



OCEAN & HARVEST
THE SPA AT OCEAN HOUSE



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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 Rhode Island. Rejuvenate your mind and body with a curated collection of treatments and products.

Immerse yourself in personalized spa experiences that reflect nature's elegance, where the rolling hills of beachside roses meet the coastline.





MASSAGE SERVICES

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 in her second or third trimester (*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

A WINTER EXPERIENCE

WARM UP & UNWIND

Services & Classes / 450

Immerse yourself in pure tranquility with our Ocean and Harvest seasonal experience. Begin with the Soothing Waves Massage, a light-to-medium pressure treatment designed to ease tension, calm the nervous system, and gently warm the body from within. Continue your journey with our Glow Up Facial, featuring a radiant blend of vitamin C and spirulina seaweed to brighten, hydrate, and leave your skin beautifully luminous.

Sip a glass of champagne as you take in the serene ocean views, letting the rhythm of the waves wash over you in peaceful harmony. Enjoy access to our fitness and wellness classes, allowing you to deepen your sense of balance and renewal throughout your visit.

You'll depart feeling replenished, and radiant—plus, take home a special gift from us as a memento of your time by the sea.

Offered Monday through Thursday, advanced booking recommended. Bookings based on availability. Available for a limited time. Not valid during holidays or blackout periods. No substitutions of services.







COUPLES MASSAGE

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

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

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. You will 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.

Pricing is based on Monday - Thursday / Friday - Sunday



HAIR

LADIE'S CUT & BLOWDRY

50 MINUTES / 155 / 160

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

CLASSIC MANICURE

25 MINUTES / 50 / 60

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

CLASSIC PEDICURE

50 MINUTES / 75 / 85

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

LUXE MANICURE

50 MINUTES / 75 / 85

A luxurious manicure with nail shaping, sugar scrub, massage, hot towels, 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.

Pricing is based on Monday - Thursday / Friday - Sunday

WELLNESS

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. All levels of experience are welcome.

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 INFORMATION

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.

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 are welcome to 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 appointment 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.

PREGNANCY, MEDICAL & SPECIAL-CONSIDERATION

It is your responsibility to declare any relevant medical conditions, such as; high blood pressure, heart conditions, recent surgery, are pregnant or have any other medical complications to the Ocean & Harvest Spa team before treatment, you are also advised to consult a doctor before signing up for any treatment or services. Kindly inform our Spa team of any existing

medical or skin conditions. Please be advised that for your protection, we do not perform pregnancy massage during the first trimester. Please note that Ocean & Harvest Spa or our employees will not take any responsibilities on claims, you do so at our own risk.

GENERAL DISCLAIMER

The spa treatments, services and/or facilities received or utilized at Ocean & Harvest Spa, are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that Guests may have. Guests will fully indemnify and hold harmless Ocean & Harvest Spa, representatives, agents, staff and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and/or facilities.



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