



Beach
Plum Spa
& MED-SPA

August 2011

Beach Plum Spa and Medical Spa

The Beach Plum Spa & Med-Spa is a full service spa providing an extensive menu of services for men and women. We offer day and overnight packages and are also happy to customize a package to meet your specific needs. Our body products and oils have been carefully chosen using the finest ingredients to achieve the highest level of results. Body products are all natural or 100% certified organic. The skin care lines we have chosen are the most result-oriented in the industry.

Each member of our professional staff is licensed and continually trained in the most advanced spa methods. We are committed to providing our guests with a superior spa experience.

The Spa is open to the public. You need not be a guest at our hotel to enjoy our Spa. To ensure availability, please make reservations for spa services in advance.

We're open seven days a week, year round.

Please call for hours as they may vary by season.

CAPE CODDER *RESORT & Spa*

Route 132 & Bearse's Way • Hyannis, Massachusetts 02601
(508)771-3000 • (888)297-2200
ext. 741

The Dan'l Webster *Inn & Spa*

149 Main Street • Sandwich, Massachusetts 02563
(508)888-3622 • (800)444-3566
ext. 293

John Carver *Inn & Spa*

25 Summer Street • Plymouth, Massachusetts 02360
(508)746-7100 • (800)274-1620
ext. 121

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Spa Recommendations & Etiquette

Robes, slippers and personal amenities are provided along with complimentary fresh fruit, tea, coffee and Beach Plum jelly. As a courtesy to our other clients, we ask that all cellular phones and pagers are turned off while in the Spa. Only the client receiving a service is permitted in the treatment room. This is your time to relax and the therapist needs to focus on you. Advance reservations are strongly recommended. Reservations must be secured with either a hotel confirmation number or major credit card.

Check-in Time

We suggest that you arrive 20 minutes prior to your first appointment in consideration of all Spa guests and therapists. This will allow time to relax and de-stress. Arriving late will deprive you of valuable treatment time, as we regret that we cannot infringe upon our next client's service time.

Facilities

Use of our swimming pools, whirlpools and saunas is available to all Spa guests with treatments of \$100 or more. If you would like to use facilities, please arrive a minimum of 30 minutes prior to your appointment time. Restrictions apply.

Gratuities Charge

Gratuities may be added at check out or left in cash with the therapist. An 18% gratuity is suggested.

Cancellation Policy

Because we reserve a room and therapist just for you, we ask that you adhere to our cancellation policy by providing 24 hours notice, otherwise the full value of your treatment will be charged. Time changes must be received at least 4 hours prior to appointment and must be rescheduled within the next 12 hours or the full value of services will be charged. If you have reserved 4 or more services, a 72 hour cancellation notice is required, or the full value will be charged. Please remember that if you cancel your hotel room, you must still call the spa to cancel your appointment or you will be held financially responsible.

Spa Store

Continue your spa experience at home! Our boutique features body and skin care products, exquisite gifts and hair products.

Gift Cards

Our gift cards are an ideal year-round gift for any special occasion. Delight and nurture that special someone with any of our personalized body treatments, massages and facial treatments. Gift cards may be ordered by telephone, in person, or online at www.BeachPlumSpa.com.

Frequent Guest Rewards Card

Ask us for your free rewards card and receive 5% in bonus dollars each time you visit, to be used on a future service.

Day Spa Packages

We have specially designed packages to help you escape the day-to-day stress of the world. These do not include overnight rooms. Let us help you de-stress!

For The Purist at Heart

2 hours... \$180.00

- Organic Facial
- Spa Ritual Manicure and Peppermint Pedicure

Girls Time Together

2 hours 15 minutes... \$225

- C-Spa Facial
- 30 minute Massage
- Spa Ritual Pedicure

Spice De-Stress Package

2 hours 45 minutes... \$250

- Cranberry Spice Scrub
- Ginger-Honey Skin Bliss Moisturizer Masque
- 60 minute Full Body Massage
- Cranberry Pedicure

Beach Plum Package

3 hours... \$290

- Radiance Facial
- Beach Plum Scrub
- Dead Sea Wrap
- 60 minute Full Massage

Cape Cod Spa Bliss Package

3 hours... \$315

- Collagen Facial
- Eye and Lip Treatment
- 60 minute Massage
- Hand Paraffin
- Spa Ritual Manicure

Dining in the Spa

While you are enjoying your spa day, let us serve you a delicious lunch from our special spa menu. Orders must be placed 24 hours in advance. See complete menu online at www.BeachPlumSpa.com. All items are \$25.00 inclusive of tax and gratuity.

