

Baths & Body Treatments

LAVENDER RADIANCE TREATMENT

An ultimate spa sampler – After having your body toned with a mineral-rich exfoliant, your therapist steams sachets filled with lavender and marine salt crystals. The sachets are gently rocked along your body and placed along energy meridians. The salt crystals balance the flow of energy through the body while the fragrant scent of lavender deepens the calming state of mind. The treatment features either a full-body massage that incorporates gentle rocking and stretching, or a mini-facial. . **Not for those allergic or sensitive to iodine, or pregnant.
80min~ \$175

CAPE ISLAND DETOX BODY WRAP

This botanical body wrap produces therapeutic and cosmetic benefits by cleansing the body of impurities and increasing the elasticity of the skin. After a complete body exfoliation, an aromatic botanical masque is applied to the body. You are then lightly wrapped in a heated blanket to enhance absorption. While you relax, you are treated to a light foot and scalp massage. After a rejuvenating shower, a deeply hydrating balm is gently worked into the skin. **Not for those allergic or sensitive to iodine, or pregnant.
80min ~ \$180

CAPE ISLAND TONING BODY SCRUB

A stimulating exfoliation treatment using the therapist's healing touch and a complex combination of plant ingredients to rejuvenate the skin and senses. This tropical-island inspired treatment includes a foot massage, body scrub, light scalp massage and a full-body hydration that will leave one feeling renewed. **Not for those allergic or sensitive to iodine, or pregnant.
50min ~ \$95

ROSEMARY MINT AWAKENING BODY WRAP

Renew your body and mind with this stimulating and rejuvenating body wrap. The skin is smoothed and softened while the essences of rosemary and peppermint awaken your senses while a scalp and foot massage balance the body.
50min ~ \$95

RAINDROP TREATMENT

Synthesizing the knowledge of essential oils with energy massage modalities from many cultures, this treatment rejuvenates the body by promoting energy flow throughout. Using a customized variety of pure essential oils applied to your feet and along your spine, a specific massage technique produces a long-lasting effect on aching muscles, stress or fatigue.

50min ~\$130;

Combination of Raindrop Treatment and 20min Integrated Swedish Massage 80min ~ \$190

BACK FACIAL

Ideal for a swimming suit or low-back dress, this custom blend of cleansing, exfoliating, detoxifying and moisturizing products leaves your back with smooth, luxurious, glowing skin. An experience you will definitely want to come back for time and time again.
20min~ \$75

DEEP SOAK SEAWATER BATH

The perfect treatment for total relaxation and increased vigor. The bath increases the body's ability to absorb trace elements, vitamins and enzymes more efficiently. Rare elements invigorate, relax and revitalize the epidermis – and the entire body.
20min ~ \$65, in combination with any massage ~ \$55

DEEP SOAK DETOXIFYING BATH

Lyophilized algae is used to help accelerate the natural process of eliminating impurities and toxins, and give a feeling of relaxation and well-being.
20min ~ \$65, in combination with any massage ~ \$55

RELAXING HYDRO-THERAPY: WHIRLPOOL, HYDRO-SHOWER OR STEAM

A choice of whirlpool, therapeutic jet shower or individual steam are great before or after a massage or other body treatments!
20min ~\$60, in combination with any other treatment ~ \$50

Hands & Feet

Note: Our pedicure and manicure treatments are designed for natural nails only. We do need to allow additional time for French Manicures. Therefore kindly notify us in advance. The charge is \$15 extra.

