

Boothbay Harbor Country Club

*Where Luxury
Meets Nature*



BOOTHBAY HARBOR
COUNTRY CLUB

50 Sugar Maple Lane,
P.O. Box 757
Boothbay, ME 04537

Phone: 207-633-3673

Pro Shop: Ext. 1

Dining Reservations: Ext. 2

Wellness Center: Ext. 3

Giselaine's Spa Ext. 4

boothbayharborcc.com



Welcome Back Members!

We were honored to be recognized by
Golfweek Magazine, again this year, as one of
the Top 100 Resort Courses in the US!

*In this issue, you'll find lots of fun photos from
our Member Opening Party, information on
upcoming golf events, tennis and pickleball clinics,
and special member events including the highly-
anticipated Giselaine's Spa Grand Opening Party!*



Welcome back for the 2023 season!

Each year, we strive to enhance our overall membership experience with the addition of new amenities and services.

This year is certainly no different—we're so excited about the opening of Giselaïne's Spa! The spa will offer a full array of services including massage therapy, skin care treatments, hair services, manicures, and pedicures. The spa opens on June 12 and will be open daily 10am—6pm. Mondays will be co-ed day.

We hope to see you at Giselaïne's Spa
Grand Opening Party on Thursday, June 22.

*All our best,
Paul & Giselaïne*



ALL MEMBERS (MEN & WOMEN) ARE INVITED
TO THE SPA GRAND OPENING PARTY!

YOU'RE
Invited

GISELAINE'S SPA GRAND OPENING PARTY

Thursday, June 22 | 6pm – 8pm

Cocktails & hors d'oeuvres | Music by the Jim Ciampi band

Please join us for this exclusive member-only event!

Featuring *Horizon Lines: Maine*, a collaboration between Giselaïne and renowned National Geographic photographer David McLain, which yielded 32 unique Silver Gelatin prints. David will be on hand to meet and discuss the work.

Learn more at www.davidmclain.com

*** Men are also invited! ***

Kindly RSVP by June 14 | 633-3673 x2
dining@boothbayharborcc.com



www.Giselaines-Spa.com | 25 White Birch Lane, Boothbay, ME 04537

Kindly RSVP by June 14

Call 207-633-3673 x2 or email: dining@boothbayharborcc.com

Horizon Lines: Maine

Photographs by David McLain

ARTISTIC STATEMENT

Most depictions of Maine portray a colorful coast with lighthouses, lobster boats, and islands. Often, the ocean itself is treated as a mere backdrop. This series of silver gelatin prints were commissioned to flip this script by excluding or minimizing Maine's conventional coastal cues in favor of its endless horizons.

Horizons, by definition, broaden our perspectives. They draw our gaze up and out, rather than down and in. A single line in the distance, always present, suggesting new places to go beyond and within ourselves. This body of work seeks to remind us of the possibility for growth and calm that exists on the Maine horizon.



Reid #1

PROCESS

The images in this collection are equal parts digital and analog. Each scene was captured with the world's highest-resolution digital camera that uses artificial intelligence to condense the passage of time into a single frame. Through this cutting-edge process, the movement of waves, fog, currents, clouds, sea foam, and shifting sand leave their own signatures over hour-long exposures in ways the human eye can't otherwise see. This digital file is then transferred to an 8x10 negative that one of the world's few remaining master darkroom printers uses to create large-format Silver Gelatin prints. This traditional chemical process creates images with an inner glow and depth emanating from particles of silver reflecting light back to the viewer. Together, the old and the new accomplish something neither can on their own.

About the Artist:

David McLain



I earned my chops the old-fashioned way by shooting feature-length assignments around the world for *National Geographic Magazine*. The stories varied but the mandate was always the same: work with every kind of person under any kind of condition and create timeless yet contemporary images for a client with the highest visual standards. My assignments took me to six continents and often required 200 days on the road each year.

As a photographer and filmmaker, I specialize in exploring big questions across a range of subjects by telling intimate stories about real people. I've shot seven feature stories for *National Geographic Magazine*, photographed the NYT best-selling cookbook *Blue Zones Kitchen*, shot for major brands like Sony and Apple, and was Director of Photography for the feature documentary *Bounce*, which premiered at SXSW. My primary tools are curiosity, an ability to listen, and deep empathy for people who inhabit different realities than mine. Attentiveness to others, to my craft, and to my clients are at the core of everything I do.

I live with my wife, artist Anne McLain, in a 220-year-old Maine farmhouse with a post and beam barn we share studio space in. Our two children, Finn and Myla, were born and raised in Maine and are amazing young adults, one an aspiring builder, the other studying in Patagonia. My family, my home, and Maine ground me and fuel the boundless sense of possibility and hope I bring to my work. I continually marvel at how endless the opportunities are. Now is the time to start exploring them.

You can see more work at www.davidmclain.com

Member Opening Party



Member Opening Party





Welcome New Members!

