

MARRIOTT HARBOR BEACH RESORT & SPA
2012 SPA MENU

MASSAGE:

HARBOR BEACH SIGNATURE TROPICAL TIKI BLISS...80 MIN \$225

Featuring heated bamboo for a therapeutic and luxurious massage. Gliding and rolling techniques, along with long deep strokes, eliminate tightness in muscles and give relief to sore joints. Benefits can include an extreme sense of relaxation and well-being, reduced tension and anxiety, stimulation of lymph to rid the body of harmful toxins & revitalization of the body and mind.

WARM STONE THERAPY... 50 MIN \$150/ 80 MIN \$225

Swedish strokes are combined with heated smooth Basalt stones to relax tight, knotted muscles and release tension. The warmth of the stones can improve circulation & calm the nervous system.

THAI MASSAGE... 80 MIN \$225

(Guests remain clothed and to wear loose fitting clothing).

The practitioner uses her hands, feet, arms & legs to gently guide the client into a series of passive stretches that resemble yoga poses. Muscle compression, joint mobilization and acupressure are also used. Thai massage is a holistic and profound experience, creating a harmonious and therapeutic "dance" that leads to greater physical awareness, grace & spiritual energy.

MUSCLE MELTER... 50 MIN \$150/ 80 MIN \$225

A therapeutic moderate to deep pressure massage designed for individuals wanting more detailed body work on specific muscle groups.

SWEDISH MASSAGE... 50 MIN \$130/ 80 MIN \$195/ 110 MIN \$240

A classic massage for relaxation with light to moderate pressure. Long flowing strokes are used which improves circulation, as well as reduces pain & joint stiffness,

COUPLES SWEDISH MASSAGE... 50 MIN \$265/ 80 MIN \$405

Two therapists, two guests, one great service! The perfect treatment for those who would like to share their massage treatment experience together in our couples room.

GENTLEMEN'S PREFERENCE MASSAGE... 50 MIN \$140/ 80 MIN \$200

A warm loofah exfoliation is performed on the body, complete with a heated Turkish face towel & a hand and foot treatment, followed by a Swedish Massage.

MOTHERS LOVE PREGNANCY MASSAGE... 50 MIN \$150/ 80 MIN \$210 (MUST be past the first trimester)

This massage for moms-to-be is useful in relieving soreness & stress in the back, neck, shoulders and legs. A safe and advanced balm, infused with lemon grass, rosewood and mint, helps to prevent pregnancy stretch marks & improves skin elasticity while promoting relaxation.

REIKI... 50 MIN \$130/ 80 \$205

An ancient healing art that originated in Tibet, Reiki uses channeled life force energy to effect change and balance in the body. A subtle laying of the hands technique is applied with little or no body contact. Reiki calms the mind, reduces stress, revitalizes the subtle energies of the body & is very beneficial to those recovering from illness.

HEALING ENERGY... 50 MIN \$130/ 80 MIN \$205

A relaxing, nurturing, energy therapy with little to no body contact, assisting in balancing the physical, mental, emotional and spiritual well-being. Healing Energy works with your energy field. The benefits can include: reducing anxiety and depression, decreased pain & strengthening of the immune system.

REFLEXOLOGY... 25 MIN \$95/50 MIN \$145

The theory behind reflexology is that there are areas on the feet that correspond to specific organs, glands, and other parts of the body. Besides being a treat for the feet, applying pressure to these areas can promote health in the corresponding organs through energetic pathways. (50 minute Reflexology includes hydrating foot ritual).

ZEN MASSAGE... 25 MIN \$75/ 50 MIN \$145

Using Swedish massage technique and the Zen scent of your choice. Each scent can be easily combined to create a signature blend that is yours alone.

ZEN SCALP MASSAGE... 25 MIN \$50

Using the Zen scent of your choice, a gentle rhythmic massage is performed on the scalp and neck. Benefits can include stress relief, reduction in headaches and migraines & a boost in blood flow to the scalp which promotes healthier hair growth.

BODY TREATMENTS:

COCO- LUSCIOUS ORGANIC BODY WRAP... 75 MIN \$225

An exfoliating & detoxifying wrap featuring a coconut sugar scrub with natural Alpha Hydroxy Acids and antioxidants, a vitamin rich mango enzyme body wrap containing natural Lactic Acids to dissolve dead skin, followed by an application of citron age defying soufflé to tone, hydrate & visibly lift skin.

HARBOR BEACH SIGNATURE CITRUS BODYGLOW... 50 MIN \$140

Using refreshing essential citrus oils, sea salts and invigorating techniques, your skin is buffed to a silken texture removing the dry, cloudy layer; followed by a final application with key lime moisturizer. Your skin will look and feel soft and smooth with a healthy glow.

MASSAGE ADD-ONS:

HOT STONES...\$20

ZEN SCENT...\$15

SKIN CARE:

REVIVE ANTI-AGING FACIAL... 50 MIN \$165/ 80 MIN...185*

This customized facial deeply nourishes the skin with essential nutrients and antioxidants to receive an immediate hydration boost. This facial includes a unique alginate gel masque that dramatically increases moisture in the skin and promotes an even skin tone. Excellent after sun exposure. This result oriented treatment includes a relaxing upper body massage as well as a hand treatment.

