

# The Body

## **Shaping Body ~ Cocoon Scrub & Firm**

Softer, smoother, firmer skin is achieved from this deep body exfoliation utilizing refined mineral salts and fragrant shape enhancing oil. Your skin will be soothed by finishing this scrub with a warm and creamy body wrap.

*50 min - \$95*

## **Energizing Body ~ Scrub & Refresh**

A deep body exfoliation that utilizes refined mineral salts and zesty citrus scented oils. This treatment is followed by a creamy body wrap with plant based stem cells from the champagne pear.

*50 min - \$95*

## **Balancing Body ~ Cocoon Scrub & Strengthen**

Soft, supple, and deeply hydrated skin is achieved through this deep exfoliation utilizing mineral salts and warm, woody scented oils. This treatment is followed by a warm, creamy wrap that strengthens the skin cells.

*50 min - \$95*

## **Marine Algae Body Wrap**

Our marine algae wrap tightens and tones the skin helping it to eliminate toxins from the skin tissue—an excellent way to firm, contour, and treat cellulite. This service is recommended when dieting and detoxing.

*70 min - \$140*

## **Detoxifying Body Wrap**

Detoxify inside and out with our rich mud treatment, which helps eliminate toxins and revitalize the skin. The minerals are from natural springs in the western region of Germany and have a balancing effect on the entire body.

*70 min - \$140*

## **Sea Water Soak**

A delicately scented bath that uses trace marine elements to help moisturize and re-mineralize your skin. The elements fortify the epidermis to help prevent cellular fatigue and improve circulation, leaving you relaxed and rejuvenated.

*20 min - \$45*

## **Milk Bath**

For centuries, milk baths have healed and restored dry, sensitive skin. A rich blend of whey and proteins replenish your skin's protective layers, providing a natural cleansing and moisturizing effect.

*20 min - \$45*

*The SPA at the  
Bar Harbor Inn*