

ROWES WHARF HEALTH CLUB & SPA

REST. RESTORE. REJUVENATE.

Welcome to Rowes Wharf Health Club & Spa, a luxurious retreat designed with your well-being in mind. Completely relax and let our experienced staff take care of your needs. The Spa's tranquil, meditative setting allows you to embark on a personalized journey *Beyond Compare*.

Do you live or work in the area? We offer memberships with unlimited access to our state-of-the-art Health Club, unrivaled pool, Jacuzzi, sauna, steam room and several other benefits and amenities.

To plan your escape to the Rowes Wharf Health Club & Spa:

Call 617 439 3914 | Visit bhh.com/spa

E-mail: bhhhealthclub@bhh.com

HOURS OF OPERATION*

Monday - Friday	5:30 AM - 9:00 PM
Saturday	7:00 AM - 9:00 PM
Sunday	7:00 AM - 8:00 PM

**Hours may vary during holidays*

MASSAGE

Relax. Soothe. Nurture.

One of the oldest and most widely practiced forms of treatment, therapeutic massage is recognized in many of the world's cultures as essential to maintaining good health and vital energies. Whether you are seeking relief from aching muscles, fatigue or stress, our expert therapists will deliver a tailored treatment to revitalize you.

Couples can create their own private sanctuary together while indulging in a personalized massage experience in our couples room. Choose from any of our massage treatments or we will customize your experience upon your request.

**In-room massages are available for hotel guests.*

Deep Muscle Therapy Massage

50 minutes \$160 80 minutes \$220

Deep tissue massage targeting the under layers of muscle, designed to release chronic patterns of muscle tension that lead to stiff necks, lower back pain, and tight shoulders. Customized to your pressure preference.

Swedish Massage

50 minutes \$155 80 minutes \$215

Traditional full-body Swedish massage using pressure to suit your preference. With long, fluid and rolling strokes, this effective treatment will relieve tension, improve circulation and leave you feeling relaxed and rested.

Harbor Stone Massage

50 minutes \$165 80 minutes \$225

Healing with stones is an ancient form of therapy. Hot, smooth harbor stones are placed on the body while the touch of the therapist's hands provides a customized full body massage. As trails of heat flow across the body, tension melts away while a new sense of balance and calm is achieved.

Shiatsu Therapy

50 minutes \$155 80 minutes \$215

Shiatsu, a style of Japanese bodywork using finger pressure techniques, enhances and restores health. Our expert therapists will apply finger, thumb, and palm pressure at specific sites to relieve muscle tension, ease joint stiffness, and balance the body's energy patterns. Traditional Shiatsu is performed through clothing, but this is optional. Emerge from this specialty technique with a sense of well-being and vitality.

Jet Lag Recovery Massage

50 minutes \$155 80 minutes \$215

Designed for the frequent flyer, the Jet Lag Recovery Massage is a muscle-specific massage concentrating on targeted back and neck pain through the use of special techniques to relieve discomfort and tension. Medium to strong pressure is delivered in a soothing and fluid manner to induce full relaxation before concluding with a blissfully invigorating scalp massage.

Mother-To-Be Massage

50 minutes \$155 80 minutes \$215

Receive the tender loving care that you need during this important time of your life. Our therapists will gently support and nurture you as they focus on the aches and tension that come with pregnancy. This custom massage is excellent for alleviating back pain, reducing inflammation and diminishing anxiety.

Heavenly In-Room Massage

50 minutes \$190 80 minutes \$250

Relax in the comfort of your guestroom with this custom massage, perfectly executed to meet your needs. Achieve peace, well-being and healthy rejuvenation in the serenity of your own hotel room.

SPLENDID ENHANCEMENTS OR EXPRESS TREATMENTS

These 25-minute experiences can be enjoyed as enhancements to existing spa treatments, or on their own as express remedies for guests on the go.

Reflexology

25 minutes \$90

With ultimate focus on the hands and feet, specific pressure points are used to effect healing throughout the body. This is an excellent choice for jet lag symptoms, or for simply relieving achy, tired feet and hands, while significantly boosting circulation.

