

The  Spa
AT ROWES WHARF
BOSTON HARBOR HOTEL





THE SPA MASSAGE

Harbor Stone Massage ~ Smooth harbor stones are heated and covered in oil. The stones are strategically placed on the body and utilized in providing a deep heat penetration into the muscle in this full body therapeutic massage. This massage targets physical and mental well being. **50 or 80 Minutes**

Mayflower Massage ~ Using a scented oil or lotion, this Swedish massage will target key muscles in the neck, back and shoulders as well as other areas to help alleviate pain and reduce stress. The massage will relax the body, improve muscle tone and increase circulation. Each massage is unique and intended to meet your needs. **50 or 80 Minutes**

Deep Tissue Massage ~ A massage technique focusing on the deeper layers of muscle tissue. The technique uses trigger points to release irritability within the muscle. With slower strokes and deeper pressure, scar tissue and excessive use of muscles will be relieved. Please discuss pressure depth with your massage therapist to ensure maximum results. **50 or 80 Minutes**

Shiatsu ~ A Japanese technique based on Eastern Medicine which upholds that healing energy travels along meridians throughout the body. Finger and thumb pressure is applied at specific sites to relieve pain and balance the body's energy patterns. **50 or 80 Minutes**

THE SPA MASSAGE

Reflexology ~ An ancient Chinese treatment using specific pressure points on the feet and hands to transmit healing energy to corresponding organs and parts of the body. Results in a relaxing and healing effect on the whole body. **50 Minutes**

Prenatal ~ A soothing massage offered to mothers in their second and third trimester of pregnancy. This treatment offers the perfect combination of a therapeutic massage and a soothing touch. Nurture yourself and relieve the stress of bearing a child. **50 Minutes**

In-Room Massage ~ A relaxing massage conducted within the privacy of your hotel room. Please schedule appointment in advance. **50 or 80 Minutes**

THE SPA BODY CARE

Harbor Mist Wrap ~ This revitalizing treatment begins with a full body exfoliation. Your body will be wrapped to exfoliate and purify your skin while enhancing relaxation. Warm cascades of water will cleanse and massage your body followed by a complete skin hydration leaving you feeling refreshed and renewed. **50 Minutes**

THE SPA BODY CARE

Body Polish ~ Softer skin is achieved with this invigorating scrub containing essential oils to exfoliate dry dull skin while relaxing your mind. Conclude the treatment with a gentle Vichy shower. This treatment is excellent at increasing circulation and is sure to leave your skin with a glowing youthful hue. **50 Minutes**

Nourishing Herbal Back Treatment ~ This treatment cleanses and exfoliates with all pure and natural herbal preparations. The therapy leaves your skin hydrated and clarified while promoting deep relaxation. **50 Minutes**

Pomegranate Scrub ~ This exclusive treatment begins with a total body exfoliating scrub using the ruby red seeds of antioxidant rich pomegranate. This is followed by a tranquil Vichy shower and a moisturizing Vitamin C firming cream application. It will stimulate blood flow, leaving your skin invigorated and moisturized, radiant and luminous. **50 Minutes**

Raindrop Therapy ~ A detoxifying treatment which layers the antimicrobial essential oils of valor, thyme, oregano, wintergreen, cypress, peppermint and basil on the spine. The combined essential oils self heat to heal, cleanse and balance the body. This relaxing treatment is anti-inflammatory, antibacterial and promotes lymphatic drainage and circulation. This treatment will leave you renewed, energized and refreshed. **45 Minutes**

Virtu di Balsamico Mud Wrap ~ Virtu di Balsamico is an indulgent recipe for purifying and regenerating the skin of the entire body. This balsamic exfoliation and mud mask produced from organic grapes of Italy will renew freshness and vibrancy of the tissues while leaving the body with a sweet fruity scent. **50 Minutes**

THE SPA NAIL CARE

Mayflower Manicure ~ A spa service for your hands and nails. Hands are pampered by an invigorating bath with botanicals which soften, soothe and silken the skin. Nails will be painted to perfection and your hands will be left with a unique sense of energy. **45 Minutes**

French Manicure ~ In addition to the pampering Mayflower Manicure, hands will be delicately painted with white tips and a base color of your preference. **45 Minutes**

Manicure with Paraffin ~ Hands will soak in a warm bath of silky wax. After hydrating and rejuvenating the skin, hands will be left feeling soft and supple. **45 Minutes**

Spa Pedicure ~ Beginning with a warm footbath followed by a gentle exfoliation, feet will be soft and smooth, and ready for a massage with an aromatic lotion. Toenails will be filed and shaped before painted a color of your choice. **60 Minutes**

Pedicure with Paraffin ~ Feet will soak in a warm bath of silky wax. Your feet will be left soft and ready for painting. A treatment to leave feet rejuvenated and hydrated. **60 Minutes**

Gentlemen's Ultimate Pedicure ~ This foot treatment cleanses and exfoliates the feet as well as shapes the toenails. A polish will be applied to protect your toenails and your feet will feel healed and refreshed. **50 Minutes**

THE SPA SKINCARE

Rowes Wharf Essential Facial ~ A wonderful treatment for skin of all ages and types. This facial combines marine therapy and botanical extracts and features a deep pore cleansing and exfoliation that is guaranteed to leave skin with a more vibrant and healthy complexion. Enjoy an anti stress massage of the face, neck and shoulders. Following the massage, a customized clay mask is applied, eliminating toxins that lead to premature aging and help restore a natural glow. **50 Minutes**

