



OCEAN & HARVEST  
THE SPA AT OCEAN HOUSE





## OCEAN & HARVEST THE SPA AT OCEAN HOUSE

SPRING 2025

Ocean & Harvest, The Spa at Ocean House, sits high on the bluffs of Watch Hill with sweeping views of the Atlantic.

This 12,000-square-foot destination is the only Forbes Five-Star spa in New England. Rejuvenate your mind and body with a curated collection of seasonal and year-round treatments and products. Immerse yourself in personalized spa experiences that reflect nature's elegance, where the rolling hills of beachside roses meet the coastline.

This Spring, experience our fresh, signature therapies with ingredients, such as: green apple, juniper, longanberry, marine collagen, kombucha, and more.





## SEASONAL SERVICES

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### SPRING 2025

#### GREEN APPLE GENTLEMEN'S FACIAL

50 MINUTES / 240

Refresh and restore your skin with a crisp apple clay mask designed to hydrate and balance. Warm towels enhance relaxation, while a nourishing conditioning treatment infused with vitamins A, E, and D leaves your skin smooth, revitalized, and ready to face the day.

#### RADIANCE REVIVAL WRAP

100 MINUTES / 350

Indulge in a head-to-toe renewal with this deeply hydrating body wrap, featuring nourishing loganberry and marine collagen to plump and replenish dry skin.

Hyaluronic acid helps smooth fine lines, and the full body dry brush exfoliation stimulates the lymphatic system, enhancing absorption of the wrap's rich emollients.

While cocooned in warmth, choose between two targeted facials—one focused on soothing and the other on brightening—both incorporating steam, extractions, and a peeling mask. Emerge fully hydrated, refreshed, and glowing, ready to embrace the radiance of spring.

#### LUMAFIRM PEDICURE

50 MINUTES / 95

Elevate your pedicure experience with the power of advanced skincare. A potent blend of sorghum and kombucha works to tighten and brighten the skin, while a full pedicure includes a rejuvenating anti-aging mask, dry brushing, and an exfoliating scrub. Complete your treatment with a polish application and an LED facial mask, leaving you glowing from head to toe.



#### SERENE JUNIPER SCRUB & MASSAGE

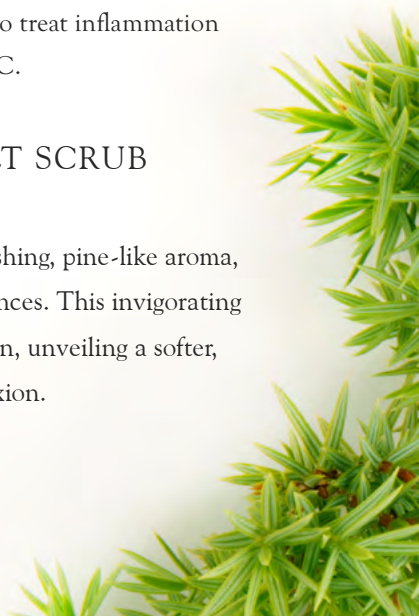
100 MINUTES / 450

Rich in essential oils and antioxidants, this potent salt scrub provides full body health benefits from exfoliating to calming the skin. After a light rinse, a steeped juniper oil is used during your full body massage to treat inflammation and nourish your skin with vitamin C.

#### CRUSHED JUNIPER SALT SCRUB

45 MINUTES / 240

A revitalizing salt scrub with a refreshing, pine-like aroma, infused with biodynamic flower essences. This invigorating exfoliation gently buffs away dull skin, unveiling a softer, smoother, and more radiant complexion.



## SEASONAL PACKAGES

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### SPRING 2025

#### A DAY OF WELLNESS

5 HOURS / 400

Enjoy a day of wellness at the Ocean & Harvest Spa. Begin your morning by joining both the 8 a.m. pilates class, then the relaxing 9 a.m. yin yoga flow class.

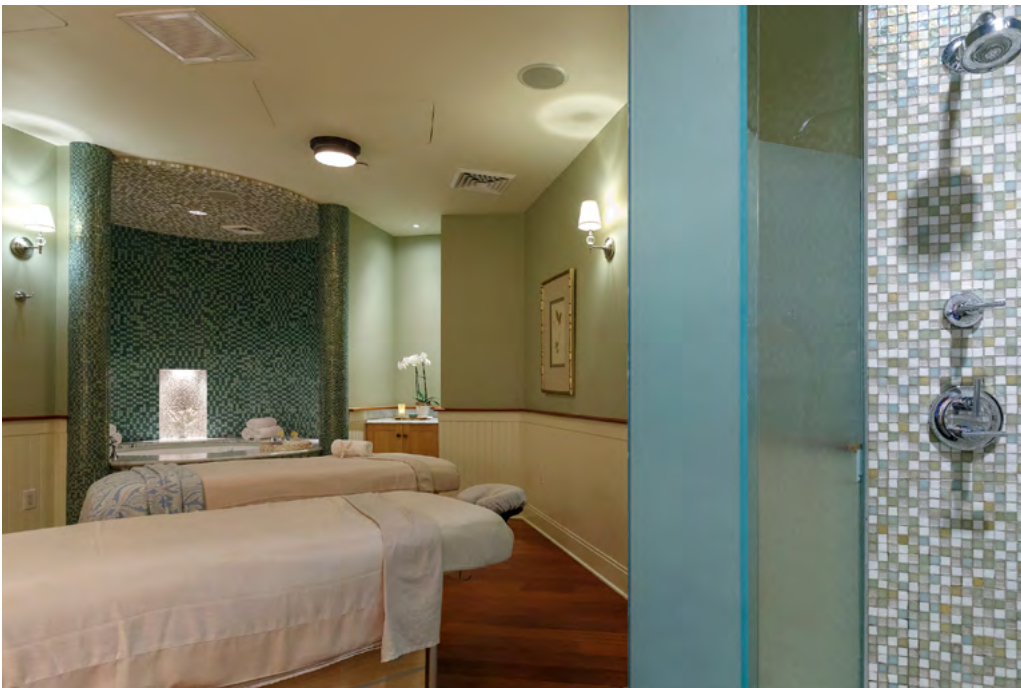
Your spa journey starts with your choice of a 50-minute massage service to relax tired muscles, personalized with an enhancement.

