**Body Treatments**

**From the Ocean**

Ocean Experience 90 minutes
An invigorating body exfoliation with a blend of sea salt and nourishing oils is the beginning of this multi-sensory experience. Once the skin is refreshed, an hour of relaxing customized massage follows.

Healing Ocean Body Wrap 60 minutes
Experience the essence of the ocean during this therapeutic and relaxing body treatment. This treatment improves circulation while restoring vitality and tone to the skin. Begin with a deep conditioning, full-body dry brush exfoliation followed by a marine body wrap. Ideal for those who want a beautiful, healthy complexion from head-to-toe.

Marine Collagen Wrap 60 minutes
A nourishing wrap for the body and mind. A gentle dry exfoliation begins the experience followed by a gentle application of a potent firming serum of Marine Collagen and Vitamin B5. This lifts the body enhances and protects the skin's elasticity. Finish with a mother of pearl luxurious cream which aids in skin renewal and regeneration.

Ocean Glow 45 minutes
A nourishing salt scrub that eliminates dead skin cells and delivers marine minerals and trace elements essential to healthy skin. The result is soft, dewy skin and an energized body.

**From the Harvest**

Harvest Experience 2 hours
This hydrating experience combines a body treatment and wrap. A warm sugar body scrub is infused with the essential oil of tangerine and basil to exfoliate the skin, followed by a warm body butter infused with essential oil that is applied to the body. You will be wrapped in warm blankets to allow the body butter to melt into the skin, leaving you feeling hydrated and relaxed.

Beach Rose Awakening 90 minutes
This body treatment will ease you out of the winter months and awaken your senses into spring. Begin with a gentle dry body exfoliation to stimulate your lymphatic system. Warm beach rose body butter is applied to the skin, and you are wrapped into a warm cocoon to rest while a gentle scalp or foot massage is performed. A rejuvenating massage with rose infused oils leaves your skin hydrated.

Fresh Harvest Glow 45 minutes
We combine the aromas of fresh tangerine and basil in this skin loving body scrub, followed by a warm shea butter application. The result is radiant, soft skin for days to come.

**OH! Spa Experiences**

**From the Harvest**

Harvest Experience 2.5 hours
Begin your journey with a 90-minute De-Stress Massage, concentrating on the neck and shoulders. A soothing organic lavender balm is massaged onto the back, followed by a therapeutic full-body massage. Next, experience our 60-minute Nature Radiance Facial using natural, locally sourced products.

Gentlemen’s Getaway 2.5 hours
Enjoy a 90-minute De-Stress Massage focusing on muscle relaxation and comfort. A soothing organic lavender balm is massaged onto the back, followed by a therapeutic full-body massage. Next is a nourishing 60-minute Gentlemen’s Facial using powerful marine-based ingredients.

Coastal Escape 2 hours
Brighten your skin and mood with this hydrating and nourishing treatment. Rich Argan and avocado oils are blended with fine exfoliant ingredients for full-body revitalization. Finish with a 90-minute Ocean Custom Facial, leaving you feeling renewed and refreshed.

**OH! Spa Journey**

2.5 hours
Begin your journey with a 90-minute De-Stress Massage, concentrating on the neck and shoulders. A soothing organic lavender balm is massaged onto the back, followed by a therapeutic full-body massage. Next, experience our 60-minute Nature Radiance Facial using natural, locally sourced products.

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**Time Together**

Enjoy your spa services side by side in our luxurious private double treatment room.

Couples Experience 3 hours
Escape to our couple’s suite for a spa experience designed to bring your bodies into balance and harmony. Begin with an invigorating scrub, followed by a soak in an aromatherapy bath. Following is a 90-minute Customized Massage that leaves your skin softened, your mind relaxed, and your soul refreshed.

Time Together Massage 60/90 minutes
Escape to our double 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.
Signature Offerings

Your Way Custom Massage 60/90 minutes
A massage truly customized to your needs. Allow our highly skilled therapist to guide a massage experience that incorporates a blend of bodywork methods ideal for your body, using the right combination of techniques.

De-Stress Massage 60/90 minutes
A locally sourced herbal lavender balm and warmed heat pack are applied to the back to enhance healing benefits. This therapeutic massage will provide relief for overworked muscles throughout the body, focusing on the back, neck and shoulders.

From the Ocean

Ocean Bliss Massage 60/90 minutes
Bring your body back into balance with a lighter touch massage utilizing classic Swedish strokes to improve circulation and deliver the ultimate relaxation experience with an ocean mist finish.

Beach Stone Massage 60/90 minutes
Enjoy a full body massage using a warming ginger oil along with combinations of hands and warm stones to ease sore muscles. Beach stones tumbled by the surf, combined with basalt warming stones, make this a truly memorable massage.

Trésor des Mers Energizing Body Massage 60/90 minutes
The feel of the skin after a swim in the ocean, the lighter feeling of tired muscles, a Timor des Mers. Trace elements from the ocean are infused in a silky gel which is massaged into the skin. The therapeutic massage will relax the muscles and work on the lymphatic system to help the body recover and re-energize.

From the Harvest

Restoration Massage 60/90 minutes
Magnesium and arnica are massaged into targeted areas, inflamed muscles and sore joints creating long-lasting wellness effects. Trace minerals and essential oils are absorbed into the body designed to provide a sense of recovery for body and mind.

Aromatherapy Well-Being Massage 60/90 minutes
Southe the soul as enchanting aromas from essential oils are massaged into the body using a variety of therapeutic techniques to release the effects of stress. Choose between twelve signature oil blends, formulated with natural plant and flower extracts, for powerful healing benefits.

Traditional Massage

Arnica Deep Tissue Massage 60/90 minutes
Natural arnica oil is worked into tired muscles using heat and deep tissue massage techniques. This customized therapy enhances relaxation, releases tension and eases muscles.

Mother-to-Be Massage 60 minutes
Enjoy the comfort and relaxation of a nurturing massage designed to meet the special needs of a mother to be in her second or third trimester. Experience soothing techniques designed to ease muscle soreness, tension and improve circulation.

Time Together Massage 60/90 minutes
Escape to our double 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.

Signature Offerings

Second Youth Sea Facial 60/90 minutes
The OH! Spa’s bespoke anti-aging facial that is enriched with powerful marine sugars and nutrients, known for their remarkable firming properties. Stimulating massage and rich masques increase cellular turnover and stimulate the production of elastin. Upon completion, your skin is radiant and looks as though you have found the fountain of youth.

From the Ocean

Custom Facial 60/90 minutes
A facial truly customized to nourish your skin. Our skilled esthetician will evaluate your skincare needs, and hand-pick powerful marine products to target your main concerns. This treatment uses traditional facial techniques including cleansing, exfoliation and masks selected for your skin type. Nutrient–serums and masks will leave the skin balanced and rejuvenated.

From the Harvest

Ocean Illumination Facial 60/90 minutes
This facial showcases the brightening benefits of micro-algae to diminish dark spots and wrinkles. A two-step exfoliation, followed by a pre-formed gel mask rich in a youth restoring formula provides immense hydration, that will leave your skin with an overall luminescent glow.

Gentlemen’s Facial 60/90 minutes
Formulated ingredients for gentlemen are used to treat and condition the skin. This facial is designed for the unique needs of men’s skin. Ideal for all skin types this facial balances and purifies as it restores.

From the Ocean

Nature Radiance Facial 60 minutes
Return to nature to find youthful, radiant skin with this traditional facial, offering an aromatic tour through the garden. A restorative blend of healing calendula, rose, nourishing lavender and honey from Rhode Island are massaged into the skin for a youthful glow.