Head in the Clouds Massage

25 minutes \$90

This localized deep tissue massage offers instant relaxation, with pressure focused exclusively on the neck, back and shoulders.

FACIAL CARE

Nourish. Brighten. Protect.

Advanced techniques complemented by the finest natural products.

Fundamental Facial

80 minutes \$220

Essential for deep pore cleansing, restoring and complete relaxation, the Fundamental Facial is our signature treatment involving a five-step purification protocol to detoxify, tone and reinvigorate your skin. This facial features two types of exfoliation, a soft gommage hydrating peel and a fruit acid peel. Steaming and extractions are followed by a therapeutic massage for your face, neck and décolletage. The treatment concludes with a hydrating masque to complement your skin type and a soothing shoulder massage.

Remarkable Radiance-Enhancing Facial

80 minutes \$220

This is an exceptionally effective facial using fruit acids and a soft peel to brighten, soften and hydrate skin, while diminishing wrinkles and fine lines. Experience superb results for dull complexions or dehydrated or sensitive skin. Completely relax while the natural radiance of your face is renewed and restored.

Vital Anti-Wrinkle Facial

80 minutes \$220

This masterful anti-aging treatment features targeted and customized anti-wrinkle techniques using some of Yon-Ka's most scientifically advanced formulas. This regenerative facial will fortify your skin, reduce visible fine lines and wrinkles, and help your skin to regain suppleness and vitality. Receive soft peeling, deep exfoliation, elixir mask, and restorative massage around eyes, lips, face, neck and décolletage.

Aromatic Well-Being Facial

50 minutes \$175

Unwind with a succession of massages, and oxygenate your skin through fruit and rosemary aromas. This delightful facial offers a soft peel, massage under steam for your neck, shoulders and décolletage, more massage with targeted treatment, followed by an aromatic, hydrating mask. This facial will boost your well-being and leave you feeling restored.

Special Requirements

Do you have special requirements such as ultra-sensitive skin, rosacea, acne or other unique skin concerns? Our highly experienced estheticians can customize any of the above treatments to meet your needs. *Additional charges may apply.*

About Our Exclusive Line - YON-KA of Paris.

Yon-Ka products and treatments are entirely plant-based, delivering Phyto-Aromatic care. At the heart of Yon-Ka's "Quintessence" are its 5 essential oils that offer extraordinary powers - lavender, geranium, rosemary, cypress and thyme — a treat for the senses and an exclusive formula which reinforces the effectiveness of the natural active ingredients from plants from all over the world. Yon-Ka provides skin with the most precious part of plants, offering every person the promise of striking and immediately visible results at all ages in life.

GENTLEMEN'S EXCLUSIVES

Professional. Practical. Effective.

Treatments specifically designed for men and their individual needs.

Skin Fitness Face Treatment

50 minutes \$175

This relaxing and skin-health reviving treatment will cleanse deep pores, restore moisture and bring your face back to its radiant life.

Power Boost Face Treatment

50 minutes \$185

This is a long-lasting, deeply hydrating, replenishing treatment. Along with our gentle and relaxing protocol, experience a double hydrating mask that will smooth and soften your skin, enhancing its radiance and comfort.

Age-Defense Face Treatment

50 minutes \$175

A powerful, time defying exclusive regimen that will target firming and/or anti-wrinkle requirements. It will energize your skin and leave you feeling relaxed and restored.

For best results and savings, ask about our Facial Series packages, available with five or ten treatments.

SPA PACKAGES

Unite. De-stress. Appreciate.

Arrange a day at the Rowes Wharf Health Club & Spa for yourself or a group. Turn an ordinary day into a special day with friends, family or colleagues. Celebrate a wedding, mark an anniversary, escape as a couple, wish a happy birthday, or simply retreat for a day of solitude. Enjoy a combination of spa services, pampering and quality time. Package pricing is exclusive of gratuity.

The Spa Day

3 Hours \$375 per person

50-minute Swedish Massage, an Aromatic Well-Being Facial, and a Moroccan Oil Pedicure.

Gentlemen's Escape

3 Hours \$355 per person

50-minute Deep Muscle Massage, a Skin Fitness Face Treatment, and a Gentlemen's Ultimate Pedicure.

