





## The Spa at Encore Boston Harbor

The stunningly-designed space features many 'scenes' within the facility and establishes a mood for guests that heightens individual experience to new levels. Our treatments reflect the expertise of a team of highly qualified professionals and the belief that health and wellness depend on a delicate balance between the mind, body, and spirit. We are committed to use only the highest quality of ingredients in our products to provide authentic experiences.



# Massage Therapies

## Custom Massage

Personalize your own custom massage by choosing from a number of massage techniques and specialties based on the uniqueness and talents of the massage therapists. The reservations team will be delighted to assist you with curating an unsurpassed experience.

## Aromatherapy Massage

Personalize your own sensory experience by selecting one of our highly therapeutic oil blends to be expertly massaged into the body. A profoundly relaxing journey.

## Therapeutic Arnica Massage

Re-energize tired overworked muscles utilizing nature's remedies and a unique combination of myofascial release, trigger point therapy and Deep Tissue techniques; relieving the body of tension and stress.

## Four Hands

Indulge in a massage performed by two synchronized therapists using personalized aromatherapy essential oils to take the body into a deep state of relaxation. With so much simultaneous work, this is simply our most extravagant massage.

## Balancing Hot Stone

Melt away tension and stress as slow, carefully orchestrated massage techniques allow a continuous flow of heat using volcanic stones infused with herbal notes of lemongrass and ginger root to restore internal balance.

## Restorative Himalayan Salt Stone

This soothing massage, using warm hand-carved salt stones from the Himalayan Mountains and a blend of essential oils provides deep tranquility and helps to relax body, mind and spirit.

## Prenatal Renewal Massage

This deeply nurturing and customized massage which incorporates dry body brushing, is lovingly composed for those expecting. It is designed to reduce stress and soothe muscle fatigue. The therapist will use a Gotu Kola healing balm in targeted areas to prevent the appearance of stretch marks. Available for mothers to be in their second and third trimester.

## In-Room Massage

For the ultimate convenience we'll bring the spa to you. Enjoy our custom massage in the comfort of your room.

# Massage Enhancements

## Add-in Enhancements

We offer a variety of enhancements to complement your massage experience. Choose up to two enhancements for any 80-minute service, and three enhancements for any 95 -minute service: Dry Feet Relief, Nourishing Hand Treatment, Revive Eyes, Hair Serum Scalp Massage.

## Rosemary Citron Sea Salt Scrub

*A 25-minute enhancement to any massage*  
Mineral-rich sea salts are blended with spicy Rosemary and citrus essential oils to stimulate circulation and slough away dull skin. This invigorating scrub will soften the skin, leaving the surface smooth and polished.

## Lemon Verbena Body Polish

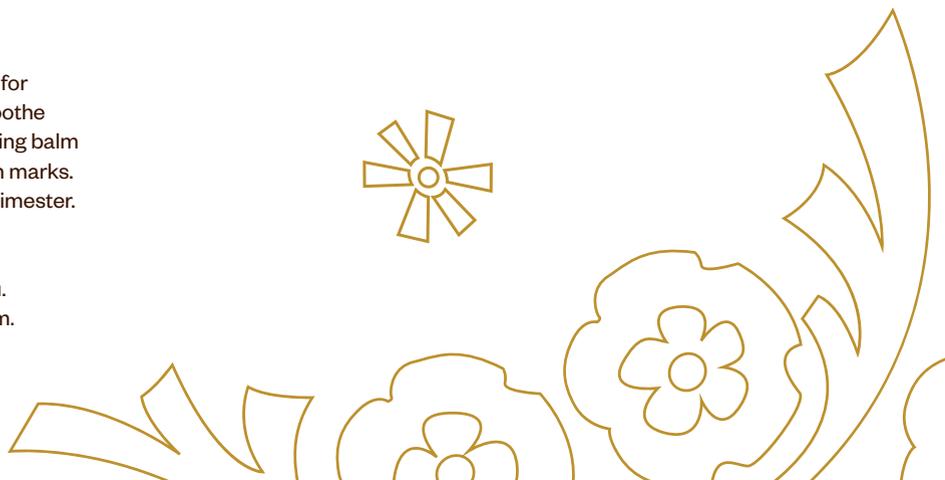
*A 25-minute enhancement to any massage*  
This deeply nourishing body polish leaves skin radiant and spirits lifted. Bright citrus notes of Lemon Verbena and gentle buffing grains are blended with hydrating Aloe Vera and Shea Butter to ease the discomfort of dryness.

