



  
SPA FJÖR

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# HOURS

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

Hours are subject to change.

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## ABOUT YOUR SpaFjör VISIT

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### **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.

## **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.

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# **ADDITIONAL AMENITIES**

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## **SpaFjör Fitness Center and Indoor Pool and 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.

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## GLOBAL RITUALS

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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.

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# MASSAGE THERAPIES

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## **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.*







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## BODY INDULGENCES

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### **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 and 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.

### **Bamboo Ginseng Scrub**

This treatment begins with an invigorating scrub of fine bamboo infused with aromatic essential oils that gently removed rough, dry skin. After a soothing shower, skin is hydrated using our olive, fig and shea butter cream. Skin feels divine!

### **Soul to Sole**

This treatment begins with our exfoliating body scrub to remove dry, dead skin cells. Our luxurious self-warming 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 scalp treatment and Moroccan oil hair mask, followed by a soothing foot massage. This treatment truly lifts your spirits and relaxes your body and soul.

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# FACIAL CARE

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## **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.

## **Newport Glow**

This high-performance, results-oriented treatment is meticulously customized to your skin's needs-be it quenching your skin's thirst, clearing unflattering breakouts, or repairing sun damage and fine lines.

## **Dew Drop**

This treatment protects the skins barrier by providing a rich source of antioxidants, vitamins and minerals to repair and renew damaged cells. The unique Fit and Firm mask gently exfoliates and oxygenates the skin cells while softening, smoothing and plumping out fine lines and wrinkles. The perfect facial for all skin types, especially sensitive skin.

## **Transformation**

This transforming treatment uses vitamins and fatty acids from citrus, carotene, and olive oil to repair and restore skin damaged from the harmful effects of the environment and aging. Powerful exfoliators derived from sugar cane open pathways to deliver skin nourishment deep in the tissue, where active new cell production takes place.

## **Alpha Male**

This multi-action transformation treatment helps firm, tone, and reduce the appearance of fine lines and wrinkles. This treatment stimulates circulation and promotes a healthy, refreshed look. After only one treatment, the skin will appear smoother, brighter and softer.

## **Resurfacing Back Treatment**

The perfect treatment for an often-overlooked part of the body. This treatment begins with steam to open pores followed by a deep cleansing. Clogged pores are removed followed by a warming oil treatment, complimented by a mask application.

The perfect treatment for any season.

## **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 warming glow body oil to create deep heat to relieve muscle tension. A gentle exfoliating scrub and Moroccan Rhassoul Clay will be applied to detox and cleanse. While you relax we will perform a foot and ankle massage and finish with our customized facial to give your skin an instant vibrant glow.

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# OSEA FACIALS

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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.

# GROOMING & GLAMOUR

## Nail Care

Signature Manicure & Pedicure

Spa Manicure & Pedicure

Seasonal Specialty Manicure & Pedicure

Shellac Manicure & Pedicure

Shellac Removal

Gentleman's Manicure

French-style Polish

Polish Change

Paraffin Hand & Foot Treatment

## Facial and Body Depilation

Lip

Eyebrow Tint

Chin

Eyelash Tint

Brow

Brazilian

Underarm

Back

Half Leg

Bikini

Full Leg



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# ESCAPES

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## **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 through soothing massages, in-depth pore cleansing, concentrated serums to treat specific needs and a customized mask. 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 Transformation facial. This transforming treatment rejuvenates skin damaged from the harmful effects of the environment and aging. 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 massage. Finally, treat your hands and feet to a luxurious Spa manicure and pedicure.

## **Bridal Bliss Package**

The perfect way to spend an afternoon celebrating the Bride-to-Be!

For parties of 4 or more, each guest may choose one of the following:

50 minute Relaxation Massage, Newport Glow Facial, Milk and Honey Body Wrap, or Signature Manicure and Pedicure. Includes a reserved indoor poolside table, glass of champagne, miniature cupcakes and a special gift for the bride!

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## SIMPLE PLEASURES

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### **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.

### **Ocean Express Facial**

Perk up your skin with this quick mini facial. Includes cleansing, exfoliation and hydration.

