

SPA POLICIES & PROCEDURES

- **What to Wear** – You will be provided with a robe, slippers and locker for your personal belongings. It is recommended that massage and/or body treatments be experienced without clothing. Our professional therapists are highly trained to ensure complete comfort through proper draping techniques. Your comfort and privacy will always be respected.
- **Arrival** – We recommend arriving at least 15 minutes prior to your scheduled appointment.
- **Cancellations** – Should you need to reschedule or cancel your appointment, we ask you to contact us 24 hours prior in order to avoid a full charge for the value of your services.
- **Health Considerations** – If you have any special health considerations, please be sure to communicate with our staff. Our Spa Concierge and therapists can offer guidance as to which treatments will be the most beneficial and those that should be avoided. A confidential health questionnaire is required for many spa services.
- **Gratuities** – Cash tipping is not allowed in the Club. A 19% service fee will be added to your bill.
- **Valuables** – We are not responsible for the loss of valuable items brought into the spa. We ask that you leave these items at your residence or safely locked in the spa locker area.
- **Therapist Gender** – We have male and female therapists available for most treatments. If you have a preference, please let us know when making your spa reservation.
- **Products** – The Spa at The Boathouse offers a variety of professional skincare available for retail. All retail products available in the spa can be sent directly to your home, year round.
- **Payment** – All services will be billed to the member's club account. In the event the spa client is a guest of a member, it will be necessary for the member to authorize the charge to the club account prior to the service or for the guest to pay via their credit card.
- **Service Duration** – All times noted in the menu include five to ten minutes for room preparation and clean-up after the treatment.
- **Age Minimum** – Member's children over 13 years of age may utilize spa services; however a parent or guardian must be present. Special teen nights will be arranged throughout the season allowing 12 to 17 year-olds the ability to "spa" with their friends.
- **Private Events** – Our Spa Concierge is available to assist you with a customized private spa party for a special celebration or "just because". Please contact us at 508.627.3535 ext. 203 to plan and schedule your special day or evening soiree.

THE BOATHOUSE

Post Office Box 2340 • 508.627.3535 • www.boathousemv.com



WELCOME TO THE SPA AT THE BOATHOUSE



WE WELCOME YOU to experience the true luxury and comfort of The Spa at The Boathouse, our exclusive spa developed for the discerning Boathouse member. Through a select and carefully crafted array of natural products and signature treatments, we invite you to relax and enjoy your time with us.

SPRING HOURS

May 27th through June 19th

Open Fri, Sat & Sunday • 9am-7pm

SUMMER HOURS

June 19th through September 5th

Open Daily • 9am-7pm

FALL HOURS

September 6th through October 10th

Open Fri, Sat & Sunday • 9am-7pm (or by appointment)



Front Desk & Spa Reservations: 508.627.3535 ext 223

Spa Director, Lisa Dmitri: 508.627.3535 ext 203

MASSAGES

Boathouse Massage

Release muscle tension and feel stress melt away. This customized Basic Swedish massage improves circulation and vitality. The benefits you will feel are both immediate and long term. This is the perfect antidote for rebalancing and renewing your body's sense of well-being. This massage uses our lightest touch.

\$115 / 60 minutes

\$150 / 90 minutes

Ultimate Performance

For those who prefer a deeper massage with more direct pressure, this technique utilizes trigger point therapy combined with long, firm strokes to work superficial and deep muscles. This is recommended for those with chronic muscle pain and includes hand-crafted warm poultices of ginger, turmeric, lemongrass and camphor to soothe muscles. This is an excellent antidote for recovery following a workout.

\$130 / 60 minutes

\$175 / 90 minutes

Deep Tissue Massage

For those who prefer a firm touch, deep tissue work uses slow, deliberate massage techniques using elbows, forearms and knuckles to relieve tightness from the overuse and tension of muscle stress.

\$145 / 60 minutes

\$195 / 90 minutes

Arnica Sports Intensive

A unique combination of techniques and stretching are used to melt away tension, alleviate muscle soreness, stimulate circulation and restore mobility. In specific areas of tension your therapist will apply our 'Focused Relief' concentrated oil blend and use trigger point therapy to loosen tight muscles that are caused by incorrect posture, repetitive motion, stress or injury. This treatment allows the athlete to train much sooner than rest would allow.