Ageless Beauty

3 Hours \$355 per person

Vital Anti-Wrinkle Facial, Moroccan Oil Pedicure, Moroccan Oil Manicure, Paraffin treatment on both hands and feet.

Timeless Celebrations

Let us customize the perfect day your way. Whether you desire a rejuvenating treatment or a full day's escape, a visit to the Rowes Wharf Spa can be designed just for you.

**All packages are sold individually and represent special pricing, which may not be combined with any other discounts. Upgrades may be substituted for an additional charge. Gratuities are not included in package pricing.*

BODY CARE

Scrub. Detox. Refresh.

Brush away tension and activate the body's restorative powers.

Nourishing Herbal Back Facial

50 minutes \$165

An invigorating back scrub, using fresh and aromatic exfoliants, leaves your back richly hydrated and super soft. Finished with a soothing light massage with fragrant body lotion, you will emerge feeling relaxed and refreshed.

The Moroccan Ritual

80 minutes \$250

A combination body scrub and harbor stone massage, this treatment is inspired by a traditional Moroccan Hammam and Shirodhara ritual. Enjoy the detoxifying and invigorating benefits of a full body dry brush exfoliation, followed by signature Moroccan Oil treatments coupled with a deeply therapeutic hot stone massage. Exfoliation of hands and feet, a Shirodhara scalp treatment and massage using a warm hydrating mask concludes this unique and exhilarating Moroccan journey.

Raindrop Therapy

40 minutes \$165

This gentle, peaceful treatment uses a succession of layers of essential oils to detoxify and cleanse, thus healing and balancing the body and mind. The therapy includes a relaxing massage for back, feet and head. Retreat with a feeling of gratefulness and calm.

NAIL CARE

Revive. Polish. Shine.

The Rowes Wharf Spa offers services executed by a talented staff of nail technicians.

Moroccan Oil Manicure

45 minutes \$50 Gel \$60

Moroccan Oil Pedicure

50 minutes \$75 Gel \$85

Our signature manicure or pedicure revitalizes your skin and stimulates your senses. A unique and luxurious scrub gently exfoliates your skin preparing it for the rich hydrating effects of Moroccan Oil's honey lavender scented Intense Hydrating Treatment. The service concludes with Moroccan Oil's signature scented Body Soufflé, leaving your hands or feet feeling soft and rejuvenated. After perfectly applied polish, your nails will be stunningly beautiful.

Add French polish \$10

**Add Paraffin for feet or hands \$20 with service
\$25 booked alone**

Polish Change \$25

Nail Repair \$15 per nail

Gentlemen's Ultimate Pedicure

50 minutes \$75 Gel \$85

Focusing on the look and health of the nails, completely relax while you are treated to an ultimate Moroccan Oil pedicure without a finishing polish. Your gentlemen's pedicure regimen includes filing and shaping, expert cuticle treatment, exfoliation, hydration, and a rejuvenating foot and leg massage.

HAIR REMOVAL

Clean. Smooth. Healthy.

We employ a gentle, aroma therapeutic wax preferred for its fast, effective, yet virtually painless hair removal.

Chin or Lip	\$30		
Brow Shape	\$30		
Underarms	\$35		
Bikini	\$60		
Brazilian	\$100		
Half Arm	\$35	Full Arm	\$65
Half Leg	\$70	Full Leg	\$90
Chest or Back	\$90		

SPA ESSENTIALS

The Rowes Wharf Spa will provide you with a robe, towels and slippers as well as grooming amenities and toiletries. Shorts, shirts and socks are available to borrow if you would like to use the fitness center. Coffee, tea and orange juice is offered until 11:00am each day and fresh fruit is always available.

Special Etiquette

Our Health Club & Spa creates an environment that promotes pure relaxation. We appreciate your cooperation in turning off or silencing your mobile phone or any other electronic device that may disrupt other guests' enjoyment.

How early should I arrive?

We suggest you arrive 30 minutes prior to your first appointment to allow ample time to change, shower and acclimate to the spa environment. This will give you time to relax in our lounge, sauna or steam room, and/or bask in our Jacuzzi.

