



SPA MENU 2026

Hyannis · Cape Cod, Massachusetts

*Radiant skin, restored bodies, and mindful care – where
science meets nature on Cape Cod.*

508-775-7400 · solsticedayspa.com



THERAPEUTIC MESSAGES

Full-body, restorative massage experiences at Cape Cod's premier day spa.

RELAX & RESTORE

60 min \$125 · 90 min \$170

Our take on the classic Swedish massage – gentle to medium pressure using warm oils to melt away tension and calm the nervous system. Fully customized to your needs. Leaves you relaxed, balanced, and renewed.

DEEP THERAPEUTIC

60 min \$145 · 90 min \$190

For chronic tension and real recovery

A deep tissue massage incorporating firm pressure to target chronic tension, repetitive strain, and athletic recovery needs. Ideal for golfers, athletes, and those with physically demanding lifestyles. Could incorporate stretching, trigger point release, joint mobility, and heat compresses to enhance circulation and flexibility.

SOLSTICE DUO RETREAT

60 min \$125 each · 90 min \$170 each

Cape Cod's favorite couples massage – or bring a friend. Enjoy a peaceful retreat for two in a private suite with our Relax & Restore Massage, with the option to upgrade to Deep Therapeutic for an additional cost. Fully customized for each guest's comfort.

Cannot be combined with Prenatal Wellness or Himalayan Salt Stone therapies.

CANNABLISS MASSAGE

60 min \$150 · 90 min \$190

Our signature Relax & Restore massage enhanced with an unscented oil infused with therapeutic grade CBG – known for powerful pain-relieving and anti-inflammatory properties. Deep relaxation and muscle recovery, naturally. Ask about our retail selection to take the benefits home.

RESTORATIVE & WELLNESS

Targeted therapeutic services designed to address specific areas of tension and support functional relief.

THAI FOOT & SCALP RITUAL

60 min \$135

A restorative experience combining hand, scalp, neck, and traditional Thai foot massage targeting 37 reflex points. Susan's CBD lotion relieves soreness, reduces inflammation, and leaves mind and body deeply relaxed.

HIMALAYAN SALT STONE

60 min \$145 · 90 min \$190

Our hot stone massage experience using warm, mineral-rich Himalayan salt stones to gently melt away tension while restoring energetic balance and promoting deep relaxation.

LYMPHATIC DRAINAGE MASSAGE

60 min \$145

Feel lighter

A gentle, rhythmic massage designed to stimulate lymph flow, reduce swelling, support detoxification, and boost immunity. Ideal for enhancing circulation and easing inflammation – leaving you feeling lighter and revitalized.

Not intended for post-cosmetic surgical recovery. Please consult your physician before booking if you have any medical conditions.

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FIRE & FLOW CUPPING THERAPY

60 min \$155

A targeted cupping therapy treatment using warm salt stones, gliding cups, and focused massage to release deep tension and improve mobility in key areas.

No flames, just pure therapeutic heat.

Targeted service – does not include full-body massage. Choose the 90-min Fire & Flow Cupping Journey for the full-body experience. Cupping may leave temporary marks.

PRENATAL WELLNESS

60 min \$135 - 90 min \$180

Nurturing care for you and baby

A nurturing prenatal massage designed to comfort and support expectant mothers. Relieves muscle tension, improves circulation, and promotes relaxation using safe, supportive positioning.

UPPER BODY & HEADACHE RELIEF

60 min \$125

Release the weight you've been carrying

A targeted upper-body massage for tension associated with headaches and sinus pressure. Includes aromatic oil, pressure point techniques, facial massage, and a warming scalp treatment. Oil-free scalp option available.

SIGNATURE EXPERIENCES

Immersive, full-body rituals exclusive to Solstice Salon & Day Spa, Hyannis, Cape Cod.

A SOLSTICE ORIGINAL

LYMPHATIC PURITY RITUAL

90 min \$185

A head-to-toe **hybrid body and facial treatment** – exclusive to Solstice and unlike anything else on Cape Cod. Castor oil dry brushing stimulates the lymphatic system, followed by a sculpting Glo facial, scalp massage, and revitalizing foot scrub. Leave purified, radiant, and completely renewed.

THE ULTIMATE MASSAGE

90 min \$225

Begin with dry brushing to exfoliate and stimulate the lymphatic system, followed by CBD oil-infused customized bodywork to relieve tension and inflammation. Concludes with our exclusive Thai foot massage targeting 37 reflex points. Includes a take-home dry brush and Susan's CBD Good Night Oil.

FIRE & FLOW CUPPING JOURNEY

90 min \$225

A deeply restorative full-body cupping therapy experience blending warm oil, heated Himalayan salt stones, and advanced cupping techniques. Muscles are softened with heat before gliding cups lift the fascia, enhance circulation, and melt stagnation throughout the body. The journey concludes with grounding massage and warm compresses – leaving you renewed, open, and deeply restored.

No flames, just pure therapeutic heat.

Cupping may leave temporary marks. Please inform your therapist of any medical conditions prior to treatment.

BODY GLOW POLISH

60 min \$125

A full-body sugar scrub and body treatment followed by a hydrating lotion application – leaving your skin silky smooth from head to toe. Add a 30-minute massage for \$55.

