

# SOAKOLOGY®

FOOT SANCTUARY & TEAHOUSE

## SPA MENU

### RELAXING FOOT SOAKS

#### tension relief

*calm the mind, relax the muscles*

a foaming blend of lavender, coconut milk, honey and ginseng in pacific sea salt

35

#### beach rose bath salts

*create peacefulness*

a relaxing blend of rose petals, geranium & lavender in detoxifying sea salts

35

#### soothing aromatherapy

*calm your nerves*

a soothing & relaxing blend of lavender, fennel, ylang ylang, citrus & detoxifying sea salts

30

### MOISTURIZING FOOT SOAKS

#### healing rose and lavender bath melt

*our signature essential bath melt*

ultimate hydrating and relaxing blend of essential oils, lavender buds and rose petals

35

#### milk, honey and lavender

*luxuriously hydrating and sudsy*

combination of lavender, coconut milk, sea salt and nourishing wildflower honey

38

### UPLIFTING FOOT SOAKS

#### clarity of mind

*uplift your mind, elevate your spirits*

a moisturizing blend of grapefruit, lime, rosemary, acai and detoxifying sea salts

35

#### maine forest bath salts

*woody and detoxifying*

uplifting blend of dead sea salts infused with eucalyptus, aloe and vitamin E

35

### CURATIVE FOOT SOAKS

#### hormonal balancing

*help create balance and calm the nerves*

a relaxing blend of essential oils and a touch of cocoa

38

#### pain relief

*help relieve achy, sore muscles*

an uplifting blend of detoxifying sea salts, eucalyptus and peppermint

35

#### lavender cleansing

*gently relaxing*

sudsy soak with lavender

26

#### honey cleansing

*pure & simple*

unscented soak with the clarifying and antioxidant properties of honey for sensitive skin

24

#### healing hydration

*intensely hydrating*

a healing sea salt blend infused with seaweed, green tea, lavender, rosemary, vitamin E and aloe vera

35

#### chocolate and mint

*brighten your mood*

sweet uplifting aromatherapy that softens the skin

38

#### peppermint cleansing

*refreshingly sudsy*

great for circulation

26

#### peace of mind

*help fight symptoms of foot fungus*

our proprietary blend of essential oils, detoxifying sea salts, black walnut leaf and wild flower honey

40

#### relax and recover

*help increase circulation and relieve muscle pain*

Seaweed and sea salts infused with eucalyptus and peppermint

soothing dry, rough skin; great for runners and athletes

38

### ADD-ON TREATMENT

#### pumice therapy

*add to any soak*

exfoliate & smooth dry, rough feet

20

### MASSAGE AND REFLEXOLOGY

#### foot lower leg

20 minutes 34

40 minutes 70

#### hand lower arm

20 minutes 34

40 minutes 70

#### head neck shoulder

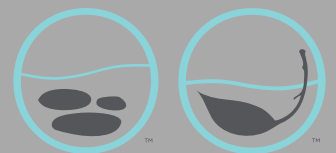
20 minutes 38

40 minutes 84

#### reflexology

40 minutes 73

60 minutes 98



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

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## PACKAGES

### clarity of mind and spirit

*uplift your mind, elevate your spirits*

revive and de-stress with our clarity of mind line; using a moisturizing blend of grapefruit, lime, rosemary and acai pure essential oils

190

**INCLUDES:**

- 60 minutes of aromatherapy massage focusing on: head neck shoulder + foot lower leg + hand lower arm
- aromatherapy sweet and spicy soak
- honey glow
- aromatherapy treatment with our clarity of mind essential oil blend
- pot of jasmine green tea
- personalized gift

### deep lavender relaxation

*inspires supreme relaxation*

relax the nerves and calm the mind with our luxurious tension relief line; using a luxurious blend of lavender, coconut milk, honey and ginseng

