



THE BEACH HOUSE SPA
AT OCEAN EDGE

SPA MENU

**THE BEACH HOUSE SPA WAS INSPIRED BY
THE BEAUTY AND CULTURE OF CAPE COD.**

Come kick off your flip flops and discover your best self. Utilizing the healing properties of the sea with powerful botanicals from the land, our expert therapists provide personalized and innovative treatments for self-care.

Before each spa journey, guests are asked to take a moment to make a wish for themselves. Their wish will be placed into a bottle with sand from our private beach. This memento will serve as a reminder of self-love.

THE BEACH HOUSE SIGNATURE EXPERIENCES

*For centuries we have known the healing, restorative, and relaxing powers of the ocean.
We've harnessed the powerful force of nature in our signature services below.*

ULTIMATE ZEN RITUAL 110-minutes

This luxurious ritual is an intensive hydrating treatment that brings healing to your body. Your journey begins with a scrub, body wrap and hot-oil scalp treatment, and is completed with a restorative shea butter massage. Choose your favorite aroma to awaken the deepest parts of the mind for a Zen state of relaxation. Your skin will maintain its glow and radiance for days.

BEACH HOUSE SIGNATURE MASSAGE 50-minutes | 80-minutes

This signature massage rebalances the body using specific pressure point techniques along with a combination of mineral-rich seawater and seaside plant oils to fully rebalance the cells of the body while hydrating and regenerating the skin.

BLUE WAVE SIGNATURE BODY TREATMENT 50-minutes

This thoroughly relaxing spa experience promotes total well-being. A gentle sugar and salt scrub buffs away dull, dry skin and sets the stage for hydration and a lightweight oil will soften all over. A contouring cream helps reduce appearance of cellulite and a restorative wrap imparts healing benefits of stone crop, the signature ingredient with roots from a Hungarian succulent known for hydrating, brightening and its anti-inflammatory properties.

THE ULTIMATE BODY FACIAL 50-minutes | 100-minutes

This power-packed results-driven facial and body treatment is designed to provide instant results from head to toe. Start with a full body coconut exfoliation, preparing the skin for full absorption of a retinol-alternative contouring and firming moisturizer. While the body is fully cocooned, experience a 25-minute non-invasive HydraFacial—a medical-grade deep cleanse, exfoliation and antioxidant infusion leaving your skin bright, fresh, and glowing. Option to increase from 25- to 50-minute HydraFacial including booster therapy and LED light therapy.

MANICURES AND PEDICURES

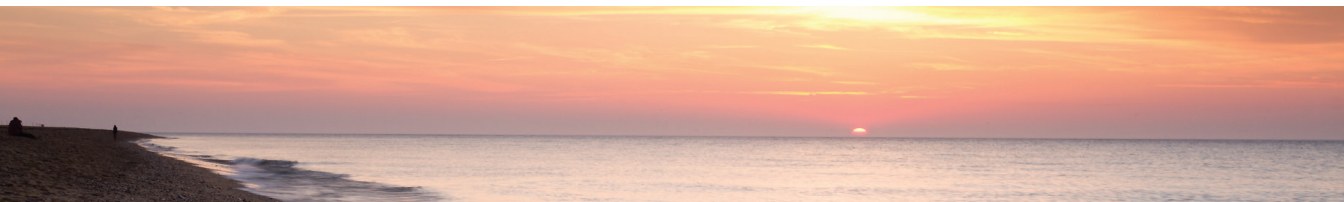
All of our nail services include long wearing polish.

SKINNY DIP MANICURE AND PEDICURE Manicure, 35-minutes | Pedicure, 60-minutes

This ultra-hydrating treatment takes you on a scent journey with an aroma that reflects your personal taste. A relaxing and detoxifying Epsom and sea salt soak refreshes and comforts hands and feet. A moisturizing cleanser removes impurities. The skin is then smoothed and hydrated using organic shea butter products.

SEASIDE MANICURE AND PEDICURE Manicure, 50-minutes | Pedicure, 70-minutes

This service starts with a mineral-rich seawater soak. An exfoliating scrub with freeze dried seawater crystals and algae-derived alpha hydroxy acids prepare your skin to absorb the trace minerals in our self-heating marine mud mask. You will enjoy a deeply hydrating massage that will leave you feeling like you are floating on a cloud.



