



The Club is a premier fitness facility conveniently located in the heart of historic Lowell. The Club's three floor facility offers a newly renovated cardio room, a café for meals,

snacks or smoothies after a workout or spa treatment and a traditional free weight area & aerobic room on the upper level. A wide variety of exercise, fitness, and stress reduction options are available including a fantastic aerobic program. Oasis Day Spa is located on the lower level of The Club (completely separate from the workout areas on the upper levels). The tranquil setting greets you when you open the door and view our indoor pool, Tuscan whirlpool spa, and raised spa section where you will find the mineral spa and the aromatherapy sauna. Also tucked away in this beautiful lower level is a large cedar sauna and steam room with men's and ladies' locker rooms for changing and showering. Valet parking is available in the evenings free of charge to guests. Babysitting is also available during your treatment for a nominal fee.

The mineral spa and aromatherapy sauna are exclusive to those guests receiving treatments involving these amenities. All of the other amenities mentioned above are available for an additional \$15 for non-member spa guests (no charge to members of The Club).

Corporate Services

Looking for on-site chair massage for a corporate wellness day, function, fundraising event or monthly employee benefit? Oasis Day Spa can send out talented massage therapists to relax and rejuvenate your employees.

Chair Massage is \$80 an hour (normally in 10-15 minutes sessions according to your request). The massage chair is an appropriate and comfortable way to experience a clothed massage in a corporate setting.

Mobile & Couples Services

Hmmm...thinking you'd really rather a spa party at your home or a couples massage for you and your significant other? Visit our affiliate SpaVroom



Mobile Spa Services for all your mobile spa needs www.spavroom.com. SpaVroom will be onsite at The Club for nail services on a regular basis so make sure to check the front desk to sign up for your manicure or pedicure.

Spa Policies

Reservation Policy- Appointments can be made by calling **978-884-8957** or by booking directly online at www.oasisdayspalowell.com. A credit card number is required to hold bookings for two or more services scheduled together. Please plan on arriving at least 15 minutes prior to your scheduled treatment time (more if you are planning on using the pool, spa, sauna or steam room before your service). You may wish to bring along a bathing suit, robe & flip flops. Arriving late for your appointment will deprive you of valuable treatment time.

Payment – Cash, Personal Checks, Visa, Mastercard, Discover, Diners Club

Cancellation Policy- Please respect your therapist's time by giving 24 hours notice if you need to cancel or reschedule an appointment. Canceling without 24 hours notice may result in a 50% cancellation charge.

Gratuities- If you are pleased with the services you receive, it is customary to thank your therapist with a 15%-20% gratuity.

Age Requirement- Clients must be at least 18 years of age unless accompanied by a parent in the room.

Cell Phones- For your own relaxation and tranquility, please consider turning off your cell phone during your treatment.

Gift Certificates- Must be presented at time of service. They are not redeemable for cash. They cannot be replaced if they are lost or stolen.. We will honor prices for service or package gift certificates for two years. After that time, 100% of the value of the gift certificate may be applied towards current prices.

Prices- All prices are subject to change without notice.

Returned Checks- All returned checks are subject to a \$25 service charge.

Hours of Operation- Monday-Thursday 10-9, Friday 10-7, Saturday & Sunday 9-4

Personal Property- Oasis Day Spa cannot be responsible for lost or stolen items. Please leave valuables at home or in a locker.

Gift Certificates- To order a Oasis Gift Certificate in any denomination, please call us at 978.884.8957. We accept Cash, Check, Mastercard, Visa, Discover and Diners Club

978-884-8957

www.oasisdayspalowell.com



OASIS DAY SPA is a tranquil retreat located in the heart of historic Lowell. From herbal wraps to hot stone massages to body scrubs, we offer a wide range of services for your relaxation. Whether you're a seasoned athlete looking for some deep-tissue massage or a long-time spa lover looking for the ultimate in relaxation, you'll find something perfect at OASIS.



One of the most unique features of OASIS is the wide range of amenities available for use during treatments: an all-natural mineral spa, an aromatherapy sauna, a steam room, a traditional cedar sauna, a Tuscan whirlpool spa and a pool. Check out our OASIS signature treatments to see how these therapeutic treatments are incorporated into our spa services.

OASIS is conveniently located in the quiet lower level of The Club Fitness Center at 80 Middlesex Street in Lowell. On street parking is available steps from the front door and complementary valet parking is available during the busier evening hours. Can't find a sitter? Babysitting is available for a nominal fee (call for times and pricing).



To book your OASIS spa treatment, call us at **978-884-8957**

or visit our online booking service at www.oasisdayspalowell.com
info@oasisdayspalowell.com

Hours of Operation

Mon-Thurs 10-9, Fri 10-7, Sat&Sun 9-4

Massage

Hot Stone Deep Tissue

- 60 min-\$70 / 90 min-\$100

The perfect solution for your sore muscles. Hot stones help increase circulation and warm up muscles in need of attention. This deep tissue massage is customized to your unique needs.

Swedish

- 60 min-\$70 / 90 min-\$100

The best of Swedish massage. Long kneading strokes help relax you from head to toe. Heated towels cocoon your back, feet and face helping to increase circulation and reduce muscular tension.

Aromatherapy

- 60 min-\$70 / 90 min-\$100

A massage to stimulate your senses. Your choice of two essential oil blends from our selection of premium quality oils. Aromatherapy infused towels further your relaxation. Massage is customized to suit your needs.

La Stone™ Specialty Massage

- 90 min-\$110

A truly unique massage experience incorporating locally harvested basalt stones. While some stones are used to massage, some are used for placement under and on the body. The result is increased circulation throughout the body and a deeper level of muscle relaxation.

