

REPLENISHING SOAKS

- Milk & Honey TheraCube™ Soak | 43

Luxuriously hydrating & relaxing with lavender & sweet almond oil
- Essential Bath & Body Melt™ | 46

The ultimate hydration with a blend of essential oils, rose hips & neem
- Lavender Cleansing Soak | 36

Gently relaxing & sudsy

BALANCING SOAKS

- Beach Rose™ TheraCube™ Salt Soak | 43

Create balance & peacefulness with a blend of geranium, lavender & rose
- Honey Cleansing Soak | 35

Pure & simple with nourishing wild flower honey

MAINE FOREST™ SOAK

- Spruce Woods™ TheraCube™ Salt Soak | 43

Woody & detoxifying with eucalyptus and rosemary

UPLIFTING SOAKS

- Clarity of Mind™ Citrus Silk TheraCube™ Salt Soak | 43

Uplift your mind; elevate your spirits with blood orange, jasmine & lime
- Peppermint Cleansing Soak | 35

Refreshingly sudsy

RECOUP & RECOVER SOAKS

- Breathe Easy™ Spicy Peppermint TheraCube™ Salt Soak | 43

Help reduce a stuffy nose & sinus headache with clove, peppermint & rosemary
- Zen Tea Tree™ TheraCube™ Salt Soak | 46

Soothe & hydrate cranky, itchy, dry skin & problem feet with black walnut leaf, wild flower honey & sweet almond oil
- Muscle Ease™ Seaweed TheraCube™ Salt Soak with Arnica | 47

Relieve tight, achy, sore muscles with spirulina, eucalyptus & peppermint
- Muscle Ease™ CBD TheraCube™ Salt Soak | 53

Soothe joint and muscle pain with this full spectrum hemp based CBD soak with spirulina, arnica-infused sweet almond oil, lime, Sweet orange, eucalyptus, camphor, and nutmeg

FULL BODY MASSAGE

Reserve a personalized massage in our private massage room.
A couples massage is priced as 2 massages.

60 minutes | 150 90 minutes | 225

MASSAGE

- feet & lower legs
20 minutes | 40 40 minutes | 82
- hands & lower arms
20 minutes | 40 40 minutes | 82
- head, neck & shoulders
20 minutes | 42 40 minutes | 89