For your second service, select either a brightening facial or full body exfoliation scrub. Bring your swimsuit to enjoy the eucalyptus steam room and a swim in our indoor, saline lap pool.

Fuel your body with a light Spa lunch from the Bistro's "Harvest" menu and enjoy a glass of Taittinger champagne.

*This package is available Monday - Thursday only. Please note that our pool is only available to overnight guests and day guests who partake in 'A Day of Wellness'.*







## SEASONAL PACKAGES

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### SPRING 2025

#### COUPLES BY CANDLELIGHT

90 MINUTES / 750

Indulge in a romantic experience for two with our signature couples massage. This side by side experience with an uplifting grapefruit and rosemary scent is unforgettable. The private couples in-suite hydrabath is lit with soft candlelight and offers a variety of bath salts from around the globe to curate your experience.

Then, retreat to the Relaxation Room, overlooking the ocean, to sip on Taittinger champagne and nibble on macarons.







## MASSAGE SERVICES

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### SOOTHING WAVES

50 MINUTES / 220 / 250  
100 MINUTES / 440 / 480

A classic massage using light to medium pressure. Drift off to total relaxation with our signature blend of marine magnesium to refresh tired muscles.

### DEMETER'S GRACE

50 MINUTES / 220 / 250

The perfect prenatal treat, with safflower oil, vitamin E, and skin nourishing ingredients to replenish and nurture the expectant mama. *Designed for those 13+ weeks only.*

### ENHANCEMENTS

HOT STONES / +30

DEEP TISSUE / +30

DRY BRUSH / +30

COLLAGEN GLOVES OR BOOTS / +30

### WELLNESS WARRIOR

50 MINUTES / 220 / 250  
100 MINUTES / 440 / 480

Our full spectrum CBD infused, full body massage is focused on muscle recovery. Lidocaine and cryotherapy will have you back in the gym in no time.

### WAVE WALKER

50 MINUTES / 220 / 250

Focused on the leg and foot, this massage is for those with tired, achy soles—whether from hiking, jet lag, or Louboutins. You'll be walking freely along the coast in no time.

*Pricing is based on Monday - Thursday / Friday - Sunday*



## COUPLES MASSAGE

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### BUBBLY BY THE SHORE

50 MINUTES / 490 / 530

100 MINUTES / 930 / 1,010

The couple's side by side experience begins with a warm jojoba seed back exfoliation, followed by a bright grapefruit Swedish massage. After your service, retreat to the Relaxation Room, overlooking the ocean, to sip on Taittinger champagne and nibble on macarons.

### ENHANCEMENTS

HOT STONES / +30

DRY BRUSH / +30

COLLAGEN GLOVES / +30

COLLAGEN BOOTS / +30

DEEP TISSUE / +30

*Pricing is based on Monday - Thursday / Friday - Sunday*

## FACIALS

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### THE CAVIAR FACIAL

100 MINUTES / 440 / 480

The crème de la crème of Pevonia facials, this indulgent delight of caviar and collagen polypeptides revives and nourishes the skin to bring it back to life. A NuFace treatment, collagen gloves, and reparative lip enhancement all create our most pampering facial.

### PLANTOMER FACIAL

50 MINUTES / 220 / 250

This soothing facial is designed with propolis to reduce redness and irritation, as well as help combat breakouts before they start.

### THE GLOW UP

50 MINUTES / 220 / 250

100 MINUTES / 440 / 480

A potent blend of vitamin C and spirulina seaweed creates an immediate, beautiful glow as well as repair sun damage from spending time on the beach.

### ENHANCEMENTS

LED FACE MASK / +30

LIP TREATMENT / +30



*Pricing is based on Monday - Thursday / Friday - Sunday*





## BODY TREATMENTS

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### LUMAFIRM SCULPTING

100 MINUTES / 440 / 480

We designed this treatment for those 24 hours before a special event, with sorghum and kombucha creating a beautiful brightening and tightening ‘net’ around the skin. See instantaneous results with the electromagnetic current from NuBody toning your muscles. A full body dry brush and lemon verbena lotion leaves you silky smooth.

