



OCEAN & HARVEST
THE SPA AT OCEAN HOUSE





WELCOME

Perched high on the bluffs of Watch Hill with sweeping views of the Atlantic, Ocean & Harvest Spa is the only Forbes Five-Star spa in New England.

The 12,000-square-foot destination spa at Ocean House offers the best of the ocean and the harvest in a collection of seasonal treatments and products.

Rejuvenate where the rolling hills of beachside roses meet the coastline.

Immerse yourself in personalized spa experiences that reflect nature's elegance.





SEASONAL SERVICES

SUMMER 2024

The best moments of life are all in summer- sun drenched memories of family, friends and fun.

To be prepared for the beauty of New England's best season, our three new services are sunshine distilled.

SUN RECOVERY TREATMENT

50 MINUTES

220/240

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.

CBD PRETTY LIT FACIAL

50 MINUTES

220/240

Powerful anti-inflammatories and a gua-sha sculpting facial massage brings your contour game to new heights. A charcoal detoxifying mask and a powerful squalane-vitamin C serum leaves you with smooth skin that glows from within.

THE SIREN PEDICURE

50 MINUTES

110/130

The perfect pedicure for any mermaid- a luscious coconut milk soak, fine coconut sugar scrub, and then a luxurious foot massage with our whipped coconut body butter.

SPECIAL ENHANCEMENT

ALOE VERA RESCUE 30

Enjoyed your time in the sun a bit too much? Add a soothing application of organic Aloe Vera as a sheet mask or to a targeted area.

Pricing is based on Monday - Thursday / Friday - Sunday



MASSAGE

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
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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.*

WAVE WALKER

50 MINUTES	220/250
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For those with tired, achy soles—whether from hiking, jet lag, or Louboutins—this focused foot massage will have you walking along the coast in no time.

WELLNESS WARRIOR

50 MINUTES	220/250
100 MINUTES	440/480

Our full spectrum CBD infused, full body massage is focused on muscle recovery. Arnica, lidocaine, and cryotherapy will have you back in the gym.

ENHANCEMENTS

HOT STONES	+30
DRY BRUSH	+30
COLLAGEN GLOVES	+30
COLLAGEN BOOTS	+30
DEEP TISSUE	+30

Pricing is based on Monday - Thursday / Friday - Sunday





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, enjoy two glasses of Veuve Clicquot Rosé and macarons served in our Solarium.

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

Focused on brightening and tightening, this beautiful treatment is designed for those 24 hours before a big event, offering a full body massage combined with a body facial to contour, and give a soft, luminous glow from head to toe.

STRESS MELT EXPERIENCE

100 MINUTES

440/480

The ultimate in relaxation: a full body jojoba 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





NAILS

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.

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.

ENHANCEMENTS GEL POLISH +20 / GEL REMOVAL +20

HAIR

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. Prices subject to change based on hair length.



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.

SOUNDBATH & GUIDED MEDITATION

60 MINUTES	UP TO 4 PEOPLE	250
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A soothing soundbath in our fitness studio or in your room to help release tension and clear blocked energies, with the option of a guided meditation as well.

PERSONAL TRAINING

60 MINUTES	150
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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

RESERVATIONS

Please call 401-584-7070 to reserve your treatments. Advance reservations are highly recommended to ensure preferred times. You may also e-mail us at ohspa@oceanhouser.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, to have your orientation tour, relax into the Spa ambiance, and enjoy our eucalyptus steam rooms. If you have any questions or concerns about contraindications or health conditions, please reach out to the Spa concierge, as we will be happy to ensure your service is as stress-free as possible; and we know how to make things stress-free! Slip into your Spa robe and slippers, enjoy our luxury amenities provided in the locker rooms

prior to your treatment and allow time to become meaningless as our expert therapists showcase wellness the Ocean & Harvest way.

VALUABLES

We request that you leave your valuables home, or in your room safe. We regret that we cannot be responsible for any 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 Spa locker rooms, and our eucalyptus steam rooms for 2 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 has been concluded for 45 minutes afterwards, due to our boutique size. Our fitness center and lap pool is reserved for hotel guests and club members only.

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 Spa 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.



401-584-7070

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