

# SPA & BEAUTY *today*

## RHODE ISLAND SPA GUIDE: THE BEST SPAS IN PROVIDENCE

NATALIE ARROYO CAMACHO | SEPTEMBER 23, 2024



As one of the 13 original colonies in the United States, [Rhode Island](#) has a rich history. The capital, Providence, is home to Brown University, museums and historic sites, sporting venues, restaurants, boutiques, and more. Some of the main attractions include Roger Williams Park Zoo, Museum of Natural History & Planetarium, John Brown House Museum, RISD Museum, and Governor Henry Lippitt House Museum.

### **The 5 Best Spas in Rhode Island**

Providence also offers a variety of professionally guided tours and excursions ranging from haunted boat tours to Black History walking tours, offering visitors a variety of ways to explore the city and while learning about its fascinating history. From May to November, the city's signature event is WaterFire, an award-winning fire sculpture installation of nearly 100 bonfires created by local artist Barnaby Evans above the surface of three rivers that run through downtown Providence.

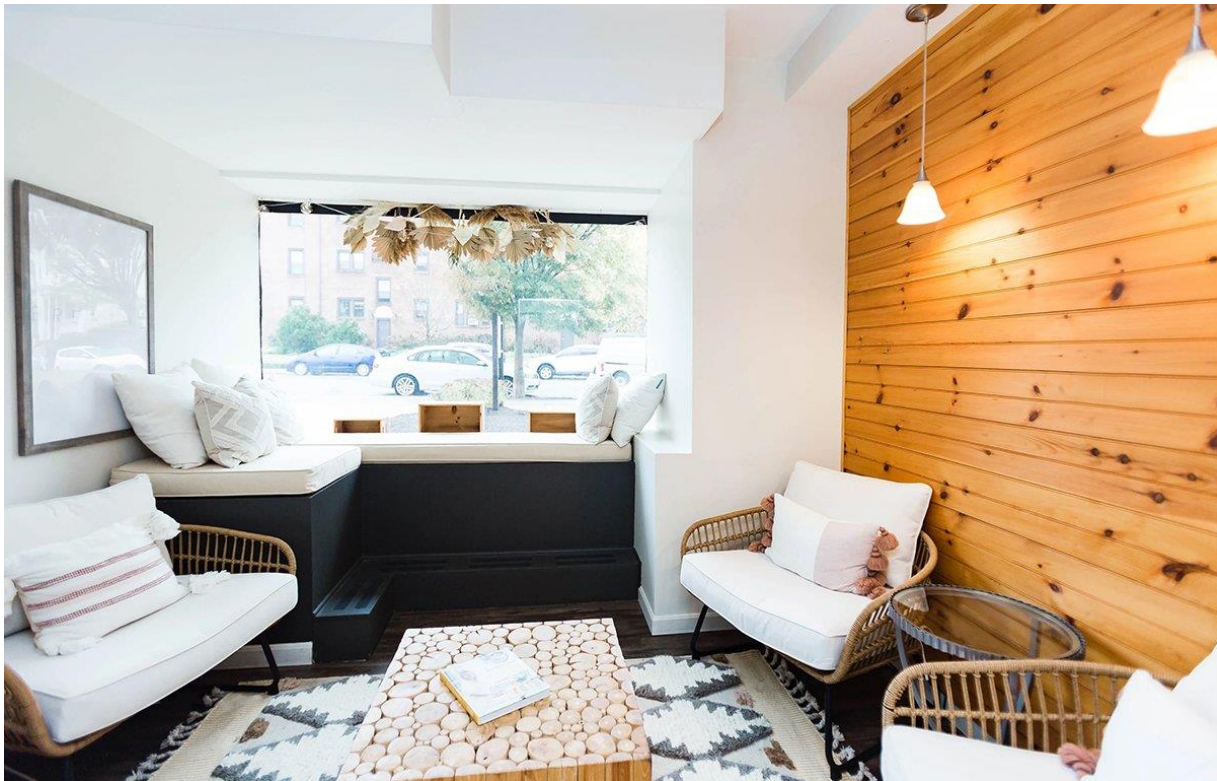
## Massachusetts Spa Guide: The Best Spas in Boston

If you need a break in-between adventures, Providence also offers a variety of relaxation and wellness destinations including including hiking spots, parks, and numerous spas for self-care. In our Rhode Island spa guide, we've rounded up the best spas in Providence that you won't want to miss when planning your visit.