New Golf Members

Edward & Kristianna Mylett—Chino Hills, CA

Seth Hankowski—Boston, MA

Brian & Jennifer Graves—Cumberland, ME

Rhett Smith & Leigh Carey—Boston, MA

Joe & Mary Bellino—Louisville, KY

Tim McCann—Cumberland, ME

Jack & Leidy Freker—Miami Beach, FL

Craig Briggs—York, ME

New Sports Members

Patrick & Deborah Stern—Dallas, TX

Merritt & Patricia Grover—Boothbay Harbor, ME

Matthijs & Lisa Nieuwveld—The Woodlands, TX

Keith & Jennie Yonkers—Balboa, CA

Alex & Jack Herger—East Boothbay, ME

Daniel & Megan Nelson—Lincoln, MA

Chris & Lori Poulin—Cumberland Foreside, ME

Scott & Dale Guenther—Longboat Key, FL

Chad & Jennifer Rosenberg—Chester Springs, PA

McClaran Hayes & Caroline Emerson—Auburn, ME

2023 Golf Staff Update

Year after year, Boothbay Harbor CC enjoys a quality golf professional staff and this year will be no different. You will see a few new faces in the golf operation again this season. Greg Martin and Nick Hocker have moved on to the next steps in their careers. Greg is now the 1st Assistant Golf Professional @ Sleepy Hollow Golf Club in New York and Nick will be a year-round Assistant Golf Professional at The Bear's Club in Jupiter, FL. They have both spent the last 5 summers at BHCC and did a fantastic job taking care of all of your day-to-day needs. Griffin Andrews has also moved back to his hometown of Portsmouth, NH to pursue new interests and spend time with his family. We appreciate all of their efforts here and wish them the best as they continue their journeys.

2023 Golf Shop Staff

I am starting my 11th season as the Director of Golf & Membership. Spencer Collins will be back for his 5th season and his 1st season inside the golf shop. Daulton Wickenden is starting his 2nd season and his 1st inside. Matt Ferrelli will be joining the inside team for his first season at BHCC. Master LPGA Professional, Judy Alvarez, is back for her 5th season at BHCC. She will be providing lessons, clinics and helping out with the ladies' leagues. Ally Penman will be back in the golf shop this summer keeping all of us in-line along with Kate Winterland. Kate is here for her second season from Illinois where she plays golf for Eastern Illinois University.

2023 Locker Room & Outside Staff

We have another terrific crew to help with your daily needs in the locker room and on the outside. They are a bunch of really fun guys who enjoy giving you a hand and they can really play. If you see them on a day off, invite them to join your group and enjoy the show.

Thomas Cornell (8th Season) / Jimmy Middleton (7th Season) / Peter Vreeke (6th Season)

TJ Folsom (4th Season) / Austin Chilies (3rd Season) / Anthony Ruggiero (2nd Season)

Nathan Farnsworth (1st Season) / Brent Stewart (1st Season) / Max Hatley (1st Season)

I am very fortunate to have the chance to work with all of these individuals and we all are very proud to be a part of this special club. We look forward to helping all of you enjoy your time on the golf course this summer!!

Chad Penman
Director of Golf & Membership

WEEKLY GOLF EVENTS

M/W/F and The Big League

The Southporters (7:30am), Boothbay Baggers (9am) and Far Niente (10am) groups play every Monday, Wednesday, and Friday. The Big League will play every Tuesday and Friday starting at 11am. Sign-Up on ForeTees, or call the Golf Shop if you have any questions about these groups. The Golf Shop completes the pairings an hour prior to the above starting times.

Ladies' Kick-Start Golf Clinic

Clinics start Wednesday, May 17th and Judy Alvarez is back to lead the way! This is a great method to learn the game, sharpen your skills, and meet other ladies to play golf with. Clinic will run from 4:00-5:30 until June 22, then we move to 2 sessions. We will work on fundamentals, rules, course etiquette, pace of play, and on course experience. \$40.00 per person.

Ladies' 18-Hole League & Tee Party

The Ladies' 18-Hole League is more of a formal setting with formats changing each week. There is a \$10 prize pool and we will tee off in a shotgun format starting @ 8:30am each Wednesday. The Tee Party is an informal choose up that plays 18 holes on Monday's and Friday's starting @ 9:40am.

Men's Little League

Little League is a 9-hole format that has a 5pm Shotgun start every Tuesday. Skins game amongst other wrinkles are included every week.

Ladies' 9-Hole League

League start on Tuesday, May 17th. The 9-hole league is a relaxed gathering of ladies' who want to just play 9-holes. There is a \$5 prize pool and we will tee off on the back 9 starting @ 9:30am.

Sign-up for any of these groups is available on Foretees now.

NEW FOR 2023!!!

MASTER CLASS GOLF CLINIC

NEW FOR 2023!!! CHAD & JUDY WILL PROVIDE A MIXED GOLF CLINIC FOR ALL MEMBERS WITH HELP FROM THE ASSISTANT PROFESSIONALS. FUN TOPICS WILL VARY FROM WEEK TO WEEK. THE CURRICULUM WILL BE GEARED TOWARDS INTERMEDIATE PLAYERS, BUT EVERYONE IS INVITED. TIME WILL BE SPLIT BETWEEN PRACTICE AND ON-COURSE EXPERIENCE.