\$135 / 60 minutes

\$175 / 90 minutes

Boathouse Aromatherapy

You will begin with a consultation with the therapist to create a unique blend of organic and wild harvested essential oils based on your personal needs. This special blend is massaged into your body using rhythmic techniques which enhance the action of the oils you have chosen. To extend the benefits of your treatment you will receive the remainder of your custom blend to take home with you.

\$165 / 60 minutes

\$195 / 90 minutes

MASSAGES

Hot Beach Stone Therapy

Smooth beach stones are carefully heated and placed strategically upon the body. The therapist incorporates the stones into a relaxing massage with a signature blend of lavender, sea pine and rosemary oils, delivering deep relief to tired and overworked muscles while calming the body and mind.

\$135 / 60 minutes \$175 / 90 minutes

Chakra Balancing

According to ancient understanding, there are seven energy centers (Chakras) in the body, which each nourish and regulate an important aspect of life. The therapist uses seven luxurious oil blends, introduced with a different energy touch, to draw you into a deep relaxation allowing energy to flow in a balanced way for the chakras to come into harmonious alignment. This unique treatment rebalances your body and calms your spirit.

\$175 / 90 minutes

Four Hands Massage

The ultimate massage from head to toe. This decadent full-body Swedish massage is performed with two therapists flowing around the body, working in tandem with their hands to bring you to the ultimate state of relaxation and pampering. Minimal draping utilized.

\$375 / 60 minutes

Aromatherapy Compress Massage

This massage will stimulate and balance energy flow to all areas of the body. Hot towel compresses are applied to bring heat into the muscles and prepare the skin to receive fragrant blends of essential oils. We begin with reflexology on the feet followed by focused work on the lymphatic system and detoxification. We finish with a slow, deep integrating massage and an energy point treatment on the face and scalp that allows your body to fall into a deep healing state.

\$185 / 90 minutes

Mother to Be - Prenatal

Designed to soothe the expectant mother, this massage relieves some of the physical stresses that are experienced during pregnancy. Our specially trained therapists deliver rest and relaxation with every stroke. It is designed to improve circulation, reduce swelling in the feet and hands and release tension in the lower back, neck and shoulders. Performed only after the first trimester.

\$125 / 60 minutes

Beach Break

Focused on providing relaxation and rejuvenation in a limited amount of time, this massage addresses the neck, back and shoulders – areas that usually need the most attention. You'll be back on the beach in no time.

\$65 / 30 minutes

Dry Brush Enhancement

Brisk dry brushing of the body to stimulate circulation of the skin before a relaxing massage. After the massage you will take home your brush for continued daily use.

\$45 / 40 minutes



BODY TREATMENTS

Royal Coconut Milk & Honey Ritual

The Royal Treatment! Indulge all of your senses with the ultimate relaxing Island Ritual. Organic Cane Sugar, Fijian Honey, Coconut Milk and Exotic drift nut oils are combined to exfoliate, hydrate and renew the skin's moisture balance, leaving the body with an island glow.

\$175 / 80 minutes

Carita Soft Satin Skin

Sunflower seeds grown in France and marinated in a secret serum are used to exfoliate the entire body. Massaged with effleurage movements the serum becomes a creamy gommage and polish to correct skin imperfections and rejuvenate the epidermis.

\$165 / 60 minutes

Carita Perfect Body

This indulgent treatment begins with an overall body exfoliation using Le Rénovateur body polish to prepare the skin for the absorption of the Perfect Concentrate, a highly concentrated serum packed with anti-aging and firming active ingredients. Finally, a toning massage with Perfect Cream which tones and restores a youthful appearance.

\$240 / 90 minutes

Carita Intense Refining Contour

This intense slimming treatment precisely targets critical areas of the body. Your skilled therapist starts with a full body exfoliation, helping to refine the skin's texture. A refining masque is applied by using draining and stimulating massage techniques to remarkably diminish the look of cellulite. This treatment is then completed with an application of refining concentrate and cashmere cream leaving your skin silky smooth and ultra toned.

