

The Spa
at 
SAYBROOK POINT INN

The Spa



Our Spa is located on a tranquil point where the Connecticut River meets Long Island Sound. Old Saybrook, identified by many for years as the place where the river meets the sound, offers you an opportunity to have the mind meet the body. Our mission is to provide you with space, services and treatments that treat the whole person.

We offer a variety of services that reflect the heritage and beauty of this meandering coastline. Some people may see our treatments as a simple pleasure, but in truth they are a valuable and therapeutic part of balancing the mind, body and spirit.

Each member of our Spa team is ready to fulfill your simplest request and heighten your sense of well-being. Both Spa and wellness offerings let you customize your experience. Our Spa is staffed by skilled estheticians and therapists. Our Fitness team members are certified experts with years of experience.

Surrounded by natural beauty, our Spa is committed to preserving our environment. We are part of the Green Spa Network. Saybrook Point Inn & Spa is the first Green hotel in Connecticut. Sustainable practices are incorporated into the daily operations of the Spa from protocols to products.

Come here and slow down, reduce the stresses of everyday life and reconnect to what's important to you.

You are invited to move at your own pace and leave feeling better than when you arrived.

We look forward to your visit...

Body

The Kate

75 minutes

\$125

Embracing her affection for the outdoors and her zest for life, this body ritual is a tribute to Saybrook native Katharine Hepburn. A full-body treatment ritual using a seasonal selection of organic products gives an indigenous accent to the Saybrook Point Spa menu. Multiple traditions of bodywork and energywork are blended together in an effective sequence which beautifies the skin, reestablishes grounding, and nourishes on mind, body, and soul levels.

“If you obey all the rules you miss all the fun.”

—Katharine Hepburn

Exfoliating Body Glo

50 minutes

\$95

This treatment will restore, refresh and soften your skin. Your body is gently exfoliated with a signature body polish. After a warm shower this treatment concludes with a full body application of a luxurious signature body crème leaving your skin soft and refreshed. A perfect prelude to a massage.

Seascape Ritual

50 minutes

\$115

An unforgettable treatment awaits you using organic sustainably cultivated seaweed. A special dry brushing technique stimulates the skin's circulation, while the body is then engulfed in the healing gifts of the ocean. Organic seaweed and heated nautical basalt stones are carefully placed and wrapped. When seaweed is steamed it produces amazing luxurious oils. Treat your skin as well as a full body benefit from the release of stress and tension.

Hydrating Rose Cocoon

50 minutes

\$115

Inspired by the Rugosa beach roses of New England, this nourishing treatment is perfect for everyday or a special occasion. Begin with an olive stone exfoliant, followed by a shower with light rose body wash. Pure essential oil of rose is applied to the body through a light body massage. This moisturizing spa ritual combines essential oils and creams to soften and hydrate your skin.



MASSAGE

Please inform our Spa Reception Desk if you are pregnant. You must be past your first trimester of pregnancy to receive a massage or body treatment.

Saybrook Point Massage 50 minutes \$95

After a brief conversation with your massage therapist to discuss your needs, this massage will be personalized for you. Incorporating a variety of massage techniques that use light to moderate pressure, your therapist will customize this into your very own treatment.

Deep Tissue Massage 50 minutes \$115

If you prefer a massage that is deeper, then this massage is for you. Focusing on the deeper layers of muscle tissue, this is a corrective and therapeutic treatment that releases chronic patterns of tension with slow strokes and deep finger, elbow and forearm pressure.

Aromatherapy Massage 50 minutes \$115

Combining the sense of smell and touch, this ancient therapy uses extracts of plants, fruits, flowers, herbs and spices. Pure essential oils are applied through pressure points to stimulate the nervous system while neuromuscular massage techniques balance the mind and body. This is a massage you will never forget.

Stone Massage 50 minutes \$115

Feel the penetrating energy and therapy of warm, smooth stones that promote a deep sense of relaxation. The warmth relieves stress and eases tense muscles; your therapist will combine Swedish massage techniques using additional warm stones as a massage tool to stimulate circulation and deep muscle work.

Massage for Two 50 minutes \$190

Share a relaxing massage with a family member, friend, partner or spouse in a private massage room for two. Experience a side-by-side, full body massage you both can enjoy at the same time.

