

The Spa at  
**TERRAMOR**  
OUTDOOR RESORT



## Wellness Menu

Immerse yourself in the scents, botanicals, and flavors of Maine through our curated wellness offerings. Experience a distinctive blend of tourmaline and infrared treatment tables, ancient Traditional Chinese Medicine practices, heat therapy, organic products and soothing, nourishing teas.

### Body Treatments

#### ACADIA EVERGREEN RITUAL | \$210 | 60-minute

This treatment will rejuvenate and soothe, transporting you to the tranquil woods of Maine. It begins with a full-body dry brushing, followed by a sea salt and kelp scrub for your back and feet. After the scrub, a warm towel removal enhances the experience, leading into an aromatherapy infusion of balsam fir and spruce-infused oils, leaving the skin deeply nourished and the senses enveloped in pure serenity.

#### WHISPER OF THE WOODS WRAP | \$195 | 60-minute

This 60-minute treatment offers a deeply relaxing escape, beginning with the light application of Terramor's signature body oil—subtly scented with vanilla and evergreen to calm the senses. As you're wrapped and at ease, the soothing properties of jade are introduced through a facial roller and eye mask, promoting balance and grounding. The experience gently winds down with a scalp massage enhanced by red light and heat therapy, leaving you refreshed and fully restored.

#### ROOTED FOOT BATH | \$80 | 30-minute

Begin your recovery with a warm botanical foot soak, allowing tension to melt away. A Maine kelp and sea salt scrub follows, delivering remineralizing benefits to tired feet. As the treatment winds down, nourishing oil is massaged into the skin to seal in moisture—paired perfectly with a soothing cup of chaga chai tea.

### Facials

#### AZALEA GARDEN FACIAL | \$185 | 60-minute

This treatment begins and ends with the grounding aromas of balsam and spruce oil, calming the senses and setting the tone for restoration. Powered by plant-based ingredients, a blend of facial balms, oils and serums nourishes the skin and supports balance. The experience is enhanced by the traditional practice of Gua Sha and facial massage, which help release tension and stimulate the lymphatic system.

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Appointments must be booked at least 24 hours in advance to ensure availability. Cancellations made less than 24 hours before the scheduled service will be charged in full to the payment method on file.

207.288.7500 | [info@terramoroutdoorresort.com](mailto:info@terramoroutdoorresort.com)



# Relax. Reset. Revitalize

## Massages

### TERRAMOR SIGNATURE | \$295 | 90-minute

Enjoy a massage enhanced by Terramor's signature forest-inspired body oil, with a blend of vanilla and evergreen chosen not only for its soothing aroma but also its natural bug-repellent properties. This treatment combines light to deep pressure techniques with the grounding warmth of stone therapy, tailored to your body's needs.

### RELAXATION | \$245 | 90-minute || \$185 | 60-minute

Melt into relaxation with this full-body massage, featuring organic jojoba oil and soothing light to medium pressure, designed to release tension and restore balance. This treatment leaves you feeling calm, centered and renewed.

### THE BACKPACKER| \$95 | 30-minute

This therapeutic session combines acupressure and massage to release upper body tension, focusing on the head, neck and shoulders for deep relief. Inspired by the journey of every traveler, this treatment provides a restorative escape, easing the weight of the world from your shoulders.

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## Massage Add-Ons

### AROMATHERAPY | \$15

Enhance your experience with the soothing scents of the Acadia woods, as balsam fir and spruce blended oils are incorporated into your service to calm the senses and promote relaxation.

### CBD | \$35

Target one or two areas of the body with CBD-infused evergreen oils designed to reduce pain, alleviate stress and fight inflammation for deep, localized relief.

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## Elevated Add-Ons

### EAR SEEDS | \$25

Strategically placed on 2-3 acupressure points of the ear, ear seeds promote stress relief through reflexology. These seeds can be worn for 2-5 days following your session, providing continued benefits long after your treatment.

### SCALP GUA SHA | \$20

This ancient-inspired wellness ritual uses a jade Gua Sha comb paired with warm organic jojoba oil to hydrate the scalp, promote circulation and relieve tension around the scalp and ears for a deeply relaxing experience.

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Body treatments and massages are available for couples upon request and subject to availability. Please contact our team to arrange a couples experience.

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