### **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.



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# ENHANCEMENTS

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*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 results.*

## **Glycolic Treatment**

Enhance your facial with this anti-aging boost, derived from sugar cane.

## **Pucker Up**

Using ingredients like avocado oil, pure honey and coconut oil, this all-natural, locally made whipped lip scrub and balm will perfect your pout!

*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.





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## PRINCE & PRINCESS MENU

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My First Massage

Athletic Massage Medley

Neck, Back and Shoulder Massage

Children's Facial

Teen Facial

Twinkle Toes Pedicure

Princess Manicure

### **The Ultimate Princess for the 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. Our couples' room is ideal for children's massages.

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## SpaFjör BOUTIQUE

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Visit our SpaFjör boutique for exclusive gifts designed to create a home spa experience. Find exotic products from around the world used in our treatments, as well as sun care, bath and beauty products and more.

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Gift Certificates are always available.

To reserve your appointment call 401.848.4848 or 401.847.3300 or e-mail [spafjor@hotelviking.com](mailto:spafjor@hotelviking.com)

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# SPA FJÖR

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## SPA PRICING

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### GLOBAL RITUALS

- Javanese Royal Ritual 110 min \$250
- Volcanic Earth Clay Ritual 80 min \$180
- Mai Pai Thai Ritual 110 min \$250

### MASSAGE THERAPIES

- Abhyanga Massage 50 min \$140 / 80 min \$190
- Balinese Massage 50 min \$125 / 80 min \$175
- Sacred Stone Massage 50 min \$130 / 80 min \$180
- Mother-To-Be Massage 50 min \$130
- Royal Honey Massage 80 min \$175
- Relaxation Massage 50 min \$110 / 80 min \$160
- Massage Medley 50 min \$120 / 80 min \$175
- Sports/Deep Tissue 50 min \$120 / 80 min \$175
- Ocean Breeze Massage 50 min \$140 / 80 min \$190
- Table Thai Massage 80 min \$180
- Couples Massage

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

### BODY INDULGENCES

- Seaside Salt Glow 50 min \$120
- Milk and Honey Body Wrap 50 min \$125
- Bamboo Ginseng Scrub 50 min \$125
- Soul to Sole 80 min \$185

### FACIAL CARE

- Belladermabrasion:
  - Face Only \$175
  - Face & Neck \$200
  - Face, Neck & Décolleté \$225
- Newport Glow 50 min \$120
- Transformation 80 min \$180
- Alpha Male 50 min \$120
- Dew Drop 50 min \$130
- Resurfacing Back Treatment 50 min \$120
- Drift to Sleep 80 min \$185
- Sea of Life 50 min \$130 / 80 min \$185
- Soothing Sea 50 min \$130

### NAIL CARE

- Signature Manicure \$45 / Pedicure \$65
- Spa Manicure \$60 / Pedicure \$85
- Seasonal Specialty Manicure \$60 / Pedicure \$85
- Shellac Manicure \$70 / Pedicure \$90
- Shellac 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 \$375  
The Ultimate Spa Escape 4 hours \$450  
Sacred Journey 4.5 hours \$465  
Bridal Bliss Package \$150 per person

## **SIMPLE PLEASURES**

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

## **ENHANCEMENTS**

Sugar Scrub 25 min \$75  
Spafjör Aromatherapy Blends \$10  
Invigorating Muscle Balm \$18  
Glycolic Treatment \$25 / series of six \$125  
Pucker Up \$15  
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  
Teen Facial 50 min \$120  
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 \$20  
Package of 5 sessions \$75  
Package of 10 sessions \$125

\*Prices subject to change without notice.

A relaxing spa scene featuring a woman in a bathtub, a tall crackle-glass candle holder with a warm glow, a smaller blue crackle-glass candle holder, and a clear glass candle holder with a lit candle. Pink rose petals are scattered on a dark tray in the foreground. The background shows a white bathtub and a lamp with a warm glow.

HOTEL VIKING  
*Newport*

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SpaFjör