## Shirodhara

*A 25-minute enhancement to any massage*  
This encompassing treatment is deeply calming to the entire nervous system. Deeply relax as a gentle wave of warm, nourishing oil descends across the forehead and is slowly massaged into the hair and scalp. The flowing oil of the Shirodhara, eases stress and melts tension held around the head and neck and quiets the mind.

## Foot Reviver

*A 25-minute enhancement to any massage*  
Ease away the physical stress and strain on your legs and feet while your therapist exfoliates and smooth your skin. To finish indulge with a massage that combines traditional eastern techniques and pressure point massage.



# Exclusives

## **Good Luck Ritual**

Our time-honored signature treatment is based on the five Chinese elements and is designed to promote happiness, luck and prosperity. Combines a Custom Massage, invigorating peppermint foot treatment, ultra-moisturizing hand therapy, and relaxing botanical scalp treatment.

## **Mind and Body Balancing Ritual**

This unique and unforgettable experience combines a personalized massage, Ayurvedic essential oils and the healing power of sound therapy moving on different energy lines, to rebalance the chakras. Each bowl has a different tone that works on more than one chakra as the sounds connect and rebalances each one.

## **Ayurvedic Retreat**

Revitalize your mind and body with a Chakra balancing massage to ease stress and relieve muscle tension. To finish a face massage and a Shirodhara scalp treatment, the perfect finale to take you into a true balanced and meditative state.

## **Himalayan Singing Bowl Therapy**

Sound therapy is designed to restore and balance the seven chakras of the body. Seven precious metal bowls handcrafted in the Himalayas are used in the treatment to restore the natural frequencies of our body.

# Couple's Rituals

Enjoy any of our massage therapies side by side in our tranquil Couples' treatment room.

## **Couple's Good Luck Ritual**

Indulge with your loved one with our time-honored signature treatment side by side. Based on the five Chinese elements and is designed to promote happiness, luck and prosperity. Combines a Custom Massage, invigorating peppermint foot treatment, ultra-moisturizing hand therapy, and relaxing botanical scalp treatment.

## **Encore Boston Harbor Escape**

Run away from the stress of life by allowing our therapists to utilize their individual specialties to create and customize a tailor-made massage experience for the ultimate relaxation with your loved one.

# Body Treatments

## **Espresso Mud Detoxifying Body Treatment**

Remineralize your skin while drawing out impurities. This detoxifying treatment starts with a vigorous exfoliation using volcanic Pumice and Coffee Arabica to stimulate circulation, followed by a warm wrap with mineral-rich Black Silt Clay and herbal extracts of Indian Sarsaparilla and Honey to help smooth and firm the skin.

## **Moisture Drench Skin Conditioning Treatment**

The ultimate skin conditioning treatment for the body starting with the application of a warm mineral rich seaweed wrap infused with Japanese Ume Plum extract to revitalize the skin followed by a massage using sea fennel to deeply seal in moisture for a silky, satin finish.



# Facials



All of our facials are suitable and personalized for both men and women.

## Custom Made

Biologique Recherche facials are best known for their methodology and highly concentrated fragrance-free marine or biologically active ingredients. This facial is ideal for all skin types, particularly those in need of reconditioning, repairing, lifting and pigmentation reduction. Your aesthetician will select for you a “booster treatment” based on targeted skin concerns.

## Second Skin

The Second Skin treatment accelerates cell renewal and optimizes the regeneration for a visible and immediate tightening effect. It increases the cohesion, firmness and density of the skin while reshaping the facial contour.

## Signature Custom Made

This luxuriously hydrating and regenerating facial is perfect to manage environmental damage caused by time. A Co-Facteur advance treatment is added to your custom-made booster facial for more driven results.

## Remodeling Facial

Wider-looking eyes, more prominent cheekbones, softer wrinkles, a better-defined facial contour. Bespoke Biologique Recherche Remodeling Face® can perform all this magic for you. This machine uses state-of-the-art bio-electrotherapy for tailored beauty treatments combining four types of currents. The facial includes a booster treatment.

## Skin Instant Lab®

The first step of Biologique Recherche Methodology. A unique system for analyzing, diagnosing and prescribing customized facials and products which can be added to any Biologique Recherche treatment.

## Oxygen Facial

The expertise of Intraceuticals oxygen treatments and innovative cutting-edge hyaluronic acid technology is used to infuse vitamins and powerful antioxidants resulting in an immediate boost to dull, dehydrated skin simultaneously restoring elasticity.

