



baron's cove

SAG HARBOR



Baron's Cove Massage Treatments

What better way to enjoy a relaxing vacation than having a massage in one of our treatment rooms or in the privacy of your own room. Our skilled massage therapists are on call to help you relax and de-stress. Try a traditional, hot stone, or deep tissue massage, according to your preference.

Call our concierge about available services and to schedule an appointment.

For reservations
dial the concierge at ext. 4028.

31 West Water Street, Sag Harbor

BARONSCOVE.COM

#BARONSCOVE   



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spa treatments

Smoothing Sailing Massage

For those of you looking to get yourself back on an even keel, reset your sail with our soothing combination of traditional massage modalities helps to reduce stress and stimulate circulation.

60 min/ 90 min

\$135/ \$175

Deep Diving Massage

Batten down those hatches with our deep tissue massage, which incorporates slower movements and detailed pressure to relieve your tension and help you feel sound and seaworthy once again.

60 min/ 90 min

\$150/ \$190

Pattaya Herbal Massage

Herbal compresses filled with a blend of wild-crafted botanicals are heated and pressed onto your skin throughout your hands-on massage. The combination of muscle-melting heat and the healing benefits of the herbs makes for a wonderfully relaxing, exotic experience.

*This service is not recommended for pregnant women.

90 min (In Spa Only)

\$195

Heart & Sole Reflexology

After a refreshing foot soak to soften your feet and soothe your heart, our therapist digs deep into your soles using reflexology techniques to help rebalance your entire system. You'll go from peg-legs to twinkle toes!

60 min

\$125

Skin Balancing Facial

Using seaweed- and plant-based products, we help to bring out a healthy glow to your skin, naturally. Perfect for all skin types, our gentle, non-clinical skin care techniques cleanse and nourish!

75 min (In Spa Only)

\$145

Treatments are available in Wellness Center or In-Room
In-Room Treatments add \$10 to service
Ask about our package specials