



# SPA FJÖR

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## HOURS

Monday - Sunday  
8:00 am to 8:00 pm\*

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## ABOUT YOUR SpaFjör VISIT

### Scheduling

To reserve your desired time, we suggest making your reservation early. If you would like to request a particular therapist, or if anyone in your party is under 18, please let us know when booking your appointment.

### Cancellation Policy

To cancel without charge, please notify us within 48 hours of your scheduled appointment. You will be charged the full price of your service if you cancel within 48 hours of your scheduled time, or fail to arrive for your appointment.

### Punctuality

Please arrive 15 minutes prior to your scheduled appointment. Your treatment will begin promptly at its designated time. If you arrive late for your service, your treatment will be modified. All treatments will end on time.

### Upon Arriving

We will provide you with a locker, robe and sandals for your treatments, so feel free to arrive in whatever is comfortable. Men having facials should shave no less than two hours prior to their service. For your safety and comfort, we suggest you leave your jewelry and valuables in your guest room.

*\*Hours are subject to change.*

## DURING YOUR VISIT

To get the most out of your treatment, communicate with your therapist. Your comfort and enjoyment are most important to us, so let us know if you have concerns about depth of pressure during your massage, the temperature of your spa room, music volume, or other issues.

### Service Charge

For your convenience, a service charge is added to the price of your treatments and distributed amongst the staff. 18% of the cost of the service goes to the individual who provided the treatment, and another 2% is distributed among the spa coordinators and spa attendant. Some packages may already have the service charge included in the price. Please ask our spa coordinator if you have any questions.

### If You are Pregnant

Your medical professional's consent is requested before we begin your treatment. If this is unobtainable, we request that you sign a waiver of liability prior to your service. Let us know when you make your reservation which trimester you will be in at the time of your appointment. For massage, we require that you are past your first trimester of pregnancy.

## ADDITIONAL AMENITIES

### SpaFjör Fitness Center, Indoor Pool & Jacuzzi

The fitness center is located between SpaFjör and our indoor pool and Jacuzzi. Here you will find the latest cardio machines and weights. Guests under 16 years of age must have adult supervision at all times in the fitness center and pool areas.



### Clearlight Infrared Sauna

Infrared saunas are essential to stress reduction, relaxation and all-around better health. Take 30 minutes out of your day to relax, detoxify and recharge. Perfect before or after a spa treatment, or as its own treatment.



## GLOBAL RITUALS

The Asian cultures have used healing spices and flowers as traditional remedies for thousands of years. Experience our global rituals, utilizing exotic ingredients and techniques as you partake in celebrating their wonderful traditions.

### Javanese Royal Ritual

This royal Indonesian ritual begins with a Balinese massage and continues with a lulur exfoliation and yogurt application. After a refreshing shower, sink into a tub prepared with rose petals. Your ritual concludes with a moisturizing jasmine frangipani lotion to leave the skin hydrated with an exotic floral scent.

### Volcanic Earth Clay Ritual

Take part in this ancient rite performed to soften, purify and renew the skin. Includes a detoxifying volcanic clay body mask, a pampering foot massage, an aromatic shower and traditional Balinese massage.

### Mai Pai Thai Ritual

Be transported to the exotic kingdom of Thailand with this uplifting body therapy. Includes a traditional Table Thai massage, a tropical body mask and a Thai-style foot massage.

To complete your experience, sink into a deep porcelain-soaking tub prepared with flower blossoms.

## MASSAGE THERAPIES

### Abhyanga Massage

A therapeutic massage which blends traditional Ayurvedic massage with European techniques. Abhyanga literally translates to “oil massage”. This rhythmic and deeply relaxing hot oil massage helps to move the “prana” or life force, which stimulates your body’s vital energy.

### Sacred Stone Massage

Surrender to the healing warmth of this ancient massage practice. Heated volcanic river stones penetrate the deeper levels of your muscles to take you to a new dimension of relaxation.