SPA MANICURE & PEDICURE

Pamper your hands and feet with this gentle exfoliating treatment, followed by a tension relieving massage with a specially blended cream to moisturize and soothe, and an application of an OPI polish of your choice.
1 ½ hr ~ \$90

ROSEMARY MINT MANICURE AND PEDICURE

Cooling effects of peppermint-oil- induced pedicure and manicure makes a relaxing break after strolling around town.
1 ½ hr ~ \$95

The following nail services are not available for individual-service bookings. They may be reserved only to compliment other same-day spa appointments:

SPA PEDICURE

Begin with relaxing footbath and gentle scrub with a plant-based exfoliant. Your softened feet are then treated to an invigorating massage and cuticles nourished with pure Jojoba Oil. Finishing touches are added using vibrant OPI nail polishes.
50min ~ \$60

ROSEMARY MINT PEDICURE

Our full-service pedicure is enriched by the benefits of invigorating essential peppermint oil that will leave your feet feeling weightless and ready for a walk around Victorian Cape May.
50min ~ \$65

SPA MANICURE

Luxurious treatment designed for comforting and beautifying of your hands. Natural plant ingredients nurture and soothe, while vibrant OPI polishes add elegance and sophistication.
20min ~ \$30

ROSEMARY MINT MANICURE

Energize your hands with our rosemary and peppermint oil induced Spa manicure.
20min ~ \$35

HAND AND/OR FOOT PARAFFIN TREATMENT

Your hands and feet are moisturized and then dipped into a warm lavender-scented paraffin bath.
Add to any massage or facial:
Hands or Foot Treatment ~ \$20
Hands and Foot Treatment ~ \$35

Take the Experience Home

Visit the Spa's retail center or shop online at www.capemaydayspa.com for a selection of continuing skin care by Phytomer and Aveda.

The Spa also carries a full range of styling products, spa accessories, aromatherapy candles and oils, mineral baths and Chai.



Things to Remember

To make a specific reservation please telephone us with a valid credit card. Please, mention your preferences and requests at that time.

We are happy to accommodate groups as availability permits. Advance notice is strongly recommended

24 hr notice is required for all individual cancellations. The spa reserves the right to fully charge the clients for late arrivals or missed appointments.

Please arrive at least 15 minutes prior to your scheduled services.

The Spa provides robes, slippers and lockers. To help you plan us into your stay, please, note that showers at our spa are available only for specific body treatments, such as body wraps. We use pure Jojoba oil for massage, which is a natural plant extract that does not leave oily residue on the skin.

We respectfully request all pagers & cell phones to be turned off.

The spa is a non-alcoholic and non-smoking environment.

Please leave all jewelry and valuables at home.

We do not allow children 12 years and younger on the premises.

Gratuities are greatly appreciated. Envelopes may be found at the front desk.

We accept cash, checks (with valid ID), all major credit cards, Spa Finder and Spa Wish gift certificates.

There are no refunds on products or gift certificates. Products can be exchanged for up to seven days if not opened.

Gift Cards do not expire, are non-refundable and cannot be redeemed for gratuities. The Cape May Day Spa & Holistic Center is not responsible for unauthorized use or loss of a Gift Card.

Getaways & Special Events

Escape the stress of your world as you step into ours....

Call us to help you plan for the perfect escape – romantic getaway, reunion with your busy friends, bridal party or relaxing retreat for your exemplary employees or loyal clients!

Let us pamper you!
THE
CAPE MAY
DAY SPA
— & HOLISTIC CENTER —

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Prices Subject To Change





Spa Packages

PERFECT ESCAPE

Escape to the spa – You are pampered with an aromatherapy salt scrub, followed by a 50min Aromatherapy Integrated Swedish massage and a European Facial. Complete your escape with a Rosemary Mint Pedicure and Rosemary Mint Manicure while enjoying a cup of Chai, a refreshing salad, and cheese and fruit plate.
4 ½ hrs ~ \$325



ULTIMATE DAY

Truly a transcendent spa package to renew your body, mind and soul, beginning with our signature Aromatherapy Salt Scrub followed by a Greek steeping whirlpool. Continue with a 50min Aromatherapy Integrated Swedish massage and a European Facial, a sublime combination for your Ultimate Spa Day. Finish with our Rosemary Mint Pedicure and Rosemary Mint Manicure, followed by a light refreshment in our spa lounge.
5hrs ~ \$360

