



Balans Organic Spa & Wellness Menu

Prime location on Newbury Street
 Highest quality spa and wellness services to meet all your needs at one location
 Exclusive organic skincare, made in Sweden

AWARDS: Boston's Best and Best of Boston 2016, 2017, 2018, 2022, 2023, 2024



To honor the uniqueness of each person, all of our services are customized. Our therapists have extensive training and experience and will cater to your needs to achieve the best results. If you have personal preferences, or medical concerns, please mention these at the time of booking.

WELCOME, and thank you for choosing Balans!

organic facials

balans initial organic facial
 75 min *recommended for first time clients 240

balans basic organic facial
 60 min 195

balans exclusive organic facial
 75 min 250

mini organic facial
 30 min 130

20% AHA peel facial 30 min
 reduces hyperpigmentation, age spots, wrinkles, and acne 175

stem cell facial 75 min
 this is our most luxurious and effective facial using LIVE ROSE ROOT stem cells! Stimulates cell regeneration, boosts collagen production, prevents wrinkles and brightens the skin. The ultimate anti-aging and anti-wrinkle facial! The result? A natural face lift! 375

back facials
 back facial 60 min 250
 add on 20% AHA 75

20% AHA back peel
 acne, scar and cyst clearing
 30 min 175
 60 min 300

organic massages

60 min 175
 75 min 215
 90 min 250

head, neck & shoulders
 30 min 115

deep tissue massage

60 min 195
 75 min 235
 90 min 270

couples massage

share a massage with your loved one. Prices are for two people:
 60min/390
 75min/470
 90min/540

CBD massage

CBD from an organic farm in RI
 60 min 195
 75 min 235
 90 min 270

prenatal massage

60 min 195
 75 min 235
 90 min 270

lymphatic massage

60 min 195
 75 min 235
 90 min 270

To book a spa service [BOOK ONLINE](#) or contact our front desk at:
 (617) 424 1500 / contact@balansorganicspa.com
 All pricing is subject to change without prior notice.

facial add-ons (add 10-15min for each)

20% AHA peel - reduces pigmentation spots, age spots, wrinkles, and acne	50
Ultrasonic - ultrasound technology exfoliates and remove oil and cellular debris from pores in order to achieve a more radiant, healthy glow	45
gua sha - rose quartz massage supports lymphatic drainage, increase circulation, and ease muscle tension. Promotes healing, sculpts the face, and relaxes expression lines.	30
dermaplaning - removes dead skin cells and "peach fuzz", leaving your skin looking smooth and glowing. Makeup will apply more smoothly, skin tone will appear more even, and fine lines and wrinkles will soften.	65
firming & lifting eye treatment - reduces bags, dark circles and wrinkles	75
head & scalp massage 10min	35
crystal healing	45
organic CBD oil	30

massage add-ons

acupressure therapy	25
hot stones	45
aromatherapy	30
salt scrub	75
body brushing	40
stimulates and supports lymphatic health	
hand & arm treatment	
organic salt scrub infused with rosemary/ lemongrass or vanilla bean	45
foot & low leg treatment	
organic salt scrub infused with rosemary/ lemongrass or vanilla bean	45
organic CBD oil	30
head & scalp massage 10min	35

organic body treatments & wraps 75 min

Firm, tone, hydrate, and detox. These full body treatments include dry brushing, exfoliation, and deep nourishing oils, lotions, and balms applied with relaxing touch throughout the body. Leave softer, beautified, and rejuvenated from head to toe!