### STRESS MELT EXPERIENCE

100 MINUTES / 440 / 480

The ultimate in relaxation: a full body scrub and massage featuring arnica, magnesium, and sweet almond to melt your cares away.

### SUN RECOVERY

100 MINUTES / 440 / 480

Gentle waterlily and soothing aloe and chamomile calms skin irritated by too much sun and surf, letting you cool down and restore hydration and nutrients back into the body.

*Pricing is based on Monday - Thursday / Friday - Sunday*



## HAIR

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### LADIE'S CUT & BLOWDRY

50 MINUTES / 115 / 120

### DEEP CONDITIONING

15 MINUTES / 50 / 60

### BLOWOUT

50 MINUTES / 75 / 85

### UPDO

50 MINUTES / 125 / 140

### MEN'S CUT

50 MINUTES / 75 / 80

*Pricing is based on Monday - Thursday / Friday - Sunday*



## NAILS

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### CLASSIC MANICURE

25 MINUTES / 50 / 60

A classic manicure with nail shaping, filing, buffing, polish color of choice, and moisturizing creme application.

### LUXE MANICURE

50 MINUTES / 75 / 85

A luxurious manicure with nail shaping, sugar scrub, massage, hot towels, and polish color of choice.

### GEL NAILS FULL SET

90 MINUTES / 125

Our no-scent sculpted gel nails create length and add strength to natural nails. This manicure is completed with no-chip CND gel polish for a look that requires no maintenance.

### CLASSIC PEDICURE

50 MINUTES / 75 / 85

A classic pedicure with foot soak, nail shaping, sugar scrub, lotion application, and polish color of choice.

### LUXE PEDICURE

80 MINUTES / 110 / 120

A luxurious pedicure with foot soak, nail shaping, sugar scrub, relaxing massage, hot towels, mud masque, and polish color of choice.

### GEL NAIL REFILL

90 MINUTES / 75

A perfect in between visits appointment to cover new growth and change polish color.

### ENHANCEMENTS

GEL POLISH +20

HOT STONE MASSAGE +30

### GEL NAIL REMOVAL

15 MINUTES / 25

Removal of gel or acrylic or dip powder nails.

*Pricing is based on Monday - Thursday / Friday - Sunday*



## WELLNESS

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### PRIVATE YOGA SESSION

60 MINUTES	UP TO 4 PEOPLE	250
60 MINUTES	5 TO 7 PEOPLE	350

Enjoy a private yoga session in our fitness studio, customized from gentle flow to power yoga to custom fit your group's needs.

### SOUND BATH & GUIDED MEDITATION

60 MINUTES	UP TO 4 PEOPLE	350
60 MINUTES	UP TO 8 PEOPLE	600

Experience a soothing soundbath to help release tension and clear blocked energies, with the option of a guided meditation. Yoga Studio (3 p.m. -6 p.m.) / Relaxation Room (7 p.m. -8 p.m.)

### PERSONAL TRAINING

60 MINUTES / 250

Focus on your fitness journey with the dedicated attention of our personal trainer, to help your form, adjust your routine, and assist you in reaching your wellness goals.





## SPA ETIQUETTE & INFORMATION

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### RESERVATIONS

Please call 401-584-7000 to reserve your treatments. Advance reservations are highly recommended to ensure preferred times. You may also e-mail us at [ohspa@oceanhouseri.com](mailto:ohspa@oceanhouseri.com).

### PREPARING FOR YOUR EXPERIENCE

We invite you to arrive 30-40 minutes prior to the start of your treatment to check into the spa. You can take an orientation tour, relax into the spa ambiance, and enjoy our eucalyptus steam rooms. Slip into your spa robe and slippers, enjoy luxury amenities provided in the locker rooms, and then allow our expert therapists to showcase wellness the Ocean & Harvest way. If you have any questions or concerns about contraindications or health conditions, please reach out to the spa concierge. We will be happy to ensure your service is as stress-free as possible.

### VALUABLES

We request that you leave your valuables home, or in your room safe. We regret that we cannot be responsible for loss or damage of personal articles.

### SPA USE & ADMISSION

All spa guests must be 18 years of age to enjoy our facilities and services. Salon services may be enjoyed from 12 years and up. Spa guests with scheduled services have access to the locker rooms, and our eucalyptus steam rooms for two hours, either prior to or after their scheduled service time, based on our hours of operation. Our Solarium with tea service is available exclusively to enjoy after your treatment for 45 minutes.

### CHANGES & CANCELLATIONS

We require 24 hour notice if you need to change or cancel your appointments to avoid being charged in full. A credit card number is required at time of booking to reserve your appointment. We kindly request that you arrive on time for your service, as late arrivals will be finished within the scheduled service time.

### SERVICE CHARGE

For your convenience, a 23% service charge will be added to your invoice which will be allocated to your service provider and spa staff. Additional gratuities are at your discretion.





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