



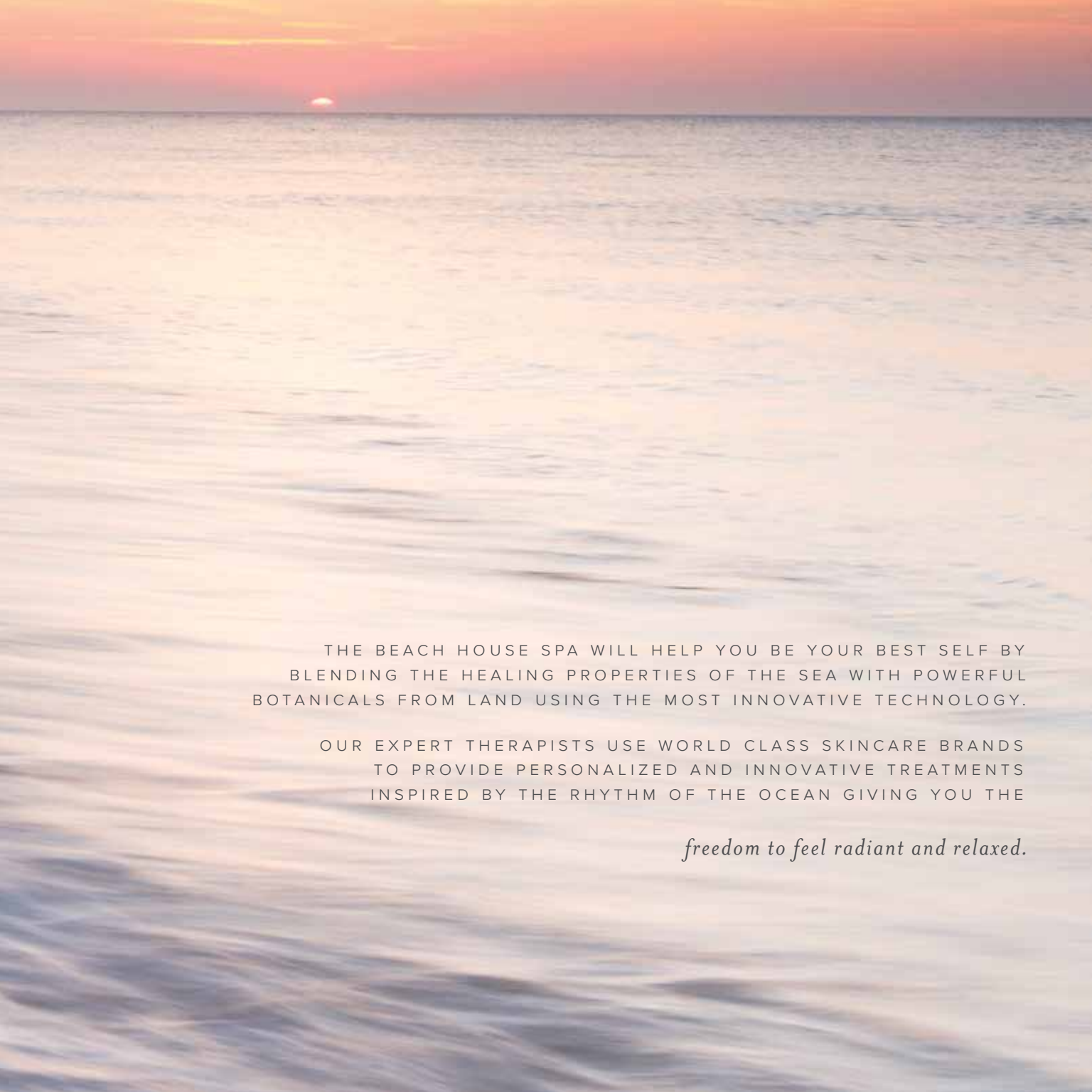
THE BEACH HOUSE SPA

AT OCEAN EDGE

SPA MENU





A wide-angle photograph of a calm ocean at sunset. The sun is a small, bright orange orb just above the horizon line, casting a long, soft glow across the sky and reflecting on the water's surface. The sky transitions from a pale yellow near the horizon to a soft, hazy blue at the top. The water is mostly still, with gentle ripples and a few small waves visible in the foreground.

