

## MASSAGE & BODYWORK

### Spa by the Sea Custom Therapeutic Massage

60/90 minutes

This traditional full body massage is designed to promote relaxation, improve circulation and relieve tension to create a heightened sense of well-being. Our professional therapist will address specific needs by incorporating a variety of techniques.

### Nantucket's Cobblestone Massage

90 minutes

Smooth, rounded basalt stones are heated in water before the therapist applies essential oils and uses the stones as extensions of his or her hands for a comforting massage. The warmth and weight of the stones induce deep muscle tissue relaxation without overheating.

### Targeted Muscle Massage (Deep Tissue)

60/90 minutes

This therapeutic technique aids in the release of tension in the deeper layers of muscle tissue. Range of motion will improve and muscle pain, associated with stressed muscles due to athletic activities, will be relieved. This effective massage is appropriate for individuals whose body tone and conditioning are tied to performance.

### Herbal Apothecary Massage

60/90 minutes

Let the rich restorative properties of pure essential oils create a massage experience just for you. This is the ideal massage to calm or energize the body, mind and spirit while restoring harmony and balance. Choose one of our carefully crafted aromatherapy body oils to address your personal needs.

## FREQUENTLY ASKED QUESTIONS

### How do I select the right treatment?

Our professional spa staff will assist you in determining which spa treatments will meet your needs to ensure a relaxing and enjoyable experience.

### When should I arrive for my treatments?

We recommend you arrive 15 minutes prior to your first appointment. This will allow you time to become familiar with the spa and prepare for your treatment.

### What should I wear to the Spa?

You may wear whatever is comfortable. A robe and sandals will be provided for your treatment.

### What should I wear for my treatment?

Most spa treatments are enjoyed without clothing, however you may wear whatever is comfortable for you. Our professional staff is trained to drape towels or sheets discreetly to protect your privacy at all times.

### What about jewelry?

We advise you to remove all your jewelry prior to arriving at the Spa.

### Should I shave before a treatment?

Shaving is not recommended prior to any body treatments.

### What if I'm late for my appointment?

Arriving late will limit the time allotted for your treatment. Your treatment will end on time so that the next guest will not be delayed. The full cost of your treatment will apply.

### Should I leave a gratuity?

A 20% service charge is added to your spa treatments. Additional gratuities are at your discretion based on your level of satisfaction.

*30% post-consumer recycled material.*

## menu of services



Spa  
BY THE SEA  
AT THE WAUWINET

sand | sea | sun | sky

Spa  
BY THE SEA  
AT THE WAUWINET

## General Information

508.228.0145 ext. 6401

[wauwinetspabythesea.com](http://wauwinetspabythesea.com)

Hours of Operation may vary.  
Please call the Spa reception desk for verification.

All guests of the Spa by the Sea are required to be a minimum of 16 years of age.

Quiet Consideration: We request that all cell phones be turned off in the Spa.

The spa requests that you refrain from consuming alcohol prior to your treatment. We reserve the right to reschedule your appointment.

Spa Reservations: We recommend scheduling spa appointments prior to arrival to better accommodate preferred times.

Cancellation Policy: Spa treatments are reserved especially for you. Please notify us 4 hours before your scheduled appointment if you need to cancel or reschedule to avoid being charged 50% of the service as well as the 20% service charge.

Spa by the Sea Gift Certificates are available.  
Visit our Spa Boutique with lifestyle products.  
Enjoy your Spa by the Sea experience.

The Wauwinet is Nantucket's only Relais & Châteaux luxury property and the island's only hotel with views of both the Atlantic Ocean and Nantucket Bay.



## MASSAGE & BODYWORK (CON'T)

### Prenatal Massage

60 minutes

This soothing massage is specially designed for expecting mothers. It will relieve lower back tension and reduce swelling in hands and feet.

### Couples Bliss

60/90 minutes

Escape with a loved one to our couples suite. You can each select a massage of your choice.

## FACIALS

All of our beneficial skin care therapies begin with a personalized evaluation of your individual needs. A specific facial procedure will be chosen by your esthetician. Each skin care therapy includes: cleansing, exfoliation, vaporization, light extractions (as needed), face, neck and shoulder massage.

### Spa by the Sea Custom Facial (Deep Cleansing)

60 minutes

This traditional facial nourishes and replenishes, resulting in healthy looking skin. Enjoy a massage of the face, neck and shoulders, followed by steam to open the pores, extractions and exfoliation, concluding with a treatment mask with moisturizer targeted specifically for your skin's special needs.