TUESDAYS FROM MAY 23 – SEPTEMBER 19

TIME: 3:00-4:30PM

ENTRY FEE: \$40 PER PERSON

CLINIC FORMAT SCHEDULE

MAY 23 – DRIVE IT FARTHER AND STRAIGHTER / TIGHT LIE CHIPPING

MAY 30 – HIT YOUR IRONS MORE SOLID / PITCHING OUT OF THE ROUGH

JUNE 6 – FAIRWAY WOODS & HYBRIDS / GREENSIDE BUNKERS

JUNE 13 – LONG ROUGH / GREEN READING

JUNE 20 – FAIRWAY BUNKERS / PUTTING

JUNE 27 – DRIVE IT FARTHER AND STRAIGHTER / TIGHT LIE CHIPPING

JULY 11 – HIT YOUR IRONS MORE SOLID / PITCHING OUT OF THE ROUGH

JULY 18 – FAIRWAY WOODS & HYBRIDS / GREENSIDE BUNKERS

JULY 25 - LONG ROUGH / GREEN READING

AUGUST 1 - FAIRWAY BUNKERS / PUTTING

AUGUST 8 – DRIVE IT FARTHER AND STRAIGHTER / TIGHT LIE CHIPPING

AUGUST 29 – HIT YOUR IRONS MORE SOLID / PITCHING OUT OF THE ROUGH

SEPTEMBER 5 – FAIRWAY WOODS & HYBRIDS / GREENSIDE BUNKERS

SEPTEMBER 12— LONG ROUGH / GREEN READING

SEPTEMBER 19— FAIRWAY BUNKERS / PUTTING

FRIDAY NIGHT SCRAMBLE

EASILY OUR MOST POPULAR EVENT AT BHCC. SIGN UP INDIVIDUALLY, AS A COUPLE OR AS A 4-PERSON TEAM. FUN FORMATS WILL VARY FROM WEEK TO WEEK. JOIN US FOR DINNER AND SCORING IN THE CLUBHOUSE FOLLOWING GOLF. SIGN-UP ON FORETEES OR BY CALLING THE GOLF SHOP TODAY!

FRIDAYS FROM MAY 12 – SEPTEMBER 22

TIME: 5:00PM SHOTGUN START (4PM IN SEPT)

ENTRY FEE: \$15 PER PERSON

SCRAMBLE FORMAT SCHEDULE

MAY 12 – REGULAR

MAY 19 – REGULAR

MAY 26– STRING

JUNE 2 – 3 - CLUBS & A PUTTER

JUNE 9 – STEP ASIDE

JUNE 16 – DOUBLE JEOPARDY

JUNE 23– REGULAR

JUNE 30 – STRING

JULY 7 – BACK & FORTH

JULY 14 – SHORT COURSE

JULY 21 – REGULAR

JULY 28 – DOUBLE JEOPARDY

AUGUST 4 – STEP ASIDE

AUGUST 11 – REGULAR

AUGUST 18 – STRING

AUGUST 25 – NO EVENT

SEPT 1 – DOUBLE JEOPARDY

SEPT 8 – 33-CLUBS & A PUTTER(4PM)

SEPT 15 – STRING (4PM)

SEPT 22 – REGULAR (4PM)



The Boothbay Harbor Country Club Golf Shop

The Golf Shop strives to continue to bring you the leading brands in both Men's and Women's Apparel. We have brought back member favorite brands such as Holderness & Bourne, Peter Millar, FootJoy, Johnnie-O, Greyson, GFore and many more.

We are going to stock limited styles of shoes this season so this is a great opportunity to easily order your favorite pair and get 20% off. Returns will be hassle free and done by the golf shop staff if needed.

2022 Men's and Ladies' Footwear Program



20% OFF
Preseason
Sale

FJ #1
SHOE
IN GOLF

Please [CLICK HERE TO SEE STYLES](#) available immediately.

The password is case sensitive and is **boothbay**

You can also visit www.FootJoy.com for shoe details and additional styles.

Take advantage of this offer which will end on June 20th.



Menu of Services

207-633-3673 Ext. 4
www.Giselaines-Spa.com



Massage Therapy



Our massages incorporate the Ritual Foot Cleansing and the Calming Ritual to induce deep relaxation. Each massage uses a technique we call touch with intent combining science, service and art, focused on the relationship between caring and healing. Each style of massage assures tension release, circulation enhancement, and overall wellness.

THERAPEUTIC STONE MASSAGE

A full body massage with light-to moderate pressure.

Experience deep, restorative rest through the precise placement of volcanic stones. This time-honored method gently glides smooth stones over the body, transporting penetrating warmth that soothes mind and muscles. Long relaxing strokes increase circulation, improve tone, and induce tranquility and serenity. A highly requested, uniquely comforting massage.

50 or 80 minutes..... \$150/\$185

DEEPTISSUE MASSAGE

A full body massage with moderate-to deep pressure

This therapeutic massage uses strategic strokes to increase circulation, release muscle tension, and remove lactic acid. Your therapist will address areas of concern using a combination of trigger point therapy, stretching, sports massage, or a variety of other modalities to relieve strain, stress, and inflammation.

50 or 80 minutes..... \$150/\$185

SWEDISH MASSAGE

A full body massage with light-to moderate pressure

This classic stress-relieving massage utilizes long, flowing strokes to reduce tension, increase circulation, and induce relaxation. Great to unwind or as an introductory massage.