145

**INCLUDES:**

- 40 minutes of aromatherapy massage focusing on: foot lower leg + hand lower arm
- aromatherapy foaming milk & salt soak
- lavender glow
- aromatherapy treatment with our tension relief essential oil blend
- pot of chamomile lavender herbal tea
- personalized gift

### healing hydration

*intensely hydrating*

soothe sore, achy muscles and relieve dry skin with our healing hydration line; using a detoxifying blend of seaweed, green tea, lavender and rosemary

110

**INCLUDES:**

- 20 minutes of aromatherapy massage focusing on: foot lower leg
- aromatherapy salt soak
- honey glow
- aromatherapy treatment with our healing hydration essential oil blend
- pot of jasmine pearl tea
- personalized gift

### mellow mama

*a must for the new or expectant mother*

ultimate in relaxation with our luxurious lavender tension relief and essential bath melt lines; using a vitamin rich, velvety blend of lavender, neroli and rose hips

150

**INCLUDES:**

- 40 minutes of aromatherapy massage focusing on: head neck shoulder + foot lower leg
- aromatherapy essential bath melt soak
- lavender glow
- aromatherapy treatment with our tension relief essential oil blend
- iced lavender spritzer
- personalized gift

### maine woodsman

*woody and detoxifying*

uplifting relief for symptoms of a headache or seriously late night while softening the skin with our maine forest and pain relief lines; using a blend of eucalyptus, aloe and vitamin E

118

**INCLUDES:**

- 40 minutes of aromatherapy massage focusing on: foot lower leg
- aromatherapy dead sea salt soak
- aromatherapy treatment with our maine forest essential oil blend
- pot of ginger mint tea
- personalized gift

### tension relief face and scalp massage

*relieve stress and tension pressure*

nourishing, relaxing and deeply hydrating with our tension relief line; using an uplifting, yet calming blend of lavender, peppermint, rosemary, lemongrass and ginseng

88

**INCLUDES:**

- 20 minutes of aromatherapy massage focusing on: face and scalp
- aromatherapy foaming milk and salt soak
- aromatherapy treatment with our tension relief essential oil blend
- pot of coconut lavender yaupon tea
- personalized gift

Courtesy robe or wrap is available and recommended for most packages.

## GROUPS AND PARTIES

Our foot sanctuary spa seats up to 20. We offer two standard party packages containing predetermined components with all inclusive pricing. While we understand and are glad to assist when some groups would prefer to plan from our à la carte menu, the concise, predetermined menu helps your guests make decisions quickly so you can spend more time enjoying your visit. Upon arrival, each person will choose from a special menu of spa treatments, snacks and beverages and will receive an assortment of hors d'oeuvres.

### STANDARD SPA PARTY PACKAGES:

#### old port party package

specialty foot soak, a beverage and assorted hors d'oeuvres

82

#### casco bay party package

specialty foot soak, a massage or glow, a beverage and assorted hors d'oeuvres

122

**CELL PHONES & CAMERAS:** Cell phones must be turned off before entering the foot sanctuary spa. Please limit the use of cell phones in the teahouse. Cameras and camera phones are not allowed in the foot sanctuary spa.

**CHILDREN:** Children of all ages are welcome in the teahouse. Infants, toddlers, and young children cannot be accommodated in the foot sanctuary spa. Teenagers between the ages of 14-17 must be accompanied by a parent or guardian.

**PAYMENTS & PRICING:** We accept MasterCard, Visa and cash. Pricing is subject to change without notice. We also sell SOAKOLOGY® gift cards for pre-payment convenience. A 20% gratuity is automatically added to the bill for groups of 5 or more.

**GROUPS AND PARTIES:** Parties of five or more are welcome in our teahouse and foot sanctuary spa. Please note that group reservations for the foot sanctuary are highly recommended. There is a 72 hour cancellation or change policy for group reservations. Our guest services will assist with planning and booking your party. Gratuity is included in the total at 20% for all groups of 5 or more.