

FOOT SANCTUARY™ SPA FOOT SOAKS & POLICIES

REPLENISHING

Sea Salt Milk Bath™

Seriously soothing & calming
with lavender, coconut milk, honey
& ginseng
38

Evening Ritual™ Salt Soak

Transition from Chaos to Calm
with lavender & magnesium
35

Essential Bath & Body Melt™

Our signature bath melt for ultimate hydration with a blend of essential oils, lavender & neem
38

Honey Cleansing Soak

Pure & simple
with nourishing wild flower honey
28

BALANCING

Beach Rose™ Salt Soak

Create balance & peacefulness
with a blend of geranium, lavender & rose
35

Lavender Cleansing Soak

Gently relaxing & sudsy
28

Soothing Aroma™ Ylang Ylang Salt Soak

Neutralize the drama (help soothe & calm your nerves)
with lavender, fennel & citrus
35

MAINE FOREST™

Spruce Woods™ Salt Soak

Woodsy & detoxifying
with eucalyptus, rosemary & aloe
35

UPLIFTING

Clarity of Mind™ Citrus Silk Bath

Uplift your mind; elevate your spirits
with acai, rosemary & lime
35

Peppermint Cleansing Soak

Refreshingly sudsy
28

Gentle Awakening™ Sweet Orange Salt Bath

Brighten your senses
with tangerine, patchouli & magnesium
35

RECOUP & RECOVER

Breathe Easy™ Peppermint Salt Soak

Help reduce symptoms of a stuffy nose & sinus headache
with clove & magnesium
35

Zen Feet™ Tea Tree Salt Soak

Help fight symptoms of cranky, itchy feet (athletes foot & foot fungus)
with black walnut leaf & wildflower honey
39

Muscle Ease™ Seaweed Salt Soak

Soothe tight, achy, sore muscles & barking dogs (great for runners & athletes)
with spirulina, eucalyptus & peppermint
39

POLICIES

Cell phones, cameras & all electronics: 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 12-16 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 & 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.

FOOT SOAK ADD-ON TREATMENT

pumice therapy
add to any soak (with availability)
exfoliate & smooth dry, rough feet
20

MASSAGE & REFLEXOLOGY

feet lower legs

20 minutes 38
40 minutes 79

hand lower arms

20 minutes 38
40 minutes 79

head neck shoulders

20 minutes 42
40 minutes 89

reflexology

40 minutes 79

full body massage
customized to individual needs
available by appointment only

aromatherapy 9
add to any massage
or reflexology

COURTESY ROBE OR WRAP

available for any
foot sanctuary™ spa treatment
recommended for
head neck shoulders massage



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FOOT SANCTUARY™ SPA PACKAGES



AN EXTRAORDINARY EXPERIENCE
FOR AN ORDINARY DAY®

REPLENISHING

Deep Lavender Relaxation

Inspires supreme relaxation & replenishment

Help relax tense nerves & calm the body with our luxurious, nutritious & replenishing blend of lavender, coconut milk, ginseng & honey

111

INCLUDES:

Sea Salt Milk Bath™ foaming foot soak
Lavender glow; exfoliate & smooth legs & feet
20 minute aromatherapy massage focusing on the feet & lower legs
Pot of herbal tea (caffeine free) your choice
French macaron treat

Mellow Mama

A must for the new or expectant mother

The ultimate in relaxation & replenishment with our intensely hydrating Essential Bath & Body™ massage melt using vitamin rich, velvety blend of lavender, neroli, carrot & rose hips

154

INCLUDES:

Essential Bath & Body™ Melt velvety foot soak
Lavender glow; exfoliate & smooth legs and feet
40 minutes of aromatherapy massage focusing on the head neck shoulders & feet lower legs
Pot of herbal tea (caffeine free) your choice
French macaron treat

BALANCING

Beach Rose™ Harmony

Create balance & peacefulness

Helps the need to create harmony & equilibrium; steady the emotions & simply lighten up with our "hormone-ious" blend of geranium, lavender & rose

92

INCLUDES:

Beach Rose™ Salt Soak
Beach Rose™ glow; exfoliate & smooth legs & feet
20 minute aromatherapy massage focusing on feet lower legs
Pot of herbal tea (caffeine free) your choice
French macaron treat

UPLIFTING

Clarity Of Mind™ Inspire Focus

Uplift your mind, elevate your spirits

Wake up your senses with the refreshing, recharging essence of acai, rosemary & lime combined in just the right way to inspire.

105

INCLUDES:

Clarity of Mind™ Citrus Silk Bath foot soak
Antioxidant green tea citrus glow; exfoliate & smooth legs & feet
20 minute aromatherapy massage focusing on the head neck shoulders
Pot of jasmine rose tea
French macaron treat

MAINE FOREST™

Maine Woodsman™

Woodsy & detoxifying

Help relieve symptoms of a headache or seriously late night with our blend of eucalyptus, rosemary, aloe & vitamin E

114

INCLUDES:

Spruce Woods™ salt foot soak
Pumice therapy; smooth dry, rough feet
20 minute aromatherapy massage focusing on the head neck shoulders
Steamed beverage (your choice)
Coconut choomi treat

COURTESY ROBE OR WRAP

Available for any

Foot Sanctuary™ spa treatment.

Recommended for

head neck shoulders massage.

RECOUP & RECOVER

Muscle Ease™ Athlete's Dream

Soothe tight, achy, sore muscles & barking dogs

with our proprietary blend of seaweed, eucalyptus, peppermint & arnica

134

INCLUDES:

Muscle Ease™ Seaweed Salt Soak
40 minute aromatherapy & arnica muscle ease™ massage focusing on the feet lower legs & head neck shoulders
Matcha latte (cold or hot) your choice
Rosemary shortbread treat

Breathe Easy™ Release

Help relieve symptoms of tension headache & sinus pressure

with Breathe Easy™ Massage oil

94

INCLUDES:

Breathe Easy™ Peppermint foot soak
20 minute aromatherapy face & scalp massage
Pot of spicy peppermint tea
French macaron treat

GROUPS & GATHERINGS

Our foot sanctuary™ spa seats up to 18. We offer two standard packages containing predetermined components with all inclusive pricing per person. 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 and beverages and will receive an assortment of hors d'oeuvres.

STANDARD GROUP PACKAGES:

Old Port Package

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

Casco Bay Package

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