




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

Unique to the White Barn Spa, the Signature Treatments include our luxurious foot ritual, seasonal herbs and a Signature gift.

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, soak in a luxuriating Milk Bath, hydrate 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

DIAMOND RADIANCE FACIAL

An ultra luxurious facial offering immediate results for those seeking a more youthful appearance. Advanced ingredients reactivate the cellular metabolism resulting in increased firmness, elasticity and fullness to the skin. Light reflecting diamond particles minimize the appearance of fine and deeper set lines while softening the skin.
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.

60/90 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, Swedish, Kennebunk River Stone, or Reflexology massage techniques.

60/90 minutes

THAI ON THE TABLE

An ancient Asian massage combining deep yet gentle stretching, passive yoga and acupressure resulting in increased flexibility, stress reduction, and enhanced wellness.

This style of massage may not be suitable for all guests. Please inquire about health contradictions at the time of booking. **Please wear comfortable, loose fitting clothing.**

90 minutes

Rejuvenating Body Treatments

DETOXIFYING BODY WRAP

Deeply cleanses, exfoliates, nourishes and soothes using medical patented marine algae. A choice of aroma essences is used to detoxify, energize, tone or relax to further enhance your experience. Refresh with a soothing application of hydrating body lotion.
60 minutes

TOTAL SKIN FITNESS ANTI-AGING BODY PEEL BY SONYA DAKAR

An anti-aging, intensive full body treatment dedicated to achieving results and feeding your skin with the nourishment it craves. A unique blend of Organic Omega 3 Complex, lactic acid and anti-aging protein peptides exfoliate, rejuvenate and firm, while stimulating blood circulation to promote healthier skin. An all-over Body Peel improves and brightens skin's texture while reducing the signs of aging.
90 minutes

RED FLOWER HAMMAM RITUAL

A ritual-based body treatment inspired by the ancient skin care practices of the Turkish bath house deeply detoxifies and warms the skin. This five-step treatment cleanses, exfoliates, wraps and massages the body. An invigorating blend of jasmine, bergamot, orange blossom and clove offer a therapeutic experience for mind and body.
90 minutes
Add the Neroli Cypress Bath Soak 110 minutes

RED FLOWER JAPAN RITUAL

A deeply nourishing, skin softening treatment based on Japanese practice that will purify your skin with sea algae, gently exfoliate and polish with ohana ginger grass and cherry blossom rice, hydrate with plum blossom silk cream and energize the body with a lime silk oil massage.
90 minutes
Add the Hinoki Mint Bath Soak 110 minutes

THALGOMINCE LC24 WRAP

A specialized treatment targeting localized cellulite by slimming fat cells and releasing toxins and impurities. Results include smoother, firmer, and sculpted legs, thighs and abdomen.
90 minutes

EXFOLIATING BODY GLOW

An in-depth exfoliation eliminates dead skin cells while an application of Nourishing Body Oil and Omega Hydrator leave the skin supple, soothed and replenished.
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

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.

ESSENTIAL FACIAL EXPERIENCE

A pampering and hydrating facial customized to your individual skin needs. Deep cleansing, exfoliation, clay mask and moisturizers leave the skin softened and revitalized.

60 minutes

Add an Alpha Beta Peel to the Essential Facial for a more radiant, smoother and younger-looking complexion. 15 minutes

CLEAR CONTROL FACIAL

A specialized treatment to clear unflattering breakouts, balance excess oil production and purify pores without excess dryness and irritation. Soothing ingredients ease the discomfort from breakouts all while clarifying the complexion.

60 minutes

BOOSTER BLUE FACIAL

A soothing facial to relieve redness and irritation caused by Rosacea and sensitive skin conditions. Specialized ingredients gently reduce inflammation and calm the skin while maintaining hydration.

60 minutes

VITAMIN C RESVERATROL

AGE REVERSAL FACIAL

A remarkable facial incorporating the nourishing ingredients of vitamin C, resveratrol, peptides and an alpha beta peel repair and refine your complexion. The appearance of fine lines are reduced, sun spots are lightened and scars softened. Skin will appear remarkably firmer and healthier with a radiant glow.

90 minutes

TERRE & MER ORGANIC FACIAL

An organic facial that will leave your skin perfectly nourished, comforted and hydrated. A combination of Mediterranean sea algae and organic essential oils ease dehydrated skin.

60 minutes

GENTLEMAN'S FACIAL

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

60 minutes

Add to any Facial

DIAMOND EYE TREATMENT

An advanced eye treatment specifically designed to hydrate, firm and plump the eye area as well as diminishing the appearance of dark circles.

Add on to any facial 10 minutes.

COLLAGEN EYES

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

Add on to any facial 10 minutes.

LUSCIOUS LIP THERAPY

A specialized lip treatment to soften the appearance of fine lines around the mouth and instantly plump your lips.

Add on to any facial 10 minutes.

PARAFFIN HAND TREATMENT

Add on to any facial 10 minutes.

FACIAL WAXING

Add to any facial 15 minutes.

BODY WAXING

Bikini	25 minutes
Leg (full)	50 minutes
Leg (half)	25 minutes
Back	50 minutes
Underarm	25 minutes

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	35 minutes
Manicure & Pedicure	65 minutes

SPA MANICURE AND PEDICURE

Includes hand or foot hydrating mask with extended massage.

Manicure	40 minutes
Pedicure	50 minutes
Manicure & Pedicure	90 minutes

KENNEBUNK RIVER STONE MANICURE AND 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

SPORTS PEDICURE

Ideal for dry, callused feet in need of additional exfoliation. Includes a paraffin foot treatment.

60 minutes

ANTI-AGING MANICURE

Gentle lactic acid peel brightens and improves skin's texture while reducing the signs of aging.

50 minutes

A LA CARTE

French Manicure
French Pedicure
Polish Change
Paraffin Treatment

The Art of Make-Up

MAKE-UP APPLICATION

30 minutes

MAKE-UP LESSON

60 minutes

Bath Experiences

All butler-drawn baths are booked through the front desk concierge and are offered in Junior Suites, May's Cottage and the Loft Suite. Our bath butler will arrive at the given time to transform your bath with richly fragrant waters and delicately scented candles.

ALL DRAWN BATHS AT THE WHITE BARN INN & SPA feature Molton Brown and Kai Bath and Spa Products. Made to exacting specifics in the UK, Molton Brown Bath Products are hypoallergenic. Bath packages are custom prepared and all of the products are available for purchase.

If you wish, you may add a chilled bottle of champagne to enjoy in the twinkling candlelight. Kindly check with the Front Desk to select from our extensive list.

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
Diamond Radian
Mineral Wrap
4 hours

RITUAL RETREAT

Bath Ritual
Detoxifying Body Wrap
Terre & Mer Organic Facial
3 hours, 30 minutes

KENNEBUNK SERENITY

Essential Facial
Kennebunk River Stone Massage
Hydrating Wrap
Paraffin Treatment
3 hours, 15 minutes

COUPLES SOJOURN

Swedish Massage
Essential 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
Essential 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 spa concierge 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.**

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