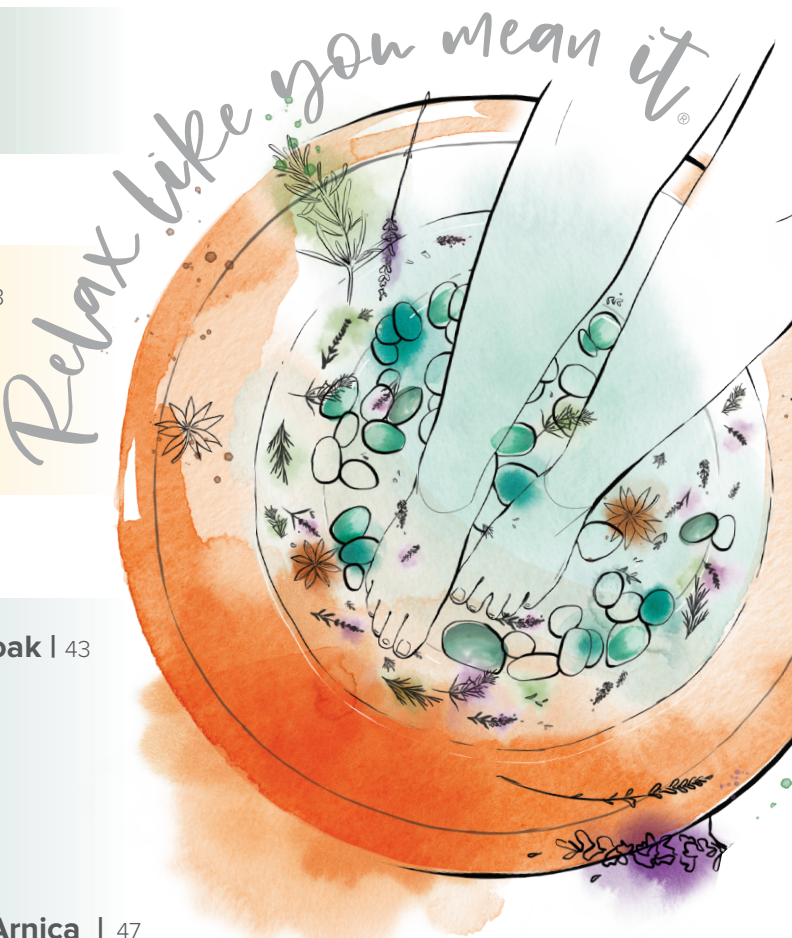
FOOT & LOWER LEG POLISH | 25

Exfoliate & smooth legs and feet
Beach Rose, Clarity of Mind, or Essential Lavender Polish

REFLEXOLOGY

- 20 minutes | 50 40 minutes | 100

These services are subject to availability and
should be booked ahead of time with a soak.



AROMATHERAPY | 15

CBD TREATMENT | 26

ARNICA MUSCLE EASE™ | 18



SPA PACKAGE COMBINATIONS



REPLENISHING

Deep Lavender Relaxation | 123
Supreme relaxation & replenishment

- Milk & Honey TheraCube™ Salt Soak {lavender, sweet almond oil, honey & milk}
- Lavender polish: exfoliates & smooths legs & feet
- 20-minute aromatherapy massage focusing on feet and lower legs

Mellow Mama™ | 168
A must for the new or expectant mother

- Essential Bath & Massage Melt™ velvety soak {lavender, neroli, carrot, and rose hips}
- Lavender polish: exfoliates & smooths legs & feet
- 40-minute aromatherapy massage focusing on head, neck, shoulders, feet and lower legs

RECOUP & RECOVER

Muscle Ease™ Athlete's Dream | 144
Soothe sore muscles & barking dogs

- Muscle Ease™ Seaweed TheraCube™ Salt Soak {seaweed, eucalyptus, peppermint, and arnica}
*add CBD to your soak for 6
- 40-minute aromatherapy & arnica Muscle Ease™ massage focusing on the feet, lower legs, head, neck and shoulders
*add a CBD treatment to your massage for 26

Jet Lag Chaser™ | 100
Helps symptoms of headaches, sinus pressure or a seriously late night

- Breathe Easy™ Spicy Peppermint TheraCube™ Salt Soak
- 20-minute aromatherapy face and scalp

BALANCING

Beach Rose™ Harmony | 123
Creates balance & peacefulness

- Beach Rose™ TheraCube™ Salt Soak {geranium, lavender, and rose}
- Beach Rose™ polish: exfoliates & smooths legs & feet
- 20-minute aromatherapy massage focusing on feet and lower legs

MAINE FOREST™

Maine Woodsman™ | 125
Woody & detoxifying

- Spruce Woods™ TheraCube™ Salt Soak {eucalyptus & rosemary}
- Antioxidant foot and lower leg scrub
- 20-minute aromatherapy massage focusing on the head, neck, and shoulders

UPLIFTING

Clarity of Mind™ Inspire Focus | 125
Uplift your mind, elevate your spirits

- Clarity of Mind™ Citrus Silk TheraCube™ Salt Soak {blood orange, jasmine & lime}
- Antioxidant green tea citrus polish exfoliates & smooths legs & feet
- 20-minute aromatherapy massage focusing on head, neck, and shoulders

An extraordinary experience
for an ordinary day®

POLICIES

Covid safety:
Masks are available, but no longer required.

Children:
Children of all ages are welcome in the TeaLounge™. Those under 15 years old, (including infants and toddlers) cannot be accommodated in the SpaLounge™. Children under 17 years old must be accompanied by a parent or guardian.