\$265 / 90 minutes

Floral Hydrosol Massage

Using the elements of summer, this luxurious twist on Swedish style massage incorporates our signature blends of aromatic essential oils. During the massage you are misted with pure flower hydrosols (the products of the distillation of flowers) that fall on your skin like a fragrant whisper, creating the sense of being showered with petals. Each hydrosol contains unique soothing healing properties for your skin and as they blend with the oil by the strokes of your therapist's hands, they create a natural lotion on your skin, hydrating and repairing in the process. You & your senses will emerge feeling pampered, soft and radiantly beautiful.

\$165 / 60 minutes

FACIALS

EACH OF OUR facials is designed for all skin types and is personalized according to your needs. All facials begin with a pre-procedural Clarisonic® deep cleansing followed by a peel and extractions. You will then receive one of our exclusive facial massages and a finishing mask for sun protection.

Boathouse Facial

Your treatment begins with a personalized analysis by a professional skin care specialist. This specific treatment is designed to deliver extraordinary results for multi-depth skin exfoliation, topical and internal skin moisturizing and support for the skin's proteins. The perfect solution to rebalance dry, oily, combination or sensitive skin.

\$110 / 60 minutes

For the Young Adult

Designed especially for the tender needs of youthful skin, we begin with an in-depth cleansing and exfoliation followed by gentle extractions. A light massage is provided to stimulate, smooth and hydrate the tissues. A consultation finalizes the treatment to educate the teen for a life-time of healthy skin.

\$90 / 60 minutes

Gentlemen's Oasis

This tailor-made treatment dedicated to the specific needs of a man's skin is a wonderful mode of relaxation. The face is deeply cleansed, moisturized and soothed to reduce sensitivity commonly associated with daily shaving. The skin is clean and balanced feeling revived, relaxed and renewed.

\$105 / 60 minutes

Vineyard Express

Perfect for a busy summer lifestyle or as an introduction to skin care, this treatment is designed to cleanse, exfoliate and condition the skin based on individual skin types.

\$70 / 30 minutes



CARITA

A SPA AT THE BOATHOUSE EXCLUSIVE



CARITA is only available in the most exclusive and discerning spas throughout the world. Carita's spectacular product line surpasses all standards of elegance and luxury and exceeds all expectations. Carita's name has become synonymous with perfection.

Lagoon Hydrating Facial

Designed for thirsty skin, this treatment meets the body's most fundamental need for water. It deeply moisturizes and corrects the inevitable consequences of dehydration: fragile, taut, dull-looking skin. Helps maintain softness, well-being and a healthy glow.

\$170 / 60 minutes \$215 / 120 minutes (with Pro-Lift)

Cotton Softness Facial

This treatment is designed for sensitive skin. Ideal Douceur products are used on the skin to help strengthen the skin's resistance while slowing the signs of aging. Calming concentrates and reconstructive ingredients actively recharge the skin for a less reactive and more even-toned luminous complexion.

\$170 / 60 minutes \$215 / 120 minutes (with Pro-Lift)

Papaya Purity Facial

Discover the freshness of a matte and pure complexion. Eliminate impurities from the skin while refining its texture by reducing oil and minimizing dilated pores. Rebalance combination and oily skin.

\$170 / 60 minutes \$215 / 120 minutes (with Pro-Lift)

Anti-Aging and Firming Facial

By providing an instant lift and newfound glow, this one-of-a-kind skincare treatment from Carita - Progressif and Le Rénovateur helps mature skin fight the effects of time and restore beauty. The advanced manual pro-lifting massage techniques optimize the products' effectiveness, and a specialized micro-masque for eye and lip contours further enhances a youthful appearance.

\$190 / 60 minutes \$250 / 105 minutes (with Pro-Lift)

Precious Diamond Facial

A truly special facial that incorporates the precise techniques that epitomize Carita's sophistication and expertise. The Diamond Ritual relaxes, regenerates, firms, smooths and hydrates the skin, while leaving it translucent, soft and visibly more youthful and resplendent. It is a veritable sensory discovery at every moment that incorporates magical textures, subtle fragrances, hot or cold stones with a foot soak and a glass of champagne as the perfect ending. The science behind the high-performance products utilized in this ritual deliver an increase in skin density, firmness and luminosity, a reduction in the appearance of dark spots and visibly more beautiful skin.

