



Traditional Western Therapy

❖ **Signature White Barn Inn Massage** **90 minutes \$225** **120 minutes \$295**

Our most popular massage begins with a mineral rich foot soak to relax and lift the spirit. This highly customized experience includes an integration of both therapeutic and holistic massage techniques, pure aromatherapy oils and an infused hot towel treatment to reduce tension and revitalize the whole system.

Deep Tissue Massage **60 minutes \$180** **90 minutes \$210**

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

Kennebunk River Stone Massage **60 minutes \$160** **90 minutes \$190**

Warm river stones are placed on the Chakra centers of the body throughout your treatment. Relieves tense muscles, sore joints and increases energy.

Therapeutic Massage **60 minutes \$160** **90 minutes \$180**

A customized massage session which utilizes varying techniques created to support you in achieving your wellness goals. A unique, select blend of pure essential oil aromatherapy is incorporated to enhance the intention of your session.

Swedish Massage **60 minutes \$150** **90 minutes \$180**

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

Prenatal Massage **60 minutes \$150** **90 minutes \$180**

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

Aromatherapy Massage **60 minutes \$160** **90 minutes \$190**

Swedish massage strokes are used with aromatherapy oils to relax the muscles and the mind.

NEW Raindrop Therapy **90 minutes \$215**

Based on the Native American wellness traditions, this harmonizing therapy utilizes the unique powers of pure, authentic essential oils applied like drops of rain above the body. A total body treatment using rejuvenating yet relaxing massage techniques to lift the spirit and balance energy in order to support the whole on a physical and emotional level.

Eastern Healing

NEW Himalayan Salt Stone Massage **90 minutes \$190**

Heal with the elements through an integration of thermal therapy, Himalayan salt and powerful yet relaxing therapeutic massage techniques. The organic trace minerals of the natural salt stones replenish the body and balance energy.

Thai Yoga Massage **60 minutes \$170** **90 minutes \$200**

An ancient Asian massage combining deep yet gentle stretching, passive yoga, and acupressure resulting in increased flexibility, stress reduction, and enhanced wellness. Please wear comfortable, loose-fitting clothing

Red Flower Hammam Ritual **90 minutes \$225** **110 minutes \$275 with Bath Soak**

A ritual-based 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, massages and deeply moisturizes the body. An invigorating blend of jasmine, bergamot, orange blossom and clove offer a therapeutic and luxurious experience.

Reflexology **60 minutes \$145** **90 minutes \$185**

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

Reiki: Universal Life-Force Energy **60 minutes \$135** **90 minutes \$175**

A Japanese holistic healing energy to treat the whole person, mind, body, spirit and emotions. Promotes a state of relaxation and feeling of peace and well-being.

All massage treatments can be performed as a Couple's massage in our Couple's Spa Suite

Rejuvenating Body Treatments

❖ Integrated Body Treatment

90 minutes \$225

Your journey begins with an invigorating sweet and savory full body exfoliation. Next, relax in soothing milk bath in our Infinity Edge soaking tub to de-stress your tensed muscles. Your personal therapist will then utilize integrated massage therapies on your entire body before your sublime full body wrap. This treatment will relax and rejuvenate your mind, body and soul.

❖ Mineral Wrap

90 minutes \$190

Maine sea salt exfoliates to smooth, polish and heal your skin while allowing the absorption of nutrients from the warm active marine mud and aroma essences; a rejuvenating Swiss shower and nutrient rich moisturizer will leave your skin feeling tighter, smoother and energized.

Detoxifying Wrap

60 minutes \$175

This algae wrap deeply cleanses, exfoliates, and soothes your mind and body. Aromatherapy enhances your experience and an application of a hydrating body cream leaves you feeling refreshed and nourished.

Exfoliating Body Glow

60 minutes \$160

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

❖ Bath Ritual

90 minutes \$190

Relax your body and mind with a hydrotherapy soak in our Infinity edge soaking tub filled with your choice of our soothing lagoon water bath pebbles or our luxurious milk bath. After your calming soak, enjoy a tranquil Swedish massage and hydrating body cream application.

❖ Seasonal Body Treatment

90 minutes \$200

Discover the healing properties of seasonal herbs and ingredients. This seasonally changing body ritual aims to rejuvenate and rebalance the body.

Facials

❖ Signature White Barn Inn Facial

90 minutes \$200

This relaxing, anti-aging treatment is designed to rejuvenate your complexion and skin tone, reduce fine lines and wrinkles, brighten your complexion, and hydrate your skin. Included is a detailed skin analysis, cleanse, exfoliation, soothing mask, steam and nutrient rich moisturizer. A mineral rich foot soak and aromatherapy blend are added to suit your needs and is complete with a nourishing paraffin treatment.

NEW Age Defying Facial

90 minutes \$200

This deep cleansing treatment is going to stimulate, purify and heal the skin. Included in the facial is a high frequency oscillating electrical current treatment which is utilized to prevent or diminish wrinkles, treat acne, tighten eye muscles to eliminate puffiness and boost your overall appearance.