Cell phones, cameras & all electronics:
Cameras are not allowed in the SpaLounge™. All electronics, including phones, must be turned off before entering. We encourage guests to fully unplug during your appointment to enhance relaxation. Cell phones and electronics are in fact permitted in the TeaLounge™.

Payments & pricing:
We accept MasterCard, Visa, American Express, Discover card, prepaid cards, and cash. Pricing is subject to change without notice. We also sell SOAKOLOGY® gift cards for pre-payment convenience. A 20% gratuity is automatically added to the bill for groups of 5 or more.

Groups & gatherings:
Groups of 5 or more are welcome in our TeaLounge™ and SpaLounge™. Please note that group reservations for the spa are highly recommended. There is a 72 hour cancellation or change policy for group reservations. Our guest services will assist with planning and booking your party. Gratuity is not included in the price. A 20% gratuity is automatically added to the total.

Please use soft voices, especially in the SpaLounge™, so that everyone can have a quiet, relaxing experience.



TEA LOUNGE MENU

SWEETS

Spicy ginger cookies (2)

5

Russian tea cakes (3)

5

Rosemary shortbread (2)

5

Macaron (gf)

- pistachio
- caramel
- coconut
- dark chocolate
- almond
- rose lychee
- honey lavender
- earl grey

5

Bars (gf)

- peanut butter and chocolate (vegan)
- blueberry and oat (vegan)
- classic brownie
- coconut dream

7

Dark chocolate by the foot

2.85

CHILLED BEVERAGES

Iced tea

daily selection of black, green, herbal or chai

6

Iced tea lemonade

black, green, herbal or chai iced tea blended with fresh squeezed lemon juice and agave

7

Iced tea smoothie

blueberries, mangoes and ginger blended with black tea

or

strawberries and mangoes blended with herbal tea

10

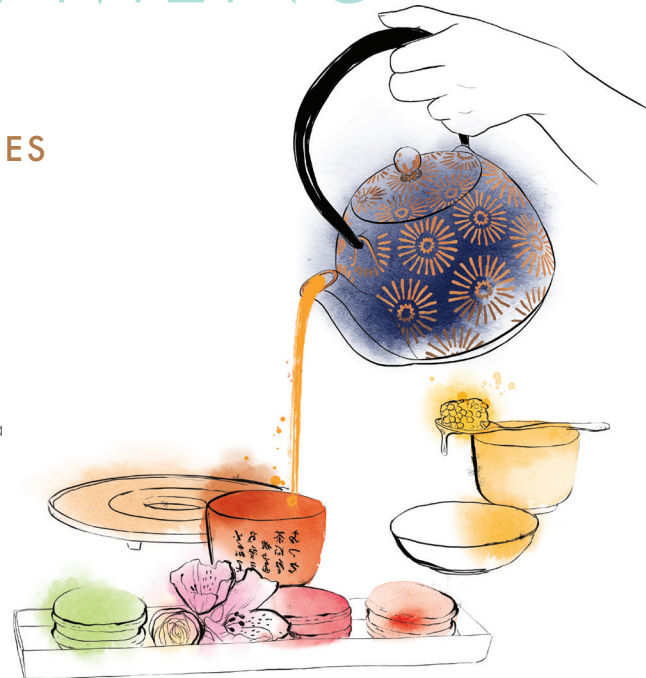
Sparkling water

5

Spritzer

sparkling water with your choice of natural flavor

6.75



add a natural
+
FLAVOR

~ almond

~ vanilla

~ lavender

~ ginger

~ peppermint

~ strawberry

~ pomegranate

~ raspberry

~ blueberry

~ caramel

1.75

STEAMED OR CHILLED BEVERAGES

Chai

traditional or red chai blended with milk, honey and cinnamon

7.75

Signature Hot Toddy™

black tea blended with honey, lemon and cinnamon

7.75

Lavender London Fog™

lavender earl grey tea blended with milk and vanilla

7.75

Black Almond™ latte

hearty breakfast black tea blended with milk and natural almond flavor

7.75

Matcha latte

Japanese matcha green tea blended with milk and honey

8.75

Hot cocoa

rich and decadent sipping chocolate choose between spicy and original

8.75

Relax
like you
mean it®

SOAKOLOGY®

SOAK · STEEP · RENEW.