Pre-Natal Massage

- 60 min-\$70 / 90 min-\$100

Especially for moms-to-be from conception right through to delivery. This massage is tailored to the stage of pregnancy (either side-lying or with pillows). Either way, you are sure to be relaxed and comfortable. Great for all those lower back aches!

Athlete's Choice Massage

- 30 min-\$40

Just had a grueling training session? Or, maybe you're starting a new workout routine? Come on in for this massage that focuses on the areas that need it most. Leave feeling like you could sprint that last mile.

Facials, Waxing & Laser

Basic Facial

- 60 min-\$70

European-style facial includes cleansing, exfoliation, extraction, aromatherapy massage, customized treatment mask, and hand & foot reflexology massage.

Waxing & Laser Hair Removal

- call 978-884-8957 for pricing and laser hair consultations
- eyebrow, lip, chin, bikini, french bikini, brazilian bikini, full leg, full leg with bikini, half leg, under arm, full arm, half arm, back

Body Treatments

Body Glow & Polish

- 30 min- \$40

Skin feeling less than soft? This treatment begins with a light layer of oil massaged into the skin. Next, your choice of body scrub is massaged on as you are scrubbed and buffed to perfection. After a warm towel removes the last traces of scrub, a rich body cream is smoothed on.

Reflexology

- 30 min-\$40 / 60 min \$70

Reflexology is a powerful natural health science that studies the relationship of the reflex areas in the feet, hands, and ears to the rest of the body. The therapist works these areas with fingers and thumbs in order to create positive changes in the body.

Ear Candling

- 30 min \$40

Great for people who have a tendency toward ear pressure, wax build-up or ear blockage. A candle cylinder is put in the ear and lit on the opposite end, creating a gentle vacuum which lifts toxins out of the ear and up into the candle. Perfect for swimmers and allergy sufferers.

Reiki

- 30 min-\$40 / 60 min \$70

"Reiki" meaning "Universal Life Force", helps you manage pain, facilitate healing and promote inner serenity. A soothing hands-on energy balancing will leave you renewed and refreshed.

Oasis Sampler

- 60 min- \$80

Can't decide what to get? Have a little bit of everything with the Oasis Sampler. **Your choice of 1/2-hour massage or 1/2-hour body scrub plus any two of the following 15-minute mini treatments:**

- **Hair & Scalp Treatment**

Essential oils are massaged into the hair and scalp.

- **Face Refresh**

Cleansing, toning, hydrating mask, and massage.

- **Hot & Cold Head and Shoulders**

A must for headache sufferers. Hot and cold stones are used in combination to release tension and relax the face, neck, and shoulders.

- **Hand & Foot Heaven**

Hands and feet are smoothed with scrub then massaged. Ahh!

- **Mini Thai Stretch**

Combo of full body stretching and trigger point release.



The Club Fitness Center
80 Middlesex Street
Lowell, MA 01852
978-884-8957

Body Wraps & Oasis Specialties

Scrub and Aroma Contour Wrap

- 60 min-\$80

First, we exfoliate with a sugared body scrub treatment. After removing the scrub with hot towels, an Aroma Contour Wrap of Juniper and Cypress is smoothed on to tighten and tone the skin. Relax while wrapped in warm thermal sheets, allowing for deep penetration of the essential oils into the skin. While wrapped, enjoy a face, neck, and scalp massage.

Sea Clay Weight Loss Wrap

- allow 2 hours- \$120

Sea clay body wrapping is the famous body treatment used by Hollywood celebrities prior to events and photo shoots. Ancient Egyptian sea mud is applied with bandages all over the body. You are then cocooned in a thermal suit to sweat it out, with access to the steam room and sauna. An average inch loss with the first body wrap can be between 4 to 16 inches. Sea clay body wraps can provide an immediate inch loss, resulting in natural body toning and natural contouring of the body. Underwear is worn during the treatment so make sure to bring a change for after.

Seaweed & Green Clay Detox Wrap

- 90 min- \$110

Bring your bathing suit for this treatment. Stimulating and detoxifying! Start off with a light lymphatic massage to drain the body of toxins. Next, French Green Clay and selected marine clays infused with amino acids are applied as a body mask and then massaged into the skin. A thermal blanket wrap allows the mask to penetrate completely into the skin while you are relaxed with a face, neck, and scalp massage. Finish with a trip to the aromatherapy sauna with your choice of energy drink.

Oasis Rejuvenator

- 120 min- \$125

Bring your bathing suit for this treatment. The first step in your treatment is a relaxing soak in our all-natural heated mineral pool, with powerful jets de-stressing all your muscles. When you are ready, you will be brought into the Oasis room for the customized massage of your choice (hot stone, swedish or aromatherapy). After your massage, enter the cozy eucalyptus sauna for the final step in relaxation, complete with an energy drink of your choice.

Oasis Bubble, Scrub & Steam

- 90 min- \$105

Bring your bathing suit for this treatment. Begin your experience in our all-natural heated mineral pool complete with powerful jets and a waterfall. When you are ready, you will be brought into the Oasis room for an exfoliating body scrub that will leave you buffed to perfection. With the energy drink of your choice, enter the steam room to allow the minerals in the scrub to further penetrate your skin. You may shower off at your leisure immediately outside the steam room.

If you would like to have full access to the fitness center, pool, Tuscan spa, large steam room & sauna on the day of your treatment, there will be a \$15 charge added to your bill (free for members of The Club Fitness Center)