

An aerial photograph of ocean waves crashing onto a sandy beach. The water is a mix of deep blue and white foam, with the sun reflecting off the surface, creating a shimmering effect. The sand is a light, warm tone, and the overall scene is serene and natural.

# OCEAN DAY SPA

THE NANTUCKET HOTEL



# MASSAGE

---

## RENEWAL RELAXATION (SWEDISH)

Renew your body and mind here on the Nantucket shores. Leave the busy world behind as calming sounds, hypnotic aromas and long, flowing massage strokes send you into a state of complete and utter tranquility. Perfect after a long ferry ride, at the end of a busy day, or just because you want to drift away. This traditional Swedish-style massage reduces tension using light-to-medium pressure to soothe muscles and create a state of relaxation. Each massage is customized to your preferences and can include the full body or target specific areas of focus.

IN SPA            220 (60 MIN) | 330 (90 MIN)  
IN ROOM        270 (60 MIN) | 380 (90 MIN)

## FIRM PRESSURE DEEP TISSUE

For those who want to leave their chronic tension in the past, this massage was created especially for you. The massage therapist will apply a firm touch, delivering deep tissue work utilizing slow, deliberate techniques using elbows, forearms and knuckles to relieve muscle tightness. Each massage is customized to your preferences and can include the full body or target specific areas of focus.

IN SPA            220 (60 MIN) | 330 (90 MIN)  
IN ROOM        270 (60 MIN) | 380 (90 MIN)

## WARM STONE MASSAGE

This massage treatment blends the therapeutic properties of an ancient technique; heated stones are expertly and smoothly moved over the body where the heat is slowly released into the muscles, increasing the circulation and alleviating stress, sending you into a deep state of relaxation.

IN SPA            255 (60 MIN) | 375 (90 MIN)



## MAMA BEAR (FOR THE MOM-TO-BE)

An especially relaxing side-line massage to nurture both mother and child. Extra care and attention are given to the mother's comfort. Stress reducing light pressure, replenishing omega-3's and anti-stretchmark botanicals are used to relieve aches and pains and nourish your skin. Prenatal massage available during second or third trimester only.

IN SPA            220 (60 MIN) | 330 (90 MIN)  
IN ROOM        270 (60 MIN) | 380 (90 MIN)

## INDIAN HEAD MASSAGE

Indian head massage, also known as champissage, is a treatment that focuses on massaging acupressure points along the head, neck, and shoulders, often using circular massage strokes to improve hair and scalp condition. Indian head massage can not only reduce headaches and improve physical well-being, but it can also improve mental and emotional wellness too. Indian head massage requires no oils or equipment, making it a very accessible treatment, perfect for newcomers to massage.

IN SPA            220 (60 MIN) | 330 (90 MIN)  
IN ROOM        270 (60 MIN) | 380 (90 MIN)

## SPA REFLEXOLOGY

Did you know that your hands and feet hold a network of nerve endings and pressure points that are connected to the rest of your body? To relax, just choose a 30-minute foot massage. For complete reflexology choose the 60-minute massage.

IN SPA            110 (30 MIN) | 220 (60 MIN) | 330 (90 MIN)  
IN ROOM        270 (60 MIN) | 380 (90 MIN)





## BAMBOO MASSAGE

Bamboo massage incorporates bamboo stalks of different lengths and diameters to provide relaxing or deep tissue work. It promotes circulation, sensory nerve perception, and lymphatic drainage, also providing a deep sense of relaxation and well-being.

IN SPA      255 (60 MIN) | 380 (90 MIN)

## THAI HERBAL BALL MASSAGE

Inspired by the Thai tradition of using herbs to promote healthy, smooth skin, The herbal massage ball is made with turmeric and lemongrass to help relieve muscle tension and joint pain, while stimulating blood circulation and pleasing the senses.

IN SPA      255 (60 MIN) | 380 (90 MIN)

## STRETCH THAI MASSAGE

Inspired by Thai massage, our facilitated stretch therapy blends a sequence of guided muscle and joint positioning with compression therapy to relieve muscle and joint pain while increasing flexibility without applying deep pressure. Please wear yoga attire, active wear, or loose-fitting clothing.

