

# Massage

## **Your Way Custom Massage** 60/90 minutes

A massage that is truly customized to your needs. Allow our highly skilled therapist to guide a massage experience that incorporates a blend of bodywork techniques that is ideal for you. This is your time to design a massage with the right combination of pressure and techniques.

## **Aromatherapy Massage** 60/90 minutes

A Swedish massage with the added benefit of rich essential oils to relax the mind as well as the body. This traditional massage offers your choice of 12 signature oil blends formulated with natural plant and flower oils with wonderful exotic aromas and powerful therapeutic benefits.

## **Muscle Ease Massage** 60/90 minutes

Warm arnica oils are worked into tired muscles using heat and deep massage techniques. This customized deep tissue therapy will enhance relaxation and release deep muscle tension. Naturally infused Arnica oils work to ease muscles as they are massaged into the skin.

## **Lavender Relief Massage** 60/90 minutes

To begin the relaxation process, a warm heat pack is applied to your back while you experience the healing benefits of herbal lavender balm from a local Rhode Island company. This relaxing experience incorporates long, soothing strokes to the body while tension-relieving techniques are applied to key areas of the back, shoulders and neck.

## **Beach Stone Massage** 60/90 minutes

Enjoy a full body massage using a combination of hands and warm stones to melt away sore tense muscles. Beach stones tumbled by the surf combined with basalt warming stones make this a truly memorable massage.

## **Couples Massage** 60/90 minutes

Escape to our couples massage suite with a loved one, companion or family member. Reconnect and unwind during side-by-side massages that are personalized for each guest's needs with a Your Way Custom Massage.

## **Mother-to-Be Massage** 60 minutes

Enjoy the comfort and relaxation of a nurturing massage designed to meet the special needs of the mother-to-be. Experience soothing techniques to help ease muscle soreness and relieve lower back pain. This treatment is offered to those in their second and third trimesters.

## OH! SPA EXPERIENCES

OH! Spa Journey	2.5 hours	\$400
Five-Star Experience	4.5 hours	\$675
Coastal Escape	2 hours	\$275
Time Together Retreat	3 hours	\$850
Gentleman's Getaway	2.5 hours	\$400

## MASSAGE

Your Way Custom Massage	60/90 min.	\$195/\$275
Aromatherapy Massage	60/90 min.	\$175/\$250
Muscle Ease Massage	60/90 min.	\$195/\$275
Lavender Relief Massage	60/90 min.	\$175/\$250
Beach Stone Massage	60/90 min.	\$175/\$250
Couples Massage	60/90 min.	\$390/\$550
Mother-to-Be Massage	60 min.	\$195

## SKIN CARE

### FROM THE OCEAN

Second Youth Sea Facial	60/90 min.	\$175/\$235
Ocean Custom Facial	60/90 min.	\$150/\$210
Gentleman's Facial	60/90 min.	\$150/\$210

### FROM THE HARVEST

Harvest Renewal Facial	60/90 min.	\$150/\$210
Nature Radiance Facial	60 min.	\$150
Renewing Peel Facial	60 min.	\$235

## BODY TREATMENTS

### FROM THE OCEAN

Detox Marine Mud Wrap	60 min.	\$160
Ocean Experience	90 min.	\$300
Toning Sea Glow	45 min.	\$125

### FROM THE HARVEST

Harvest Experience	120 min.	\$400
Harvest Body Polish	45 min.	\$125
Lavender Dreams	90 min.	\$275

## NAIL TREATMENTS

Ocean Manicure	45 min.	\$55
Ocean Pedicure	60 min.	\$80
OH! Spa Manicure	60 min.	\$85
OH! Spa Pedicure	75 min.	\$95
Gentleman's Manicure	30 min.	\$45
Gentleman's Pedicure	45 min.	\$65
Polish Change Hands	15 min.	\$30
Polish Change Feet	30 min.	\$40
French Polish Upgrade		Add \$20
Shellac Polish Application Upgrade		Add \$25
Shellac Polish Removal		Add \$20

## WAX

Brow Shaping	\$40
Under Arm	\$35
Lip or Chin	\$25

Prices are subject to change. For your convenience, a 20% service charge will be applied to each service.