or 90 minutes
Reflecting the movement of the tides, our signature massage carries away layers of stress and fatigue with successive waves of deepening strokes from the head down to the toes. The massage utilizes warm stones and sea shells, soothing the nervous system and inducing deep states of let-go. We finish in stillness with a delicate face massage using smoothed beach shells.

Cranberry Crush
60 minutes
Experience a true Cape Cod escape. Using cranberry products exclusive to The Spa at Chatham Bars Inn, this indigenous treatment will center, purify and revitalize your mind, body and spirit. Featuring the antioxidant power of organic cranberries, our enriching sugar scrub exfoliates and nourishes the skin. You then finish with a massage using our Cranberry Crush Massage Oil. Cape Cod’s transforming gift for you!

Antioxidant Body Wrap
90 minutes
This hydrating treatment will uplift your spirits and bring a soft glow to the skin. Begin with Cranberry Body Polish that exfoliates the skin followed by a warm body wrap. While you are wrapped, your therapist will release tension with a facial massage. The treatment finishes with a relaxing massage using warm stones and an application of Anti-aging Body Balm and Cranberry Body Butter.

BODY CARE

Ocean Scrub
60 minutes
Mineral-rich salts polish the skin and cleanse the electromagnetic field that surrounds the body, leaving a freshness that is complete and lasting. Skin is hydrated with warm algae oil to complete the treatment.

Sugar Glaze
60 minutes
Our signature Ocean Rose Foaming Body Polish is a blend of organic sugar and soothing botanical oils rich in anti-oxidants that gently exfoliate the skin. The treatment concludes with a relaxing application of our Ocean Rose Shea Body Butter to hydrate the skin.

Citrus Body Polish
60 minutes
Essential citrus oils are blended with jojoba beads to gently exfoliate and hydrate dry, sensitive skin that is environmentally exposed. Shea butter is massaged into the skin while the senses are restored and skin nourished. Especially gentle after waxing or shaving.

Healing Seaweed Body Wrap
90 minutes
This nourishing body treatment begins with a dry brush exfoliation followed by an application of organic algae oil used to relieve tension, reduce water retention and open pores. Then as you lie cocooned in a soothing white algae body mask, harvested by hand from the Patagonia coast, fresh white algae gel is applied to the face. Finish with a light massage using warm algae oil to hydrate. Skin will be left supple, moist and glowing.
COUPLES TREATMENTS

Couples Massage
60 or 90 minutes
Enjoy the magic art of relaxing and connecting together. Whether on a getaway or celebrating a special occasion with your spouse or companion, enjoy a relaxing massage with Male and Female Elixir blend of aromatherapy oils to warm, entice and delight the senses.

Side by Side Massage
Stop the clock and truly be with someone—friend, partner, spouse, sister, mother or daughter—enjoy time well spent together. Choose any pair of massage therapies offered in our side by side massage room.
MEN

Invigorating Massage
60 or 90 minutes
Sore muscles and chronic pain are targeted in this penetrating and releasing treatment. The whole body is first warmed and massaged with mountain arnica oil. Pressure points are held, unwinding and releasing the patterns which cause tension. Long, deep myo-fascial strokes stretch, energize and spread relief all over the body.

Muscle Relief
30 minutes
This therapeutic massage releases tense muscles, dissolves those knots and eases aches in muscles and joints.

ESPA Age Rebel Facial
60 or 90 minutes
Designed specifically for men, this facial helps to restore skin from damage caused by daily shaving and environmental aggressors. *All 90 minute facials include an extended eye massage and a heated hydrating hand treatment

Sea Captains Manicure
30 minutes
This is a wonderful manicure for hard working hands. Your nails will be shaped, cuticles tamed and a hydrating hand massage to finish the treatment.

Sea Captains Pedicure
60 minutes
For the gentleman, this treatment will bring life back to your feet. Starts with an application of exfoliating scrub and we finish the treatment with a relaxing massage and warm hydrating treatment.

Our products are custom-blended using botanicals grown on our Farm and sourced locally.
FOR THE HANDS AND FEET

Signature Manicure or Pedicure
60 minutes
These luxurious treatments use a natural approach to help you achieve healthy nails and beautiful hands or feet while leaving the skin nourished and supple. Treatment includes exfoliation, a deep therapy mask and a clay mask for extra hydration.

Coastal Manicure or Pedicure
30 or 45 minutes
In these traditional treatments, cuticles are perfected, nails are shaped and buffed and hands or feet are massaged with a hydrating moisturizer. A professional application of polish completes this treatment.

Long Lasting Shellac Manicure
45 minutes
A Shellac manicure is unique in that it provides long lasting, chip free, flawless color with incredible shine.

Sea Dew Hot Stone Pedicure
60 minutes
Enjoy a deluxe treatment and pamper your feet with a Sea Dew Hot Stone Pedicure. This unique treatment includes foot soak, exfoliation and hydrating massage using warm smooth stones to help to release tight muscles.

Mother of Pearl Pedicure
60 minutes
Rejuvenate and hydrate overstressed feet with a soothing foot soak, exfoliation and massage. This treatment is designed for Mothers to Be and will help alleviate swollen and tired feet using all natural oils, scrubs and lotions.

