



The Spa at Spruce Point Inn Emphasizes Seaside Relaxation

Boothbay Harbor, Maine -- Located on a beautiful peninsula in Boothbay Harbor, Maine, the Spa at the Spruce Point Inn is set in a tranquil landscape accented by Maine wildflowers and grand fir trees. Spa facilities include a fitness room, five treatment rooms, changing facilities with lockers and showers and a secluded hot tub and lounge area on a private deck. The spa uses natural elements and Eminence organic products in its treatments and offers nutritional snacks and beverages to enhance the overall experience.

Spa therapies include signature massages, organic facials and body wraps. Each spa session begins with a thorough consultation to address any concerns or health issues the guest may have. The Spa's licensed aesthetician conducts a complete skin analysis and provides a personalized skincare plan so the guest can continue regimens at home.

Treatments include the Spruce Signature Facial with custom-blended masque, the Spruce Point classic Swedish massage, warm stones and aromatherapies, 10 Grains & Spices Body Polish and Herbal Wrap and Spruce Classic and Spa manicures and pedicures suitable for women and men. The Spruce Point Spa also specializes in bridal consultations and hair/makeup services for the entire wedding party.

Special Spa packages include the four-hour Spruce Point Signature including customized facial, massage, manicure and pedicure; The 3-hour Refresher with massage, facial and pedicure; "Just for Him" with Gentleman's facial, therapeutic massage and mini manicure and the four-hour Girls' Getaway including petite facial, Spruce Classic manicure and pedicure and a "makeover" makeup application. The full menu of Spa services and packages is detailed at www.sprucepointinn.com

The spa also offers guests a selection of yoga, Pilates and wellness classes. The Inn's state-of-the-art strength training and cardio Fitness Center is equipped with a treadmill, elliptical cross-trainer, rowing machine, stationary bicycles and weight machines. Workouts can incorporate dumbbells, stability balls, bosu, medicine balls and body bars in the designated stretch areas, indoors and out.

For reservations, email spa@sprucepointinn.com or call 207-633-4152, ext. 124

About Spruce Point Inn (www.sprucepointinn.com)

In operation for more than 100 years, Spruce Point Inn is a distinctive and historic vacation destination for travelers from all over the United States. Its relaxing facilities have long been a part of the summer community and a backdrop for delightful "oceanside memories made in Maine." Located in the seafaring village of Boothbay Harbor, Maine (an hour north of Portland) and situated on 57 acres of stunning oceanfront and sheltering pine forest, the Inn is a retreat of 56 modern rooms in eight lodges, 5 classic cottages, 9 Main Inn rooms and suites, and 4 townhouses. The convenient location, peaceful setting and spectacular coastal views have made the Inn a premier resort for families, reunions, weddings and business events. For reservations, call 800-553-0289 or visit www.sprucepointinn.com.