The new crown jewel of Cliff House, the Weare Cottage is a quintessential New England cottage with a rich history, preserved and re-imagined in a restoration effort that has left guests breathless since it opened the summer of 2018.

The Weare Cottage designer, Lisa Haude of the Paradigm Design Group, said ideas for the re-do weren’t hard to find. “The natural surroundings and the seaside village of Ogunquit were the perfect inspiration,” said Haude.

“The cottage had amazing bones to work with and we wanted to highlight as many unique features as possible – from the amazing views, the historic fireplace and the quaint and cozy feel of the space.”

Haude said one of the challenges designers faced was ensuring that the redesign offered guests sweeping views of the ocean. Although the original cottage had “great bones,” designers modified the architecture to make large windows facing the sea.

The cottage has a distinctly local feel. Elements of the space include reclaimed materials from around the region. “The reclaimed wood floors and ceiling details, the antique artifacts and some of the antique furnishings are all from the area proper and help create that ambience of a cherished family home that has been cared for, loved and handed down from generation to generation.”

Haude and the team hit local antique stores to find pieces to help tell the story of the Ogunquit area. The space is modern and well-appointed, but there’s an her-present nod to Southern Maine’s history.

“I am sure if the Weare family were to stay in the cottage today, they would love the transformation,” said Haude.

“They would love the joy that it brings to others as they spend cherished moments there with family and friends.”

- Lisa Haude
Welcome to Cliff House.

It’s an exciting time at the resort as we welcome the fall season and the completion of our magical transformation over the past two years. Our hope and wish is for you to relax, unwind, renew, invigorate, enjoy, and just be.

For first timers, or those that have visited the incredible captivating coastline over the years compliments of Mother Nature, we welcome and honor you as our guests. At Cliff House, your stay will be marked by the true essence of Maine, through the refreshing ocean breezes and rocky coastline, authentic locally-inspired culinary concepts, and central location everything from the trails of Mount Agamenticus, to the sandy beaches of Southern Maine.

We are delighted to partake in your Maine experience and magnify all that Maine has to offer.

Our staff is ready to serve and engage you for a truly memorable Maine experience. Following winds and fair seas,

Nancy J. White, General Manager

The Kiss of the Seacoast Rose.

The Seacoast Rose goes by many names - Seaside Rose, Dune Rose, Beach Rose. But it’s most commonly known as Rosa Rugosa, or wrinkled rose - a name given to the flower by Swedish Botanist Carl Peter.

It’s a beautiful rose with beautiful benefits. Handpicked Seacoast Roses are featured in many treatments at The Spa at Cliff House. The rosehip oil contains antioxidants, vitamins and essential fatty acids. They encourage tissue repair and promote collagen production.

As ubiquitous as it is here on the coast, it’s actually an invasive species native to Asia. But they seem right at home here in the salt spray of the Southern Maine sea. Guests have noted the unmistakable fragrance. They add a gentle sweetness to the air during early morning walks.

Come by the spa to enjoy the Seacoast Rose experience for at least 3 hours and receive a signature spa gift bag. Treatments can include:

Seacoast Rose Massage
50 or 80 min.
A connective full body massage using hand-picked rose botanical oils take you on an aroma-therapeutic journey that will harken you to the Seacoast. This ultra-relaxing experience pays special attention to your hands and feet and a combination of heat and pressure from hand-made rosebud poultices melt away muscle tension.

Seacoast Rose Facial
50 or 80 min.
Known as the queen of botanicals, rose offers skin-enriching benefits that lead to restored beauty. Abundant in antioxidants, vitamins and essential fatty acids, rosehip oil encourages tissue repair and promotes collagen production. Potent ingredients are activated by our signature rose petal and herbal skin steam. Lasting hydration and glowing skin are the result which makes this perfect for even the most sensitive of all skin types.

Seacoast Rose Wrap
25 min.
Extend your Seacoast Rose experience by enhancing any massage or facial with a luxurious rose, jojoba, and shea butter body wrap which will leave your skin feeling supple and petal soft. Settle in to a deeply relaxing state while listening to entrancing Tibetan bowls.

Seacoast Rose Manicure + Pedicure
Manicure, 50 min. Pedicure, 50 min.
You’ve never felt more tended to than when you are experiencing the Seacoast Rose manicure or pedicure. Start with a cup of tea and a warm neck roll while soaking your feet in Himalayan salts and rose petals. Luxurious resort spa manicure and pedicure features a conditioning exfoliation with jojoba beads that will leave your hands and feet well cared for.

*All products used in our hand and foot treatments are designed for use on natural nails, using vegan, hypoallergenic, non-toxic nail polish, free of formaldehyde and toxic preservatives and chemicals.

Get tied up at this bar guilt free.

It’s a tie bar! That’s right, Cliff House Maine is excited to announce it will partner up with the popular men’s fashion brand, The Tie Bar. A part of Destination Hotels, the location has been given the opportunity to broadcast its unique characteristics and blend them with the destination. At Cliff House Maine, products will have a traditional New England aesthetic, featuring stripe patterns, dots, and anchors. A custom tie and bow-tie designed exclusively for Destination Hotels will also be available.