Gentlemen's Facial ~ Designed specifically for men, this treatment features an exfoliation and hydrating treatment that will help prevent and relieve skin sensitivity. The application of a vitamin-enriched ampoule will nourish the skin and eliminate signs of stress. A massage of the face, neck, shoulders and hands followed by a customized mask will increase circulation and restore balance to the skin. **50 Minute**

Anti-aging facial ~ An anti-aging AHA rapid exfoliator facial is designed for all skin types experiencing genetic aging. Glycolic Acid provides maximum exfoliation to reveal healthier, younger-looking skin. A unique patent blend of antioxidants, anti-inflammatories and hydrators soothe and revitalize to reveal a softer, smoother complexion. This powerful treatment will dramatically improve skin texture, tone and appearance. **50 minutes**

Clarifying Enzyme Acne Facial ~ Our professional strength acne treatment is scientifically formulated to improve skin clarity and reduce acne blemishes while soothing redness and inflammation. This facial combines exfoliating natural fruit enzymes, antioxidants and hydrating agents to open clogged pores for deep cleansing and extraction without irritation. **50 minutes**

THE SPA SKINCARE

Environmental Shield Vitamin C Infusion Facial ~ A treatment designed for those experiencing sun damage and pigmentation. This antioxidant rich treatment restores clarity, texture, elasticity and firmness, while fading pigmentation and smoothing out fine lines and wrinkles. **50 minutes**

Resurgence Renewal Facial ~ This luxurious, medically advanced dual-mask facial is perfect for anyone experiencing the effects of hormonal aging, such as loss of elasticity, breakouts and dryness. The formula contains essential fatty acids and phytoestrogens to hydrate and rejuvenate mature, lackluster skin. **50 minutes**

Redness Therapy Facial ~ Soothe and neutralize Rosacea-like redness and sensitive skin with this breakthrough treatment. This facial is formulated with ingredients that calm and cool inflamed skin instantly alleviating redness and restoring hydration. **50 minutes**

Le Grand Classique Signature Facial ~ Our signature facial involves a customized deep pore cleansing using 5 purifying steps that will leave your skin reinvigorated. Vitamin enhanced ampoules will nourish and restore skins vitality while a customized marine therapy mask will detoxify and tone the skin. Aromatherapy and an anti-stress massage of the face, neck and shoulders will help melt away any tension and leave you feeling wonderfully pampered. **80 Minutes**



NO LIFEGUARD
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THE SPA PACKAGES **A DAY OF LUXURY**

Spa Day Package

Begin by relaxing your body and mind with a Mayflower Massage. Enter further into a state of tranquility with the Rowes Wharf Essential Facial will follow the massage. Conclude with a delicate Spa Pedicure to leave your feet soft and silky smooth. When you leave the Spa, your body, mind and soul will all be at peace. **3 Hours**

Girls Just Want To Have Fun Package

Allow your body to be moisturized in a warm Harbor Mist Wrap then gently pampered with a relaxing Mayflower Massage. After re-energizing your body, rest your hands and experience a soothing Mayflower Manicure. To finish off your day of luxury, treat your feet to a Spa Pedicure and you will walk out on cloud nine. Enjoy afternoon tea service at inTRIGUE Café while gazing out on Boston Harbor. Spa package will be offered for parties of 2 or more. **4 Hours**

Gentlemen's Day Package

Enjoy your preference of massage by selecting a treatment designed to invigorate, relax and rejuvenate your body. Once your body is refreshed, treat your face with our Gentlemen's Facial treatment. Conclude your day of treatments with a Gentlemen's Ultimate Pedicure. **3 Hours**

THE SPA WAXING SERVICES

Eyebrow ~ 15 minutes

Chin ~ 10 minutes

Full Arm ~ 30 minutes

Half Leg ~ 30 minutes

Shoulders ~ 20 minutes

Back ~ 30 minutes

Lip ~ 10 minutes

Underarms ~ 15 minutes

Full Leg ~ 75 minutes

Bikini ~ 20 minutes

Brazilian Bikini ~ 45 minutes

Patch ~ Times vary

THE SPA FITNESS CENTER

Our Fitness Room features state-of-the-art equipment from LifeFitness, Cybex and Precor including recumbent and upright bicycles, cross trainers, isotrack climbing systems, treadmills, Concept II rowing machine, elliptical cross trainers, Bosu and Physio balls & Cybex strength machines.

A daily pass to the Spa can be purchased for \$25. This provides access to the pool, whirlpool, fitness facility, dry sauna and steam room. Access to all spa facilities are included with any spa treatment.

Personal Training

Sessions are strongly recommended. The sessions stress the importance of using the machines properly, leading to better workouts and lasting results. Our Personal Trainers will customize your workout while each session will be tailored to achieve your specific performance goals and designed to target your sports specific needs and interests.

Sessions are available in sets of 1, 5, 10 and 20 sessions

Yoga

Our Hatha yoga class includes stretching, strengthening and breathing exercises. Classes are offered Monday, Wednesday and Friday 6:30am-7:30am

Water Aerobics

The basic principles of aerobics are transferred to water. This class is ideal for those desiring a low impact cardiovascular workout and rehabilitation of injuries. Classes are offered Tuesday & Thursday 5:30pm-6:30pm

Yogalates

A fusion of Yoga and Pilates. This class will help you achieve a streamlined, more flexible body while enhancing spinal alignment and posture. Classes are offered Tuesday & Thursday 4:30pm-5:30pm and 6:30pm-7:30pm