## Add-in

Vitamin C + 3 Booster  
Collagen Booster  
Eye and Lip Treatment

## The Infinite Beauty HydraFacial

The patented technology of HydraFacial MD® partners with the European award-winning brand Miriam Quevedo, to deliver a tailor-made treatment with unparalleled results. This facial commences with a deep cleansing treatment using the HydraFacial technology to purify and exfoliate the skin followed by LED light therapy and intense moisturizing, this treatment will leave the skin with an instant gratifying glow. For more driven results choose one enhancement:

**Britenol:** Minimizes the appearance of dark spots, sun spots, and hyperpigmentation

**Dermabuilder:** Minimizes the appearance of fine lines and wrinkles with powerful peptides

**Growth Factor:** Improves the appearance of skin tone, texture, and elasticity

## The Ultimate HydraFacial

This experience encompasses The Infinite Beauty HydraFacial elements, LED light therapy and the choice of the Britenol or Dermabuilder enhancement. Additionally, Miriam Quevedo 50% Vitamin C + 24k gold flakes booster is applied to furthermore stimulate collagen production, prevent lipid peroxidation while inhibiting melanin production, resulting in a brighter and healthier complexion.

## C-Radiance Lift

Sourcing and utilizing most precious ingredients, organic botanical blends and high-tech peptides, Miriam Quevedo offers unmatched luxury and efficacy for skin care. This Signature facial combines the physiological benefits of bio-stimulating anti-aging massage with the cosmetic properties of 50% of vitamin C and 24k gold flakes to create a ritual that provides unprecedented results including: Anti-aging, instant firming, regenerating and repairing.

## Holistic Facial

Naturopathica skincare is uniquely inspired by the alchemy of herbalism and the healing power of plants created to target inflammation, the primary cause of premature aging. This facial naturally improves the appearance of fine lines and wrinkles leaving the skin radiant, firmer and restored.

## Ageless Kansa Wand Facial

The Ayurvedic wisdom of Shankara skincare in this facial is designed to deeply rejuvenate devitalized skin. A double exfoliation technique, a special mask blend and the use of a Kansa Wand to release stress from facial muscles, neck and shoulders completes this experience.

# Fitness Services

The Fitness Center is an adult facility and appropriate for guests 18 years of age and over. Closed-toe athletic shoes and fitness apparel required.

## Personal Training

Our fitness professionals can design a personalized program to fit your individual needs.

## In-Room Personal Training

Enjoy a workout in the comfort and privacy of your own suite, or guest room. Well suited for core body training or one-on-one personalized yoga.

# Journeys

## The New Englander

Experience an 80-minute Aromatherapy Massage to de-stress the mind and ease muscle tension followed by the result driven Biologique Recherche Custom Made facial and finish with our Signature Manicure and Pedicure in The Salon.

## The Wellness

Commence with a 60-minute Personal Training session designed for your fitness level and goals followed by a 50-minute Espresso Mud Detoxifying treatment and concluding with a 95-minute Therapeutic Arnica Massage.

## The Surrender

An authentic experience where we invite you to leave the external world behind and awaken all your senses beginning with the 110-minute Ayurvedic Retreat and completing the journey with a 50-minute Ageless Kansa Wand Facial.

## Executive Escape

A well-groomed executive looks better and feels better. Experience an 80-minute Arnica Therapeutic Massage followed by a 50-minute personalized Holistic Facial. To finish, enjoy a Classic Manicure and Pedicure at The Salon.

# Spa Etiquette

**Arrival Guidelines** Please arrive 30 minutes prior to the start of your scheduled appointment to allow yourself time to shower and use the lounge, sauna, steam room and whirlpool. Late arrivals will be subject to reduced treatment times.

**Minimum Age** The Spa and Fitness Center are adult facilities and appropriate for guests 18 years of age and older.

**Gratuities** For guest's convenience a 21% gratuity will be added to all your services or this may be left to the guest's discretion upon request.

**Facility Fee** Hotel Guests may use the Spa Heat and Water Facilities with a \$48 daily fee. For those with a reserved spa treatments or in-room massage, there are no additional charges for spa facility use on the day of service.

**What to Wear** Robes and slippers are provided for your convenience. Professional draping is performed throughout your treatment.

**Medical Concerns and Comfort Level** Guests who are pregnant, have had recent surgery or have any other medical concerns are advised to consult their physician before booking spa services.

**Cell Phones, Personal Electronic Devices and Cameras** We strive to provide our guests with a tranquil and private escape from the outside world. Please help us by turning off cell phones, personal electronic devices, and cameras upon entering The Spa.

**Cancellations** We ask our guests to kindly give a 24 hours' notice if you need to cancel or change your appointment to avoid the 50 percent cancellation fee. For cancellations with less than 4 hours and no-show notification, guests will be charged 100 percent of the treatment fee.



