

# SPA & BEAUTY

today

## THE 5 BEST SPAS IN RHODE ISLAND



Rhode Island. [Photo credit: Rusty Watson]

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Also known as the Ocean State due to its 400 miles of beautiful coastline, Rhode Island has a rich history as one of the 13 original colonies and was also the filming location for the HBO show “The Gilded Age.”

During the Gilded Age in the late 19th and early 20th centuries, Rhode Island became a popular destination for the wealthy and successful elite who built opulent mansions and summer homes in Newport. Many of these architectural masterpieces—such as The Breakers, Marble House, and Rosecliff—are now open for public tours.

**[Massachusetts Spa Guide: The Best Spas in Boston](#)**

Aside from historic homes, the New England state is also known for its seafood, coffee milk, boating and water activities, beaches, charming coastal towns, family-owned farms and orchards, and is the home of Brown University.

While Rhode Island may be the country's smallest state, there are no shortage of spas and wellness spaces. From luxury resorts to intimate boutique spas, Rhode Island offers plenty of opportunities for pampering and self-care in between exploring the local sites and attractions.

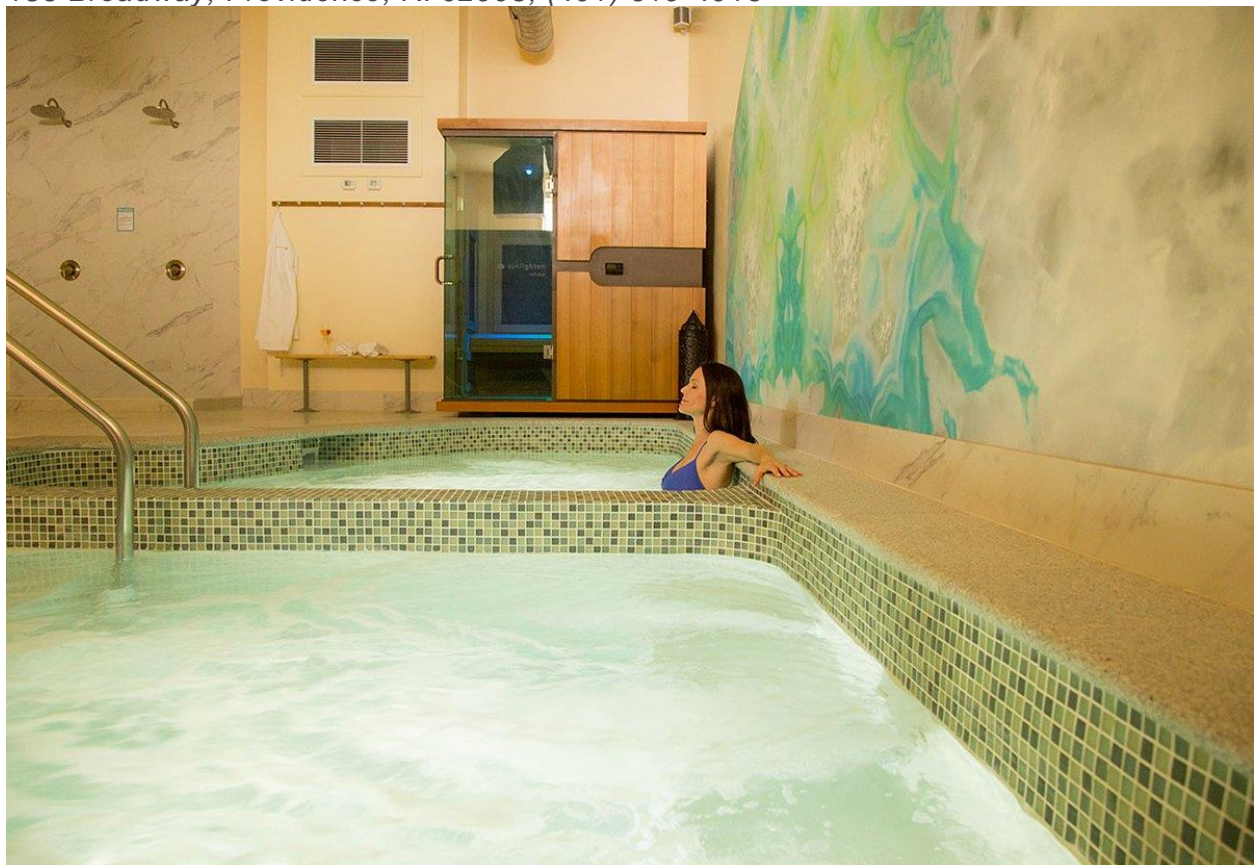
### **New York Spa Guide: The Best Spas in New York City**

Read on to discover our top picks for the best spas in Rhode Island. If you're looking for the best deals on flights to Rhode Island, click [here](#).