### Balinese Massage

Be transformed by our signature massage ritual, based on the traditions of Bali. A combination of acupressure, rolling motions and rhythmic strokes relieves tension and promotes total relaxation.

### Ocean Breeze Massage

The perfect antidote to lift your mood. Includes a coconut body scrub, followed by an aromatic massage using our tropical scented lotion.

### Table Thai Massage

This ancient, interactive massage combines pressure point techniques with rhythmic stretching movements to promote balance and relaxation. (Loose clothing is worn throughout this treatment.)

### Mother-to-Be Massage

Share a moment of serenity with your baby. Your massage will ease the discomforts that occur as your body changes. We request that you are past your first trimester of pregnancy, and have your physician’s written consent.





### Royal Honey Massage

This amazing therapy begins with a relaxing back massage using honey ginger oil. Honey is then applied to the back and a myofascial release upper back massage is performed. Once completed, a honey comb thermal heat patch is applied to the back as an intense back treatment. Your therapist will then continue with your relaxation massage on the front of the body using warmed honey candle wax.

### Relaxation Massage

A light pressure massage meant to calm the spirit, quiet the mind, and relax the body with a variety of techniques. Great for increasing circulation, improving overall skin tone and soothing tired muscles.

### Massage Medley

A medley of modalities are designed specifically for you during this customized massage. A combination of techniques and pressures are used to work out tension and muscle aches and promote overall well-being.

### Sports/Deep Tissue Massage

Facilitate muscle recovery with a combination of moderate to deep pressure and passive stretching to relieve soreness resulting from exertion or exercise.  
Gain an improved range of motion and increased flexibility.

*All massage therapies may be enjoyed as a couple's treatment.  
Inquire with our spa coordinator for more information.*

## FACIAL CARE

### Newport Glow

This facial incorporates high doses of Vitamin B3, Vitamin C and Hyaluronic Acid and is designed for the treatment of dullness, discoloration, dehydration, blotchiness, wrinkles, and a loss of natural elasticity in skin. You will leave feeling renewed, refreshed and brightened!

### Alpha Male

This treatment designed specifically for men will offer a deep exfoliation followed by the ideal amount of hydration to help restore and refine the skin.

### Dew Drop

This facial calms and soothes compromised skin by reducing the redness, irritation, and inflammation associated with rosacea or problematic skin types.

### Blemish & Age

Designed for any guest with blemishes, this treatment reduces oil and draws out impurities while hydrating and refining the skin for a youthful, bright finish!

### Antioxidant Powerhouse

This facial treatment combines the highest concentration of resveratrol available with clinically proven antioxidant vitamins to help restore skins natural repair potential. An antioxidant powerhouse, this treatment will alleviate dryness and dehydration, help reduce the appearance of redness, promote skin elasticity and radiance, and leave skin looking refreshed and bright.

### Drift to Sleep

This unique treatment targets the face, back, and feet areas working to enhance deep relaxation and stress reduction. First, we will treat the back with our relaxing body oil to relieve muscle tension. A Vitamin C mask will then be applied. While you relax, we will perform a foot and ankle rub, and finish with our customized facial to give your skin an instant vibrant glow.

### Triple Quench Facial & Peel

This treatment will help replenish, restore and maintain lost hydration, and improve the appearance of dehydration lines, rough texture, and radiance, with renewed elasticity and nourishment. Includes a customized peel.



## OSEA FACIAL CARE

OSEA hand-harvests Gigartina seaweed from the Patagonian Sea, source of the purest, most pristine waters on the planet. Organic, dried, soaked Gigartina is used in all of our facial treatments, simply because it is the most deeply nourishing, hydrating and mineral rich ingredient to be sourced from the four corners of the globe.

