

# OCEAN & HARVEST

THE SPA AT OCEAN HOUSE





## WELCOME

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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

## WINTER 2024/2025

### RADIANCE REVIVAL WRAP

100 MINUTES 350

Our head-to-toe Radiance Revival cocoons you in hydrating longan fruit and marine collagen to plump dry skin, while hyaluronic acid removes fine signs of aging. A full body dry brush exfoliation stimulates the lymphatic system and allows the skin to absorb all the rich emollients from the wrap.

During your wrap, enjoy your choice of a full European facial, focused on soothing or brightening the skin with steam, extractions, and a peeling mask.

Emerge from your cocoon fully hydrated, refreshed, and glowing.

### HONEY HEALS MINI SERVICE

25 MINUTES 30

An invigorating espresso foot scrub revitalizes tired soles, then your feet are drenched in a warm honey glaze to hydrate and soften with enzymes. The relaxing foot massage allows you to drift off into pleasant dreams.

### DAY OF WELLNESS

400

Escape the wintery blues with a day of wellness at the Ocean & Harvest Spa. Begin your morning by joining both the 8am Pilates class, then the relaxing 9am Yin Yoga flow.

Your spa journey starts with a choice of 50-minute massage 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 Bistros “Harvest” menu and enjoy a glass of Taittinger champagne to toast the best decision you’ve made in 2025.



# MASSAGE

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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
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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

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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, enjoy two glasses of Tattinger 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

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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.

### 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 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.

### HYDRACLOUD

50 MINUTES                      220/240

Micronized cotton is whipped air-thin into the fluffiest face mask you have never felt. Packed with hyaluronic peptides, fine lines and crinkled skin are hydrated and plumped. Suitable for skin with dehydrated or rosacea concerns.

### 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 jojoba scrub and massage featuring arnica, magnesium, and sweet almond to melt your cares away.

### SUN RECOVERY

50 MINUTES

220/250

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.

### CLASSIC PEDICURE

50 MINUTES 75/85

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

### ENHANCEMENTS

GEL POLISH +20  
GEL REMOVAL +20  
HOT STONE MASSAGE +30

### 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.

### LUMAFIRM PEDICURE

50 MINUTES 95

Utilizing the efficacy of skincare products, the combination of sorghum and kombucha help with tightening and brightening the skin. A full pedicure with an anti-aging mask, dry brush and full scrub; complete with polish application and an LED facial mask to have your skin glowing from tip to toes.

### GEL NAILS FULL SET

1 HOUR 30 MINUTES 125

The manicure that lasts- our no-scent sculpted gel nails create length and add strength to natural nails, and last 2-3 weeks. This manicure is completed with no-chip CND gel polish for a look that requires no maintenance.

### GEL NAIL REFILL

1 HOUR 75

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

### GEL NAIL REMOVAL

15 MINUTES 25

Removal of current gel or acrylic or dip powder nails.

## HAIR

### LADIES 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

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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.

### SOUNDBATH & GUIDED MEDITATION

60 MINUTES	UP TO 4 PEOPLE	250
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A soothing Soundbath in your suite to help release tension and clear blocked energies, with the option of a guided meditation as well.

Booked in the Yoga Studio (available 3pm-6pm)	
Up to 4 People	350
Booked in the Spa Relaxation Room (available 7pm-8pm)	
Up to 4 People 350 / Up to 8 People	600

### 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

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### 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@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, 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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