

LimeRock Inn

Appointments within 48 hours

Spa Services

Spa Services provided by licensed massage therapist **Tracy Rescigno** and the **Maine Massage Clinic** staff. Tracy is a Licensed Massage Therapist in the state of Maine with over seven years experience. Additionally, she is a certified Neuromuscular Therapist for chronic and acute muscle injuries.

Swedish Massage

Five basic strokes, all flowing toward the heart, energize the body by stimulating circulation and promote generalized relaxation, dissolution of scar tissue adhesions, and improved circulation, which may speed healing and reduce swelling from injury.

1 hour	\$85.00
1.5 hours	\$120.00
2 hours	\$160.00

Hot Stone Therapy

Application of heated stones to the body during massage stimulates the circulatory system, softens and relaxes muscles, helps to release toxins, relieves pain and muscle spasms, and induces a state of deep relaxation.

1 hour	\$95.00
1.5 hours	\$135.00
2 hours	\$180.00

Neuromuscular Therapy

A comprehensive program of soft tissue manipulation that balances the body's central nervous system with the musculoskeletal system. Traditionally used to treat chronic and acute muscle injuries.

1 hour	\$85.00
1.5 hours	\$120.00
2 hours	\$160.00

Salt Scrub

A blend of natural sea salt and special herbs and oils, this invigorating and cleansing treatment leaves the whole body soft, smooth, and radiant.

1 hour	\$95.00
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Seaweed Wrap

Rich in minerals and trace elements, Algae and Sea Sediments nourish and mineralize as they soften the skin. This wrap aids in eliminating toxins and promotes slimming, leaving your whole body smoothed, softened, stimulated and refreshed.

1 hour	\$95.00
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Mud Wrap

A concentration of natural health-enhancing minerals, the Mud Wrap cleanses and disinfects the skin while maintaining the skin's natural moisture levels.

1 hour	\$95.00
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To order spa services, please see Frank or PJ or call Maine Massage Clinic at 441-4275.

Scheduling is based upon availability.

Maine Massage Clinic