THE BEACH HOUSE SPA WILL HELP YOU BE YOUR BEST SELF BY  
BLENDING THE HEALING PROPERTIES OF THE SEA WITH POWERFUL  
BOTANICALS FROM LAND USING THE MOST INNOVATIVE TECHNOLOGY.

OUR EXPERT THERAPISTS USE WORLD CLASS SKINCARE BRANDS  
TO PROVIDE PERSONALIZED AND INNOVATIVE TREATMENTS  
INSPIRED BY THE RHYTHM OF THE OCEAN GIVING YOU THE

*freedom to feel radiant and relaxed.*

## THE BEACH HOUSE SIGNATURE EXPERIENCES

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

### ULTIMATE ZEN RITUAL

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.

110 minutes

### OLIGOMER REPLENISHING BODY SCRUB & MASSAGE

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.

80 minutes

## BEACH HOUSE MASSAGE

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.

50 minutes

## OCEAN AIR OXYGEN FACIAL

Oxygen is essential to life. Our Ocean Air Oxygen Facial includes several elements to create amazing results. Your sensory journey begins with the aroma of sweet chocolate. The natural antioxidants and nourishing elements of raw cocoa powder add protection and boost healing for any skin type. The gentle exfoliation of natural papaya and pineapple enzymes will effectively polish and prepare the skin for the revitalizing Oxygen treatment. Relax as the effervescence of pure oxygen boosts circulation, stimulates cell turnover and leaves the complexion hydrated and revitalized.

80 minutes



## 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.

### CLASSIC MASSAGE

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

50 minutes | 80 minutes

### DEEP TISSUE MASSAGE

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

50 minutes | 80 minutes

### SPORTS ENTHUSIAST THERMAL THERAPY MASSAGE

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.

80 minutes

## PRENATAL

This special massage for mommy-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.

50 minutes

## BEACH ROMANCE COUPLES MASSAGE

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.

50 minutes | 80 minutes



## PERFORMANCE SKINCARE

### HYDRAFACIAL

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 anti-oxidants, peptides and nourishing ingredients.

25 minutes

50 minutes (includes LED Light Therapy and skin boosters)

80 minutes (includes LED Light Therapy, skin boosters and facial lymphatic drainage)

### INSTANT RESULTS PEEL FACIAL

Fight the signs of aging with the combination of potent but gentle lactic and salicylic acids. This unique blend of acids will not only effectively exfoliate the skin but also give you an even complexion. This is perfect for all skin types for lasting results.

50 minutes

### FIRMING PEPTIDE FACIAL

Renew and revitalize the skin with potent anti-aging peptides, powerful antioxidants, stem cells and botanicals. Infuse the skin with ingredients that will stimulate new cell growth, repair and rejuvenate all skin types leaving you a firm, luminous glow.

80 minutes

### CAVIAR LIME & PASSIONFRUIT FACIAL

Unveil a radiant glow with the Circadia Caviar Lime & Passionfruit facial. This complex ingredient profile delivers exfoliating Lime Pearl Caviar technology to gently rejuvenate the skin and enhance it with a burst of antioxidants resulting in a polished glow.

50 minutes



## BRIGHTENING FACIAL

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.

50 minutes

## HYDRABLUER PLUMPING MOISTURE FACIAL

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 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.

50 minutes

## EXPRESS ACTIVE PEEL

A quick pick me up exfoliating treatment.

25 minutes

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



## BODY

### REMINERALIZING BODY WRAP

Fatigue, stress, and low energy can create imbalance for your physical and emotional well-being. Seawater is the perfect solution. This treatment combines the powers of marine-therapy and aromatherapy to leave skin feeling silky and the body calmly re-energized, especially after the hydrating, skin firming final moisturizer.

50 minutes

### BODY FIRMING WRAP

During this anti-aging body wrap, your body is cocooned in firming body gel rich in anti-aging sea minerals. Skin toning extracts are absorbed as you receive a soothing massage to penetrate all of the firming elixir to immediately hydrate, tighten, and stimulate the skin. The perfect addition to any self-care regiment, this treatment will continue to enhance with long-term anti-aging results the more often it's received.

