

HOLISTIC SERVICES

Craniosacral Therapy with Julie

Gentle hands-on treatment to release tension and restore balance. Session performed fully clothed.

75 min | 189 45 min | 145

Foot Reflexology

An indulgent therapy where precise foot pressure restores balance, relaxes the body, and elevates well-being.

25 min | 100

Lymphatic Drainage Massage

Gentle and non-invasive massage techniques to remove waste and toxins, improve circulation, reduce swelling and promote relaxation.

80 min | 210

Lymphatic Facial Massage

Enhance skin detoxification to reduce puffiness, fine lines and promotes healthy, smoother, glowing skin.

75 min | 210

SPA MANICURE & PEDICURE

PLEASE NOTE:

We only perform nail services on natural nail beds, and do not provide gel or shellac services.

Spa Manicure

Our Spa manicure includes a hand soak, nail shaping, gentle cuticle grooming, exfoliating scrub, hand massage and polish.

50 min | 60

Spa Pedicure

Our Spa pedicure includes a foot soak, nail shaping, gentle cuticle grooming, exfoliating scrub, callus removal, paraffin application, nourishing masque, hot stone foot massage and polish application.

50 min | 80

TREATMENT ADD-ONS & ENHANCEMENTS

PLEASE NOTE:

Add-ons are included within the scheduled service time and do not extend appointment duration.

Massage

Warming Detoxifying Marine Mousse
Spinal Application
50 or 80 min service only

25

Hot Stone Spot Therapy
Based on availability

20

Facial

KNESKO Face or Neck Mask

50

Gua Sha Stone

25

Pedicure

Honey Heel Glaze

10

KNESKO Eye or Lip Collagen Mask

20



For a Full listing of Services, Packages and Descriptions please use the QR code above to visit www.saybrook.com

Visit The Spa at Saybrook Point or
Call us to book: 860-395-3245



**SAYBROOK
POINT**
SPA & WELLNESS

**SIGNATURE SPA
OFFERINGS**



MASSAGE THERAPIES

PLEASE NOTE: All therapies listed, except Hot Stones, are available as Couples Experiences and are priced per person.

Aromatherapy Massage

Choose one of three potent Aromatherapy essential oil blends to help experience balance, emotional wellbeing, and relaxation.
80 min | 225 50 min | 170

Deep Tissue Massage

Deep tissue work uses pressure from thumbs, elbows, forearms, and knuckles to penetrate deeper layers of muscle.
80 min | 245 50 min | 190

Detox Deep Massage

This deep tissue therapy begins with a spinal application of a detoxifying warming marine mousse to help accelerate the elimination of toxins.
80 min | 250 50 min | 195

Muscle Release Sports Massage

This deep tissue therapeutic massage employs aromatherapy oils to provide relief to muscles and joints after sports or physical strain.
80 min | 250 50 min | 195

Sacred Mother Prenatal Massage

Nurture your mind, body and spirit, relieve stress and reduce tension on your lower back and hips. *NOTE: We use side-lying techniques, post first trimester (14 weeks) only.
50 min | 160

Shea Butter and Hot Stone Massage

This wonderfully comforting therapy uses smooth basalt stones to massage and Shea Butter to nourish your skin while releasing tension in your muscles with gentle penetrating heat.
80 min | 225 50 min | 170

ESTHETIC SKIN CARE THERAPIES

CIRCADIA Vitamin Infusion Facial

This cutting-edge anti-aging facial targets fine lines, uneven skin color and texture, resulting in visibly lighter, tighter, and brighter skin.
50 min | 160

CIRCADIA Alpha Beta Complex Peel

This peel uses alpha and beta hydroxyl acids to reduce fine surface lines, and even skin texture. Recommended for the relief of compromised skin.
50 min | 190

CIRCADIA Peptide Firming Facial

This power packed peptide, antioxidant, enzyme, and amino acid rich facial instantly begins to repair aging skin. You will experience immediate firming action and visible skin luminosity.
50 Min 190 | 80 min | 245

CIRCADIA Oxygen Therapy

Solid state topical oxygen stimulates cellular response to help diminish signs of aging. This unique and very active process is an antidote to skin restoration and revitalization.
50 min | 190

CIRCADIA Light Therapy

The use of LightStim Elipsa will enhance this treatment with Red Light Therapy to increase collagen production and reduce wrinkles or Blue Light Therapy to reduce acne inflammation and scarring.
50 min | 200

EMINENCE Organic Facial

A customized treatment targets specific concerns: firming, calming, clearing, or brightening your skin.
50 min | 150

EMINENCE Organic Ultra Peel Facial

An ultra-luxurious Arctic Berry, Yam and Pumpkin or Blueberry Detox organic peel experience with enhancements.
80 min | 245

EMINENCE Organic Arctic Berry Peptide Peel

This three step Arctic Berry Peel restores radiance, reduces fine lines, plumps wrinkles, and treats dark spots.
50 min | 190

GENT'S Facial

Cleansing, toning, hot towel barber wrap and facial massage make this a home run.
50 min | 150

Lash Tint

20 min | 35

Brow Tint

20 min | 30

Brow & Lash Tint

25 min | 65

BODY RITUALS

Age-Defying Body Wrap

This tropical scented treatment will leave your skin feeling tight and firm while providing deep hydration.
75 min | 210

Atlantic Ocean Memory

This marine based ritual to include a full body exfoliation with the addition of a Swedish massage.
75 min | 210

Hydrating Rose Wrap

This rehydrating wrap includes a dry brush exfoliation, European rose clay mud, with fragrant rose cream to finish.
75 min | 200

Bora Bora Sand Gommage

Exotic Bora Bora sand is used in this ritual for exfoliation.
45 min | 130