50 or 80 minutes..... \$130/\$165

RELAXING BACK, NECK, & SHOULDER MASSAGE

An upper body massage with moderate-to deep pressure

Ease stress with this focused tension-releasing massage. Knead and release techniques are used to relax the muscles and increase circulation. Arise relaxed, yet invigorated.

50 minutes..... \$130

REFLEXOLOGY FOOT MASSAGE

Light-to moderate pressure

This remarkable ancient technique massages the reflex zones of the feet inducing deep relaxation to the entire body by releasing the flow of energy. Not only will your feet feel terrific, but you will also experience increased energy.

20 or 50 minutes..... \$80/\$130

PRENATAL MASSAGE

A full body massage with light-to moderate pressure

This nurturing massage for expectant mothers alleviates many of the physical and emotional pregnancy-induced challenges. Expectant mothers lie safely and comfortably as muscle aches, fatigue, and water retention are eased. Guest must be past the first trimester at time of service.

50 or 80 minutes..... \$130/\$165

AROMATHERAPY MASSAGE

A full body massage with light-to moderate pressure

A special blend of essential oils guide this highly restful, therapeutic massage that helps restore and balance your mind and body for those looking to escape from constant distractions.

50 or 80 minutes..... \$145/\$180

COUPLES MASSAGE

A full body massage for two

Your choice of either Swedish or Deep Tissue Massage.

50 or 80 minutes - Swedish..... \$260/\$330

50 or 80 minutes - Deep Tissue..... \$300/\$370

LYMPHATIC DRAINAGE MASSAGE

Manual lymphatic drainage is a type of massage that encourages the natural drainage of the lymph, which carries waste products away from the tissues back toward the heart.

50 or 80 minutes \$150/\$185

MIGRAINE MIRACLE MASSAGE

Combined massage for the head using specific special cold stones, it's a holistic treatment relieving the symptoms of migraines and headaches, and finish with warm reflexology.

80 minutes \$185

MASSAGE ENHANCEMENTS

No time added and can be added to any massage service

Aromatherapy..... \$20.00

Therapeutic Hot Stones..... \$20.00

CBD Enhancement..... \$50.00

Scalp Massage..... \$15.00

Yoga Balm..... \$20.00



Skin Care



Our results-oriented approach to beauty and wellness taps into the best of nature by combining natural and certified organic ingredients with breakthrough intelligent skin care products. Allow our skin care experts to recommend the proper home care program to help you maintain your skin's health and youthful appearance. Each facial begins with the Ritual Foot Cleansing, one of our Signature Rituals, followed by the Calming Ritual that allows the guest to go into a deep state of relaxation. It is only in this state that rejuvenation, regeneration, and restoration can occur.

THE HYDRAFACIAL

The Hydrafacial will leave your skin glowing for weeks with the breakthrough resurfacing and fusion technology for face, neck, and décolletage. This non-invasive treatment infuses your skin with antioxidants, peptides, and hyaluronic acid. The results are immediate with no down time. Antiaging solution with LED Light Therapy and Lymphatic Drainage complete the service with real results.

80 minutes..... \$325

THE PURE HYDRAFACIAL

The Pure Hydrafacial provides glowing and flawless results! Immediately reduce the look of fine lines and wrinkles with this hydradermabrasion treatment that begins with a rejuvenating, deep cleansing and follows with an infusion of antioxidants and hydrating hyaluronic acid. Your skin will be red carpet ready!

50 minutes..... \$250

HYDRAFACIAL BOOSTERS

Boosters can be added to any hydrafacial with no extra time needed.

ZO Brightalive: Brightens and evens skin tone, reduces the appearance of brown spots, restores hydration, and prevents new pigmentation formation

Hydrafacial Britenol: Brightens and balances skin tone while minimizing the appearance of dark spots and sun spots

Sente' Dermal Repair: Reduces redness, diminishes the appearance of wrinkles, improves skin tone, texture, and firmness, and enhances hydration

Hydrafacial Dermabuilder: Enhances skin elasticity and helps smooth the appearance of fine line and wrinkles

Hydropeptide Power Serum: Reduces the appearance of fine lines and wrinkles, improves skin firmness and volume, and treats aging concerns from frown lines, smiles lines, and forehead lines

Hydrafacial Regen Gf (growth factor): Boosts collagen and elastin production, diminishes the appearance of fine lines, and captures and removes toxins and irritants

Hydrafacial Boosters..... \$50/each



Skin Care Continued

SOOTHE, STRENGTHEN + HYDRATE FACIAL

Soothe redness and calm irritation with comforting and hydrating Heirloom Rose, Reishi Mushroom, Pomegranate Seed, and Marshmallow Root. This facial is ideal for rosacea or other fragile skin conditions, with a primary focus on gentle nutrient delivery to reduce inflammation, restore barrier function, and clear puffiness and stagnation.

50 minutes..... \$170

ANTIOXIDANT VIBRANCY REVIVAL FACIAL

Experience the potency and power of phytonutrients in their organic, whole plant form. Transform dull, tired, dehydrated skin into vibrant, healthy skin with the help of herbal superfoods like Nettle Leaf, Cranberry Seed, and Calendula Flowers to support optimal skin wellness. This facial is ideal for most skin types with a primary focus on reducing stagnation, restoring life, and aging vibrantly.

