



## *Girl's Day Out*

### **Shop 'Til You Drop! Fabulous Day Spas and Designer Shopping in the Rockland-Camden Area**

#### **Rockland**

Travel North on Route 1 towards Rockland and Camden. Travel on Route 1 for approximately 22 miles to Main Street Rockland. Rockland's handsome historic buildings house many bookshops, restaurants and boutiques. We highly recommend **412 Main** (412 Main St.) and **The Black Parrot** (328 Main St.) known for their selection of high-end jeans and designer labels, not to mention distinctive sweaters, dresses, hats, jackets, tights, jewelry, purses, shoes and more.

If you're looking to really pamper yourself, visit Rockland's **Harbor Beauty Bar** (395 Main St. / 207-596-9913) featuring Bobbi Brown, Chanel, Clinique, Clarins, Benefit, Bliss and Kiehl's. Also, the **Nordstrom Skin Care Studio** (389 Main St. / 207-594-5077) offers a variety of facials, massage, body wraps, etc.

#### **Camden**

After you've hit up all the shops on Main Street Rockland and you're up for more, continue going North on Route 1 for approximately half a mile then turn left onto Camden Road/ ME-90. Continue for 11 miles, then turn left onto Route 1 - Commercial Street until you reach Camden. We recommend Camden's **House of Logan** (32 Main St. / 207-236-3943) for men's, women's and children's apparel. They feature Lilly Pulitzer, Eileen Fisher, Tommy Bahama, Sigrid Olsen, Kinross Cashmere, Vera Bradley, Geiger of Austria & many more exquisite labels. Another Camden hot spot is **Theo B. Camisole & Co** (24 Bay View St. / 207-236-0072), featuring designs by April Cornell, Simple Pleasures, Bed Head of LA, Eileen West, Hanky Panky, Lily of France and fragrances by Crabtree and Evelyn<sup>®</sup>, Cali, and others.

For some relaxation & rejuvenation **The Sanctuary Day Spa** (53 Bayview St. / 207 236-3338) and **Landing Massage Therapy Suite** (6 Bay View Landing, Suite A / 207-691-5191) offer deep tissue, Swedish and medical massages. It is best to call in advance for an appointment.