### Sea of Life

A personalized treatment that combines custom cleansing and a restorative mask with biodynamic Cranial-Facial Therapy. As you breathe in a relaxing rhythm, all face, jaw and neck tensions slip away and a feeling of peace and well-being flows in like the tide. A therapeutic neck, décolleté, shoulder and hand relaxation method will leave you glowing from the inside out! Choose the 80 minute option to experience an Undaria Algae back and foot treatment in addition to the full facial.

### Soothing Sea

If your skin is sensitive, severely dehydrated or prone to rosacea, this treatment will give it the extra love that it needs. Specially designed to calm irritation and replenish lost nutrients, it boosts the skin's own natural ability to protect itself against harsh external aggressors and environmental assault.

## ADVANCED FACIAL CARE

### Belladermabrasion

Microdermabrasion is the most popular and highest volume facial rejuvenation procedure in the world. Effective for the treatment of fine lines, wrinkles, hyperpigmentation, acne scarring, enlarged pores, and sun-damaged skin, this painless process can significantly diminish the signs of aging.

### Alpha Beta Advanced Peel

This specialty intermediate peel combines alpha and beta hydroxy acids to minimize the appearance of surface lines, smooth out rough skin texture, clear acne, and help fade hyperpigmentation.

### Age Defying Laser Treatment

With one Tria Age-Defying Laser in-spa treatment, you will see a dramatic change in skin texture, hydration levels and appearance of fine lines and wrinkles. For advanced results, we recommend a series of 6 treatments, spaced 1-2 weeks apart.



## BODY INDULGENCES

### Seaside Salt Glow

Uncover smooth, glowing skin with this gentle exfoliation derived from Dead Sea salts and essential oils. Includes a rich lotion application to restore moisture.

### Milk & Honey Body Wrap

Avert the signs of aging with this naturally hydrating treatment. Includes a gentle, exfoliating sugar scrub, a replenishing body mask and a relaxing tub soak among rose petals.

### The Body Flow

Disconnect from the world around you with this ultimate relaxation experience. Your tensions will melt away during this full body warm oil treatment performed by an esthetician (this is not a massage, there will be no muscle work done).

### Soul to Sole

This treatment begins with our exfoliating Undaria Body Polish to remove dry, dead skin cells. Our luxurious Undaria Algae Oil prepares your body for a clay mask to purify and cleanse. As you are cocooned in our wrap, relax and de-stress with our Moroccan oil scalp treatment and hair mask, followed by a soothing foot rub. This treatment truly lifts your spirits and relaxes your body and soul.



## GROOMING & GLAMOUR

### Nail Care

Signature Manicure & Pedicure

Spa Manicure & Pedicure

Seasonal Specialty Manicure & Pedicure

Gel Manicure & Pedicure

Gel Removal

Gentleman's Manicure

French-style Polish

Polish Change

Paraffin Hand & Foot Treatment

### Facial & Body Depilation

Lip

Chin

Brow

Underarm

Half Leg

Full Leg

Back

Bikini

Brazilian

Eyebrow Tint

Eyelash Tint

## ESCAPES

### Day of Bliss

Indulge yourself with this wonderful package. Your day begins with a fifty minute Massage Medley. A unique combination of light and deep pressure is sure to ease all the tension away. The pampering continues with our Milk and Honey body wrap. The combination of nature's ingredients makes an excellent all over body exfoliation while replenishing oils lost from the skin during the cleansing process. Complete your day with our Newport Glow facial, which provides total relaxation, while rejuvenating your skin with high doses of Vitamin B3, Vitamin C, and Hyaluronic Acid. Your skin will rediscover softness and a healthy glow!

### The Ultimate Spa Escape

Leave the worries of the world behind with the ultimate gift of relaxation and renewal. Begin with our fifty minute Balinese massage. The Balinese massage combines a variety of techniques to invigorate the muscles, energize, and significantly increase blood circulation. Next, float into our Triple Quench facial. This nourishing treatment will restore lost hydration while improving the appearance of fine lines, and includes a customized peel. Your escape continues with our very special Signature manicure and pedicure.