Alive Feet
30 minutes
Our foot care treatment uses organic oils to tone and strengthen vascular tissue, increasing circulation and enlivening your legs and feet.

Polish Change
15 minutes hands or feet
Includes removal of polish and application of new polish.

HANDS AND FEET ENHANCEMENTS
15 minutes
Hydrating Treatment
French Polish
Shellac Removal
SPA PACKAGES

Ocean Bliss
2.5 hours
90 minute Deep Tissue Massage
60 minute ESPA Intensive Facial

Ultimate Indulgence
4 hours
60 minute Deep Tissue Massage
Sea Buff
60 minute ESPA Intensive Facial
Signature Pedicure
Coastal Manicure

Mother to Be
2.5 hours
Mother of Pearl Massage
Mother of Pearl Pedicure
Coastal Manicure

Sea Captains
2.5 hours
60 minute Invigorating Massage
60 minute ESPA Age-Rebel Facial
Sea Captains Manicure

Seaside Retreat
2.75 hours
60 minute Deep Tissue Massage
60 minute ESPA Intensive Facial
Coastal Pedicure

WELLNESS PACKAGES

MEditate Package
30 minute Meditation
60 minute Yoga Class
60 minute Deep Tissue Massage

Baby Moon Package
60 minute Prenatal Yoga
60 minute Mother of Pearl Massage

Detox Package
60 minute Personal Training
60 minute Nutritional Class
90 minute Healing Seaweed Body Wrap

LIFEstyle Package
30 minute Life Style Coaching
60 minute Deep Tissue Massage
60 minute Personal Training

*Substitutions for services within packages are not permitted*
FITNESS CLASSES
Yoga
Zumba
Power Yoga
Meditation Class
Personal Training
### SERVICES
Price List

#### MASSAGE THERAPIES
- **Aromatherapy Massage** 60 or 90 minutes: 185 / 240
- **Deep Tissue Massage** 60 or 90 minutes: 185 / 240
- **Mother of Pearl Massage** 60 minutes: 185
- **Cabana Massage** 60 or 90 minutes: 185 / 240
- **De-stress by the Sea** 30 minutes: 105
- **Barefoot on the Beach** 30 minutes: 105

#### SKIN CARE
- **ESPA Intensive Facial** 60 or 90 minutes: 185 / 240
- **ESPA Age-defying Facial** 60 or 90 minutes: 185 / 240
- **ESPA Sun Soother Facial** 60 minutes: 185
- **OSEA Deep Pore Cleansing Facial** 60 or 90 minutes: 185 / 240
- **OSEA Vitamin Sea Facial** 60 or 90 minutes: 185 / 240
- **ESPA Express Facial** 30 minutes: 105

#### GENTLE HAIR REMOVAL
- Lip or Chin: 35
- Eyebrow Arch / Design: 45
- Half Leg / Full Leg: 65 / 110
- Bikini: 70
- Underarm: 55
- Back or Chest: 110
- Half Arm / Full Arm: 55 / 90

#### TREATMENT ENHANCEMENTS
- **Hair & Scalp Revitalizer** 30 minutes: 85
- **Sea Buff** 30 minutes: 85
- **Warm Stone Application** 35 Additional

#### SIGNATURE TREATMENTS
- **Tides Massage** 60 or 90 minutes: 190 / 245
- **Cranberry Crush** 60 minutes: 190
- **Antioxidant Body Wrap** 90 minutes: 245

#### BODY CARE
- **Ocean Scrub** 60 minutes: 180
- **Sugar Glaze** 60 minutes: 180
- **Citrus Body Polish** 60 minutes: 180
- **Healing Seaweed Body Wrap** 90 minutes: 240

#### COUPLES TREATMENTS
- **Couples Massage** 60 or 90 minutes: 370 / 480
- **Side by Side Massage**

#### MEN
- **Invigorating Massage** 60 or 90 minutes: 185 / 240
- **Muscle Relief** 30 minutes: 105
- **ESPA Age Rebel Facial** 60 or 90 minutes: 185 / 240
- **Sea Captains Manicure** 30 minutes: 45
- **Sea Captains Pedicure** 60 minutes: 90

#### FOR THE HANDS AND FEET
- **Signature Manicure or Pedicure** 60 minutes: 70 / 90
- **Coastal Manicure or Pedicure** 30 or 45 minutes: 45 / 65
- **Long Lasting Shellac Manicure** 45 minutes: 70
- **Sea Dew Hot Stone Pedicure** 60 minutes: 90
- **Mother of Pearl Pedicure** 60 minutes: 90
- **Alive Feet** 30 minutes: 60
- **Polish Change** 15 minutes hands or feet: 20 / 25

#### HANDS AND FEET ENHANCEMENTS
- **Hydrating Treatment** 15 minutes: 15 Additional
- **French Polish or Shellac Removal** 15 minutes: 10 Additional

#### SPA PACKAGES
- **Ocean Bliss** 2.5 hours: 385
- **Ultimate Indulgence** 4 hours: 535
- **Mother to Be** 2.5 hours: 290
- **Sea Captains** 2.5 hours: 375
- **Seaside Retreat** 2.75 hours: 395

#### WELLNESS PACKAGES
- **MEditate Package** 290
- **Baby Moon Package** 245
- **Detox Package** 360
- **LIFEstyle Package** 290