Massages

The many benefits of massage include stress reduction, increased circulation, shortened recovery time from injuries and enhanced immunity. In fact, Dr. Mehmet Oz has gone on record to say his patients have faster recovery if massage is part of their rehabilitation. All of our licensed massage therapists go through continual training on the latest techniques. All of our massages include organic oils or lotions and warm towels.

Beach Plum Wellness Massage

60 minutes... \$92 90 minutes... \$130

This classic form of full-body massage, combined with warm towels and soothing strokes, will enhance circulation and soothe tired muscles. Before treatment, your therapist will discuss your goals in order to focus on any problem areas. Promotes relaxation and stress relief.

Deep Tissue Massage

60 minutes... \$120 90 minutes... \$180

Specifically intended for those who get regular massages and require deeper massage techniques. This employs manipulation of strategic muscle groups.

Couples Massage

60 minutes for two... \$195.50 90 minutes for two... \$279

You and your partner or friend will enjoy simultaneous massages together. Pure Love Massage Oil is used, and the remaining oil is gifted to you to take home to use for yourself. Fabulous for your skin and stress relief.

Beach Plum Warm Seashell Massage

60 minutes... \$125

Using our custom-made organic rose-infused Jojoba oil, the therapist guides specially made warm lava shells to give you a massage beyond compare. Benefits include pain and stress relief and total relaxation.

Hand and Foot Massage

30 minutes... \$65

A soothing hand and foot massage designed to relieve stress and increase circulation in the corresponding meridian reflex points of the body.

Back, Neck, and Shoulder Massage

30 minutes... \$65 50 minutes... \$85

Tight muscles deserve a massage. This treatment helps you relax chronic tension in your neck, shoulders, and back by relieving muscle tension and stress.

Maternity Massage

60 minutes... \$90

A wonderful way to enjoy a massage at a time when your body needs extra care and nurturing. Relieve those sore spots.

NOTE: Performed only after the first trimester of pregnancy. Our trained therapists will help with water retention, back aches, and swollen feet.

Reiki

50 minutes... \$90

Based on the principle of Chi or universal life energy, Reiki promotes healing through methods rooted in spiritual tradition. The certified therapist's hands are gently placed over chakra spots, producing a calming and nurturing effect.

Rejuvenating Energy Massage

Our Signature Massage!

90 minutes... \$165

The focus of this massage is gentle touch, with a combination of hands and Orgone energy wands. The wands glide across the body, collecting and transferring deep penetrating energy, while drawing out stagnant energy blocks. You receive deep muscle relaxation, aura cleansing, chakra clearing and deep energy healing.

Hot Stone Massage

90 minutes... \$165

Hot basalt stones combined with Swedish strokes deliver a highly relaxing and stress reducing massage. The heat of the stones relaxes muscles and increases blood flow to the area being worked on, which accelerates the healing process.

Aromatherapy Massage

60 minutes... \$99 90 minutes... \$140

Enhance your massage with our organic aromatherapy, custom-blended, synergy oils that detoxify, relax and energize.

Detoxifying Massage

30 minutes... \$65

Eliminate toxins and lumps in your system, not a full body massage, however great when added to Zerona® treatments.

If you would like to include stretching in your massage, just let the receptionist know when booking your appointment. Stretching is \$1.00 per minute. Excellent to add to your massage for health benefits.

Body Treatments

Cranberry Cape Codder Scrub... \$105.00

Using Dead Sea salts with the indigenous cranberry (a great antioxidant) you will be gently exfoliated over your whole body to stimulate and cleanse, then finished with a cranberry lotion. Rejuvenates, soothes and moisturizes your skin.

Full Body Bronzer with Scrub... \$105

An organic salt or sugar scrub infused with minerals will be used to exfoliate your skin to obtain the most optimal tanning benefit. After a quick shower, you will be spray tanned with a 98% natural tanning solution that will bring out the best color possible. Looks like you spent hours at the beach!