HEAD-TO-TOE DETOX

Relax with your choice of either a seawater or detoxifying bath. Continue with the Detox Body Wrap accompanied by a light foot and scalp massage and a European Facial. This fabulous combination of toxin-releasing treatments will energize your body from the inside out. Complete your experience with a light refreshment served in our spa lounge.
3 hrs ~ \$300

STRESS EXPRESS

Two of our certified therapists will pamper you simultaneously with a Rosemary Mint Pedicure and a European Facial. While enjoying the revitalizing benefits of the customized mask, your shoulders, neck, hands and feet are treated to a light massage. Complete this stress relieving treatment with a Rosemary Mint Manicure and a cup of Chai.
1 ½ hrs ~ \$190

VICTORIAN TEA

While you are experiencing the warming effects of hand & foot paraffin treatment, your therapist begins a customized aromatherapy massage in the Integrated Swedish style. Foot Reflexology is thoughtfully incorporated into the flow of the massage for the most relaxing result.
80min ~ \$180

VICTORIAN RETREAT

First unwind and relax your muscles with your choice of hydrotherapy treatment: whirlpool, steam or hydro-shower, to fully benefit from the 50min Aromatherapy Integrated Swedish massage. Great for after a workout, golf-outing or before an evening out.
1 ½ hr ~ \$145

SEA ESCAPE

This sophisticated combination of spa services is designed to focus on rejuvenating the body with your choice of a seawater bath, steam or hydro-shower. The hydrotherapy is followed by a 50min Aromatherapy Integrated Swedish massage and restorative European Facial. Complete your escape with light refreshments in our spa lounge.
2 ½ hrs ~ \$225

ULTIMATE SEA ESCAPE

The Sea Escape with our signature Aromatherapy Salt Scrub added.
3hrs ~ \$285

MOTHERS-TO-BE PACKAGE

Our package allows you some precious time to rest and rejuvenate before the arrival of your new arrival! Relax your mind and body as you are treated to a luxurious European facial and 50min Prenatal Massage performed by trained professionals. Complete your escape with a Spa manicure and Pedicure with a calming cup of Chai.
3 1/2 hours ~\$270

MUSCLE RELAXER

Take a break, relieve stress...with this unique combination of treatments for an active person: A choice of Hydrotherapy Treatment, 25min Sports massage and 25min foot Reflexology.
1 ½hr ~ \$145

For Couples

VICTORIAN EXPERIENCE

Experience the romance of Cape May in our elegantly designed couples' room. Relax together in our oversized whirlpool tub followed by a side-by-side Aromatherapy Integrated Swedish massage for 50min. Finish with inviting refreshments in our spa lounge.
1 ½ hr ~ \$310 per couple

ULTIMATE VICTORIAN EXPERIENCE

The Victorian Experience with side-by-side Aromatherapy Salt Scrubs added.
2 hrs ~ 395 per couple

SIDE-BY-SIDE MASSAGE FOR TWO

Aromatherapy Integrated Swedish,
50min ~ \$220, 80min ~ \$310 per couple
Aromatherapy Sports/Deep Tissue,
50min ~ \$270 per couple

Massage Therapy

BAMBOO MASSAGE

An exotic massage treatment involving the use of customized heated bamboo sticks designed for relaxation and intense manipulation of stressed muscles. Warm aromatic Oriental blend oils are used to balance the senses and calm the soul.
50min ~ \$130

STONE MASSAGE

This therapy is widely known for its deeply relaxing benefits and muscle release. Our trained therapists employ the technique using smooth, heated volcanic stones that are incorporated into a relaxing massage to melt away knots, tension and stress. The hot stone experience relieves pain, promotes harmony, peace and balanced energy flow.
50min ~ \$130, 80min ~ \$180



AROMATHERAPY INTEGRATED SWEDISH

Swedish style and energy producing techniques are used to release tension and stress, detoxify and stimulate circulation throughout the body.
50min ~ \$100; 80min ~ \$145