50 minutes..... \$170

PLANT-ASSISTED DETOX FACIAL

Clear and decongest skin by reducing inflammation, diversifying the microbiome, and enhancing lymphatic flow. Organic Chamomile, Passionflower, Turmeric, and Lavender support healthy skin functioning without stripping, drying, or wiping out helpful flora colonies. This calming and clarifying facial is ideal for congested and acneic skin types with a primary focus on restoring equilibrium and detoxing on multiple levels.

50 minutes..... \$150

SUN GODDESS CALENDULA CAROTENOID REPAIR

Whether healing a sunburn or brightening years of sun damage, this facial is for sun-lovers of all kinds. Whole plant phytonutrients work synergistically to nourish, repair, and prevent further oxidative damage. Camu Camu, Rosehip, Sea Buckthorn, and Calendula deliver visible results that can be seen after just one treatment. This facial is ideal for hyperpigmentation, scarring, and sun damage, with a primary focus on brightening and evening skin tone, reducing inflammation, and strengthening connective tissue.

80 minutes..... \$205

RESTORATIVE HEIRLOOM ROSE RITUAL

Roses contain all the major nutritional players needed to deeply restore skin health, repair barrier function, and strengthen connective tissue. These delicate petals firm and tighten the skin, in addition to serving up optimal hydration and protection. Begin with a hydrating cleanse featuring a rare White Rose oil, followed by an exfoliating and nourishing treatment with California-grown Heirloom Rose petals, and finish with a hydration and moisture boost from our triple in-house rose infusions, to obtain every phytonutrient this potent flower has to offer. This facial is a luxurious treatment for rose lovers looking to age vibrantly.

80 minutes..... \$205

RESTORE AND FIRM MICRODERM

This unique treatment encompasses the refining benefits of microdermabrasion with all the goodness of our facial experience. Enjoy instant results while fine lines and wrinkles are swept away, along with hyperpigmentation, and minor acne scarring. All with no down time!

50 or 80 minutes..... \$170/\$205

DERMAPLANING FACIAL

Remove dull, dead skin cells and vellus hair while acquiring smooth, beautiful, glowing skin.

50 minutes..... \$150

PURIFYING BACK TREATMENT

Invigorating deep clean with steam, exfoliation, and extractions, if needed.

50 minutes..... \$130

FACIAL ENHANCEMENTS:

No time added and can be added to most facials.

Scalp Massage..... \$15.00

Eyebrow Wax..... \$25.00

Lip Wax..... \$20.00

Chin Wax..... \$20.00

Nose Wax..... \$20.00

AHA Chemical Peel..... \$25.00

Soothing Eye Treatment..... \$20.00

The following facial enhancement adds 30 minutes of time to a 50 minute facial. No extra time is added to an 80 minute facial. Not recommended as an enhancement for a Hydrafacial or a Restore and Firm Microderm Facial.

Dermaplane..... \$50.00

Celluma LED Light Treatment..... \$50.00

light therapy improves cellular health to reduce signs of aging, relieve pain, and eliminate acne.



Waxing

Our waxing technique is highly praised by our guests. We believe in a quick, painless as possible waxing experience. Be sure to avoid sun exposure and any heat treatments for at least two hours before waxing and twelve hours after waxing. We regret that we cannot wax if you use Retin-A or Accutane.

Time to be determined based on skill of esthetician

| | |
|---------------------------|------|
| Eyebrow Wax | \$25 |
| Lip Wax | \$20 |
| Chin Wax | \$20 |
| Nose Wax | \$20 |
| Full Face Wax | \$50 |
| Lower Arm Wax | \$45 |
| Full Arm Wax | \$55 |
| Underarm Wax | \$25 |
| Lower Leg Wax | \$45 |
| Upper Leg Wax | \$50 |
| Inner Thigh Wax | \$25 |
| Full Leg Wax | \$80 |
| Bikini Wax | \$45 |
| Extended Bikini Wax | \$60 |
| Brazilian Wax | \$80 |



Nail Services

| | |
|--|------|
| Basic Manicure | \$50 |
| Dip Manicure | \$70 |
| Gel Manicure | \$60 |
| Acrylic Full Set | \$90 |
| Acrylic Fill | \$40 |
| Gel Set | \$95 |
| Gel Fill | \$50 |
| Polish Change Hands/Toes | \$20 |
| French Polish | \$10 |
| Gel Removal | \$15 |
| Dazzle Dry Polish | \$10 |
| Eco-Fin Paraffin Hydrating Treatment | \$10 |
| Pedicure: (50 min) | \$65 |
| Pedicure: (80 min) | \$90 |
| Gel Pedicure (50 min) | \$85 |
| Express Manicure/Pedicure (80 min) | \$90 |
| Callus Treatment | \$10 |

Hair Services

| | |
|--------------------------------------|----------------|
| Hair Cut & Style | \$75+ |
| Base Color –New growth touch-up.... | \$85+ |
| Single Process All Over Color | \$110+ |
| Full Foil – Whole head | \$175 - \$300+ |
| Partial Foil –Top and sides | \$145+ |
| Balayage | \$250+ |
| Shampoo and Blowout | \$50+ |
| Smoothing Treatment | \$250+ |
| Iron Work | \$15 |
| Formal Up Do – On clean, dry hair... | \$135 - \$165+ |
| Deep Conditioning Treatment | \$85 |
| Color Gloss or Toner | \$55 |
| Get Pure Clarifying Treatment | \$50 |
| Goldwell Shot | \$20 |

All prices are a starting point and subject to stylist availability.