50 minutes

### SILKY INTENSIVE EXFOLIATION

Perfectly silky skin is revealed with an exfoliating combination of black sand, pumice stone, digestive papaya enzymes and glycolic acid. Then the body is massaged with a complexion enhancing blend, finishing with a oleocreme body milk for quenched, smooth, and radiant skin.

50 minutes

25 minute service available as an add-on to any massage service.

## TREATMENT BOOSTERS

No additional time required to elevate your service with our boosters.

### HAND/FOOT QUENCH ENHANCEMENT

Add hydration where it's needed most with this deeply nourishing shea butter quench. Your therapist will gently exfoliate your hands and feet and then apply a hydrating, firming and plumping quench.

### PROBIOTIC BOOST

Add this booster to any massage treatment to help boost your skins immunity with this ultra-hydrating boost using probiotics from the water plantain, shea butter, and organic lotus flower.

### AGE DEFY BOOST

Receive an extra dose of Concreta enriched with organic paracress plant extract to firm, lift, plump, and hydrate.

### NANO GOLD REPAIR

Pamper your skin with the luxury of 24K gold by adding the Nano Gold Repair Natural Collagen Mask available for eye or full face. Nano Gold works to firm, lift, hydrate and reduce redness and puffiness.

### DIAMOND RADIANCE

Experience the strength and power of diamonds to combat signs of aging and fatigue. This collagen-based eye or full face or mask gently exfoliates and brightens to rejuvenate, revitalize, and pamper your skin and spirit.



## GENTLEMAN'S QUARTERS

### GOLF & SPORTS RECOVERY MASSAGE

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.

50 minutes | 80 minutes

### SEA ESCAPE MEN'S FACIAL

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.

50 minutes

### GENTLEMAN'S MANICURE & PEDICURE

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

Manicure | 25 minutes    Pedicure | 45 minutes

### EXPRESS SERVICES

Short on time? Enjoy our 25 minute express services to help you relax while keeping you on schedule.

FOCUS MASSAGE | SUN REFRESH FACIAL | FOOT & CALF MASSAGE



## MANICURES & PEDICURES

All of our nail services include long wearing polish.

### QUENCH MANICURE & PEDICURE

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 & PEDICURE

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.

## NAIL ENHANCEMENTS

### SHELLAC POLISH APPLICATION UPGRADE

Enjoy the long-lasting effects of a shellac gel polish, which can last up to 14 days with vibrant color and gloss.



## HAIR

Wash and Blow Dry  
Express Blowout  
Formal Hair Styling (up-do, twists, etc.)  
Informal Hair Styling (wash & style with light thermal styling)  
Braid, Bun or Fashion Ponytail  
Olaplex Treatment and Blowout  
Express Keratin Treatment  
Deep Conditioning Booster

## MAKEUP

Makeup Application  
Eyes Only  
Airbrush Makeup Application  
Eye Lash Application

## FOR THE BRIDE

Trial Bridal Hair or Makeup  
Bridal Wedding Day Hair and Makeup  
Bridal Wedding Day Hair  
Bridal Wedding Day Hair Extensions  
Bridal Wedding Day Makeup with Lashes  
Bridal Wedding Day Airbrush Makeup

Flower Girl Hair and Makeup (under 12 years old, includes blush & lip gloss)  
Personal Stylist for the Day

## PORCH PARTIES

The Beach House Spa at Ocean Edge includes our legendary Porch for private parties. This comfortable, light-filled lounge offers makeup and blow dry stations, an elegant dressing area, music system for your favorite play-list, and a staff dedicated to your every whim.

### MAKE IT A SPA DAY GET AWAY

Celebrate in our private Porch the special event in your life while enjoying the freedom to feel radiant, relaxed and nourished. Designed for groups of 5 - 10, each guest can select from any of our services while enjoying the privacy of our Porch with sips and nibbles.

### BRIDAL PORCH PARTY

The perfect start to your special day. Enjoy our beautiful Porch for 5 hours with your bridal party. Includes hair & makeup for the bride and two of her guests. Choose between our brunch or Barefoot Club menu (serves 5).



## 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.

THE BEACH HOUSE SPA  
AT OCEAN EDGE

2740 Main Street  
Brewster, MA 02631

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