### Sacred Journey

Take your senses on a voyage with this sacred indulgence. Surrender to the healing warmth of a Sacred Stone massage while you allow heated volcanic rocks to penetrate the deeper layers of your muscles. Then, continue your relaxation with our Drift to Sleep facial, including a rejuvenating back treatment and relaxing foot rub. Finally, treat your hands and feet to a luxurious Spa manicure and pedicure.

### Bridal Packages

The perfect way to spend an afternoon celebrating the Bride-to-Be! For parties of 4 or more, choose either the Bridal Bliss or Bachelorette Bash package. Bridal Bliss includes the choice of one fifty minute service, plus champagne and cupcakes. The Bachelorette Bash includes the choice of one twenty-five minute service, plus a customized cocktail. Both packages include a special gift for the bride! Call our spa coordinator for treatment options.

## SIMPLE PLEASURES

### Neck, Back & Shoulder Massage

Clear your mind and relax as we rejuvenate your neck, back and shoulder areas.

### Pedisage

Treat your feet and lower legs to this rejuvenating massage. Eastern techniques are employed to release locked muscles, improve circulation and clear the mind.

### Express Peel Facial

Perk up your skin with this quick mini facial, including customized peel.

### OSEA Eye Treatment

This mineral rich, nutrient dense eye treatment uses a Gigartina seaweed gel ice cube hand-harvested from Patagonia to eliminate puffiness and dark circles, and plump fine lines and wrinkles.

## ENHANCEMENTS

Add these services to a massage to enhance your SpaFjör experience.

### Sugar Scrub

Renew your skin by adding an exfoliating body scrub prior to any massage.

### SpaFjör Aromatherapy Blends

Used for centuries to improve overall health and relieve tension, our custom essential oil blends can enhance any massage.

### Invigorating Muscle Balm

Ask for this pain-relieving formula to relieve muscle soreness and stiffness. The roll-on muscle balm is yours to keep!

Add these services to a facial to enhance your SpaFjör experience.

### Shining “C”

This Vitamin C hand, neck, and décolleté treatment will target sun damage and signs of aging in these often overlooked areas.

Add these services to any massage, facial, or body indulgence to enhance your SpaFjör experience.

### Moroccanoil Revitalizing Scalp Treatment

Your scalp will be expertly refreshed using a Moroccanoil Oil-No-More or Dry-No-More Professional Scalp Treatment, depending on your specific needs. Infused with Moroccanoil’s signature argan oil as well as essential oils, this revitalizing treatment will improve the condition of your scalp and the quality and shine of your hair.

### Moroccanoil Intense Hydrating Mask

Nourish your hair and indulge your senses with this hydrating hair mask. Your hair will be reconditioned and brought back to its natural shine and elasticity, leaving your locks lustrous and rejuvenated.



## PRINCE & PRINCESS CHILDREN’S MENU

My First Massage

Athletic Massage Medley

Neck, Back and Shoulder Massage

Children’s Facial

Twinkle Toes Pedicure

Princess Manicure

### Princess for a Day!

This pampered package includes a Neck, Back and Shoulder massage, a Children’s facial, Twinkle Toes pedicure, and a Princess manicure.

### Age Requirements

Guests must be 12 years old and under to receive services from the Prince and Princess menu. Guests must be at least 18 years of age to have a private treatment. Spa services for those 17 and younger are provided at our discretion and a parent or guardian must be present.