Beach Plum Scrub... \$115

This product is designed specifically for us. Using the indigenous organic beach plum rose, which is high in antioxidants and rich in Vitamins A, C, and E, you are exfoliated with beach plum scrub, and finished with beach plum infused lotion to hydrate your body. Decadent ... your skin will feel velvety soft.

Body Scrub and Mud Wrap... \$135

Your treatment will start with a body scrub gently polishing away dry, dull skin. Mud is then applied drawing out toxins, and remineralizing skin. Relax while your therapist gives you a foot and scalp massage and finishes by applying a full body moisture treatment. Close your eyes and just drift away to a beautiful beach!

Ocean Healing Cocoon

(Our Signature Wrap).. \$175

Soothe hormonal stress at any age. A gentle whole-body skin-brushing, followed by a moisturizing organic sea algae oil treatment helps reduce water retention and softens sun-damaged skin. A soothing white algae body mask, made of the purest calcium-rich algae, is a great complement to any weight-loss program or just to detox. Detoxing, hydrating, and nourishing.

Beach Plum Seaweed Package

(Our Signature Treatment)... \$250

We start with a mineral salt scrub to remove dead skin and rebalance followed by a nourishing seaweed masque to remove toxins and finish with an amazing hot lava shell massage. From the salt, to seaweed, to shells... you'll feel a bit of Cape Cod. Decadent.

Skin Clinic

We are committed to helping you experience the ultimate treatment and results by using the best quality skin care lines. A fully qualified, licensed aesthetician will carry out your service.

Clarisonic

The Clarisonic skin system uses a patented sonic frequency to cleanse your skin. This machine delivers what it claims. We have all seen results from smaller pores to softer and smoother skin. We have chosen to use this before all of our facials to get your skin ready for the penetration of products.

Acne Facial

45 minutes... \$75

A purifying treatment for acne-prone skin using our skin care line designed to reduce inflammation. Does not include massage. For teenagers only.

Radiance Facial

50 minutes... \$105

This cooling Algomasque seaweed provides instant radiance by hydrating, soothing, minimizing redness and clearing congested pores. Great for brides. Leaves face clean, smooth and radiant.

Sea "C" Spa Facial

60 minutes... \$135

A luxurious facial using Vitamin C and seaweed which are layered and massaged into your skin. An organic mud mask is then applied. This is a powerful antioxidant treatment, great for anti-aging and moisturizing. Amazing, decadent.

Our Signature EPISOUND™ Facial

60 minutes 1 treatment... \$135 3 treatments... \$360

Age-defying nonsurgical face rejuvenation. Our EpiSound™ machine plumps, nourishes and cleanses your skin using micro-current therapy. Your face will be fed with the best antioxidants and peptides. You'll see amazing results after one treatment, and leave with radiant skin. We recommend three to six treatments to fully re-educate your skin. Great for men, women and teenagers.

Skin Clinic, continued on next page

Skin Clinic

continued from previous page

OSEA Cleansing Facial with Lava Shells

60 minutes... \$155

Wind down in a luxurious, skin-softening ocean escape, designed to refresh the skin and revitalize the spirit. Warm and cool shells help massage vital anti-aging nutrients deep into the skin; a skin-specific mask follows. Ride the wave of ultimate relaxation and glow from the inside out! Sheer heaven and better than hot stones!!

Collagen Facial

75 minutes... \$220

An intensive clinical, anti-aging treatment which hydrates, rejuvenates, tightens and reconfigures the skin's surface to reduce the visible signs of aging without surgery! As we age, our collagen breaks down; this facial helps to build new collagen. Includes eye treatment and hand paraffin. Fabulous!

Beach Plum Royal Treatment

80 minutes... \$250

Not just a facial, this is an indulgent experience: an anti-aging facial that firms, tones, rejuvenates, diminishes dark circles under eyes and immediately plumps skin. It has been independently tested with superior results. Facial starts with a resurfacing AHA (Alpha Hydroxy Acids) peel, then our EpiSound™ machine is used to penetrate peptides and antioxidants into your skin, leaving skin hydrated and nourished. Treatment includes face, décolleté and warm paraffin on hands. Stimulates healthy cell production; lightens and brightens your skin. Our clients call this one "amazing." A true spa treatment.

After Your Facial

15 minutes... \$12

Have our makeup artist apply a light sample of mineral makeup, including facial bronzer and mascara. Available after any facial.