## **The Bodhi Spa**

*654 Thames St., Newport, RI 02840; (401) 619-4916*

*186 Broadway, Providence, RI 02903; (401) 619-4916*



[Photo credit: Maaike Bernstrom]

With locations in Newport and Providence, [The Bodhi Spa](#) is New England's premier hydrotherapy spa. Owned by Harmony Oschefski and Cedar Hwang, the spa offers a variety of hydrotherapy services that detox and relax the body including hot mineral baths, infrared and electric saunas, aromatherapy steams, cold plunges, organic based skincare, and more.

Spa amenities include a peaceful relaxation area, private showers with amenities, a eucalyptus steam room, detoxifying infrared sauna, traditional Finnish dry sauna, and private lockers with robes, towels, and sandals.

In addition to their signature 2.5-hour Water Journey, The Bodhi Spa also offers a 60-minute Water Journey Express, in addition to a treatment menu of massages, facials, body treatments, and various enhancements ranging from CBD massage oil and body brushing to a foot treatment and advanced enzyme peel.

**BOOK BODHI SPA**

## **Ocean & Harvest Spa at Ocean House**

*1 Bluff Ave, Watch Hill, RI 02891; (855) 678-0364*



Perched on the bluffs of Watch Hill with stunning views of the Atlantic Ocean, [Ocean House](#) is the first and only AAA Five Diamond and Forbes Five-Star hotel in Rhode Island. The iconic New England seaside resort has 49 guest-rooms, 20 signature suites, and cottages inspired by the magnificent oceanfront setting and rich history.

Guests also enjoy a variety of restaurants ranging from Five-Star fine dining to bespoke private dining experiences; fun activities including beach access, yachting and sailing; as well as the hotel's 12,000-square-foot [Ocean & Harvest Spa](#). The only Forbes Five-Star spa in the state, Ocean & Harvest Spa includes a movement studio and state-of-the-art fitness center with a selection of complimentary classes, a salt water lap pool with ocean views, and an intimate salon that offers hair and nail services.

The spa menu features specialized, seasonal treatments and products that reflect nature's elegance. Treatments to try include the Soothing Waves massage that incorporates the spa's signature blend of marine magnesium to refresh tired muscles; the Plantomer Facial designed with propolis to soothe irritated skin and combat breakouts; as well as the Bubbly By the Shore, a couple's side-by-side experience that includes a back exfoliation, Swedish massage, and concludes with two glasses of Veuve Clicquot Rosé and macarons served in the spa's Solarium.

## OCEAN HOUSE DEAL

# OH! Spa at The Preserve Resort & Spa

1 Preserve Blvd., Richmond, Rhode Island 02898; (401) 387-4228



With access to 3,500 acres of nature and scenery, [The Preserve Resort & Spa](#) is the ultimate destination in Rhode Island for luxury outdoor adventures from horseback riding to fly fishing. It has a variety of accommodations including Hilltop Lodge suites, cabins, and glamping, as well as private residences that are available for purchase.

Among the property's unique offerings are a Safari Tent Scotch and Cigar Tasting experience, as well as one-of-a-kind dining in Maker's Mark Hobbit Houses, a magical storybook setting. [OH! Spa at The Preserve](#) is a 12,000-square-foot wellness sanctuary that caters to the sporting and luxury lifestyle with treatments geared towards nature lovers and adventurers.

### **Spa Profile: The OH! Spa at The Preserve Resort & Spa**

Spa amenities include locker rooms with steam showers, a private sauna and heated whirlpools, a cold plunge shower, and an outdoor infinity-edge swimming pool. The spa menu highlights treatments that are influenced by forest, fields, and flora. Choose from a selection of massages, facials, body treatments, nail and hair services that are designed to pamper and relax.

