



Balans Organic Spa Menu

Prime location on Newbury Street
Exclusive organic skincare made in Sweden
Zero compromise on our health or planet
Highest quality spa and skincare services

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



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. All pre- and postnatal clients are welcome.

WELCOME, and thank you for choosing Balans!

organic facials

balans initial organic facial
75 min *recommended for first time clients 215

balans basic organic facial
60 min 170

balans exclusive organic
facial 75 min 230

mini organic facial
30 min 110

20% AHA peel facial 30 min
reduces hyperpigmentation, age
spots, wrinkles, and acne 135

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

organic massages

organic massage
60 min 155

organic massage
75 min 190

organic massage
90 min 220

head, neck &
shoulder 30 min 100

couples massage

share a massage with
your loved one. Prices
are for two people: 60min/350
75min/410
90min/480

CBD massage

organic CBD from a
local farm in RI
60min 175
75min 210
90min 240

cupping massage

60min 175
75min 210

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

20% AHA peel - pigmentation, age spots, wrinkles, and acne 45

ultrasonic - ultrasound technology to exfoliate and remove oil and cellular debris from pores in order to achieve a more radiant, healthy glow 45

gua sha - rose quartz massage to support lymphatic drainage, increase circulation, and ease muscle tension. Promotes healing, sculpts the face, and relaxes expression lines. 25

dermaplaning - a blade is used to gently remove dead skin cells and "peach fuzz", leaving your skin looking vibrant and renewed. Makeup will apply more smoothly, your skin tone will appear brighter and more even, and the appearance of fine lines and wrinkles will soften. 65

firming & lifting eye treatment - reduces bags, dark circles and wrinkles 75

head & scalp massage ten minutes of relaxing head and scalp massage 30

crystal healing 45

CBD oil 25

prenatal massage

self-care for the mom while expecting
60min 175
75min 210
90min 240

deep tissue massage

60min 175
75min 210
90min 240

lymphatic massage

60min 175
75min 210
90min 240

massage add-ons

hot stones 45
aromatherapy 30
salt scrub 75
body brushing stimulates and supports lymphatic health 35

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 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 245
body bronzing – achieve 2-3 tones darker than your natural skin tone 245

hydrating papaya enzyme – great for dry sensitive skin 245
slimming algae – tone and firm 245

healing white chocolate – rich in antioxidants, great for eczema/psoriasis 245
detoxifying algae – deep detox 245

flotation therapy

single float 30 min
allow for 60min for shower 70

3 pack float 30 min - \$65 each 195

8 pack float 30 min - \$60 each 480

single float 60 min
allow for 90min for shower 120

3 pack float 60 min - \$105
each 315

8 pack 60 min - \$95 each 760

back treatments

back facial 60 min 200
add on 20% AHA 75

20% AHA back peel
acne, scar and cyst clearing
30min 175
60min 250

custom energy healing

30min 90
60min 155
90min 220

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+

**spa treatments
under 45min**

body glow & detox
treatment 45 min 150

firming & lifting eye
treatment 30 min 115

mini organic facial
30 min 110

head/neck/shoulder
massage 30min 100

hand & arm
treatment 30 min 75

foot & lower leg
treatment 30 min 75

lashes/brows

brow tint 35

brow lamination 85

brow lamination+tint 110

lash tint 55

lash lift 90

life coaching

initial session 90min 195

waxing

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+

upper leg + bikini 100+

Organic Spa Packages

Balans Signature Relaxation

1.5 hours | \$255

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
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Balans Ultimate Relaxation

2 hours | \$325

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
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Balans Detox

2.5 hours | \$300

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
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Couples Relax and Renew

2 hours | \$325 per person

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)
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Balans Restore and Renew

90 min | \$250

Transform your skin, body and mind. Relax while receive nourishing organic skincare treatments from head to toe.

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

*At an additional charge you can upgrade to a full facial and/or full body treatment.

Beautiful Bright Eyes

30 min | \$115

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 | \$355

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 encourage you to consult with your physician before receiving any spa treatments.

Mother's Day Pampering (available month of May)

A. Mother's Day Classic

1.5 hours | \$310

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

B. Mother's Day Exclusive

2.5 hours | \$455

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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Special Group Events

Bridal/bachelorette parties, birthdays, baby showers, corporate events, wedding parties. Book your special event at Balans! Call front desk for more details.

Booking and Cancellation Policy

To reserve an appointment we require a credit card on file. Your appointments will not be processed until after the services have been received. We have a firm 24-hour cancellation policy for all appointments and clients will receive a reminder 48 hours prior to their appointments. All no-shows will be charged in full for the missed appointment.

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



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