IN SPA      250 (60 MIN) | 375 (90 MIN)



# CUSTOM FACIALS

At Ocean Day Spa at The Nantucket Hotel, Amy Law and her expert team deliver high-quality facial treatments designed to address aging and its effects on your skin.

---

## ANTI-AGING

Specially formulated anti-aging facial treatments can reverse the effects of time and sun exposure, leaving you looking and feeling younger than ever.

Environ has a deeper understanding of skin. With revolutionary skincare technology combined with powerful ingredients, you can get the treatment that targets the root cause of your skin concerns. Each unique facial treatment combines the power of Environ's skincare technology and powerhouse ingredient formulations to target your specific skin concern, delivering results like no other.

Anti-aging facials are designed for mature or maturing skin. Even if you don't have a lot of lines or wrinkles yet, microscopic changes are already happening. Getting ahead of these changes by starting anti-aging facials in your 20s or 30s can help keep you looking young.

Amy and the team at Ocean Day Spa carefully formulate anti-aging facials using only the best Environ products and custom tailor your treatment to your skin's specific needs for optimal results.

## CHEMICAL PEELS

A chemical peel helps your body to slough off dead skin more rapidly to reveal the fresh, undamaged skin below. Encouraging rapid skin cell turnover can de-age your face and reduce the signs of sun damage. This is an appropriate anti-aging facial treatment for fine lines and wrinkles as well as mild acne scars.

## COLLAGEN PEPTIDES

Topicals containing collagen peptides can help encourage collagen production below the top layers of your skin. These peptides penetrate deeply and kickstart the collagen production process. Topical application of collagen peptides during an anti-aging facial can result in an improvement in the appearance of fine lines and wrinkles, and smoother facial skin.

## HYALURONIC ACID

Hyaluronic acid is created naturally by your body and is a valuable tool for hydration. As part of a rejuvenating serum used in an anti-aging facial application, hyaluronic acid can significantly increase skin firmness, elasticity, smoothness, and hydration.

## ENVIRON FACIAL

Environ skincare is a premium quality brand offering outstanding, clinically proven results. Formulated by Dr Des Fernandes, a world-renowned plastic surgeon and dermatologist, the Environ range of products contains a unique combination of active ingredients to protect the skin from environmental aggressors and combat the signs of ageing. Environ's aim is to support the long-term health of the skin rather than a quick, temporary fix. Each unique facial treatment combines the power of Environ's skincare technology and powerhouse ingredient formulations to target your specific skin concern.

IN SPA      250 (60 MIN) | 330 (90 MIN)

## HYDRATION | AFTER SUN FACIAL

The Environ Moisture Boost Facial reveals hydrated, plumper, and smoother-looking skin. It helps reduce the appearance of fine lines caused by dehydration and increases the plumpness of the deeper layers of the skin. Hyaluronic Acid is the hero ingredient, promoting a moisturized, glowing-looking skin.

A hydrating facial can help to nourish and hydrate the skin deeply, giving it a radiant and healthy appearance. The facial will begin with skin cleansing, followed by an exfoliation to remove dead skin cells. This will help to reveal fresh, new skin cells and allow the products to penetrate more deeply.

At Ocean Day Spa, a hydrating mask will then be applied, followed by a serum or moisturizer to help lock in the hydration. Our facial will end with a relaxing massage, leaving the skin feeling refreshed and hydrated.

IN SPA      225 (60 MIN) | 305 (90 MIN)





## MEN'S GROOMING FACIAL

The main difference between men's and women's skin is the thickness of the skin. Men have thicker skin, which means that men's skin requires more exfoliation to remove dead skin cells and reveal new, healthy cells.

Unlike facial treatments designed for our lady counterparts, male facials are developed to handle the skin care problems men commonly face: ingrown hairs, flaky skin, razor burn, among others.

The continuous dragging and scraping of a razor across your sensitive facial skin can cause irritation. Razor burn, inflammation, and irritation from shaving over pimples are also common consequences of shaving.

That's why a good facial will help deep clean bumps and soothe irritated skin. The combination of exfoliation, essential oils, masks, and moisturizers applied during your treatment will often address shaving's side effects and make your skin super smooth.

IN SPA      225 (60 MIN) | 305 (90 MIN)

## EUROPEAN FACIAL

A multi-step rejuvenation of the face, which includes a thorough skin analysis, steam cleanse, extractions, facial massage, and a customized masque based on skin needs, followed with a moisturizer to suit skin type.