PERFORMANCE SKINCARE

HYDRAFACIAL 25-minutes | 50-minutes (includes LED Light Therapy and skin boosters)
80-minutes (includes LED Light Therapy, skin boosters and facial lymphatic drainage)

Ideal before big events, this non-invasive medical grade facial treatment uses patented technology giving you instant results. Each HydraFacial treatment includes deep cleansing, exfoliating, extractions, and is fused with vital antioxidants, peptides and nourishing ingredients.

AGE-DEFYING FACIAL 50-minutes

This luxurious and effective facial will instantly improve the visible signs of aging such as fine lines, wrinkles, loss of elasticity and hyperpigmentation with the use of an organic arctic berry peptide peel, a natural retinol alternative and Swiss green apple stem cells, proven to boost collagen and elastin by 25% in just six days. Dramatically improve the appearance of puffy, tired eyes, sagging skin or even the deepest expression lines with firming and lifting hibiscus, botanical peptides and a unique ice wine active. Just one treatment will leave you feeling and looking your best.

SEA CHANGE BRIGHTENING FACIAL 50-minutes

Brighten and rejuvenate the skin with exotic Riberry, Muntries and Pepperberries from Australia. Packed with antioxidants and anti-inflammatory properties, these super-berries are designed to provide instant brightening and hydration to dry and lackluster skin.

HYDRABLU PLUMPING MOISTURE FACIAL 50-minutes

After a thorough cleansing and exfoliation process, a self-heating mask is massaged over the skin to absorb pollutants and impurities. Skin is perfectly prepared for a deep pore extraction, serums, and a final creamy mask to re-plump the skin with hydration for a bright, energized complexion. This facial is customized and may vary based on the needs of your skin.

Waxing services available upon request. See price list for details.

MEN'S ZONE

ZEN FOR MEN RECOVERY MASSAGE 50-minutes | 80-minutes

Targeting the major muscle groups used during repetitive motions such as a golf swing, this deep massage is ideal for relieving and reducing muscle tension, joint pain, and stiffness. This unique experience is customized to the guest's needs.

SEA ESCAPE MEN'S FACIAL 50-minutes

This custom detox facial treatment provides a tailored experience to either soothe inflammation, boost hydration or absorb excess oil leaving your skin glowing and healthy. A double brush massage with our self-heating detoxifying mask leaves the skin deeply cleansed and radiant. We use hot towel wraps, hand, arm, face and scalp massages to leave you feeling relaxed and renewed.

MAN-ICURE AND PEDICURE Manicure, 25-minutes | Pedicure, 45-minutes

This classic treatment will leave you picture perfect. The service includes a hydrating mineral soak followed by an exfoliation. A nourishing balm is massaged into the skin after shaping and buffing of the nails.

MASSAGE

Our massages are completely customized by our expert therapists and further enhanced with the power of aromatherapy with 98% organic oils infused with biodynamic flower essences to boost relaxation and joy.

OCEAN BREEZE CLASSIC MASSAGE 50-minutes | 80-minutes

Our soothing Swedish massage will help reduce tension, increase circulation and induce relaxation.

THE DEEP SEA MASSAGE 50-minutes | 80-minutes

This therapeutic, deep tissue session will help release chronic patterns of tension and muscle pain.

BEACH RECOVERY THERMAL THERAPY MASSAGE 80-minutes

You work hard and play hard. Restore your body with our targeted sports massage. We will focus on the areas of repetitive movement to ease your aches and pains. Incorporated in this massage is our marine-based, self-heating mud, applied to a targeted area followed by Cryotonic cooling gel to restore your muscles. The combination of hot and cold therapy will result in an increase of circulation and intense relief.

PRENATAL MASSAGE 50-minutes | 80-minutes

This special massage for mom-to-be helps to ease the aches of your changing body. A light massage specially created for expectant mothers in their second and third trimester, using peptide-rich probiotics. The massage is designed to reduce stress, decrease swelling in the arms & legs and relieve aches and pains in muscles and joints. This session is performed with you lying on your side with pillowed support to help you relax and care for both yourself and baby.