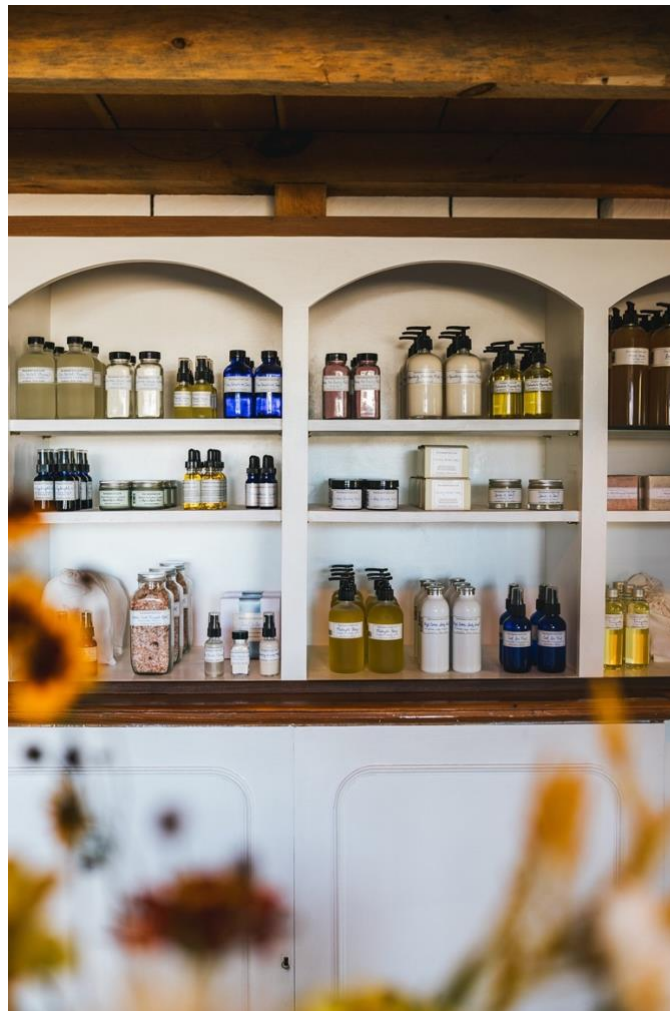
Recommended treatments include the Boulder Hills Massage, which relaxes and unwinds with strategically placed hot stones to relieve tight muscles; the Garden Harvest Exfoliation & Massage Experience, which incorporates fresh seasonal blends of aromatic ingredients along with hydrating cocoa body butter and a full-body massage; as well as

The Couples' Retreat, which takes place in the couples' suite that includes a whirlpool bath followed by a body scrub, steam and rain shower, and custom massage.

## THE PRESERVE RESORT & SPA DEALS

### The Retreat at Castle Hill by Farmaesthetics

590 Ocean Drive, Newport, RI 02840; (401) 849-3800



[Photo credit: Discover Newport]

Sophisticated yet laidback and situated across 40 acres, [Castle Hill Inn](#) offers a stunning seaside resort-like setting in Newport. The Relais & Châteaux inn features 33 unique accommodations ranging from beach cottage and beach house rooms to charming rooms in the Agassiz Mansion with beautiful views of Narragansett Bay.

[The Retreat at Castle Hill by Farmaesthetics](#) is the property's intimate boutique spa, which uses Farmaesthetics products made with organically grown herbs and flowers from local seaside farmlands and American family farms.

Farmaesthetics founder and formulator, Brenda Brock, is the daughter of a 7th generation farming family from Texas and her pristine herbal products retain their 100%

natural status that heal and enhance skin. The treatment menu includes luxurious face and body treatments such as therapeutic massage and customized facials.

## CASTLE HILL INN DEALS

# The Spa at Newport Harbor Island Resort

*1 Goat Island, Newport, RI 02840; (401) 849-2600*



Located on Goat Island in Narragansett Bay, [Newport Harbor Island Resort](#) offers a fresh take on a New England coastal vacation in a stunning seaside setting surrounded by local attractions with a variety of fun activities, both on and off the water. It has elegant rooms with water views, waterfront dining, and a luxury spa with floor-to-ceiling sea views.

The resort's unique amenities include a state-of-the-art marina with 22 slips, a heated outdoor pool and an outdoor saltwater pool, an ice rink, firepits, water taxis, kids club, as well as kayak, paddleboard, and bicycle rentals—offering plenty of fun for families and other travelers to enjoy.

[The Spa at Newport Harbor Island Resort](#) offers a curated menu of services including massages, facials, body treatments, and nails. Choose from relaxing and rejuvenating spa treatments such as a warm Himalayan salt stone massage; raindrop therapy; Seaside Salt Glow with a sugar scrub and Vichy shower; and the Sand & Sea Body Wrap that will leave skin smooth and smelling tropical.

The spa also offers several packages including the Island Retreat, which consists of a shoulder-to-shoulder massage, Pure Hydration Facial, and Seaside Scrub.

## NEWPORT HARBOR ISLAND RESORT DEALS