A late arrival resulting in a delayed start of your scheduled service will reduce the length of your treatment, lessening its effectiveness and your pleasure. Your treatment will end on time so the next guest is not inconvenienced. The full value of your treatment will be charged.

Your Comfort

It is customary for guests to completely disrobe for most spa services, but you may wear a swimsuit or undergarments if you wish. Your preferences will be respected.

How do I prepare for my treatment?

We ask that all guests shower prior to enjoying any of the communal water amenities. Please leave all personal belongings in your locker, and wear the robe provided to your treatment.

What should I bring?

Robes, slippers and workout attire is offered to all guests. For guests using the fitness center and/or pool, please bring your own swim attire and athletic shoes. We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables locked in your locker during your visit. We recommend wearing casual clothing and no jewelry.

May I use the spa if I am pregnant?

We offer specially designed treatments for expectant mothers after their first trimester. We recommend you avoid any treatments using deep pressure and heat, as well as use of the Jacuzzi. Please notify us of your due date when scheduling your appointment so that we can assist in determining the best treatments for you.

Special health considerations?

Your health is important to us. If you are pregnant or have any allergies, physical ailments or disabilities please let us know so that we can help you choose the best treatments for you.

Rowes Wharf Health Club & Spa Facilities

- 60 foot swimming pool, Jacuzzi and Pool Lounge
- Fitness facility with state-of-the-art cardio and strength training equipment
- Spacious men's and women's locker rooms complete with saunas & steam rooms
- Relaxation salon reserved for guests receiving spa treatments

Complimentary use of the fitness center and spa facilities is available to overnight hotel guests. Spa guests may enjoy all of our facilities with the purchase of a spa treatment (per person).

Age Guidelines

- Fitness Center: Guests must be at least 16 years of age to use the fitness center.
- Pool & Jacuzzi: Guests under the age of 16 must be accompanied by an adult to use the pool. The left lane of the pool can be used for family swimming, while the additional two lanes are devoted to members and guests swimming laps. Adults are responsible and must accompany children at all times in the locker room, and while using the pool, Jacuzzi, sauna and steam room.
- Spa Treatments: Guests under the age of 18 must be accompanied by an adult.

Credit Cards & Gratuities

A credit card is required to schedule a spa appointment. Gratuity is not included in our pricing and is at the guest's discretion. A customary gratuity is 15-20% of the service is recommended, and may be conveniently added to your bill at the end of service.

Cancellation Policy:

As a courtesy to other guests and to our therapists, we adhere to the following cancellation policy. We ask that you advise us at least 24-hours in advance should you need to change or cancel your scheduled service. For packages and groups, we require a 48-hour cancellation notice. Please be advised that in the event of a no-show, you will be charged the full amount of the service.

BECOME A MEMBER

Among the many benefits offered to you as a member of the Rowes Wharf Health Club & Spa, the most important distinction is the genuine care for our member's comfort and satisfaction. As an integral part of the Boston Harbor Hotel, the Rowes Wharf Health Club & Spa offers a private club experience, allowing you to get away from the hustle and bustle of a crowded gym environment. Five-Star service complements the thoughtful amenities and intimate setting, making your fitness experience both invigorating and enjoyable.

Member Indulgences

Some of the many services & amenities available to members:

- Locker room attendants always available to assist you
- Certified personal trainers available for advice, guidance or private sessions
- Choice of five current, daily newspapers
- Fresh fruit offered at all times
- Complimentary coffee, tea & orange juice served until 11:00am

Luxurious Amenities

- Make-up mirrors
- Spa robes & slippers
- Luxurious bath amenities
- Athletic shorts, shirts & socks
- Complimentary full-sized day lockers
- Overnight lockers available
- Hair dryers
- Fresh bath towels

Noteworthy Features & Benefits:

- Steam rooms and dry saunas
- Three-lane, 60 foot swimming pool
- Jacuzzi
- State-of-the-art cardio and strength training equipment, along with a vast array of free weights and equipment.
- Members enjoy 10% off all treatments in our luxurious Spa
- Water aerobics and Pilates classes

For inquiries or to make an appointment for a tour of the Rowes Wharf Health Club & Spa, please call 617-439-3914, or e-mail BHHHealthClub@bhh.com.