### Hot Towel Facial

60 minutes

A relaxing treatment to free the skin of impurities while protecting the skin from environmental elements. This facial leaves your skin squeaky clean, moisturized and invigorated.

### Wauwinet Garden Facial (Signature Facial)

60 minutes

Inspired by the cottage gardens and wildflowers of Nantucket, this elegant facial reminds you of how perfect life can be. This facial includes a lavender steam wrap, deep cleansing with the power of spearmint, peppermint and rosemary, a soothing mask and a stimulating massage with golden sunflower oils. A truly relaxing aromatic experience!

### Ocean Mist Facial

60 minutes

Inspired by the healing properties of ocean waters, organic sea minerals assist in restoring the natural hydration of your skin by using a combination of sea algae extract, mineral therapy, botanicals and pure water therapy. Dry and dehydrated areas are specifically targeted with mineral rich fluids for optimum hydration and restoration of moisture deep within the tissues of the skin. Relaxing and rejuvenating!

### Advanced Repair Facial

60 minutes

This results-oriented treatment is customized to address specific skin conditions. From hyper pigmentation, sensitivity, oily skin and premature aging, this personalized facial helps treat and correct skin concerns. Includes a gentle yet effective multi-acid peel on the face, neck, décolletage and hands to renew the skin, a deep cleansing massage to promote circulation and a mask to balance and nourish the skin. A heated hand treatment completes the experience.

## SIGNATURE FACIAL THERAPIES

### Ultimate Caviar Facial

90 minutes

The ultimate experience for the face, hands and décolletage. This luxurious facial hydrates, lifts, firms and smoothes the skin to promote skin regeneration with protein-rich caviar. This facial will remineralize the skin and provide an essential antioxidant protection of aging skin to produce unprecedented results.

Enhance your facial experience with a Hand or Foot Hydrating Paraffin Treatment (allow an additional 15 minutes).

### Hand Paraffin Treatment

A rich, creamy chamomile scrub is followed by a firming caviar and marine hand cream to thoroughly restore and smooth your hands.

### Foot Paraffin Treatment

A mineral salt and wild chamomile foot soak eases tension, while the aromatic herbal foot massage and application of firming caviar and marine cream firm and smooth the feet.

## BODY TREATMENTS

### Customized Body Scrub

60 minutes

A reminder of the beautiful scents of New England, refreshing blend of a hint of orange, ylang ylang, wild flowers and remineralizing sea salts exfoliates, leaving you ready for your next adventure. Finish with an application massage of our finest oil or lotion. **Choose from:** Remineralizing; Invigorating; Relaxing

### Nantucket's Salt and Sea Scrub

60 minutes

This deep cleansing exfoliating treatment is a relaxing and healthful indulgence. A blend of aromatic sea salts, mineral salts and essential oils is massaged into the skin to remove impurities and dead skin cells, and to stimulate circulation. The results yield a smooth and radiant skin.

### Lavender Crush

60 minutes

Experience the ultimate healing and soothing powers of lavender. Breathe deep; inhale the calming and balancing benefits of wild lavender. Earthly minerals are combined with lavender's healing properties in an invigorating full body exfoliation. During this state of peaceful rest, enjoy a light energetic massage with healing stones to draw out toxins as it recharges and balances your senses.

### Atlantic Seaweed Body Wrap

90 minutes

Relax and luxuriate in this warm and detoxifying body wrap that is nourished by an array of minerals, micronized vitamins and enzymes that are naturally abundant in this seaweed wrap.

### Après Soleil After-Sun Treatment

60 minutes

This hydrating treatment is the perfect solution for sun-exposed or dry skin. Pure algae is blended with aloe vera (known for its soothing and healing properties) and essential oils to create a soothing effect on the skin. During the wrap, we invite you to drift peacefully as your face, neck, scalp and feet are massaged.

## SPA BY THE SEA ADDITIONAL SERVICES

### Relaxing Foot Bath

30 minutes

Refresh and restore tired, dry feet with this signature foot bath. Feet are bathed in essential oils, exfoliated and massaged, followed by a refreshing cooling ritual.

## SPA BY THE SEA SPA PACKAGES

### Lavender Zen

2 hours

Lavender Crush | Wauwinet Garden Facial

### Spa by the Sea Retreat

2.5 hours

Nantucket's Salt and Sea Scrub | Spa by the Sea Massage | Spa by the Sea Custom Facial

### The Caviar Delight

3 hours

Atlantic Seaweed Body Wrap | Ultimate Caviar Facial

### Main Street Recess

2.5 hours

Nantucket's Cobblestone Massage | Hot Towel Facial