sea salt detox – rosemary and lemongrass infused mediterranean sea salt	275	body bronzing achieve 2-3 tones darker than your natural skin tone	275
hydrating papaya enzyme great for dry and sensitive skin	275	slimming algae tone and firm	275
healing white chocolate rich in antioxidants, great for eczema/psoriasis	275	detoxifying algae deep detox	275

flotation therapy

single float 30 min allow for 60min for shower	90
3 pack float 30 min - \$80 each	240
8 pack float 30 min - \$70 each	560
single float 60 min allow for 90min for shower	135
3 pack float 60 min - \$120 each	360
8 pack 60 min - \$100 each	800

spa treatments under 45min

body glow & detox treatment 45 min	175
firming & lifting eye treatment 30 min	130
mini organic facial 30 min	130
head/neck/shoulder massage 30min	115
hand & arm treatment 30 min	75
foot & lower leg treatment 30 min	75

waxing

brazilian	75
bikini	50
brow incl shaping	35
lip	18
brow+lip	40
chin	20
face	65
under arm	20
lower arm	35
full leg	95
upper leg + brazilian	125+
back	85
back & shoulders	110
chest	60
neck	15
abdomen	55
full arm	60
lower leg	40
upper leg	60
full leg + brazilian	165+
full leg +bikini	135+

lashes/brows

brow tint	35
brow lamination	85
brow lamination+tint	110
lash tint	55
lash lift	90

custom energy healing

30 min	90
60 min	155
90 min	220

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organic spa packages

balans signature relaxation

1.5 hours | \$300

De-stress, unwind and renew your body and skin with our most popular facial and massage treatment.

- 1x Organic Facial 30 Min
- 1x Organic Massage 60 Min

balans ultimate relaxation

2 hours | \$375

Stressed, tired and in need of some deep relaxation? This package is for you. Rejuvenate your mind and body with this unique and wonderful combination of floatation therapy and massage.

- 1x Float 30 Min
- 1x Organic Massage 60 Min
- 1x Organic Facial 30 Min

balans detox

2.5 hours | \$350

Detox, de-bloat, and de-stress with this extensive and effective detox package.

- 1x Float 30 Min
- 1x Sea Salt Detox Body Treatment 75 Min

couples relax and renew

2 hours | \$370pp

Elevate your date night with your partner. Enter a deep state of relaxation, and leave with a renewed sense of connection.

- 2x Men's/Women's Organic Facials 60 Min
- 2x Organic Massages 60 Min (*upgrade to couples massage in a shared room at additional charge)

balans restore and renew

90 min | \$295

Transform your skin, body and mind. Relax while receive nourishing organic skincare treatments from head to toe. *At an additional charge you can upgrade to a full facial and/or full body treatment.

- 1x Mini Organic Facial 30 min
- 1x Body Glow and Detox 45 min

beautiful bright eyes

30 min | \$130

A firming and lifting eye treatment to reduce wrinkles, dark circles, and bags.

- Cleanse with Lymphatic Eye Massage
- Organic Eye Mask
- Organic Eye Treatment

mommy baby relaxation (pre-natal)

2.5 hours | \$400

This is the ultimate spa care package for the mom-to-be. Relax and rejuvenate as you prepare for this new chapter in your life. Celebrate yourself and indulge in our organic spa treatments. 100% nourishing and safe for you and your baby!

- 1x Float 30 Min
- 1x Prenatal Organic Massage 60 Min
- 1x Mini Organic Facial 30 Min

All our treatment tables are safe during pregnancy. However, we always encourage you to consult with your physician before receiving any spa treatments.

mother's day pampering (available month of May)

mother's day classic

1.5 hours | \$355

This spa package is exactly what the mother needs to refresh and de-stress her mind, body, and skin. Happy Mother's Day!

- 1x Body Glow and Detox 45 min
- 1x Classic Organic Facial, 60 min

mother's day exclusive

2.5 hours | \$500

This package is designed to pamper the hardworking and selfless mother. This spa day brings deep relaxation and will take your skin and body to a whole new level. Happy Mother's Day!