Sports Massage 50 minutes \$115
Combining deep massage and stretching, this massage relieves muscular tension, pain and discomfort and helps increase flexibility and circulation. It is ideal for sports and fitness enthusiasts. With a concentration on specific muscle groups, this massage can help speed muscle recovery.

In-room Massage 75 minutes \$140
Now you can add another relaxing dimension to your stay at the Inn—a soothing massage in the comfort of your own room! A personal ritual awaits you including a warm aroma bath and spa robe delivered with candles and music. Personalize your massage based on your choice of Swedish, Deep Tissue, and even pre-natal massages for expecting mothers. It's the perfect gift for birthdays and anniversaries.

In-room Massage for Two 75 minutes \$280
Interested in a service for two? Simply request a room to accommodate a *Massage for Two* when making your reservation and we will provide the Inn room ritual . . . for two! Add a bottle of champagne, hor's doeuvres or have your own embroidered robes delivered to personalize your stay with us.

Add To Any Massage . . .

Massage Spot Therapy 15 minutes \$25
Perhaps you just need 15 more minutes . . . Please advise your therapist during the course of your treatment or at time of scheduling if you would like to extend your service.

Hand or Foot Quench- hand or foot \$10/both \$15
A deeply hydrating hand or foot quench can be paired with any massage. This is offered in an unscented shea butter or in your own personal essence.

Scalp & Hair Massage Treatment 15 minutes \$30
Release tension in the head and neck with this scalp and hair treatment. With the use of specialty oils, your therapist will loosen tension and relieve the tight muscles in the temple and neck that can lead to headaches and pain. Both the scalp and hair receive amazing benefits.





Skin Care

We have carefully selected quality products that define the essence of effective skincare; organic products that contain the highest possible levels of all-natural organically grown herbs, fruits and vegetables, as well as innovative dermatology products designed to improve overall health and appearance of the skin.

Customized Facial 50 minutes \$ 105

This facial features organic ingredients from an array of fruit, vegetables, herbs and spices that address a variety of skin concerns such as sensitive, sun exposure, lost tone and radiance. It offers a spectrum of cleansers, toners, exfoliants, masques, serums, eye creams and moisturizers that your facialist can select to give you a customized facial.

Anti-aging Facial 50 minutes \$ 105

This treatment incorporates mixes of berries and nourishing soy to hydrate, revitalize and firm stressed skin. This organic exfoliating facial brings about a noticeable, radiant, youthful glow with the regenerative and healing powers that only nature can produce.

Gentleman's Warm Towel Facial 50 minutes \$ 105

Using the same organic products as the *Customized Facial* this facial includes a deep cleansing, exfoliation and mask. It concludes with a warm towel facial wrap, barber-style, to help to reduce facial muscle tension. Skin is left soft and vibrant.

Added to Any Organic Facial . . .

Eye Treatment \$20

A four-step treatment for your eyes: Exfoliation; calm and reduce puffiness; address dark circles, fine lines & dryness and hydrate/treat crow's feet.

Lip Treatment \$20

A three-step treatment for your lips: Exfoliation; lip comforting masque; and plump/hydrate

Firming Facial 50 minutes \$115

This facial is for the guest who desires luminous, hydrated, firmer skin. Your skin will feel and look healthier with a radiant, firmer complexion. It is ideal for all occasions when you desire a glowing, visibly youthful appearance.

Regenerating Facial 50 minutes \$115

Designed for all skin types, this facial leaves the skin hydrated, refreshed and protected from impurities in the environment. It is perfect for skin that needs a circulation boost from travel, illness, medications or stress.

Gel Peel Treatment 75 minutes \$155

This Gel Peel Treatment comprised of glycolic & salicylic acid can be added to our Regenerating facial. The peel minimizes the appearance of surface lines, smoothes out rough skin texture, aids in clearing acne and fades hyper-pigmentation. The peel removes dead cells from the surface of the skin without irritation. *Not recommended for pregnant or lactating women.*



NAIL CARE

The Saybrook Point Hand Treatment 50 minutes \$60

This is a luxurious treatment for the hands and nails. A signature exfoliation is applied to the hands and forearms. A light massage follows with a softening treatment. Cuticles are perfected and nails shaped and refined with a buffing or polish application.