Medical Skin Treatments



BBL FACE

This award-winning broadband light treatment improves the appearance of aging skin and reduces rosacea, acne, melasma, and sun spots comfortably and with little to no downtime. Working on most skin types, this treatment is fast, comfortable, gentle, and improvements can be seen in as little as one treatment.

60 minutes\$500

BBL FACE/NECK/DÉCOLLETÉ

Broadband light treatment of pigment, sun damage, age spots, and more on face, neck, and décolleté

60 minutes\$700

MOXI FACE

Through its use of a gentle, non-ablative, fractionated wavelength, Moxi laser corrects pigmentation issues and delivers dramatic tonal and textural improvements to your skin. In a quick 12–15-minute treatment with minimal downtime or discomfort, initial signs of sun damage and aging are corrected and is a powerful solution for younger-looking skin.

60 minutes\$600

MOXI FACE/NECK/DÉCOLLETÉ

Non-ablative, fractionated laser treatment of pigmentation issues with dramatic tonal and textural improvements on face, neck, and décolleté

60 minutes\$900

FOREVER BARE BBL LASER HAIR REMOVAL

Short and comfortable, a Forever Bare BBL treatment permanently reduces hair with fewer missed areas compared with traditional hair removal devices. Light technology is used to destroy hair follicles at the source so they no longer grow. Within 5–6 treatments, 80% to 90% of hair in the treated area – depending on factors like hair texture, the treatment area, and skin tone.

60 minutesprice determined at consultation



SPA PACKAGES

Three or more services – 10% off

Soothe, Strengthen + Hydrate Facial,
Basic Manicure, and Signature 50 min Pedicure\$234

Swedish 50 min Massage, Soothe, Strengthen + Hydrate
Facial, Basic Manicure, and Signature 50 min Pedicure\$351

Prenatal 50 min Massage, Soothe, Strengthen
+ Hydrate Facial, and Signature 50 min Pedicure\$310

Buy 4 services, get 1 free service



207-633-3673 Ext. 4 www.Giselaines-Spa.com
25 White Birch Lane, Boothbay ME 04537

2023 BHCC Wellness Center Spring Update



New Sauna!

You've been asking for it and now it is coming. A new sauna is being constructed downstairs at the Wellness Center. We are planning on having it operational around Memorial Day weekend!

Pool Enhancement

We are currently changing out the small tiles around the inside edge of the pool & hot tub. We are just getting the needed weather for this project so it will be underway when we open the facility. The pool will open as usual around a week before Memorial Day.

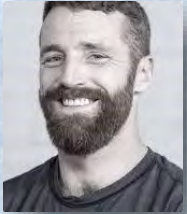


GYROTONIC®

The smooth and measured 3-dimensional motions performed with the **GYROTONIC EXPANSION SYSTEM®** can greatly benefit golfers by helping to increase the fluidity of the movements needed to swing a golf club more effectively and efficiently. Other benefits of **GYROTONIC®** Applications for Golfers include faster swing speed, increased drive distance, improved ball-striking ability, improved ability to control trajectory and better contact and directional control of the ball.



BHCC Personal Training



Sam Berry

Sam is our resident personal trainer and performance coach. Beside training here at BHCC, Sam is the Health Fitness Coordinator for Bath Fire Department, does online exercise intervention research for pediatric cardiology patients at Lucile Packard Children's Hospital at Stanford University and works remotely with clients across the country. He obtained his Master's degree in exercise science nearly 20 years ago from Florida International University. Sam also has multiple certifications to help his clients move well so that they can move often and without pain or discomfort. Sam utilizes Functional Movement Systems to observe and prescribe the most efficient exercise programs his clients needs and desired goals. Sam works with clients at the Wellness Center on Tuesday, Thursday and Friday. If you are interested in short term or long term training this season, you can email him directly at samberryfitness@gmail.com

Michele is a NCSF Certified Personal Trainer and Group Fitness Instructor with over 10 years experience. She holds specialty certificates for TRX, Zumba, Zumba Toning, PIYO, Kettlebell, and Beyond Barre.

She's an energetic trainer with passion to foster health and wellness by creating and designing exercise programs based on clients' needs, goals and abilities. Her areas of expertise are functional movement, strength, balance and core with a twist of fun. She's developed life long relationships with her clients and loves being a part of their health and fitness journey.

When she's not working, she spends time working out, playing golf and enjoying outdoor activities.



Michele Tagliareni



Karla Nason

Fitness enthusiast Karla Nason is a personal fitness trainer and licensed GYROTONIC® instructor with over 25 years of experience in both Canada and the United States. She completed her Bachelor of Science Degree from the University of South Florida. Her strong desire for fitness training lead her to her greatest success, "Fitness Infusion", a private studio exclusively offering the Gyrotonic® Exercise Method. Karla's dedication, passion, motivation, and charismatic approach to helping others succeed on their path to a healthier lifestyle, keeps them coming back for more! Karla currently resides in Naples, FL with her daughter, Hayden.