Waxing Services

Lip.....	\$11	Half Leg.....	\$45
Brow.....	\$15	Full Leg.....	\$80
Chin.....	\$15	Upper Leg/Bikini.....	\$75
Side Face.....	\$18 and up	Bikini.....	\$35 and up
Full Face.....	\$36	Brazilian.....	\$70 and up
Underarm ...	\$20	French.....	\$60 and up
Half arm.....	\$22	Back.....	\$65
Full arm.....	\$30		

Skin Clinic Add-Ons

Enhance your service with one of our superb add-ons. Inquire as to which of these treatments may be combined with a facial or massage.

Peppermint Scalp Treatment

15 minutes... \$25

Available only as an add-on to your massage or facial treatment. Stimulates scalp, promoting healthy hair.

Anti-Aging Eye and Lip Treatment... \$35

Moisturizes and smoothes those fine lines, and reduces puffiness and dark circles around the eyes. Very hydrating to dry lips.

Facial Bronzing...\$30.00

Cream tanning applied by hand.

Derm Renewal Clinical Peel

With a Facial... \$35 Peel only... \$55

A deep exfoliating treatment that combines a high technology patented complex offering the full benefits of AHA's without the discomfort. Glycolic, lactic and amino acids promote skin renewal and moisturization.

Firming Décolleté Treatment

Booked with facial... \$45

Booked without facial... \$85

This treatment leaves the neck and chest area revitalized and smooth. This is usually a neglected area of our bodies, and an age identifier.

Makeup For That Special Event... \$55

Have our licensed makeup artist, highly educated in the makeup industry, bring out your best features for that special occasion.

Application of Eyelashes...\$30.00

Spray Tan

Full Body...\$35 Face, Décolleté, and Arms...\$25

Legs...\$20 Series of 5...\$125

This is a natural product. We tested this product on many people and all colors came out natural and beautiful. We advise you to exfoliate at home before your treatment, or see page 6 for our scrub & tanning body treatment. Use no moisturizer; shower and shave before you arrive for best results. It takes just minutes, but your tan needs to set for 8 hours after we spray.

Don't be fooled by the wonderful color – you still need sunscreen.

Hair Salon

(at the Cape Codder
Beach Plum Spa Only)

Now you can pamper yourself even more at the Cape Codder Resort! We have added a full-service Hair Salon to make your stay with us more relaxing and convenient.

Services

Starting at

Shampoo & Blow Dry.....	\$25
Flat Iron.....	\$10 and up
Shampoo, Cut & Blow Dry	
Women.....	\$35 and up
Men	\$22
Shampoo & Cut.....	\$30
Children 10 & under	\$15
Global Keratin Treatment.....	\$200 and up
<i>Lasts 3-6 months</i>	

Color

Color only.....	\$60
Glaze.....	\$25
Full Foil.....	\$100
Partial Foil	\$80
<i>Corrective color priced upon consultation</i>	

Bride and Special Occasion Services

Pre-Wedding Consultation... \$50

We highly recommend a pre-wedding consultation for the bride.

Day of Wedding

Bride... \$95 and up (quoted at consultation)

Wedding attendants, mother of the bride

\$85 Formal

\$50 Informal

\$75 Half up and half down

Special Occasion Up-Do... \$85

Scalp Treatments

The scalp is one of the most neglected areas of the body. Did you know that a scalp massage not only relaxes you but also stimulates blood and oxygen levels? The oils and masks we use help relieve itchy and dry scalps. All of our scalp treatments include a full scalp massage.

Peppermint Scalp Treatment and Blow Dry

45 minutes... \$50

The exhilarating blend of essential oils will stimulate circulation and help with a dry, flaky scalp. Includes a shampoo and blow dry.

Scalp Mud Treatment and Blow Dry

45 minutes... \$60

Condition and restore moisture with organic essential oils and sea mud mask. Includes a shampoo and blow dry.

Available at the Cape Codder Resort only

Hand Rituals Manicure

Spa Ritual® Manicure

30 minutes... \$20

Transform your tired hands with this luxurious manicure.

Cranberry Manicure Ritual

35 minutes... \$30

A feast for the senses: a perfect blend of purifying cranberry extracts to gently remove dead skin cells followed by a massage with cranberry lotion. Stimulating and hydrating.