\$550 / 120 minutes

PROGRESSIF PRO-LIFT

THIS exclusive new high-tech system from Carita provides effective results through cleansing, ionization and muscular stimulation. Reshape, lift and tone the contour of the face for more youthful skin. This innovative machine will increase firmness and optimize the anti-ageing action of the Carita serum and products by deep cleansing to dissolve impurities, stimulate micro-circulation, drain, soothe and oxygenate the tissue, stimulate collagen production, tone the muscles, and increase absorption of active ingredients.

OXYGEN THERAPY

A SPA AT THE BOATHOUSE EXCLUSIVE

THIS unique skin treatment simultaneously provides moisture, vitamins and antioxidants via cooling, calming hyperbaric oxygen. The result is superior age-defying results and unparalleled cellular hydration. The benefits of the Intraceuticals™ infusion treatments are accumulative and continue to improve with repeated application. A course of six applications over six to eight weeks is recommended to achieve optimum results. Based on your skincare concerns, your technician will recommend the most appropriate treatment, or combination of treatments for your needs..

Rejuvenate Hydration Infusion

\$250 / 60 minutes \$1250 / series of (6)

Rejuvenate Atoxelene Infusion

\$325 / 60 minutes \$1625 / series of (6)

Opulence Brightening Infusion

\$250 / 60 minutes \$1250 / series of (6)

Ultimate Infusion

\$375 / 90 minutes \$1875 / series of (6)

MANICURE & PEDICURE

Boathouse Classic Manicure

Exceptional grooming for your nails and cuticles with the companionship of exfoliating and hydrating care rooted in elements from the sea. This treatment improves the texture of the skin and the appearance of the hands.

\$35 / 30 minutes

\$40 / French Manicure

\$45 / Shellac Manicure - 2 Week Polish

Boathouse Classic Pedicure

Exceptional grooming for the nails, cuticle, skin and heels; includes exfoliation and a deep moisturizing leg and foot massage.

\$65 / 60 minutes

\$70 / French Pedicure

Sumptuous Mani-Pedi

The ultimate in grooming for the hands and feet combines intensive skin conditioning and renewal. A salt or sugar exfoliation, re-mineralizing sea soak and a fragrant paraffin cocoon, envelops and nourishes the skin.

\$135 / 90 minutes

The MAN-icure Just for Him

This modest manicure includes nail shaping, cuticle care and buffing, leaving the nails looking natural and healthy.

\$25 / 25 minutes

Coconut Milk & Honey Manicure

Drift away on a sweet tropical breeze. We begin with a soak in warmed Fijian Honey & Coconut Milk to soften and soothe your hands followed by an exfoliation of cane sugar and a honey infused masque to deeply hydrate the skin. Breathe deep and relax as warmed tropical oil is massaged into the hands and arms leaving them renewed and refreshed.

\$40 / 40 minutes

Coconut Milk & Honey Pedicure

Treat your feet to an Island Vacation. Your feet will soak in a soothing and cleansing warm coconut milk followed by an exfoliation of raw cane sugar infused with exotic plants and flower extract. A rich masque of coconut butter is applied to penetrate deep into the layers of the skin to soften & smooth. A relaxing lower leg massage completes this transforming treatment.

\$70 / 60 minutes

Nail Enhancements

Polish Change for Hands or Feet..... \$15

Silky Hands or Feet Paraffin Dip \$20



TENDER HAIR REMOVAL

GENTLE SERVICES FOR THE ENTIRE BODY.

Full waxing services are available and start at the prices listed below.

Lip	\$15	Full Leg	\$80	Brazilian Bikini	\$75
Eyebrow Shaping .	\$22	Arms	\$30	Chest	\$60
Lower Leg	\$45	Under Arms	\$22	Back	\$60
Upper Leg	\$50	Bikini	\$35		