- 1x Hydrating Papaya Enzyme Body Treatment 75 Min
- 1x Exclusive Organic Facial 75 Min

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balans wellness

virtual health & lifestyle coaching with balans founder Marie Aspling

initial 90 min

195

follow up 30 min

95

postural therapy in person/virtual with balans founder Marie Aspling

single 60 min / 5 pack / 10 pack

195 / 965 / 1900

single 75 min / 5 pack / 10 pack

240 / 1190 / 2300

single 90 min / 5 pack / 10 pack

290 / 1440 / 2880

postural yoga in person/virtual

single 60 min / 5 pack / 10 pack

140 / 690 / 1350

single 75 min / 5 pack / 10 pack

170 / 840 / 1650

single 90 min / 5 pack / 10 pack

190 / 940 / 1850

Small group classes are available. Contact front desk for more information.

postural strength in person/virtual

single 60 min / 5 pack / 10 pack

140 / 690 / 1350

single 75 min / 5 pack / 10 pack

170 / 840 / 1650

wellness packages

Virtual and/or in person; will be determined for each client upon registration.

Collaborative approach: Your wellness team will coordinate efforts to ensure that all aspects of your wellness transformation are accounted for, leading to meaningful results in your health and lifestyle.

the empowerment experience

\$1,395 (reg price \$1,575)

- 3 Sessions of Optimized Conditioning 60 Min
- 4 Sessions of Postural Strength with 60 Min
- 2 Sessions of Postural Therapy 60 Min
- 1 Session of Empowered Mindset 60 Min
- 1 Deep Tissue Massage 60 Min

Benefits: This package is designed to empower you through physical training and therapeutic work that rejuvenates both body and mind. You'll engage in targeted workouts that improve strength and endurance while complementing this with postural therapy sessions focused on correcting alignments and relieving tension. Empowered mindset enhances your mental focus and resilience, along with the restorative benefits of a deep tissue massage.

the vitality reset

\$1,095 (reg price \$1,245)

- 2 Sessions of Optimized Conditioning 60 Min
- 3 Sessions of Postural Yoga 60 Min
- 2 Sessions of Breath Work & Mindfulness 60 Min
- 1 Flotation Therapy Session 30 Min
- 1 Swedish Massage 60 Min (*may be upgraded to deep tissue)

Benefits: Reset your health journey with a focus on vitality and mindfulness. This package combines conditioning sessions with the restorative practices of yoga to enhance strength and flexibility while promoting better posture. The breath work and mindfulness sessions allow for emotional clarity and stress reduction. Complete your journey with a Flotation Therapy and a Swedish massage to melt away muscle tension and foster deep relaxation.

the ultimate transformation

\$1,795 (reg price \$2,030)

- 4 Sessions of Optimized Conditioning 60 Min
- 4 Sessions of Postural Strength & Yoga 60 Min
- 2 Sessions of Postural Therapy 60 Min
- 2 Sessions of Breath Work & Mindfulness 60 Min
- 2 Swedish Massages 60 Min (*may be upgraded to deep tissue)

Benefits: Ideal for those seeking profound transformation, this package emphasizes a blend of movement, mindfulness, and deep relaxation. Workouts and yoga sessions together enhance physical strength while focusing on posture and alignment. Group meditation provides essential tools for mental clarity and stress management. Enjoy two flotation therapy sessions that help detoxify and promote relaxation, finishing with a rejuvenating Swedish massage to ease tension and promote overall wellness.

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private group events

Bridal/bachelorette parties, birthdays, baby showers, corporate events, wedding parties, and more...Any occasion that calls for a celebration: book your special private event at Balans! Contact our front desk for more details: (617) 424 1500 / contact@balansorganicspa.com

booking and cancellation policy

To secure your appointment, we require a credit card on file at the time of booking. The card will only be processed on the day of your appointment after services have been rendered. We have a strict 24-hour cancellation policy. If you need to cancel or reschedule your appointment, please do so at least 24 hours in advance to avoid any charges. Clients will receive several reminders before their appointments. Appointments canceled within 24 hours of the scheduled time will be considered late cancellations. No-shows or late cancellations will result in a full charge for the appointment. Appointments will be considered a no-show if client arrives more than 15 minutes late. We value your time and appreciate your understanding and cooperation with these policies.

Thank you for choosing Balans as part of your healthy lifestyle we look forward seeing you soon!

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617.424.1500 | www.bostonbalans.com | IG @balansorganicspa