Shellac

35 minutes... \$35

Long wearing gel. Up to 2 weeks wear.

The biggest nail rage!!

Removal of Shellac without another Shellac service only \$15

Removal of Shellac with another Shellac service \$10

Spa Ritual® Manicure & Paraffin

50 minutes... \$40

A luxurious manicure. Hands are infused with specially selected plant extracts, followed by a dip in our individual sanitary paraffin mitt. Your hands and cuticles become hydrated and youthful. Great for arthritis.

The Mini Manicure & Pedicure

60 minutes... \$55

For the person who wants to maximize their time and doesn't want the pampering, we omit the towels and provide a short, but sweet, massage.

Hot Stone Manicure Ritual... Our Best!

60 minutes... \$65

Sit back and relax while your nails are groomed, then dipped into paraffin. Next, you are massaged with hot stones to achieve the ultimate in relaxation. Hydrating and soothing.

Paraffin Treatment for Hands

15 minutes... \$20

Polish Change... \$15 **French add...** \$10

Nail Decal... \$1

We have chosen the SpaRitual® product line - a customized spa line that has been designed for luxury spas. SpaRitual® is committed to creating natural, ecologically favorable products, perfectly crafted for the enlightened consumer.

Foot Rituals Pedicure

Beach Plum Spa offers the finest pedicures available. We also adhere to the highest in sanitary and cleanliness standards and practices, including the use of pipeless chairs, sanitized equipment and new buffing blocks.

The Journey Spa Ritual

45 minutes... \$45

Relax your mind and spirit; take your feet on the ultimate journey with an aroma therapeutic foot ritual. Includes grooming and polishing.

Peppermint Pedicure Ritual

50 minutes... \$55

Relieve your tired, aching feet. They are groomed, soaked, exfoliated and massaged all in peppermint oils and lotions. Tension and stress simply melt away. Pick a mini color to use and bring the rest home.

Cranberry Spa Pedicure Ritual

50 minutes... \$55

A feast for the senses... the perfect blend of products using cranberry for its antioxidant properties and natural fruit enzymes. You are exfoliated, massaged with cranberry lotion and perfectly groomed. Pick a mini color to use and bring the rest home.

The Journey Spa Pedicure with Warm Paraffin

65 minutes... \$65

Sit back, relax and enjoy a soaking, exfoliating, proper grooming and massage. Your feet are then dipped into vitamin-fortified paraffin wax. Very hydrating and wonderful for arthritis.

Beach Plum Rose Oil Pedicure Ritual

65 minutes... \$80

The Beach Plum products used in this ritual are from our signature line and are custom-blended using all-natural ingredients. Ritual includes foot-to-knee massage with a masque loaded with Vitamins A, C, D and E, and a Paraffin dip! Pick a mini color to use and bring the rest home.

Warm Lava & Basalt Stone Pedicure Ritual

80 minutes... \$99

Begins with an exfoliation and grooming. A lava masque containing Dead Sea mud and volcanic mineral mud is then applied from knees to toes. Upon removal of mud, warm Basalt stones are massaged into feet and calves rubbing out tension. Lemongrass mint moisturizer is applied before the paraffin and finished with polish of choice.

Paraffin Treatment

15 minutes - Sanitary paraffin treatment... \$30

Sports Section

Sports Facial

60 minutes... \$120

This treatment is designed especially for men. Start with a stimulating scalp treatment, great for dry scalp, and then you are cleansed, steamed, exfoliated and massaged. Invigorating!

Classic Back Facial Treatment

45 minutes... \$99

A thorough cleansing and stimulation for an often neglected area, created especially for your skin's needs.

Stress Release Body Scrub and Scalp Treatment

50 minutes... \$115

Begins with an aromatherapy scalp treatment, followed by a salt scrub from neck to toes. Finished with deep relief moisturizer.

De-Stress Package

2 hours 30 minutes... \$300

Includes: Sports Facial, Body Scrub, 60 minute Wellness Massage and scalp treatment.

Full Back Waxing... \$65 and up

Sports Manicure/Pedicure

Let us do the work! Exfoliation, massage, grooming. Hangnails and bad cuticles are a thing of the past.