IN SPA      220 (60 MIN) | 305 (90 MIN)



# BODY TREATMENTS

Body treatments are each designed to help detox, rehydrate, and remineralize your skin for total body rejuvenation.

---

## STEPS BEACH BUFF SCRUB

For a truly tropical experience, try this creamy combination. Skin is buffed with a fine sugar and ginger-lime scrub, leaving the skin smooth and hydrated. Next, a relaxing application of a warmed blend of coconut Argan oil and grape stem cell and seaweed body butter leaves the skin sunshine-golden and glowing. Includes a full-body massage.

IN SPA 330 (90 MIN)

## MADAKET MARINE MUSCLE RELIEF WRAP

Lymphatic dry brush prepares your skin for a warm aloe magnesium wrap, infused with red marine algae and essential. This muscle remedy addresses sore and fatigued muscles and heals and soothes undernourished skin leaving it supple, while an application of antioxidant rich Shea butter soothes and softens. Includes a full-body massage.

IN SPA 330 (90 MIN)





### ISLAND TIME OASIS GRIND DETOX SCRUB

This farm-to-table scrub purifies and awakens dull dry skin with a lemongrass infused coffee grind and cane sugar body polish. Grown on a local plantation and packed with antioxidants and anti-aging ingredients, this treatment deeply conditions the skin with a rich blend of body butter and sweet almond and coconut oils infused with an intoxicating herbal musk. Includes a full-body massage.

IN SPA 330 (90 MIN)

### SURFSIDE BEACH BODY PERFECT WRAP

This super active peptide and hyaluronic serum wrap will help firm, plump, and deeply hydrate your skin. This application of nutrient rich, phyto stem-cell body butter will prepare your mind and body for a day on the beach or a night on the town.

IN SPA 330 (90 MIN)

### CISCO COOL ALOE RECOVERY WRAP

This sunburn remedy wrap will cool, soothe, rehydrate, protect, and boost your skin's natural resilience. Rich with emollients and antioxidants, this treatment addresses inflamed and distressed skin in a cooling cocktail of potent hero ingredients such as desert aloe, organic lavender, cucumber, and calendula. Includes a refreshing cold stone massage for temples, jaw, and neck.

IN SPA 330 (90 MIN)



# WELLNESS PACKAGES

---

## THE SPA EXPERIENCE BODY GLOW TRIO + SPA REFLEXOLOGY

Polish your skin like never before with Ocean Day Spa's signature body scrub therapy! Dry brushing and body scrubbing techniques (60 min) are used in tandem to exfoliate and improve the skin while detoxifying the body and increasing circulation. A rich application of antioxidant moisturizer follows. It's the perfect way to start your vacation (or just a new day).

After your body's exterior has been reinvigorated, we will focus on your inner well-being. Spa reflexology (30 min) will focus on your hands and feet and the network of nerve endings and pressure points that are connected to the rest of your body.

IN SPA 330 (120 MIN)

## DETOXIFYING SEAWEED WRAP + BODY MASSAGE

Combine the health benefits of a seaweed wrap (60 min) and a custom body massage (60 min) tailored specifically for you based on your desire for pressure and areas needing therapeutic work.

Ocean Day Spa's innovative algae seaweed detox treatment combines seaweed with hot water, clay, and relaxing essential oils. A thick, detoxifying paste is formed and spread over your body before being wrapped in a heated towel or sheet to let the algae treatment seep into your skin's pores. The enzymes and microbial compounds in seaweed work in tandem with the forced sweating from the heated blanket to encourage your pores to expel toxins, naturally detoxifying and rejuvenating your body.