The Saybrook Point Foot Treatment 50 minutes \$75

Give your feet a little extra TLC. Feet soak in a refreshing bath of witch hazel, honoring Southeastern Connecticut as the witch hazel capital of the world. An exfoliation follows with warm shea butter wrap. Cuticles are refined, and a polish application completes this special care service.

Spa Manicure 50 minutes \$50

Hands and forearms are exfoliated and massaged with a moisturizing crème. Nails and cuticles are pampered into shape, ending with a flawless polish application or high gloss buff.

Spa Pedicure 50 minutes \$60

This is total relaxation for tired, overworked feet. It begins with a warm, aromatic soak in our whirlpool footbath plus nail and cuticle care. A foot and lower leg exfoliation and massage with a moisturizing crème will totally relax you. A nail polish application completes this experience.

French Manicure/Pedicure 50 minutes \$60/70

A spa manicure turned classic. A clean look that highlights the look of your natural nail.

Mini Manicure or Pedicure 25 minutes \$30/\$40

For those who participate in regular nail care. Features cuticle attention, nail maintenance and polish.

Add to Any Nail Service . . .

Hand or Foot Quench \$10/both\$15

A deeply hydrating hand or foot quench incorporating shea butter with your own chosen essence can be paired with any manicure or pedicure.

DEPILATORY

| | | |
|---------------------------------|------------|-------|
| Brow | 15 minutes | \$ 15 |
| Lip | 15 minutes | \$ 15 |
| Chin | 15 minutes | \$ 15 |
| Brow with shaping | 30 minutes | \$ 25 |
| Lip & Brow | 30 minutes | \$ 25 |
| Lip/Chin/Brow | 30 minutes | \$ 35 |
| Sides of Face | 15 minutes | \$ 15 |
| Underarm | 15 minutes | \$ 25 |
| Half Arm | 30 minutes | \$ 35 |
| Full Arm | 30 minutes | \$ 45 |
| Back or Chest (Partial) | 30 minutes | \$ 55 |
| Back or Chest (Full) | 45 minutes | \$ 75 |
| Half Leg | 30 minutes | \$ 45 |
| Full Leg | 45 minutes | \$ 75 |
| Bikini (Brazilian not included) | 30 minutes | \$ 35 |
| Bikini / Half Leg | 45 minutes | \$ 85 |
| Bikini / Full Leg | 75 minutes | \$115 |

Note: Times can vary

MAKE-UP

Mineral Makeup Application & Consultation \$40 & up

Makeup that is good for your skin! Jane Iredale mineral makeup is skincare with color. Recommended for all skin types and tones, and enhances your natural features. Learn the tricks of the trade!

Special Occasion Makeup 50 minutes \$75

Bring out your best features. Our makeup artist will work with you to find the perfect color that compliments your skin type for weddings, public appearances, photo's, or that special evening out. Consider having your make-up professionally applied. Guaranteed to turn a few heads your way!



PACKAGES

These spa experiences offer flexibility and variety. This is your time to create your personal escape. If you want a light bite or beverage while enjoying your treatment inquire about our special menu when making your reservation.

To further enhance your day, consider booking an overnight with us. Note: All treatments must be taken on the same day. Gratuity will be added at the time of departure.

The Spa Trio \$245

This relaxation day journey includes three popular treatments: 30-minute Exfoliating Body Glo, 50 minute Saybrook Point Massage, and 50-minute Customized Facial

This package includes 30 \$pa Dollars for you to use toward any Spa Food & Beverage menu item(s) or retail product(s).

Saybrook Wellness Package \$250

Combine Fitness services with Spa services for those on the go! One on One session with Body Composition, Sports Massage, Spa Pedicure

A Package for Two \$310

Share the day “together” whether it be relaxing as Mother/daughter, husband/wife, or simply sharing the day with a friend! This package includes: 50-minute Saybrook Point *Massage for Two* and a Spa Pedicure for each.

This package includes 40 \$pa Dollars for you to use toward any Spa Food & Beverage menu item(s) or retail product(s).

Coastal Spa Escape \$345

A package for that special someone or that special. Spend the day with us and receive Kate’s Signature Body Ritual, Stone Massages, and a Customized Facial.

This package includes 50 \$pa Dollars for you to use toward any Spa Food & Beverage menu item(s) or retail product(s).