SOME LIKE IT HOT COUPLES MASSAGE 50-minutes | 80-minutes

This couple's massage will help you to unwind and reconnect, side-by-side, heart-to-heart together in The Beach House Spa Duet Suite.

BODY

ENDLESS SUMMER REPLENISHING BODY SCRUB & MASSAGE 80-minutes

This all-encompassing ocean experience holistically addresses each aspect of well-being. First, the body is exfoliated with freeze-dried seawater crystals and algae-derived alpha hydroxy acid in preparation for a soothing massage. Specific massage techniques, developed by an osteopath, work on tight muscle chains to erase muscle tension and will leave you feeling restored.

COCONUT DREAM REFINING BODY TREATMENT 50-minutes

Stimulate your senses and immerse yourself in this healing, hydrating and firming body treatment. A natural coconut sugar scrub exfoliation will slough skin cells and prepare the body for the absorption of an organic firming body lotion, featuring coconut milk for moisture, coconut water for skin pH balance, and a natural retinol alternative complex will lift and firm the skin and boost collagen production. Lastly, hyaluronic acid and shea butter will deeply hydrate and smooth fine lines and wrinkles leaving you pampered as only you should when you leave the Beach House Spa.

APPOINTMENTS AND RESERVATIONS

We highly recommend that you schedule spa appointments in advance to ensure that your preferred treatment and time are available. Reservations are subject to availability and must be guaranteed with a credit card.

CANCELLATION Treatment times are reserved especially for you. We kindly request that cancellations or changes to appointments be made at least 24-hours in advance for single services and 48-hours in advance for multiple treatments. A 50% charge will be applied to your credit card for failure to follow this policy. No show appointments will be charged in full.

HEALTH CONSIDERATIONS Please notify our reservation department if you have high blood pressure, allergies, any physical ailments, special needs or if you are pregnant. We can help guide you to treatments that are best for you. This information may also be completed on your Personal Care Guide upon arrival at the spa.

ARRIVAL We recommend that you arrive 20-minutes prior to your first scheduled appointment. This allows you time to check in and prepare for your service.

LATE SHOW As a courtesy to other clients, if you arrive late you will receive the remaining time of your appointment. The full treatment price will apply.

CHOOSING A TREATMENT Our spa concierge will help you plan the perfect spa experience based on your specific desires.

ATTIRE A robe, slippers and day locker will be provided for you upon arrival to the spa. Disrobe to the level of your comfort. Undergarments are not necessary, but you may wear them during your treatment if you prefer. Our licensed therapists are trained to drape a sheet or towel over your body in a discrete manner, assuring your privacy at all times.

SHAVING Shaving is not recommended prior to any body exfoliation treatments or hair removal services. We do, however, recommend that men please shave 2-hours prior to their scheduled facial treatment.

AGE REQUIREMENTS The minimum age to access the spa and locker room is 18 years. We are happy to welcome young adults from 16 years old to enjoy the facility and treatments; however they must be accompanied by a responsible adult age 18 or older.

SPA ETIQUETTE In consideration of our other guests and their privacy, we ask that you turn off your cell phone or other electronic devices before entering the spa and locker rooms.

PAYMENT We accept all major credit cards and traveler's checks. Hotel guests may also charge the service to their room.

GRATUITIES For your convenience, a suggested gratuity has also been added to your service(s). Gratuities are optional, can be adjusted, and are left at your discretion. Gratuities are retained in full by the provider(s) performing or staff contributing to the service(s).

GIFT CARDS The Beach House Spa gift cards are a wonderful way to give the gift of health, relaxation and wellness to the special people in your life. We will be more than happy to arrange a group of services to fit any occasion. Gift cards may be purchased at the spa front desk or by phone and may not be redeemed for cash.

PERSONAL PROPERTY / VALUABLES Please do not bring or leave valuables in the facility or lockers. We are not responsible for any theft or loss of personal property, including jewelry or other personal items.

Thank you and we look forward to your visit!

CALL TODAY TO BOOK YOUR APPOINTMENT AT 774.323.6230

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www.oceanedge.com/beach-house-spa