Training sessions may be booked now through the Foretees App or by calling the Wellness Center.

BHCC Fitness Class Instructors



Deanna Smith

Deanna Smith summers in Maine and spends her winters on the east coast of FL. This is her 5th season at BHCC. TRX is a suspension based exercise system and is known as Total Body Resistance Exercise. The system focuses on developing agility, speed, endurance and body resistance via a mechanism of suspension exercises. TRX workout mainly focuses on building the strength of core muscles while increasing body stamina.

Lindsay Lee is a Southport resident and mother of two young girls. She was one of our first fitness class instructors when the Wellness Center opened and is back at it now full-time. She has a passion for fitness and has accreditations in multiple areas. Always enthusiastic and encouraging, you'll be sure to walk away feeling great. She will be conducting classes called Power Hour, Sculpt & Trim and Yoga for All. All classes will be customized based on the members who sign up.



Lindsay Lee



Elissa Rioux

Elissa Rioux is back for her 5th season @ BHCC . She has practiced Essentrics for 20 years while doing many other forms of exercise, finding it a perfect pairing. She has achieved full certification and has been teaching men and women of all ages and levels. Essentrics is a dynamic continuous flow workout that is designed to rebalance all 650 muscles in our body. Through simultaneous stretching and strengthening you'll experience greater joint mobility, more flexibility, improved posture and lean, long muscles and more. It is a gentle yet effective workout!

BHCC Fitness Class Instructors



Mary Baudo

Mary Baudo joins us again for her 4th season teaching water exercise and working with the summer camp kids in swimming. Mary has a Master's Degree in Recreation Management from the University of New Mexico and has been working for 35 years in the Recreation, Aquatics and Fitness field. She has worked for various organizations including the American Red Cross, 24 Hour Fitness, Gold's Gym, YMCA and the United States Navy & Air Force as a civilian contractor. She has managed many Recreation and Aquatic facilities as well as developed programs and trained staff in various fitness, aquatic and CPR/FA services. Mary lives in Boothbay year-round and likes to kayak, hike, and downhill ski in her spare time.

Yoga found its way to Steph in 2016 when she sought out a deeper spiritual connection while navigating the terrain of chronic illness. A life-long athlete, Steph dove headfirst into yoga avidly exploring the healing powers of mind, body, breath, and soul connection that she had yet to discover in other physical activities. In 2017, Steph completed the Foundations for the Mindful Teacher 200hr program at Kodawari Studios in Tampa, FL with Annette Scott and Marley Vigdorth. Steph offers students the opportunity to deepen the relationship with self, the breath, and intuitive nature. Steph's passion is to hold a safe space for others to explore and expand their personal transformative yoga journey.



Steph Winchenbach



Judy Milinowski

Judy Milinowski, is Holistic Practitioner in Boothbay Harbor. She is a Certified Behavioral Kinesiologist and Reiki Master and is the former Executive Director of both Wainwright House the oldest holistic/spiritual center in the US and the Center of Holistic Medicine, New York United Hospital. She has been practicing and teaching self healing techniques for over 30 years. Judy lives in East Boothbay with her artist husband Roger Milinowski and they are members of the Boothbay Harbor Country Club.

Group Fitness Class Schedule

May 12 thru June 25

Monday

7:00am—Power Yoga w/ Steph
8:00am—Aqua Aerobics w/ Mary
8:00am—Gentle Yoga w/ Steph
9:00am—Essentrics w/ Elissa

Tuesday

7:00am—TRX w/ Deanna
8:00am—TRX w/ Deanna
9:00am—Sculpt & Trim w/ Lindsay
10:30am—Yoga for All w/ Lindsay
11:30am—Qigong w/ Judy

Wednesday

7:30am—Power Hour w/ Lindsay
8:00am—Aqua Aerobics w/ Mary
9:00am—Essentrics w/ Elissa
10:30am—Yoga for All w/ Lindsay

Please sign-up for these classes/clinics on Foretees or call the Wellness Center (207-633-3673 ext 3.) Please stay up-to-date with schedule changes as we adjust to the needs of the membership. Foretees will allow you to have 2 classes scheduled at any one time. Please be courteous and cancel your reservation if you cannot make a scheduled class.

Thursday

7:00am—TRX w/ Deanna
8:00am—TRX w/ Deanna
9:00am—Golf Stretch w/ Brady
10:00am—Beginner Essentrics w/ Elissa

Friday

7:30am—Power Hour w/ Lindsay
8:00am—Aqua Aerobics w/ Mary
9:00am—Essentrics w/ Elissa
10:30am—Yoga for All w/ Lindsay

Saturday

7:30am—Power Yoga w/ Steph
9:00am—Sculpt & Trim w/ Lindsay
10:30am—Yoga for All w/ Lindsay

Sunday

7:30am—Power Hour w/ Lindsay
9:00am—Yoga for All w/ Lindsay



Tennis & Pickleball News



Mark Meirloi

Mark Meirloi is our new Head Racquets Professional @ BHCC. Doug Small from last year had a great opportunity for a year round position that he accepted. We thank him for his efforts last year and wish him well with the new job. Mark was ranked top 200 in the nation, as well as top 10 in the state of Florida. He was a collegiate tennis player at University of West Florida, which was ranked #1 for Division 2 Men's Tennis and achieved a career high ranking of #1621 on the ATP World Tour.

