

*Relax and enjoy one of our blissful organic massage and body treatment services.*

*All services are performed in our Massage Suites located in Beachmere's West spa level.*

*For your safety, please consult with a physician before receiving massage services if you have any health issues or are pregnant.*

*Our friendly, professional spa staff are highly qualified Maine licensed therapists and are happy to help you create the perfect spa experience you deserve.*

*The serenity of any treatment begins with your choice of one or a blend of two of the five organic soy based oils we offer: Lavender, Chamomile & Lemon Balm, Pink Grapefruit or Arnica.*



### ***Appointments and Cancellation Policies***

- Appointments can be made by contacting the Front Desk or by dialing 0 from your room. We require a valid credit card to hold all appointments and an understanding of and compliance with our cancellation policy.
- A 24 hour notice of cancellation is required to avoid full charge for services missed. Late arrival may result in shortened treatment time.
- Please arrive at the Massage Suites 10 minutes before your scheduled appointment time with appropriate paperwork completed.
- Clients under 18 years of age must be accompanied by an adult. Children who are not receiving treatments will not be allowed in the massage suites unattended or in treatment rooms at any time.

**207-646-2021**

**[www.beachmereinn.com](http://www.beachmereinn.com)**

**[info@beachmereinn.com](mailto:info@beachmereinn.com)**



## ***Massage Therapy and Body Treatments***



The Beachmere Inn  
on the ocean

Ogunquit, Maine

### The Beachmere Infusion

This relaxing full-body Swedish massage begins with your choice of natural botanical oils, and warm basalt stones on the neck and back to soothe all your tired and aching muscles. Your hands and feet receive special attention with a moisturizing cream, then wrapped in warm towels. Your massage is capped off with a gentle face and scalp massage.

90 min \$185



### Relaxation or Deep Tissue Massage

Experience a therapeutic massage utilizing long flowing strokes or targeted techniques for your problem areas and your personal choice of Farmaesthetics five organic soy based oils: Lavender, Chamomile, Lemon Balm, Pink Grapefruit or Arnica.

60 min \$110(R) / \$140(DT)

60 min Couples \$220(R) / \$280(DT)

90 min \$135(R) / \$165(DT)

90 min Couples \$270(R) / \$330(DT)



### Beach Stone Therapy

Warm basalt stone massage with therapeutic botanical oils and steamed towels are used to penetrate your tight overworked muscles.

60 min \$125 / 90 min \$165

60 min Couples \$250 90 min Couples \$330

### Beach Baby

Designed to relax the mother-to-be from the first to third trimester. Add on the Treat for Tired Hands and Feet for an additional pampering during your pregnancy.

30 min \$65 with add on \$130

60 min \$125 with add on \$190

### Seaside Relaxation

All natural botanical products make this a treat designed for relaxation, to a traditional facial. This scalp, neck and shoulder massage will relax your mind and body. Enjoy a gentle exfoliation followed by a hydrating mask and nourishing cream to restore facial vibrancy and elasticity. Your hands will also receive a massage and moisturizing treatment.

60 min \$130

### Sports Massage Therapy

A massage designed for the athlete in you. This is not a full-body massage, but targets one or two areas of concern with techniques that may involve; deep pressure, myofascial release, joint mobilization, active and passive stretching and positional release of trigger points.

60 min \$140



### Head, Neck and Shoulder Massage

For those who work at a computer, have a head-forward posture, or just carry the weight of the world on their shoulders. Take a load off those tired neck and upper back muscles. Optional scalp massage included.

60 min \$110

### ADD ON: A Treat for Tired Hands and Feet

This service combines a foot and lower leg massage with peppermint oil to release tension and blocked energy plus a revitalizing massage for strained hands and forearms. Once massaged, they are wrapped in warm towels to relax. Only offered as an additional massage to another service

30 min \$65