Gentleman's Getaway \$230

Just enough . . . Saybrook Point Massage, Gentleman’s Hot Towel Facial & Scalp Hair Massage Treatment.

Custom Package TBD

Let us help you create your own package, including \$pa Dollars, based on your time allocation, budget and how you want to look and feel.

ROUTEEN

So Routine . . . So Not

Our services for the teen address more than the basics. Services, along with take home tips, help create a smart foundation that will last a lifetime. Two or more services include a logo carry bag and take home tips.

ROUTEEN Teen Make-Up Application and Lesson 30 minutes \$35

A makeup artist will teach the basics of applying makeup, choosing colors and enhancing your natural make-up. Our make-up artist will teach you how to moderately apply make-up that will enhance your natural beauty.

Teen PT Session 50 minutes \$60

Perhaps you are heading off to college and are worried about the “freshman 15”. Or you have left the everyday practices of your favorite sport and don’t know how to put a workout together? Here is a session that will give you the facts on strength training, flexibility and cardiovascular conditioning. Learn the right way to approach weight questions and exercise. Complete with a personalized exercise program.

ROUTEEN Facial 45 minutes \$75

Deep cleansing, toning, steam, mask, extractions and a facial massage in less than an hour. Our staff will teach you about home care routines that help produce clearer, healthier skin. Designed to address that unpredictable skin!

ROUTEEN Teen Manicure 25 minutes \$30

A special treatment for the hands; this classic manicure includes nail care, a sassy-scented lotion application, and a fashionable polish of your choice.

ROUTEEN Teen Pedicure 25 minutes \$30

Treat your feet to a tickling, foot soak with meticulous nail care, lotion application, and a polish for the prettiest toes in town!



FITNESS

All Fitness services include the use of the cardiovascular and individual strength training equipment, as well as a stretching areas, sauna, steam, whirlpool and indoor/outdoor pool.

Personal Training Session **50 minutes** **\$75**

Improving client's physical conditions and quality of life is our focus. Our trainers are certified by top nationally recognized organizations. Trainers are available by appointment to assist in all aspects of your exercise program including a focus on strength, flexibility, fat loss, endurance, relaxation or other specific training goals.

Personal Training Session for 2 **50 minutes** **\$90**

Share the cost and achieve more success. Get motivated and stay accountable by training with a friend or spouse. Work off those extra calories or leave for home with a new workout! A personal trainer will customize your workout for optimal results.

**Ask us about our workout sessions for small groups or private functions as well*

Assisted stretch **30 minutes** **\$40**

Increase flexibility and range of motion through assisted stretching. Appropriately gauged pressure is applied during a complete body stretch

Yoga or Pilates-Private Sessions **50 minutes** **\$75**

A private lesson for beginners to advanced students.

Body Fat Analysis (added to any of the exercise services) **\$25**

A service designed to determine the current body fat percentage, lean body mass and ideal body weight.

Nutrition Consultation **50 minutes** **\$75**

Tired of giving up your carbs? Want an end to yo-yo dieting? Or perhaps your workout is not allowing you to see the results you wish. A nutrition manager learns first about your general lifestyle, exercise habits and stress levels. From there, several options are available for you. Integrating eating and activity will improve your lifestyle and help you reach your goals. Our nutrition manager is a member of the American Academy of Sports Dieticians and Nutritionists.

Visit our website for a schedule of Fitness classes. Pre-registration is required for all classes as space is limited.

The Spa

HELPFUL HINTS



We want to insure you are totally comfortable and all your needs are met in a friendly and professional way.

Please respect the tranquility of our Spa by not bringing your cell phone, PDA and other electronic devices.

Age: We kindly ask that guests be at least 16 years of age or older to enjoy our services and facilities. However, children ages 12-15, when accompanied by an adult, may receive a manicure, facial, pedicure or make-up.

Arrival: We suggest that you arrive at least 30 minutes prior to your scheduled spa appointment so you can receive the full benefits of your treatment. Allow enough time to familiarize yourself with all the facilities we offer; change into your robe and sandals; warm your muscles, open your pores and relax in the co-ed sauna and indoor whirlpool located in our salt water indoor pool area adjacent to the Spa; cool down with a shower; and rest quietly in the Spa Relaxation Lounge. Also, our salt water outdoor pool is open seasonally for your enjoyment *As a courtesy to our guests, all appointments begin and end on time. Please be on time in order to receive the full treatment.*

Attire: Robes and sandals are provided for your comfort and enjoyment while in the Spa. Please bring your own swimwear if you wish to enjoy our co-ed sauna, indoor whirlpool and pools.