Allergen note: Our kitchen contains nuts.

511 CONGRESS ST #105, PORTLAND, ME • SOAKOLOGY.COM



we foraged the earth for the finest

ALL OUR TEAS ARE FAIR TRADE

HOT TEA

GREEN

forest green	6 / 10
dragonwell	6 / 10
san bei xiang	4 / 6
precious flower	n/a 10
early harvest sencha	6 / 10
genmaicha	4 / 6
green earl grey	4 / 5
matcha	8 / n/a
jasmine pearls	6 / 10
• jasmine rose	6 / 10
lotus	4 / 6
moroccan mint	4 / 6
houjicha	4 / 6

OO LONG

pouchong	8 / 12
tung ting	8 / 12
jade oolong	8 / 12
jin xuan	10 / 15
alishan oolong	14 / 21
tieguanyin	6 / 10
premium aged	17 / 26
himalayan oolong	6 / 10
phoenix mountain	6 / 10

milk and non-dairy:

- ~ whole
- ~ soy
- ~ almond
- ~ oat

sweeteners:

- ~ honey {meticulously procured}
- ~ sugar in the raw
- ~ organic coconut sugar
- ~ agave
- ~ stevia in the raw {calorie-free}

BLACK

• black cranberry	6 / 10
black earl grey	4 / 6
mango noir	4 / 6
spicy peach	4 / 6
• lavender earl grey	6 / 10
lychee	4 / 6
spicy pear	4 / 6
• rose black	4 / 6
• smoked earl grey	4 / 6
• smoked lavender	4 / 6
ceylon	6 / 10
orange pekoe	4 / 6
sri lankan golden tips	14 / 21
sri lankan vintage	4 / 6
summit first flush	10 / 15
tibetan gold	10 / 15
english breakfast	4 / 6
golden monkey	6 / 10
grand qimen	4 / 6
late winter noir	4 / 6
lapsang souchong	6 / 10
first flush darjeeling	4 / 6

CHAI

• masala chai	4 / 6
• rooibos chai	4 / 6
• mate chai	4 / 6

WHITE

regal white	6 / 10
bai mudan	4 / 6
• rose white	4 / 6
white earl grey	8 / 12

PU-ER

aged pu-er brick	6 / 10
tuocha	4 / 6
recoup and recover	
topaz pu-er	4 / 6
• recoup and recover	
pu-er ginger	6 / 10

RED

honeybush	4 / 6
south african rooibos	4 / 6
• balancing rooibos	4 / 6
• echinacea honeybush	6 / 10

HERBAL

ancient maya nut	4 / 6
• replenishing	
chamomile lavender	4 / 6
• cranberry orange	4 / 6
recoup and recover	
echinacea	6 / 10
ginger	4 / 6
• ginger mint	4 / 6
rama tulsi	4 / 6
• hibiscus ginger	4 / 6
• recoup & recover	
kapha	6 / 10
replenishing lavender	4 / 6
lemongrass	4 / 6
lemon myrtle	4 / 6
uplifting lemon	
verbena	4 / 6
balancing licorice	4 / 6
• balancing pitta	6 / 10
spearmint	4 / 6
• spicy cranberry	4 / 6
• spicy peppermint	4 / 6
• uplifting vata	6 / 10
• lavender mint	4 / 6

HERBAL (containing caffeine)

coconut lavender	
yaupon	6 / 10
roasted yaupon	6 / 10
yaupon holly	6 / 10

YERBA MATE

recoup and recover	
yerba mate	4 / 6
• recoup and recover	
mint mate	4 / 6
recoup and recover	
roasted mate	4 / 6