Sports Manicure...\$20

Sports Pedicure...\$45

Wellness Corner

We have a nutritionist and a fitness trainer for your personal goals. Please call to inquire about rates.

Kids Corner

Strawberry Ice Cream Manicure

20 minutes... \$20

Start with a soak, next a strawberry-kiwi exfoliation, finish with strawberry lotion and choice of nail polish. Leave with a lollipop!

Chocolate Milkshake Pedicure

35 minutes... \$40

Enjoy a steaming cup of hot chocolate while feet are soaked in a chocolate milkshake bath, manicured, then exfoliated with a chocolate scrub. Topping it off is an application of chocolate mousse lotion, choice of nail polish.

Strawberry Ice Cream Pedicure

35 minutes... \$40

Begin with a soak followed by strawberry exfoliation and finish with a strawberry-kiwi lotion. Toes are polished in your favorite shade.

Parent & Child Massage

60 minutes... \$170

Adult must be 18 or over and accompany the child in the room.

Parent & Child Back, Neck & Shoulder Massage

30 minutes... \$130

Children under 18 must have an adult in the room at all times.

Overnight Spa Packages

Beach Plum Romance Package

Time for you and that special someone is time well spent.

- 2 nights accommodations in a suite
- \$60 meal voucher for dinner at our on-premises restaurant*
- 2- 60 minute Couples Massages with take-home pure love oil
- 2 Beach Plum Scrubs (together)
- Fruit and cheese
- Bottle of champagne
- Gratuity for spa services included

Suite Deal Package

Pampering, chocolate and thou!

- 1 night accommodations
- \$50 meal voucher for dinner at our on-premises restaurant*
- 2 - 60 minute Massages
- Sweet Chocolates
- Gratuity for spa services included (2nd night is at regular room rate)

Girls Overnight Getaway

Our girls "get together" menu, bring your favorite female companion!

- 1 or 2 nights accommodations
- \$50 meal voucher for dinner at our on-premises restaurant*
- 2 Cranberry Pedicures
- 2 - 60 minute Massages
- Gratuity for spa services included

Countdown to Baby

Reserve some alone time for each other before that "bundle of love" arrives.

- 1 or 2 nights accommodations
- \$60 meal voucher for dinner at our on-premises restaurant*
- 2 Radiance Facials
- 2 - 60 minute Massages
Maternity Massage** for Mother-To-Be
Wellness Massage for partner
- 1 Pedicure for Mom who might not be able to reach her toes!
- Bottle of non-alcoholic sparkling wine
- Sweet Chocolates
- Special baby gift from us
- Gratuity for spa services included

*** Pregnancy must be 12 weeks or beyond to receive the Maternity Massage*

* Our restaurants:

- Hearth 'n Kettle
(at the Cape Codder Resort and at the John Carver Inn)
- Grand Cru Wine Bar & Grill
(Dinner only at the Cape Codder Resort)
- Dan'l Webster Inn Restaurant
(at the Dan'l Webster Inn)
- Tavern at the Inn
(at the Dan'l Webster Inn)

Packages are designed for two and cannot be split between extra people.

Please contact our hotel reservations for rates and availability

Bridal Services or Special Occasion

We offer full-service packages for the bride, bridesmaids and mothers of the bride/groom. In order to accommodate your service, we ask you to start planning months in advance. Our wedding consultant can help you plan a spa party or a day just for you. We will customize a package for you.

Makeup for the Bride...\$75/\$85

Trial day in spa... \$50

At your trial, be sure to purchase your lipstick color and shadow to touch up that day.

Wedding Party

Makeup for each Bridesmaid

In Spa... \$50/\$60 per attendant

Trial day in spa... \$50 per attendant

Radiance Bridal Facial....\$105

This is a gentle, relaxing facial. When you walk down the aisle, your skin will radiate and glow.

Bride-to-be Package... \$260

- Radiance Facial
- Spray Tanning
- Manicure
- Pedicure
- Makeup Application

For Spray Tanning, see Skin Clinic Add-Ons, page 9

For Hair please see the Hair Salon, page 10

Ask about our Bride and Groom specials.

Spa Parties ~ call for information!

Bath Rituals

(at the John Carver Inn
Beach Plum Spa only)

Soak in our bath to relieve all that stress prior to a massage or body treatment, or choose only the bath! Our hydrotherapy tub, with aroma and chromotherapy mixed with specialty soaks, will bring you to the ultimate state of relaxation. All services are 20 minutes.