Need to book a flight? Discover the [best airline deals](#) for your next getaway to Rhode Island.

### Citron Spa

*225 Wayland Avenue, Providence, RI 02906; (401) 861-0908*



At [Citron Spa](#), you can choose from body remedies, massages, skincare services, infrared sauna sessions, eyelash extensions, and brow waxing. As an added bonus, you

have the option to dine and shop in Wayland Square after your treatment, one of Providence's most lively and walkable neighborhoods.

One treatment to try is the 75-minute Lemon Rosemary Body Glow, which starts off with a full-body dry brushing session to help exfoliate skin and drain the lymphatic system. Then the therapist will apply a lemon and rosemary oil to your body, followed by hot stones and face, scalp, hand, and foot massages.

Citron Spa operates by appointment only and is closed on Monday and Tuesday. Its business hours are Wednesday and Thursday from 9 a.m. to 7 p.m., as well as Friday and Saturday from 9 a.m.-5 p.m. Book your appointment at Citron Spa online or by calling the number above.

### [Everyday Wellness at Eliza Williams Spa](#)

*3 Regency Plaza, Suite 2, Providence, RI 02903; (401) 383-9989*



The services offered at [Everyday Wellness at Eliza Williams Spa](#) are as traditional as they get. You can choose from a dozen facials including clarifying, hydrating, and age-defying options. There are also six options for massages, like the Restorative Massage and Hot Stone Massage. Or you can opt for one of seven body treatments such as the Milk and Honey Treatment. Everyday Wellness also has a sauna, which can be enjoyed by itself or with a treatment of your choosing. Additionally, the spa has its [own line of skincare products](#). You can shop favorites like the [Botanical Bio-Peptide Toner](#) and the [Restorative Marine Moisturizer](#), among others. The spa is closed on Sunday and Monday, but you can visit Tuesday to Friday from 10 a.m. to 7 p.m. and Saturday from 10 a.m. to 6 p.m. You can schedule an appointment online or by calling the number listed above.

## **Self Serenity Wellness Spa**

2067 Mineral Spring Avenue, North Providence, RI 02911; (401) 425-2121



The owner of [Self Serenity Wellness Spa](#), Jessica Accetturo, is a member of the American Massage Therapy Association and has extensive industry experience. One treatment we'd recommend trying is the Four-Hand Massage. During this service, two therapists work on your body in sync to provide all-over muscle relief.

You could also get a 60-minute Cold Stone Facial and Massage. You'll be cocooned in a warm blanket while your therapist uses cold stones to massage your face and neck. In addition to reducing inflammation, this treatment may help curb migraines—whether they're acute or chronic. Keep in mind that this massage is focused on the face only and isn't a full-body treatment.

Self Serenity Wellness Spa is open Sunday to Friday from 9:30 a.m. to 7:30 p.m. and Saturday from 9:30 a.m. to 5 p.m. You can schedule your appointment online or by calling the number above.

## Spa Light

100 Twin River Road, Lincoln, RI 02865; (401) 305-6400



Located 15 minutes from Providence, [Spa Light](#) is a 14,000-square-foot, state-of-the-art wellness center that is largely inspired by traditional Korean bath houses. If you're interested in experiencing the amenities without booking a treatment, you can opt to purchase daily admission. Weekday admission costs \$80 and weekend admission costs \$100.

Spa Light's menu also features four different facials including the Anti-Aging Collagen Facial. It's designed to help skin's elasticity and reduce the appearance of wrinkles. In addition to massages, another must-try service is the Korean Body Scrub. Available in 40- or 80-minute sessions, this treatment leaves you feeling relaxed and rejuvenated.

Spa Light is open Monday to Sunday from 9 a.m. to midnight. With extended hours, it makes wellness and relaxation more accessible to people with busy work schedules, making it the perfect self-care getaway.

## **The Bodhi Spa**

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



[The Bodhi Spa](#) offers a variety of hydrotherapy experiences known as water journeys that include hot, cold, steam, and ice. They're available in 60 or 150-minute sessions, and you'll start off with a soak in the Bodhi 104°F mineral-rich pool to help your body relax.

Next up is the 98°F mineral-rich pool, followed by the cold plunge set at 55°F. The final steps include a eucalyptus steam room and a detoxifying infrared sauna session. A wide range of facials and body treatments are available to nourish and exfoliate skin. They also offer more advanced techniques include peels.

The spa is open every day except Wednesday from 8 a.m. to 9 p.m. To book your appointment, visit their website or call the number above.