# SPA FJÖR

## SPA PRICING

### GLOBAL RITUALS

- Javanese Royal Ritual 110 min \$250
- Volcanic Earth Clay Ritual 80 min \$185
- Mai Pai Thai Ritual 110 min \$250

### MASSAGE THERAPIES

- Abhyanga Massage 50 min \$145 / 80 min \$195
- Sacred Stone Massage 50 min \$135 / 80 min \$185
- Balinese Massage 50 min \$130 / 80 min \$180
- Ocean Breeze Massage 50 min \$145 / 80 min \$195
- Table Thai Massage 80 min \$185
- Mother-To-Be Massage 50 min \$135
- Royal Honey Massage 80 min \$180
- Relaxation Massage 50 min \$115 / 80 min \$165
- Massage Medley 50 min \$125 / 80 min \$180
- Sports/Deep Tissue Massage 50 min \$125 / 80 min \$180
- Couples Massage

Price is per person, add \$10 to  
reserve the Couples Massage room

### FACIAL CARE

- Newport Glow 50 min \$135
- Alpha Male 50 min \$135
- Dew Drop 50 min \$135
- Blemish & Age 50 min \$135
- Antioxidant Powerhouse 50 min \$165
- Drift to Sleep 80 min \$190
- Triple Quench & Peel 80 min \$210
- Sea of Life 50 min \$135 / 80 min \$190
- Soothing Sea 50 min \$135
- Belladermabrasion:
  - Face Only \$180 / Series of six \$900
  - Face & Neck \$205 / Series of six \$1,025
  - Face, Neck & Decollete \$230 / Series of six \$1,150
- Alpha Beta Advanced Peel 50 min \$190 / Series of six \$950
- Age Defying Laser Treatment 50 min \$190 / Series of six \$950

### BODY INDULGENCES

- Seaside Salt Glow 50 min \$125
- Milk and Honey Body Wrap 50 min \$130
- The Body Flow 50 min \$110
- Soul to Sole 80 min \$190

## NAIL CARE

- Signature Manicure \$45 / Pedicure \$65
- Spa Manicure \$60 / Pedicure \$85
- Seasonal Specialty Manicure \$60 / Pedicure \$85
- Gel Manicure \$70 / Pedicure \$90
- Gel Removal \$20
- Gentleman's Manicure \$40
- French-style Polish \$10
- Polish Change \$20
- Paraffin Hand or Foot Treatment \$20

## FACIAL & BODY DEPILATION

- Lip \$20
- Chin \$20
- Brow \$20
- Underarm \$25
- Half Leg \$45
- Full Leg starting from \$75
- Back starting from \$75
- Bikini starting from \$40
- Brazilian starting from \$75
- Eyelash Tint \$40
- Eyebrow Tint \$40

## ESCAPES

- Day of Bliss 3 hours \$395
- The Ultimate Spa Escape 4 hours \$460
- Sacred Journey 4.5 hours \$480
- Bridal Bliss Package \$160 per person
- Bachelorette Bash Package \$100 per person

## SIMPLE PLEASURES

- Neck, Back & Shoulder Massage 25 min \$75
- Pedisage 25 min \$75
- Express Peel Facial 25 min \$75
- Complement a facial \$45
- OSEA Eye Treatment 25 min \$75
- Complement a facial \$45

## ENHANCEMENTS

- Sugar Scrub 25 min \$75
- SpaFjör Aromatherapy Blends \$10
- Invigorating Muscle Balm \$18
- Shining "C" \$45
- Moroccanoil Revitalizing Scalp Treatment \$45
- Moroccanoil Intense Hydrating Mask \$45

## PRINCE AND PRINCESS MENU

- My First Massage 50 min \$85
- Athletic Massage Medley 50 min \$95
- Neck, Back and Shoulder Massage 25 min \$65
- Children's Facial 25 min \$70
- Twinkle Toes Pedicure 25 min \$45
- Princess Manicure 25 min \$30
- The Ultimate Princess for the Day 2 hours \$225

## ADDITIONAL AMENITIES

- Clearlight Infrared Sauna 30 min \$25
- Package of 5 sessions \$90
- Package of 10 sessions \$150

*\*Prices subject to change without notice.*



One Bellevue Ave., Newport, RI | telephone 401-847-3300 | [hotelviking.com](http://hotelviking.com)

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