Herbal Soaking Bath... \$25

Boost the benefits of any body wrap or massage with the perfect combination of herbs to relax you. Herbs are custom-blended to give you full benefits.

Chakra Dead Sea or Moisturizing Milk Bath

Choose one of our natural soaks... \$35

The luxury milk bath in mango sorbet lavender relaxes you and moisturizes your skin; a chakra dead sea bath salt helps balance your life.

*Bath rituals not intended for
the mother-to-be.*

MED-SPA

at the Beach Plum Spa

To obtain series pricing and personal treatment recommendations, please come in for a no pressure, free consultation.

LASER TREATMENTS

Lasers can be used to safely remove hyper-pigmentation (brown spots) on any area of the face or body. Lasers can also be used to tighten and firm any loose, wrinkled or dimpled skin. Lasers successfully help rosacea, acned skin, couperous veins, large pores, uneven skin tone and improve the overall texture of the skin. These are non-invasive treatments that are safe, effective and FDA approved. Most laser treatments require little to no downtime, making them the perfect alternative to having surgery and hiding for weeks during recuperation. Treatments at the Beach Plum Med-Spa are performed by our highly trained nurses and medical aestheticians. Our medical director is Dr. Garry Brake of Falmouth.

We want you to understand the various options and feel comfortable with the treatments you select, so we offer free, no pressure consultations in a low-stress environment. Most treatments work best when administered in a series. During your consultation, your clinician will recommend which series is right for you and will review the cost. Most treatments are discounted when purchased in a series.

SCLEROTHERAPY TREATMENT

Sclerotherapy was developed over 75 years ago. At present it is one of the most prevalent treatments for spider veins. During the treatment, a sclerosing agent is injected into the vein through a tiny needle. Treatment can last from 15 minutes to 45 minutes, depending on the number of veins treated in a particular session. Upon injection, the solution irritates the walls of the vessel. The body then initiates the natural healing process, and the vein begins to shrink and eventually disappear. Schedule your consultation today to see how Sclerotherapy can benefit you.

PIXEL PERFECT™

The Pixel Perfect™ is a non-ablative, fractional skin rejuvenation treatment. It involves very little down time and delivers great results for mild to moderate skin wrinkling, deep wrinkles, scars and acne scars. Pixel Perfect™ helps promote new collagen production and totally re-textures your skin. Treatment time is quick and doesn't require anesthesia. You will see amazing results.

ACNE TREATMENTS

Acne is a common condition that affects teenagers and adults and can result in scarring. Our laser can provide significant improvements with a series of treatments. This is three times faster and safer than common antibiotics and topicals. No downtime or pain.

MEDICAL PEELS

AFA Peel – The AFA peel will create smoother, softer, younger looking skin. This peel is safe for all skin types including those with rosacea. It is remarkably effective and requires no recovery time. It improves photo-damaged, dull, dry skin. You will immediately notice smoother, softer skin with a natural glow.

1 Treatment. ... \$125.00

Better in a Series of 4 Treatments . . . \$450.00

INTENSE PULSED LIGHT (IPL) TURN BACK THE CLOCK!

30 minutes... \$225.00

IPL is a non-invasive procedure that can be successfully used to improve skin conditions oftentimes associated with aging such as fine lines and wrinkles, unsightly blood vessels, brown spots and birthmarks. It can also diffuse redness caused by rosacea or other skin conditions. IPL delivers light energy to the skin surface in precise pulses to rejuvenate the skin. Three to five 30 minute treatments spaced at three to four week intervals are recommended.

Discounts apply when treatments are purchased in a series. Everyone should consider IPL or photo facial at least once a year. It's like "Photoshop" for your face... flaws are eliminated and you're left with beautiful, even skin.

LASER HAIR REMOVAL

Lasers provide a safe, fast, extremely effective method for long-term reduction of unwanted hair. Our revolutionary Pain-Free, Hair-Free™ Laser has re-defined hair removal by using the gold standard sapphire tip. It is truly pain-free!