Essential Facial

60 minutes \$140

This facial is customized to your skin care needs and can be adapted to all skin types. This facial is rejuvenating and purifying and includes cleansing, exfoliation, mask, steam and massage.

Gentleman's Facial

60 minutes \$140

Rebalances and purifies the skin.

Cleansing Back Facial

60 minutes \$140

A customized and calming treatment for your back. This includes a cleanse, detailed skin analysis, deep pore exfoliation, detoxifying treatment mask, steam and massage. This treatment is enhanced with the use of Himalayan salt stones.

❖ Indicates a Grace White Barn Inn Signature service

Facial Treatment Enhancements

Facial peel \$65

Improves skin texture and tone, reduces the effects of sun damage and restores a more youthful appearance.

Paraffin Treatment \$35

Soothe, heal and rejuvenate the appearance of the skin on your hands or feet.

High Frequency Treatment \$65

A gentle and safe oscillating oxygenating glass electrode is applied to the skin to prevent or diminish wrinkles, treat acne, tighten eye muscles to eliminate puffiness and boost your overall appearance.

Eyelash and/or Eyebrow Tint \$40 each

Naturally accentuate your face shape and compliment your skin tone with this safe and effective customized tint that will be sure to make your eyes pop.

Hair Removal Prices begin at \$25

Your highly skilled Esthetician is on hand to assist your needs. Consultations are complimentary.

Mainly for Men Spa Treatments

Sports Massage 60 minutes \$170 90 minutes \$195

A massage customized to target your hardest working muscles. This therapy focuses to increase sport performance, restore mobility, and prevent injury while assisting the body to maintain a healthier form.

Gentleman's Facial 60 minutes \$140

Rebalances and purifies the skin. *Please shave 24 hours before treatment.

Men's Detox Back Facial 60 minutes \$160

A deeply exfoliating and warming treatment therapy for your back. This includes a cleanse, a detailed skin analysis, deep pore exfoliation, and detoxifying treatment mask. This treatment is enhanced with the use of Himalayan salt stones.

Scalp Massage 30 minutes \$80

An intoxicating blend of pure authentic essential oils is personally blended to suit your needs. A scalp massage is choreographed with pressure point therapy to relax the mind and body.

Hair Removal for Men Prices begin at \$25

Your highly skilled Esthetician is on hand to assist your needs. Consultations are complimentary.

30 Minute Mini Treats

Mini Facial \$85

A miniature version of our most popular facial, this lunch-time facial is customized to suit your needs.

Reflexology \$75

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

Reiki \$75

Promote a state of relaxation and feeling of peace and well-being with an introduction to this holistic healing energy.

Hand and/or Foot Facial \$65 each

An anti-aging treatment that revitalizes tired, sore hands and feet. Complete with an exfoliation, warm compress, silky-smooth masque and relaxing massage.

Body Exfoliation \$80

The perfect addition to any facial or massage. This 30-minute treatment include a full body scrub, raindrop shower and application of a nutrient rich moisturizer.

Hydrotherapy Soak \$80

The ultimate treatment to relax the body and mind. Our Infinity Edge soaking tub is drawn with a selection of the highest quality aroma soaks.

Packages

Spa Date Night \$550 per couple

The experience begins with a warm welcome by the Spa Therapist with something to sip on followed by a fireside 90-minute custom therapeutic massage for each. Receive exclusive use of the Couple's spa treatment suite after your massages where you can unwind in the Infinity edge soaking tub or invigorate in the raindrop shower. The evening is complete as you enjoy sparkling wine with chef's choice canapes and chocolate covered strawberries. A small gift will be chosen for you as a reminder of your special evening.

The White Barn Inn Experience \$550 (4 hours 30 minutes)

White Barn Inn Signature Massage
White Barn Inn Signature Facial
Mineral Body Wrap

Kennebunk Serenity \$450 (3 hours 15 minutes)

Essential Facial
Kennebunk River Stone Massage
Detoxifying Body Wrap
Paraffin Treatment

Couple's Sojourn (3 hours)

Swedish Massage for each
Essential or Gentleman's Facial for each
Detoxifying Body Wrap for each



Grace White Barn Inn & Spa, Relais & Chateaux is located at

37 Beach Avenue

Kennebunk Beach, Maine 04043

www.whitebarninn.com

Phone: +1 207 967 2321

Open at 8:00am-7:00pm

Facilities & FAQs

SPA FACILITY INFORMATION

- **Gift Certificates:** Gift certificates may be purchased at the front desk, spa desk or by phone and may not be redeemed for cash.
- **Appointments:** 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 100% charge will be applied to your credit card in compliance with this policy. No show appointments will be charged in full.
- **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.

FREQUENTLY ASKED QUESTIONS

- **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 discreet 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 24 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 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% service charge 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.