IN SPA 440 (120 MIN)





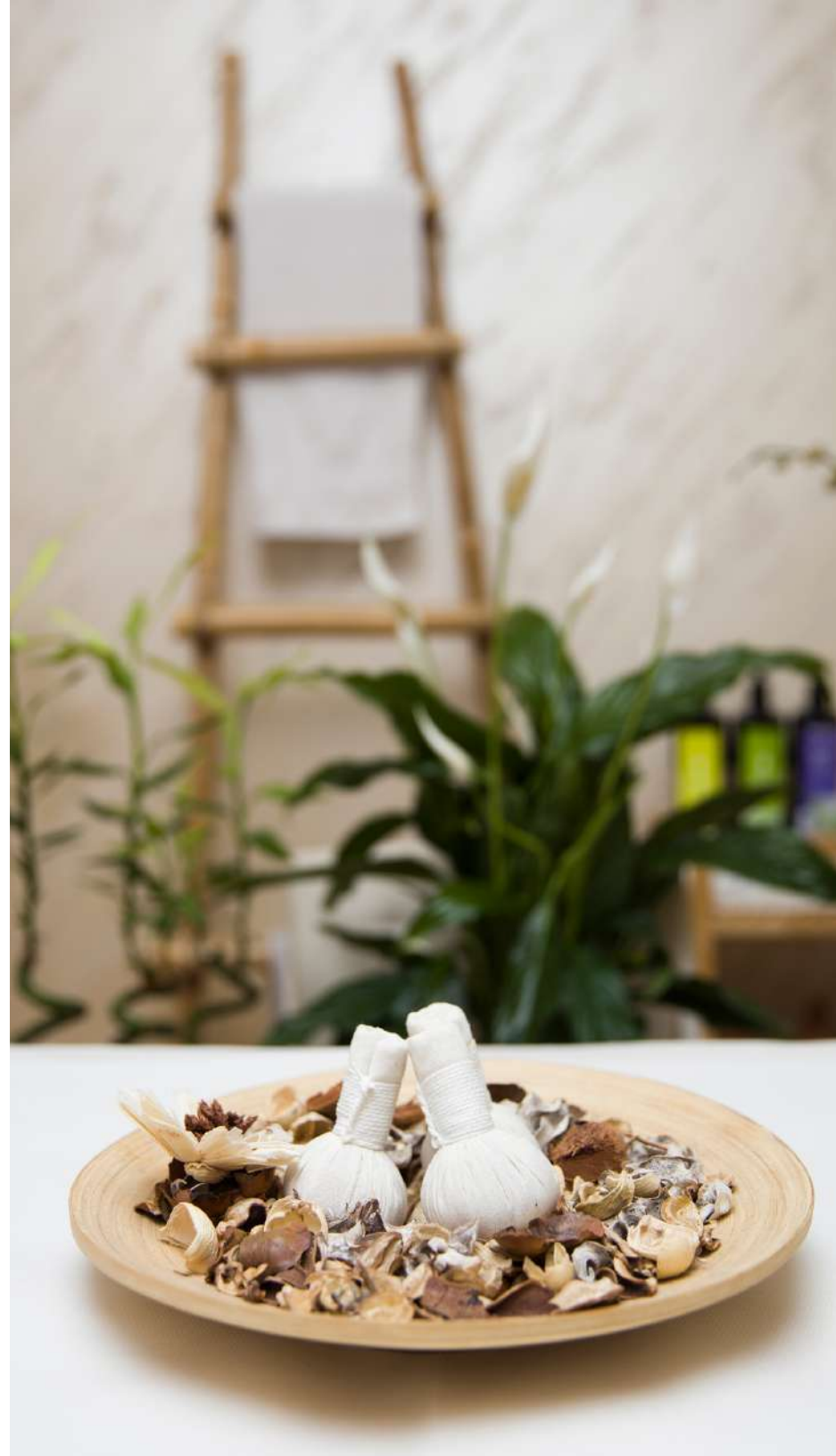
## GOLFER'S PARADISE DEEP TISSUE MASSAGE + SPA REFELXOLOGY

In case you haven't noticed, golf takes a toll on your body. The golf swing is a series of synchronized contortions. The club is swung on an arc. The body coils on the backswing, storing power. It uncoils on the downswing, unleashing the clubhead into the ball with speed and force. With its demands for rotation and compression, the golf swing exerts a lot of pressure on the human frame.

The GOLFER'S PARADISE is a customized treatment designed to enhance a player's range of mobility. The treatment package includes 60 minute of deep-tissue massage and stretching targeting contracted muscles and decreasing tension using trigger point therapy.

Following your massage, 30 minutes of spa reflexology will focus on your hands and feet and the network of nerve endings and pressure points that are connected to the rest of your body.

IN SPA      330 (90 MIN)







# CONTACT

508.825.2582

[thentucketclub.com](http://thentucketclub.com)