Area Single treatment

Lip.....	\$125.00
Chin.....	\$125.00
Lip & Chin.....	\$225.00
Underarms.....	\$150.00
Full Bikini.....	\$250.00
Brazilian.....	\$300.00
Full legs.....	\$700.00
Lower legs.....	\$350.00
Back Full.....	\$575.00
Toes.....	\$75.00
Beard.....	\$300.00
Ears.....	\$100.00
Neck.....	\$225.00
Chest.....	\$450.00
Upper arm.....	\$175.00
Forearm.....	\$175.00
Navel/belly.....	\$250.00

Series prices are discounted significantly.

BODY CONTOURING AND TIGHTENING

As we age, the effects of gravity, exposure to the sun and the stress of daily life show in our faces. Our tightening laser employs the best technology using dual-made radio frequency for toning and tightening. It distributes therapeutic heat at different depths to stimulate the body's ability to remodel collagen. Works on face, eyes, neck, underarms, buttocks, stomach, thighs and knees. Say goodbye to surgery! This is a non-surgical treatment that delivers great results. Schedule a free consultation to learn about the different packages we offer.

ZERONA®

This is the first non-invasive body contouring procedure to effectively remove excess fat without the negative side effects associated with surgical methods. Zeronia® uses a low light cold laser which has been shown to emulsify fat and to allow it to move through the interstitial space. No more liposuction! Zeronia® helps to reduce inches around the waist, hips, thighs, and back. Schedule a free consultation to learn about the different packages we offer.

BOTOX® or DYSPORT®

Turn back the clock! Over the years, repetitive facial expressions such as smiling, frowning and squinting can cause furrows and wrinkles in the skin. Botox® Cosmetic and Dysport® (both are Botulinum Toxin A) work by relaxing the muscles that contract to form these lines, creating a smoother appearance in the treated areas. Results normally last for up to three to five months. Schedule a free consultation with our nurse to learn more and to obtain pricing.

FILLERS

Soft tissue fillers are used to treat wrinkles and folds on the face. Some can help fill skin depressions and smooth scarring. A new class of fillers containing hyaluronic acid (Restylane®, Perlane® and Juvederm®) has shown tremendous improvement in recent years. Both collagen and hyaluronic acid are naturally occurring substances in the skin that can be used to restore volume and a youthful appearance. Results normally last nine to twelve months. We also offer Radiesse® filler. This is a unique, calcium-based microsphere technology that stimulates our bodies to produce new collagen. This is used to replace volume from the natural aging process. Schedule a free consultation with our nurse to learn more and obtain pricing.

Appointments

- ___ Cape Codder, Hyannis
- ___ Dan'l Webster, Sandwich
- ___ John Carver, Plymouth

Service _____

On _____

With _____

Service _____

On _____

With _____

Service _____

On _____

With _____

We suggest that you arrive 20 minutes prior to your first appointment to allow time to relax and de-stress.

*Become a Fan on FACEBOOK
and follow us on TWITTER!*

Beach Plum Spa and Medical Spa

What's in a name?

When choosing a name for our three spas, we searched for a name descriptive of our locations and our mission. We chose "Beach Plum" because it is a plant native to Cape Cod and the Eastern coast and crucial to the survival of our beaches. This fruit-bearing tree thrives in sandy soil, helps prevent erosion along our coastline and sustains coastal wildlife. In September, the flower morphs into a rich purple fruit that historically has been used for jams, jelly, teas and soaps. Research indicates the Beach Plum offers medicinal and antioxidant properties. Rich in Vitamins A, C, E, and flavonoids, it promotes blood circulation and is a great source of essential fatty acids.

What a perfect fit! The Beach Plum with its local panache stands for quality, strength, healing and natural beauty... exactly what we anticipate our guests will experience during their visit to each of our Beach Plum Spas.

Please come, be our guest.

www.BeachPlumSpa.com

www.BeachPlumMedSpa.com



Notes



www.BeachPlumSpa.com

www.BeachPlumMedSpa.com

CAPE CODDER

RESORT & Spa

Route 132 & Bearse's Way
Hyannis, Massachusetts 02601
(508)771-3000 • (888)297-2200
ext. 741

The Dan'l Webster

Inn & Spa

149 Main Street
Sandwich, Massachusetts 02563
(508)888-3622 • (800)444-3566
ext. 293

John Carver

Inn & Spa

25 Summer Street
Plymouth, Massachusetts 02360
(508)746-7100 • (800)274-1620
ext. 121