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EXPRESS TREATMENTS

Focused services designed for quick relief or between full-length sessions.

TARGETED RELIEF THERAPY

30 min \$95

Straight to the source

Focused massage targeting one or two specific areas such as the neck, shoulders, or lower back. Ideal for localized pain or between full-length sessions.

THAI FOOT MASSAGE

30 min \$95 · \$70 with any 60-min massage

A traditional Thai foot massage targeting 37 reflex points to restore balance and ease tension.

MESSAGE ENHANCEMENTS

Integrated within your service time.

Hand & Foot Hydration Ritual	\$35	Targeted Cupping	\$10
CBD Spot Relief	\$15	<i>1 area - enhanced circulation & fascia release</i>	
Back Polish	\$25	Extended Cupping	\$25
Hot Salt Stone Relief	\$15	<i>Multiple areas - deeper therapeutic work</i>	
Dry Brushing Ritual	\$25		

Cupping may leave temporary marks. Please inform your therapist of any medical conditions prior to treatment.

FACIAL ENHANCEMENTS

Add to any service · integrated within your service time.

Hydrogel Lip & Eye Mask	\$14	Enzyme Booster	\$35
LED Light Therapy	\$25	Peel Boost	\$65
Glo® Active Serum Boost	\$20	Hand & Foot Hydration Ritual	\$35
		Aromatherapy Scalp Massage	\$25

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POWERED BY GLO SKIN BEAUTY · CLEAN · CLINICAL · CONSCIOUS

Every facial at Solstice is a personalized journey toward glowing, balanced skin – achieved through intentional touch and clinically proven products, not machines. Visit us in Hyannis on Cape Cod.

RESTORE & HYDRATE

For skin that's been through it – these treatments return your skin to its most balanced, comfortable self.

CALM & SOOTHE

50–60 min \$130

Quiet your skin

Designed for sensitive and reactive skin, this gentle facial calms redness and strengthens the skin barrier with anti-inflammatories, hydrators, and antioxidants. Light exfoliation allows soothing agents to work at a deeper level for relief you can actually feel.

HYDRATION BOOST

50–60 min \$130

Drink it in

Marine botanicals and antioxidant-rich actives quench dehydration and soothe post-sun or wind-stressed skin. A Cape Cod facial staple, season after season.

FIRM + REPAIR

50–60 min \$195 · includes EGF serum

Turn back the clock

Our most advanced anti-aging facial. Plant stem cell technology and Glo's EGF – Epidermal Growth Factor – serum work together to restore elasticity, plumpness, and radiance. Lactic acid exfoliation and a nourishing mask leave skin visibly lifted and lustrous.

BRIGHTEN & CLARIFY

For skin ready to show up – luminous from the inside out.

THE GLO GETTER

30 min \$95

A focused express facial combining professional cleansing, exfoliation, and hydration for instant vitality. Perfect before an event or between full services.

BRIGHTEN & GLOW

50–60 min \$160 · includes peel

Antioxidants and brightening actives target dullness and uneven tone, while a professional peel and hydrating mask restore luminosity and balance. Skin that genuinely glows – not just for a day.

CLARIFY & BALANCE

50–60 min \$150 · includes enzyme

Clean, clear, comfortable

Enzymatic exfoliation clears debris from follicles while mineral clays draw out impurities and refine texture. Ideal for oily, combination, or breakout-prone skin.

RESURFACE + SMOOTH

50–60 min \$175 · includes peel

Start fresh

Glycolic acid and retinol stimulate cell turnover and refine texture, while a professional peel reveals a healthier, more luminous complexion. A hydrating mask balances results with relaxation.

BACK FACIAL

30 min \$85

We've got your back

A cleanse, exfoliation, and hydration refresh for the back – perfect maintenance between full sessions.



DERMAPLANING

The smoothest skin of your life – achieved with the skilled hands of your esthetician and nothing else.

DERMAPLANE REJUVENATION

60–75 min \$170

Manual dermaplaning removes surface texture and peach fuzz while Glo's nutrient-dense serums maximize hydration and absorption. Smooth, refined, and luminous.

EXPRESS DERMAPLANE

45 min \$125

A swift manual exfoliation that instantly reveals smoother, brighter skin. Finished with Glo's nourishing serums for a polished, fresh-faced glow.

PROFESSIONAL CHEMICAL PEELS

Real results, no mystery – expertly customized for your skin type to achieve visible renewal without harsh downtime.

GLO® PROFESSIONAL PEEL

45 min \$100

Your skin, expertly customized

Your esthetician selects the ideal formulation for your skin. Includes consultation, treatment mask, and finishing hydration.

- Enzyme Renewal – gentle fruit enzymes for instant glow
- Lactic Hydrating – revives dryness and uneven tone
- Retinol + C – refines aging or sun-damaged skin
- Glycolic Refining – smooths texture and minimizes fine lines
- Salicylic Clarifying – targets congestion and active breakouts

GLO® PEEL SERIES

3 Peels in Series

\$240 (save \$60)

6 Peels in Series

\$500 (includes one free peel)

We believe in radiant skin, restored bodies, and mindful care. Every service at Solstice is crafted to meet you where you are – visible results and serene renewal, where science meets nature on

Cape Cod.

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