

## FOR YOUR CONSIDERATION

Please arrive a few minutes before your service, so you can have a moment to discuss your treatment with your therapist. We prefer for all hotel guest payments to be charged back to your hotel room and settled at check-out; but, we do also accept credit card payments for both services and gratuities.

We have a 24hr cancellation policy, so please contact us via text or a call at 415.517.1492 or call our front desk at 631.725.2100 (or 0 from your room) as soon as possible with any changes that may affect your booking.

Treatments are available in the Wellness Center.  
Select treatments are available in-room with an additional service charge.

Hours of Operation: 8am–8pm

To book a session, please contact:

Debra Townes, Wellness Director  
dtownes@baronscove.com

**BARONSCOVE.COM**

Open Year Round  
31 W. Water Street, Sag Harbor, NY 11963



baron's cove

SAG HARBOR

spa treatments

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Treat yourself to a rejuvenating treatment at Baron's Cove. We offer therapeutic massages including Swedish, Deep Tissue, Herbal Compress, Reflexology and our signature non-clinical Essential Hydration Facial.

Inquire about our group rates for bridal showers and events.

Our therapists and practitioners are licensed and insured as required in obedience to the dictates of the State of New York.



### 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 designed to reduce stress and stimulate circulation.

\$140 / 60m

\$185 / 90m

### 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.

\$155 / 60m

\$200 / 90m

### HERBAL COMPRESS 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.

\$170 / 60m

\$215 / 90m

\*This service is not recommended for pregnant women.

### EXTREME PLEASURES FOR HANDS\* & FEET

After a refreshing hand and/or foot scrub to soften the hearts of your palms or the soles of your feet, our practitioner digs deep into your extremities, using reflexology techniques to help re-center your entire system.

Hands Only \$70 / 25m \*Available as an add-on service only

Feet Only \$95 / 40m

Both \$140 / 60m

### ESSENTIAL HYDRATION 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, nonclinical skin care techniques cleanse and nourish!

\$145 / 75m