AROMATHERAPY SPORTS DEEP TISSUE

A moderate-to-deep tissue massage designed to increase flexibility, relieve soreness, and speed muscle recovery resulting from over-exertion or intense exercise. This massage is an ideal treatment for before and after intense physical activity, improving performance with stretching, compression and range of motion techniques.
50min ~ \$125

SHIATSU

An Eastern modality using pressure points stimulation along energy meridians throughout the body by gentle stretching and finger pressure. These techniques help promote well-being by improving circulation, metabolism and stimulating nerves. Loose clothing is recommended for our Shiatsu Massage.
50min ~ \$125; 80min ~ \$160

REFLEXOLOGY

The ancient art of stimulating pressure points on the feet or hands to energize specific body parts and systems. Promotes circulation and speeds up the elimination of toxins to create a sense of relaxation and well-being.
Feet or Hands 20min ~ \$55, Both 50min ~ \$95

SCALP MASSAGE

A deeply relaxing treatment, our scalp massage aids in keeping the scalp healthy and the hair lustrous by stimulating blood and lymph flow, promoting relaxation and soothing the nerves.
20min ~ \$55, add a foot or hand Reflexology 50min~ \$95
A combination of scalp, neck and back massage. 50min ~ \$110

Facials

ULTIMATE FACIAL

This head-to-toe treatment focuses on facial-skin refinement, skin nourishment and skin regeneration. As you relax during an exquisite scalp and foot massage, we will treat you to a customized anti-aging facial along with a soothing eye, lip and hand treatment. A unique combination of botanical exfoliants and a rich botanical mask will restore overall balance, youthful texture and radiance of the skin. Includes extractions.
80min ~ \$180

STONE FACIAL

This deeply-relaxing anti-aging facial stimulates micro-circulation and lymph-drainage through the use of hot and cold stones. A perfect treatment for maintaining the skin's memory to curb premature aging. Balancing ~ Restoring ~Rejuvenating. No extractions.
50min ~ \$130

EUROPEAN FACIAL

Experience this customized luxurious facial that will address your needs for natural cleansing, exfoliation, toning actions and re-hydration. This relaxing treatment helps to promote a healthy and balanced appearance. No extractions.
50min ~ \$105



BALANCING FACIAL

This customized facial treatment brings a multi-faceted approach to treating acne, and helps to clear the skin without dehydrating and irritating effects. With a special focus on skin exfoliation, extractions and visible redness reduction, the skin's appearance will improve helping to correct as well as prevent future blemishes. The additional time will also allow more emphasis on stress reduction and relaxation.
80min ~ \$160

GENTLEMEN'S FACIAL

This European facial is specifically designed to treat a man's special skin needs. It helps to soothe irritated skin caused by daily shaving and exposure to external aggressions. It will leave skin refreshed, energized and revitalized.
50min ~ \$105

Enhancements

SOOTHING EYE ENHANCEMENT

Soothes and reduces puffiness of the eye contour area enhancing its appearance. Include this treatment with any facial for additional \$30

YOUTHFUL LIP TREATMENT

This treatment improves elasticity, smooths wrinkles and leaves the lips appearing plump and supple. Include this treatment with any facial for additional \$30

NOURISHING HAND TREATMENT

An application of gentle cleanser, exfoliant and nourishing masque increases firmness and elasticity of the skin leaving your hands silky smooth. Highly recommended as an add-on for age spots and sun damage treatments. Include this treatment with any facial for additional \$30

AROMATHERAPY ENHANCEMENT

~ Add to any treatment for \$15.

Relax. Refresh.

Invigorate. Beautify.

Make a date with the Cape May Day Spa and treat your body to an uplifting, luxurious spa experience.

Located in Victorian Cape May, New Jersey, the Cape May Day Spa is a full-service spa offering state-of-the-art spa services in a relaxing, tranquil, richly-appointed ambiance of total comfort.

Let the certified professional staff make your trip to the seashore something really special. The Cape May Day Spa is a Holistic Center, designed for the Perfect Escape.

Let us pamper you!

Prices Subject to Change