Cancellations & "No Shows": If you need to cancel or reschedule an appointment, please provide us with at least an 8 hour notice in order to avoid being charged in full for your scheduled appointment. "No-shows" will receive full charge to your room or credit card for the reserved services. For cancellation of any spa package or multiple appointments for parties of 3 or more we request a 3 week notice to avoid being charged in full.

Eco-Friendly: In keeping with our continued effort to protect the environment, The Saybrook Point Inn is the first certified Green hotel in CT. The Spa follows the direction of this green initiative and is part of the Green Spa Network. Products as well as the foundation of our operation support the commitment our facility has made to the environment.

Fitness: The Fitness Club and indoor pool are open daily from 5:30 am – 10:00 pm. We have a complete range of cardiovascular and individual strength training equipment, as well as a stretching area. This area is for our Inn guests and Fitness Club members. Day spa guests, who purchase a minimum of \$95 worth of spa services, may use these areas, the outdoor pool and also can pre-register for an exercise class, based on availability during the day of their visit. Refer to the List of Classes posted in the Spa and Fitness Club or on our website at www.saybrook.com.

For Your Comfort: This is *your* spa experience. Lighting, music selection and the degree of conversation are at your preference. We encourage you to communicate with your service provider to ensure your overall comfort.

For Your Safety: Please be sure to inform your service provider if you are pregnant, have high blood pressure, heart ailments or any condition that may prohibit your taking heat, massage or skin care therapies.

Gratuity: For your convenience, an 18% gratuity will be added to all services and packages. If, for any reason you do not feel the quality of your spa treatment warranted this, please let the Spa Reception Desk know before you leave the Spa and it will be adjusted. If you feel you have received exceptional service, please let us know that also. Additional gratuities may be left at your discretion in appreciation of exceptional service.

Personal Possessions: Please leave jewelry and valuables at home or in a hotel safety deposit box.

Prices: All prices are subject to change, but we will always inform you of any changes when you make your appointment.

Privacy: You will be given a robe and sandals to wear in the Spa and a private locker for your possessions. Our licensed therapists and estheticians are trained in procedures to assure you are properly covered during the treatment and your privacy will always be respected.

Refreshments: Complimentary hot and cold beverages are provided in the Spa Relaxation Lounge. In addition, you can order from Terra Mar's light fare menu to enjoy while in the Spa, especially if you are on one of our packages or part of a group. The Spa Reception Desk can assist you in placing your order.

Reservations: Advance reservations for services are highly recommended. Before your arrival, you may call the Spa directly at 860-395-3245 or the Inn at 860-395-2000. If you are a guest of the Inn, simply press the *Spa* button on your guest room telephone or call extension 622. We welcome "spur of the moment" requests and will do our best to accommodate you based on availability.

Retail: Please visit our retail area for products that will enhance your spa service while at home. We will be happy to drop ship a future purchase to your door. Simply call the Spa at 860-395-3245 to place your order.

Return Policy: If you are not satisfied with a product you have purchased at the Spa, it must be returned within 10 days of the purchase, with proof of purchase, in order to receive a credit or to exchange it for a more suitable product. Returns without a receipt will receive store credit only.

OTHER

Special Occasions & Celebrations: Let us customize a package for that special event or person. The Spa is the ideal setting for bridal showers, birthday parties or friend's getaways. Whether you want to thank your bridal party; celebrate with friends and family; or just treat yourself, we have the perfect setting. We welcome the opportunity to be of service in helping to create "memorable moments." Inquire at the Spa Reception Desk.

Gift Cards: Gift cards may be purchased for any dollar amount. They may be purchased at the Spa Reception Desk or by telephone. Please be aware that the Spa is not responsible for lost or stolen certificates.



HOURS OF OPERATION

The Spa is open 7 days a week

Monday – Saturday from 8:30 am – 8:00 pm

Sunday from 8:30 am – 5:00 pm

Indoor Pool & Fitness Club hours are 5:30 am – 10:00 pm

Note: Hours are Subject to Change

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www.saybrook.com



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