FULL DAY SPA . SOOTHE YOUR SENSES



Find your angle of repose in a restorative day at the spa being revitalized, inside and out. Your journey will begin with you choice of a Pilates, yoga or personal training session in a state of the art fitness club and mind body studio. Then rest while you are treated to a pampering that will banish all concerns and soothe your body, as well as your spirit. You'll be refreshed, invigorated, and ready for the world.

- Arrive early and unwind in the relaxation lounge
- Begin your experience with your choice of a 60 minute Pilates, yoga or personal training session
- Renourish your body with a nutritious smoothie and a well balanced gourmet meal
- Finally, begin your spa journey and transcend into a deep state of relaxation with a 60 minute massage and a 60 minute facial, customized for your skin
- Includes custom liquid spa tea infusions

Your Gift Locations*

Equilibrium Boston, MA

Availability

Year round, 7 days a week

Duration

3.5 hours

Essential Information

Minimum age is 16 years old; gratuities not included

Numbers

Experience for 1

