



408 Main St · Hyannis  
Cape Cod, Massachusetts

(508) 775-7400

solsticedayspa.com  
Vagaro app  
or call to schedule



SCAN TO BOOK

Prices are subject to change without notice.



HYANNIS, MASSACHUSETTS

408 Main St, Hyannis

*Where science meets nature — restorative  
experiences crafted for radiant skin, restored  
bodies, and deep renewal.*

SPA MENU · 2026

BOOK · GIFT · RENEW



## SIGNATURE EXPERIENCES

*Immersive, full-body rituals to elevate your wellness journey.*

### THE ULTIMATE MASSAGE

90 min · \$225

Dry brushing · CBD oil bodywork · Thai foot massage targeting 37 reflex points. Includes take-home dry brush and CBD Good Night Oil.

### FIRE & FLOW CUPPING JOURNEY

90 min · \$225

Full-body experience blending warm oil, heated salt stones, and advanced cupping. Concludes with grounding massage and warm compresses.

*No flames, just pure therapeutic heat · Cupping may leave temporary marks.*

### LYMPHATIC PURITY RITUAL

90 min · \$160 · A Solstice Original

Castor oil dry brushing to stimulate the lymphatic system, followed by a sculpting Glo facial with scalp massage and revitalizing foot scrub.

### BODY GLOW POLISH

60 min · \$125 · add 30-min massage \$60

Full-body sugar scrub followed by hydrating lotion — silky smooth from head to toe.

## MASSAGE & BODY THERAPIES

### THERAPEUTIC MASSAGES

*Full-body, restorative massage experiences for deep relaxation and balance.*

#### RELEASE & RESTORE MASSAGE

60 min · \$125 · 90 min · \$170

Gentle to medium pressure with warm oils to melt tension and calm the nervous system. Fully customized, with the option for focused deeper work.

#### DEEP THERAPEUTIC MASSAGE

60 min · \$145 · 90 min · \$190

Firm-pressure full-body massage targeting chronic tension and athletic recovery. Deep tissue, trigger point release, stretching, and heat compresses.

## THERAPEUTIC MESSAGES, CONT.

### CANNABLISS MASSAGE

60 min · \$145 · 90 min · \$195

Customized massage with lotion infused with 4,000 mg CBD and 800 mg CBG for powerful pain relief, anti-inflammatory support, and deep relaxation.

### SOLSTICE DUO RETREAT

60 min · \$125 each · 90 min · \$170 each

A peaceful retreat for two in a private suite. Includes Release & Restore, with the option to upgrade to Deep Therapeutic Massage.

## RESTORATIVE & WELLNESS

### HIMALAYAN SALT STONE THERAPY

60 min · \$145 · 90 min · \$190

Warm, mineral-rich salt stones melt tension, restore balance, and promote deep relaxation.

### PRENATAL WELLNESS MASSAGE

60 min · \$135 · 90 min · \$180

Nurturing massage for expectant mothers. Relieves tension, improves circulation, and promotes relaxation with safe, supportive positioning.

### THAI FOOT & SCALP RITUAL

60 min · \$135

Hand, scalp, neck, and traditional Thai foot massage targeting 37 reflex points. CBD lotion relieves soreness and eases inflammation.

### HEADACHE & SINUS RELIEF

60 min · \$125

Targeted upper-body massage with eucalyptus oil, pressure point techniques, facial massage, and warming scalp treatment.

### LYMPHATIC DRAINAGE MASSAGE

60 min · \$145

Gentle, rhythmic massage to stimulate lymph flow, reduce swelling, support detoxification, and boost immunity.

*Not intended for post-surgical recovery. Consult your physician before booking.*

### FIRE & FLOW CUPPING THERAPY

60 min · \$155

Targeted treatment using warm salt stones, gliding cups, and focused therapeutic massage to release deep tension and improve mobility.

*No flames, just pure therapeutic heat · Upgrade to 90-min Journey for full-body · Cupping may leave temporary marks.*

## EXPRESS TREATMENTS

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

### TARGETED RELIEF THERAPY

30 min · \$95

Focused massage on one or two areas — neck, shoulders, or lower back.

### THAI FOOT MASSAGE

30 min · \$95 · \$70 added to any 60-min massage

Traditional Thai massage targeting 37 reflex points to restore balance and ease tension.

## MASSAGE ENHANCEMENTS

*10–15 min · integrated within your service time*

Hand & Foot Hydration Ritual	<b>\$35</b>
CBD Spot Relief Balm	<b>\$15</b>
Back Polish	<b>\$25</b>
Hot Spot with Salt Stone	<b>\$15</b>
Dry Brushing Ritual	<b>\$20</b>
Targeted Cupping (1–3 cups)	<b>\$10</b>
Extended Cupping (3–5 cups)	<b>\$25</b>

*Cupping may leave temporary marks. Please inform your therapist of any medical conditions.*

## FACIALS & SKIN RITUALS

### Powered by Glo Skin Beauty

*Clean · Clinical · Conscious · Every facial is a personalized journey toward glowing, balanced skin.*

## RESTORE & HYDRATE

### CALM & SOOTHE

60 min · \$130

Anti-inflammatories, hydrators, and antioxidants calm redness and strengthen the skin barrier.

### HYDRATION BOOST

60 min · \$130

Marine botanicals quench dehydration and soothe post-sun or wind-stressed skin — a Cape Cod staple.

### FIRM + REPAIR

60 min · \$195 · includes EGF serum

Plant stem cell technology and EGF serum restore elasticity and radiance. Visibly lifted and lustrous.

## BRIGHTEN & CLARIFY

### BRIGHTEN & GLOW

60 min · \$160 · includes peel

Brightening actives, professional peel, and hydrating mask target dullness for skin that genuinely glows.

### CLARIFY & BALANCE

60 min · \$150 · includes enzyme

Enzymatic exfoliation and mineral clays refine texture and clear congestion.

### RESURFACE + SMOOTH

60 min · \$175 · includes peel

Glycolic acid and retinol stimulate cell turnover; professional peel reveals a healthier complexion.

Prices are subject to change without notice.

## FACIALS & SKIN RITUALS, CONT.

## DERMAPLANING

### DERMAPLANE REJUVENATION

60 min · \$170

Manual dermaplaning with Glo nutrient-dense serums for smooth, refined, luminous skin.

### EXPRESS DERMAPLANE

45 min · \$125

Dermaplaning and Glo serums — no fuss, no fuzz, just glow.

### NANO NEEDLING FACIAL

75 min · \$225

A non-invasive skin renewal treatment that infuses active serums deep into the skin for visible lifting, smoothing, and radiance.

*Recommended minimum series of 3 treatments for optimal results.*

## PROFESSIONAL CHEMICAL PEELS

### Glo® Peels

#### GLO® PROFESSIONAL PEEL

45 min · \$115

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

#### FORMULATION OPTIONS

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

#### GLO® PEEL SERIES

3 Peels · \$310 (save \$60)

6 Peels · \$675 (includes one free peel)

## FACIAL ENHANCEMENTS

## ADD TO ANY SERVICE

*Integrated within your service time*

Hydrogel Lip & Eye Mask	<b>\$14</b>
LED Light Therapy	<b>\$25</b>
Glo® Active Serum Boost	<b>\$20</b>
Enzyme Booster	<b>\$35</b>
Peel Boost	<b>\$65</b>
Hand & Foot Hydration Ritual	<b>\$35</b>