He managed his own tennis academy business for 4 years after playing and now is starting his journey in the country club world. He will begin teaching on Friday, May 26th.

Please welcome Mark to the BHCC family and sign-up on Foretees for a clinic or a lesson.



Hercilio Cabieses

Hercilio is a pickleball professional based in Naples, FL is coming back again this summer. He will be here July 14-16 for a special weekend clinic. The schedule and formats are still being worked out and will be sent to the members as soon as they are finalized.

If you want to improve your pickleball technique or strategy, please put these dates on your calendar.

Tennis & Pickleball Clinic Schedule

May 25 thru June 25

Monday

8:00am—Cardio Tennis

10:00am—Intermediate Pickleball
Round Robin

2:00pm—Pickleball Dink and Smash

Tuesday

9:00am—Pickleball Drill

10:00am—Tennis Doubles Strategy

11:00am—Tennis Fresh Start

Wednesday

8:00am—Cardio Tennis

11:00am—Advanced Pickleball
Round Robin

2:00pm—Pickleball Scramble

Thursday

9:00am—Open Tennis Drill

10:00am—Men's Tennis Drill

2:00pm—Pickleball Fresh Start

Friday

8:00am—Cardio Tennis

10:00am—Ladies' Tennis Drill

2:00pm—Pickleball Drill

Saturday

9:00am—Open Tennis Drill

10:00am—Tennis Round Robin

1:00pm—Open Pickleball Clinic

2:00pm—Pickleball Round Robin

Please sign-up for these classes/clinics on Foretees or call the Wellness Center (207-633-3673 ext 3.)

Please stay up-to-date with schedule changes as we adjust to the needs of the membership.

Foretees will allow you to have 2 classes scheduled at any one time. Please be courteous and cancel your reservation if you cannot make a scheduled class.

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- Want to see first hand how TPI can improve your game?

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- Golf Mobility Class
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Sign up through the Pro Shop, The Wellness Center, Foretees app, or contact Brady directly:

E-Mail: Brady@midcoastspine.com

Phone: (207) 357-4541

Stress Be Gone w/ QIGONG



Wellness Center Tuesdays @ 11:30am

STRENGTH | FLEXIBILITY | FOCUS | CONCENTRATION | CONFIDENCE

Stress management, deep relaxation, increased immunity, pain relief, improved balance, and anti-aging are just a few of the benefits of practicing Qi Gong. Qi Gong is the 6,000-year-old Chinese System of ultimate wellness. It combines gentle easy movements, meditation, breathing techniques, and visualization to increase the flow of energy in the body. Qi Gong has proven to be an effective adjunct in the treatment of chronic pain, asthma, arthritis, diabetes, headaches, gastro-intestinal disorders, chronic fatigue, cancer, and heart disease. Qi Gong is FUN, EASY, DEEPLY RELAXING, and POWERFUL!

Judy Milinowski is a Certified Professional Qi Gong instructor with the National Qi Gong Association. She has been teaching Qi Gong for over fifteen years and runs a Qi Gong Teacher Training Program. She is a Holistic Psychotherapist and Reiki Master with a practice in Boothbay Harbor for 23 years.

Special Member Events



Louis Jadot Wine Dinner

Monday, June 12th at 6:00pm

*Join us in Paul's Steak House for
an evening of decadent dining
and perfect pairings.*



Garden Tour

Thursday, June 15th at 10:00am

*Enjoy a leisurely walking tour
of our beautiful gardens guided by
Master Gardener, Karen Neill.*



Layer Cakes Class Pastry Chef Alex Tallen

Tuesday, June 20th at 1:00pm

*Learn to make
extraordinary layer cakes!*



Giselaine's Spa Grand Opening Party

Thursday, June 22nd at 6pm

*Join us for this exciting
exclusive member-only event!*



Lighted Boat Parade Member Dinner at Oceanside

Sunday, June 25th

*Join us for this special member
dinner at Coastal Prime*

(Further details on all member events will be provided in member emails and in ForeTees)

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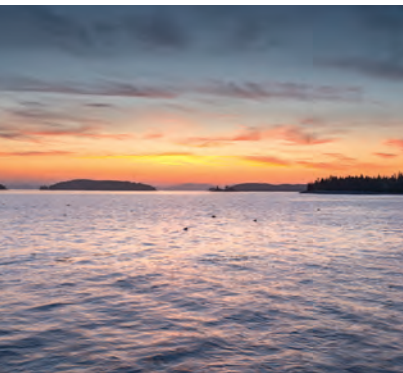
- Heated pool & hot tub
- Oceanside bar & grill
- Gourmet kitchens
- 4 bedrooms/ensuite baths
- Discounted golf at BHCC
- Spa & Wellness Center access
- Ocean views & private dock
- Access to Hinckley w/ captain

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