




THE WHITE BARN INN

FINE DINING · LODGING · SPA

*Spa Menu of Services*



COME  
ESCAPE  
BREATHE

*Open all your senses to  
a new beginning.*

## *Signature Treatments*

### **BATH RITUAL**

Choose from an Effervescent Marine Bath, Hydrotherapy Water Lily Bath, Sea Salts or Aromatherapy Bath soak in our infinity edge tub. A Swedish massage followed by a hydrating lotion application.

*90 minutes*

### **MINERAL WRAP**

Maine Sea salt exfoliates the skin and allows absorption of nutrients from the warm sea mud; a rejuvenating Swiss shower leaves your skin feeling tighter, smoother and energized.

*90 minutes*

### **INTEGRATED BODY TREATMENT**

Exfoliate with our sweet and savory scrub, detox in our full body wrap and relax with aromatherapy essential oils used in conjunction with integrated massage therapies leaving your body de-stressed, relaxed and rejuvenated.

*90 minutes*

### **GREEN TEA FACIAL**

Green tea and wheat grass extracts with lactic acid gently refines, smoothes, and brightens the skin, customized to fit your skin condition. Followed with a cooling mask and chamomile to leave your skin silky smooth and radiant.

*90 minutes*

## *The Traditional*

### **SWEDISH MASSAGE**

Long, flowing, connecting strokes are used to relax muscle tension, free the mind and reduce stress.

*60/90 minutes*

### **PRENATAL MASSAGE**

Swedish massage strokes on a table prepared for the expectant mother.

*60 minutes*

### **KENNEBUNK RIVER STONE MASSAGE**

Warm river stones are placed on the Chakra centers of the body while you are massaged.

Relieves tense muscles, sore joints, and increases energy.

*60/90 minutes*

### **AROMATHERAPY MASSAGE**

Swedish massage strokes are used with aromatherapy oils to relax the muscles and the mind. Consult with your therapist to create an aroma blend that works best for you.

*60/90 minutes*

### **DEEP TISSUE MASSAGE**

Deep, strong, invigorating massage designed to ease muscle soreness and tired joints from overuse or intensive exercise.

*60 minutes*

### **REFLEXOLOGY**

Pressure points on the feet are manipulated to reduce tension and fatigue creating balance, harmony and energy throughout the whole body.

*60 minutes*

### **COUPLES MASSAGE**

Choose from Aromatherapy, Deep Tissue or Swedish massage techniques.

*60 minutes*

## *Rejuvenating Body Treatments*

### **DETOXIFYING BODY WRAP**

Deeply cleanses, exfoliates, nourishes and soothes. A choice of aroma essences is used to detoxify, energize, tone or relax to further enhance your experience. Refresh with a Swiss shower and an application of hydrating lotion.  
*60 minutes*

### **HYDRATING WRAP**

Unwind, rejuvenate and soothe your senses with this exclusive blend of essential oils used to create harmony between body, mind, and spirit. Includes a Swiss shower and hydrating body lotion.  
*60 minutes*

### **EXFOLIATING BODY GLOW**

An in-depth exfoliation eliminates dead skin cells while an application of body moisturizer will leave the skin soft and smooth. Rejuvenate with a Swiss shower and a hydrating lotion application.  
*60 minutes*

### **CLEANSING BACK FACIAL**

Opens pores and cleanses to achieve blemish-free, radiant skin on the back and shoulders, ideal for those with problem skin and acne.  
*60 minutes*

### **BIKINI SMOOTHER**

Maintain soft, even-toned bikini lines, and reduce the appearance of ingrown hair and breakouts.  
*30 minutes*

*Not recommended if you've waxed 24-48 hours.*

## *Refining Facials*

*Each facial is customized to your skin care needs. All facials include cleanse, exfoliation, mask, steam, massage and extractions when necessary. Please consult with your esthetician for any skin care concerns.*

### **RENEWAL FACIAL**

The skin will look and feel younger immediately. This facial can be adapted for all skin types.  
*60 minutes*

### **PURIFYING FACIAL**

Increases hydration, clears unflattering breakouts, repairs sun damage and fine lines. Uses botanical and aromatherapy based products.  
*60 minutes*

### **ULTIMATE YOUTH FACIAL**

Cutting edge anti-aging technology regenerates the face, décolleté, and hands. Revealing a long-lasting, brilliant, fresh, and more youthful skin.  
*90 minutes*

### **GENTLEMAN'S FACIAL**

Re-balances and purifies the skin. (Please shave 2 hours before treatment.)  
*60 minutes*

## *Add to any Facial*

### **'VISUALIFT' EYE TREATMENT**

Specifically designed for the delicate eye area, this treatment incorporates super-gentle enzymes, eye-lifting massage, and peptide technology to firm, hydrate, and lift.

*Add on to any facial 15 minutes.*

### **COLLAGEN EYES**

An eye treatment to soften, smooth and moisturize the delicate area of the eyes.