With a wide variety of products including ties, pocket squares, belts, and socks, there is sure to be something you will fancy. Additionally, guests planning to tie the knot will be eligible to receive personalized consultations with The Tie Bar concierge. This exciting new partnership is just another way that guests can immerse themselves in the surroundings and culture at Cliff House Maine.

Located just off the lobby at our Spoondrift signature boutique, guests are welcome to stop by and grab something that will refresh their look and serve as a memento of a special time and place.
Sound Healing

The newest addition to our spa menu – a great success!

Cliff House Spa has recently started offering a new type of treatment to guests called Sound Healing. According to the International Spa Association, sound healing has grown increasingly popular at top-tier spas. Here at Cliff House Spa, we wish to stand strong in that grouping. In just a few months of offering the service, it has become increasingly popular, causing us to expand the experience for guests to share with their loved ones. Treatments are now offered individually, in pairs or in groups of 4.

What is it?

Sound healing makes use of tuning forks designed with ancient solfeggio frequencies and special gem-infused crystal bowls to provide you with relaxation and deep healing on a cellular level. This work is based on the science of cymatics, which pertains to sound waves’ ability to organize and re-pattern matter. The pure resonating tones have been shown to help individuals remove energetic blockages, promote proper energy flow, repair DNA, and raise consciousness awareness, leaving you very relaxed with a feeling of inner peace.

Treatments are as follows:

**INDIVIDUAL**
25 min session – tuning fork energy balancing
50 min session – tuning fork energy balancing and alchemy crystal bowl balancing
80 min session – a variety of tuning forks, alchemy crystal bowl balancing and CranioSacral therapy

**DUO**
50 min – tuning forks and bowls
80 min – tuning forks and bowls

**GROUP (max 4)**
50 min – tuning forks and group bowls
80 min – tuning forks and bowls

Due to high demand, classes on this subject matter are also in development. Our leading therapist Joanne Liljeholm BS, LMT, who is a sound practitioner herself, is a firm believer in the benefits of this treatment. “Sound therapy works on the central nervous system. Currently, in our culture, we are bombarded by sound waves that fatigue the system, cell phones, TVs, radios…. What science is finding now is that there are particular frequencies that do just the opposite…they repair and strengthen. We incorporate some of these very well-researched frequencies in our work here. The responses have been tremendous, to say the least. I have seen it personally benefit issues such as anxiety, depression, chronic fatigue, sleep challenges, Lyme disease, vertigo, autism, concussion, and loss of purpose, to name just a few.”

Stop by our spa today to give this exciting new treatment a try!
Meet Your Fitness Instructors

Lana Vogestad, 500 RYT/200 E-RYT, has studied with many other influential teachers from different lineages of yoga. Lana is also a reiki master, spiritual enthusiast, youngest of 5 and devotee of daily laughter and love. A Yogi for more than half her lifetime, she offers an expert blend of physical challenge, meditation, inspiration and laughter into her teaching. Students of all levels can enjoy her concise, soul-sparking and playful style which is derived from 20 years of in-depth study of many yoga systems including: Anusara, Iyengar, Ashtanga, Kripalu, Thai Yoga Massage and Yoga Therapy. Amanda Gunter is a well-rounded fitness instructor. She’s been teaching in Southern Maine since 2007. She is certified through the AFAA in personal training since 2015. Her most popular classes are Pilates, Barre, High Intensity, Cardio and Zumba. She loves helping others reach their fitness goals while smiling through it!

Fully Equipped Gym

Whether you want to get an intense workout in or just get your muscles moving, our well-equipped gym caters to all fitness levels. We offer a wide variety of exercise equipment to increase your strength, cardio, and even conditioning.

Located next to our hard working gym is our movement studio. This is a space devoted to helping expand people’s workouts here at Cliff House. The space is perfect to jump rope, stretch, lunge, and any other movement that requires additional space.

Spa Experiences

We are delighted to offer a full suite of spa services and treatments. Join us down in the spa for a tranquility and relaxing service.

Canvas & Cocktails

Light up some music and wine and let your creativity shine! We are happy to take home! Join us in tapping into your creative side and try our Canvas & Cocktails.

Sip Wine & Stroll The Gallery

Enjoy a glass of wine as you stroll through The Gallery, featuring artwork by local artists and scents are available to customize it to your liking. All the artwork for sale, and all that we offer, pick up an activities guide at the front desk.

Wine Glass Painting

Bring you and your loved ones together for a night of creativity and wine tasting. You will design a custom-painted wine glass with an image of the famous Nubble Lighthouse for you to give as a unique gift or a special keepsake.

Live Music

Join us in Tidemark Lounge to enjoy live music performed by our talented musical partners all evening long.

Yoga & Fitness Classes

Do not let being away from home stop you from working out! Join one of our incredible fitness instructors for an amazing workout.