

## Facials

### FAIRWINDS FACIAL

A gentle exfoliation and deep hydration that naturally restores your skin's natural glow.

60 minutes: \$115.00

### AROMATHERAPY FACIAL

Choose from our selection of aromatherapy oils. This customized facial benefits your skin while providing an uplifting scent experience.

60 minutes: \$150.00

### SEA OF LIFE ANTI-AGING FACIAL

Our anti-aging facial hydrates and soothes your skin. This facial will help expand cell life, oxygenate your skin, refine your pores and heal sun damage.

90 minutes: \$170.00

## Body Scrub & Wraps

### HARBORVIEW SALT SCRUB

An invigorating treatment for the skin. Salt and oil are applied and rubbed vigorously across the body. Lotion is then applied to moisturize the skin.

60 minutes: \$120.00

### SEA ROSE BODY WRAP

This body wrap includes a gentle exfoliation. Rose is applied to the body to firm and hydrate the skin.

60 minutes: \$130.00

### OCEAN RENEWAL BODY WRAP

Allow your body to be nestled in an algae cocoon. Stimulating skin brushing and a body scrub will leave the skin glowing and soft.

90 minutes: \$180.00

\*Check for weekly Esthetics Enhancements  
12 and Under

## Nail Services

Manicure: \$40.00

Pedicure: \$55.00

Manicure & Pedicure: \$90.00

20% Discount for Guests  
12 and Under

## Come relax with us...

### THE SEA BREEZE SPA SUITE

Our luxurious spa suite is a relaxing haven where you can have side by side spa treatments. All Fairwinds Spa services are available in our Sea Breeze Suite.

Relax in your own waterfront oasis and get cozy by the fire. Sip a warm cup of aromatic tea from your personal tea station or a cold beverage from the fully stocked mini-fridge. After your service, you'll find a well-stocked beauty bar containing an array of personal amenities for your convenience.

Enjoy pre and post treatment time together with your partner, family or friends. \$25 per person/per hour.

### SPA PACKAGES

Check [sebasco.com/spa](http://sebasco.com/spa)  
for our current spa packages.

### CANCELLATION POLICY

Your time is especially reserved for you.  
If you cannot keep your appointment, kindly give  
24 hours notice to avoid any cancellation fees.

Please arrive 15 minutes  
prior to your service to  
check in and complete paperwork.

**For your convenience a 20%  
gratuity will be added to all services.**

To ensure your preferred times and service, we  
strongly suggest scheduling appointments at least  
two weeks in advance of your stay to insure that  
you can enjoy the services you want.

# Fairwinds Spa

SEBASCO HARBOR RESORT



Spa Phone: 207-371-5100

Resort: 207-389-1161

Internal Extension: 5100

PO Box 75 • 29 Kenyon Road

Sebasco Estates, Maine 04565-0075

[www.sebasco.com](http://www.sebasco.com)

**Open to the Public**

# Massage Therapy

## FAIRWINDS MASSAGE

Our signature full body massage that combines Acupressure, Swedish, and an array of relaxing techniques to bring peace to the body and mind.

30 minutes:	\$70.00
60 minutes:	\$115.00
90 minutes:	\$170.00

## THERAPEUTIC MASSAGE

A customized massage that incorporates Swedish and Deep Tissue techniques to release patterns of tension throughout the body.

30 minutes:	\$85.00
60 minutes:	\$140.00
90 minutes:	\$200.00

## COUPLES MASSAGE

Choose any combination of massage services. Share the Fairwinds experience with someone special in our Spa Suite overlooking Casco Bay.

60 minutes:	\$50.00 surcharge
90 minutes:	\$75.00 surcharge

## HOT STONE MASSAGE

Warm smoothing stones are applied to the body. This offers a myriad of benefits to the lymphatic system and eases tight muscles.

60 minutes:	\$165.00
90 minutes:	\$225.00
120 minutes:	\$320.00

\*Therapists are permitted to take a 5-minute break if need-be during a 120-minute massage.



## PRENATAL MASSAGE

A specially designed massage for the expecting parent in their second or third trimester. This massage is performed in a side lying position. The Therapist will address back strain, foot tension, and any other discomforts commonly associated with pregnancy.

60 minutes:	\$155.00
90 minutes:	\$210.00

## MASSAGE ENHANCEMENTS

Hand Rejuvenation:	\$35.00
Foot Rejuvenation:	\$35.00
Hair & Scalp Rejuvenation:	\$35.00
Foot Massage:	
Relaxing Foot Massage:	\$30.00
Targeted & Deep Foot Massage:	\$40.00
Aromatherapy Blended Oil or Lotion:	\$35.00
Sinus Relief Massage:	\$45.00
CBD Massage	\$45.00

\*Additional time is not added to enhanced services\*

## FOOT SOAK

Enjoy a pot of freshly brewed tea and the revitalizing benefits of a Fairwinds foot soak. We employ a combination of specialized herbs to heal sore and tired feet.

30 minutes:	\$60.00
60 minutes:	\$110.00

## FOOT SOAK ENHANCEMENTS

CBD Foot Soak:	\$15.00
Foot Scrub:	\$15.00
Foot Massage:	
Relaxing Foot Massage:	
\$30.00 (20 minutes)   \$60.00 (40 minutes)	
Targeted & Deep Foot Massage:	
\$40.00 (20 minutes)   \$80.00 (40 minutes)	
Head & Neck Massage:	
\$40.00 (20 minutes)   \$80.00 (40 minutes)	

# Energy Work

\*Energetic enhancements for massage typically are 15 minutes in length; however, this is left to the therapist's discretion.

## CRANIOSACRAL THERAPY

A system that employs subtle movements to release nervous system tension. This can be very relaxing. It is beneficial for headaches and neck pain.

30 minutes:	\$70.00
60 minutes:	\$115.00
90 minutes:	\$170.00
MASSAGE ENHANCEMENT:	\$40.00

## POLARITY THERAPY

This massage-like energetic treatment seeks to bring harmony to the mind and body. Through balancing body's poles and elements, a state of calm is restored.

30 minutes:	\$70.00
60 minutes:	\$115.00
90 minutes:	\$170.00
MASSAGE ENHANCEMENT:	\$40.00

## REIKI: HEALING TOUCH

Reiki attempts to release energetic blockages and stagnation. The channeling of this energy creates physical and emotional balance.

30 MINUTES:	\$60.00
60 MINUTES:	\$100.00
90 MINUTES:	\$150.00
MASSAGE ENHANCEMENT:	\$35.00

