

ROWES
WHARF
HEALTH
CLUB
& SPA



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, and several other benefits and amenities.

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

Call 617.439.3914 | Visit bhh.com/wellness

E-mail: bhhhealthclub@bhh.com

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 massage 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 Harmony Room. Choose from any of our massage treatments or we will customize your experience upon your request.

Deep Muscle Therapy Massage

50 minutes \$160 80 minutes \$220 110 minutes \$290

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 \$160 80 minutes \$220 110 minutes \$290

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 \$175 80 minutes \$235 110 minutes \$305

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.

Mother-To-Be Massage

50 minutes \$160 80 minutes \$290

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 \$250 110 minutes \$320

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. This offering is available for the Deep Tissue Massage, Swedish Massage or Mother-To-Be Massage.

SPLENDID ENHANCEMENTS OR EXPRESS TREATMENTS

These 25-minute experiences can be enjoyed as enhancements to existing massage treatments.

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 \$80

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

50 minutes \$175 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.

Vital Anti-Wrinkle Facial

50 minutes \$175 80 minutes \$220

This masterful anti-aging treatment features targeted and customized anti-wrinkle techniques. 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 80 minutes \$220

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.

GENTLEMEN'S EXCLUSIVE

Professional. Practical. Effective.

Treatment 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.

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.

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 Full 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.

**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.*

NAIL CARE

Revive. Polish. Shine.

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

Full Manicure

45 minutes \$50

Deluxe Manicure

55 minutes \$65

Full Pedicure

50 minutes \$75

Deluxe Pedicure

60 minutes \$85

Add French polish \$10

Add Paraffin for feet or hands \$20 with service

\$25 booked alone

Polish Change \$25

Gel Polish \$10

Nail Repair \$15 per nail

Gentlemen's Ultimate Pedicure

50 minutes \$75

Focusing on the look and health of the nails, completely relax while you are treated to an ultimate 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.

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.

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. 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 and Pool Lounge
- 24-hour fitness facility with state-of-the-art cardio and strength training equipment
- Spacious men's and women's locker rooms complete with saunas & eucalyptus-infused 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 50 minute or longer spa treatment (per person).

Age Guidelines

- Fitness Center: Guests must be at least 16 years of age to use the fitness center.
- Pool: Guests under the age of 16 must be accompanied by an adult to use the pool. Adults are responsible and must accompany children at all times in the locker room, and while using the pool, 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 or a cancellation in less than 24 hours (48 for packages or groups), 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
- Fresh fruit offered at all times
- Complimentary coffee, tea & orange juice served until 11:00am

Luxurious Amenities

- Full-sized day lockers
- Make-up mirrors
- Spa robes & slippers
- Luxurious bath amenities
- Athletic shorts, shirts & socks
- Complimentary overnight lockers
- Hair dryers
- Unlimited Fresh bath towels
- Choice of six current, daily newspapers

Noteworthy Features & Benefits:

- Eucalyptus-infused steam rooms and hot, dry saunas
- Three-lane, 60 foot swimming pool
- State-of-the-art cardio and strength training equipment, along with a vast array of free weights and equipment available 24-hours daily
- Access to Peloton® | Indoor Exercise Bike with Online Streaming Classes
- Members enjoy 10% off all treatments in our luxurious spa
- Complimentary yogalates and water aerobics 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.