*Add on to any facial 15 minutes.*

### **PARAFFIN HAND TREATMENT**

*Add on to any facial 15 minutes.*

### **FACIAL WAXING**

*Add to any facial 15 minutes.*

### **EYEBROW SHAPING**

*30 minutes*

### **BODY WAXING**

*Bikini 30 minutes*

*Leg (full) 60 minutes*

*Leg (half) 30 minutes*

*Back 60 minutes*

### **LACTIC ACID GREEN TEA PEEL**

*Add to any facial.*

## *Nail Finishes*

*All classic nail treatments include an exfoliation treatment and lotion application. Finishing with nail, cuticle care, and nail polish application. All nail services are done at The Breakwater Spa.*

### **CLASSIC MANICURE AND PEDICURE**

*Manicure 30 minutes*

*Pedicure 30 minutes*

*Manicure & Pedicure 60 minutes*

### **SPA MANICURE AND PEDICURE**

*Includes hand or foot hydrating mask with extended massage.*

*Manicure 50 minutes*

*Pedicure 50 minutes*

*Manicure & Pedicure 100 minutes*

### **A LA CARTE**

*French Manicure*

*French Pedicure*

*Polish Change*

*Paraffin Treatment*

### **KENNEBUNK RIVER STONE**

#### **MANICURE - PEDICURE**

*Warmed Kennebunk River stones, Maine Sea Salt and a hydrating mask inspire smoother hands and feet. Finish with polish or buffing.*

*Manicure 50 minutes*

*Pedicure 60 minutes*

*Manicure & Pedicure 110 minutes*

## *The Art of Make-Up*

### **MAKE-UP APPLICATION**

*30 minutes (In Service only)*

### **MAKE-UP LESSON**

*90 minutes*

*Lesson includes customized lesson chart, eyebrow shaping and a complimentary lipstick or lip sheer to take home – Please schedule at the Breakwater Inn.*

### **SPECIAL OCCASION MAKE-UP**

*By consultation with our Spa Concierge.*

*Please schedule at the Breakwater Inn.*

## *Bath Experiences*

*Presented in your suite.*

### **LIGHT OF THE MOON PLUNGE**

A bubbling and fizzing bath of marine pebbles infused with mandarin, orange and lemon essential oils helps reduce stress and soothe the body.

### **HYDRATING BATH**

Relax and hydrate the body in our bath with effervescent hydrotherapy bath pebbles.

### **ELEMENTAL BODY COCKTAIL**

Sea salt rich in vitamins, minerals and trace elements help relieve muscle fatigue while increasing the body's metabolism for a feeling of renewal and strength.

### **AROMA SEA BATH**

Enjoy the "Secrets of the Sea" as you soothe muscle aches and pains with natural marine algae and trace elements. The ocean's nutrients nourish, tone, remineralize, and detoxify the skin tissues.

## *Packages*

*All packages include a tea service at the White Barn Inn Lounge for your enjoyment.*

### **THE WHITE BARN INN EXPERIENCE**

90-Minute Swedish Massage

Ultimate Youth Facial

Mineral Wrap

*4 hours*

### **RITUAL RETREAT**

Bath Ritual

Detoxifying Body Wrap

Purifying Facial

*3 hours, 30 minutes*

### **KENNEBUNK SERENITY**

Renewal Facial

Kennebunk River Stone Massage

Hydrating Wrap

Paraffin Treatment

*3 hours, 15 minutes*

### **COUPLES SOJOURN**

Swedish Massage

Renewal Facial For Her

Gentleman's Facial For Him

Detoxifying Body Wrap

*3 hours*

### **REGAL REMEDY FOR HIM**

Gentleman's Facial

Deep Tissue Massage

Hydrating Body Wrap

*3 hours*

### **BRIDES BLISS**

Aromatherapy Massage

Purifying Facial

Hydrating Wrap

Make-Up Application

*4 hours*

*Private In-Spa parties (pre-arranged) are available upon request. Please allow 6-8 weeks in advance.*

## *Spa Facility Information*

Welcome to The White Barn Inn & Spa. We are pleased to offer the ultimate spa experience during your visit with us.

### **GIFT CERTIFICATES**

Spa Gift Certificates are a wonderful way to give the gift of health, relaxation and beauty to the special people in your life. Gift certificates may be purchased at the front desk, spa desk or by phone and may not be redeemed for cash.

### **APPOINTMENTS AND RESERVATIONS**

We strongly recommend that you schedule spa appointments prior to your arrival at the Inn. Reservations are subject to availability.

### **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 7 days 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.

### **DO YOU HAVE SPECIAL HEALTH CONSIDERATIONS?**

Please notify our reservation department if you have high blood pressure, allergies, physical ailments or special needs that would affect your choice of services. This information will be completed on your Personal Care Guide upon arrival at the spa.

### **ARRIVAL**

We suggest that you arrive 10 minutes before your appointment time to sign in.

### **LATE SHOW**

As a courtesy to following clients, late arrivals will only receive the remaining available appointment time and will be charged the full service fee.

## *For the New Spa Guest*

### **WHAT SHOULD YOU WEAR?**

A robe and slippers 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. For facials, we provide body wraps to cover the lower and upper half of your body.

### **SHOULD YOU SHAVE BEFORE A TREATMENT?**

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

### **IS THERE AN AGE REQUIREMENT TO USE THE SPA?**

All spa guests must be 16 or older to schedule a treatment. Younger guests will need to have a parent present for their treatment.

### **CELLULAR PHONES**

In consideration of our other guests, we ask that you turn off your cell phone and/or pager before entering the spa.

### **HOW ARE PAYMENT AND GRATUITIES HANDLED?**

We accept all major credit cards, personal checks, and traveler's checks. For your convenience a discretionary 20% gratuity will be added to your spa service.

### **VALUABLES**

The spa is not responsible for damage or loss of your personal belongings. We recommend that you do not bring valuables to the spa.

*Thank you and we look forward to your visit!*



## HOURS

June – November 8am – 8pm, Fitness\* opens at 7am

December – May 10am – 6pm, Fitness\* opens at 9am

*\* Located in nearby facility.*

P.O. Box 560C  
Beach Avenue  
Kennebunkport, ME 04046

T 207 967 2321

F 207 967 1100

[WWW.WHITEBARNINN.COM](http://WWW.WHITEBARNINN.COM)