***80 MIN:** includes all of the above plus detoxifying Spirulina Mask, foot massage and glass beauty globes for face.

MD ALPHA BETA PEEL FACIAL... 50 MIN \$140

This facial combines refining Alpha Beta Hydroxy Acids and wrinkle-reducing antioxidants--including Retinol, Ubiquinone, and Resveratrol--to smooth and enrich skin. This nourishing cocktail of ingredients is designed to reduce fine lines and wrinkles, enlarged pores, fight blemishes & help with dark spots and redness.

CLEAR SKIN ORGANIC FACIAL...\$140

Perfect for normal to oily & acne prone skin types, this anti-inflammatory, soothing & cleansing facial will clear problematic skin with the use of fresh fruit pulp and herbs. This treatment will stimulate cellular renewal and brighten the complexion, while simultaneously refining the skin and assisting in the removal of blemishes and the renewal of your skins texture.

AROMA DECADENCE DEEP CLEANSING FACIAL... \$130

A multi vitamin facial that allows your skin to rediscover perfect balance. The heart of this treatment is a blend of aromatherapy and phytotherapy elements that deeply replenish the skin and provide hydration, harmony and radiance.

GENTLEMEN'S FACIAL... 50 MIN \$130/ 80 MIN \$180

Especially for men, this facial includes deep pore cleansing, a customized mask and a tranquil scalp, neck and shoulder massage. A results oriented treatment that diminishes sensitivity while restoring pure, clean skin & a balanced, de-stressed complexion.

BACK FACIAL...50 MIN \$145

This treatment gives special attention to the back only, and includes a deep cleansing, exfoliation, relaxing massage & a soothing and refining masque to remedy imperfection. Leaves the skin smooth, clear & glowing.

MINI FACIAL...25 MIN \$75

An effective express facial comprised of cleansing, exfoliation, mask and moisturizing. Extractions not included.

SKINCARE ADD ONS:

EYE TREATMENT...\$25

MD PEEL ADD ON...\$45

HAIR REMOVAL AND TINTING

Bikini \$50+	Lip \$25
Brow \$30	Underarm \$30
Lower Arm \$30	Full Arm \$55
Half Leg \$55	Full Leg \$80
Half Back \$60	Full Back \$80
Brow Tweeze \$35	Brow Reshaping \$40
Lash Tinting \$40	Eyebrow Tinting \$50
Lash & brow tint \$70	

MAKE-UP

Make-Up (eyes only) \$40
 Face \$55
 Make-Up Application \$90
 Make-Up Lessons \$105
 Bridal Make-Up Trial \$105
 Wedding Day Make-Up \$105
 In Room Make-Up \$180

NAIL SERVICES:

DOUBLE HAPPINESS MANICURE AND PEDICURE... 80 MIN \$125

This ultimate experience features a lactic acid peel designed to soften & exfoliate calluses, refine sun damaged skin, and reduce the depth of fine lines. The treatment begins with a unique "facial" for the hands and feet, including a revitalizing massage and gentle skin resurfacing that leaves hands and feet silky smooth and renewed.

SHELLAC MANICURE & PEDICURE... Manicure 50 MIN- \$70/ Pedicure 50 MIN- \$90

A

breakthrough, patent-pending UV3 technology that combines the ease of polish with the permanence of gels. The polish lasts at least 14 days, retaining a mirror like finish for the entire duration. There is 0 dry time with no chips, smudges or nicks. Removal is done in minutes as a separate service. Perfect if you'll be spending lots of time on the beach!

HARBOR BEACH SIGNATURE CITRUS PEDICURE... 50 MIN \$65

This revitalizing treatment begins with an aromatic footbath containing citrus extracts, sea salts and oil. Your feet are thoroughly exfoliated, buffed and softened, then drenched in an ultra hydrating marine mask and wrapped in warm towels. A full pedicure with polish completes this revitalizing experience.

HARBOR BEACH SIGNATURE CITRUS MANICURE... 30 MIN \$45

Using a combination of gentle exfoliation using a delicious citrus scrub & a warm cocoon of rich, moisturizing mask, your hands are polished and hydrated. A deluxe hand massage, manicure and polish complete the service.

ZEN MANICURE...25 MIN \$45/ ZEN MINI PEDICURE... 25 MIN \$50

Choose your own aromatherapy scent for this moisturizing treatment which nourishes hands or feet.

ACRYLIC NAILS...\$85 FULL SET/ \$50 FILLS

GEL NAILS...\$95 FULL SET/ \$60 FILLS

SHELLAC REMOVAL...\$15

NAIL SERVICE ADD-ONS:

CHAIR MASSAGE DURING MANICURE...\$50

PARAFFIN TREATMENT...\$20

FRENCH...\$11

SPA PACKAGES... Discounted 10% and already include service charge. No substitutions.

HARBOR BEACH SIGNATURE SPA EXPERIENCE... \$369

Harbor Beach Signature Warm Tiki Bliss Massage, Harbor Beach Signature Citrus Manicure & Harbor Beach Citrus Pedicure.

TRANQUILITY... \$440

50 minute Swedish Massage, Aroma Decadence Facial & Citrus Body Glow.

INFO:

DAILY RESORT GUEST FEE... \$30/ AFTER 5PM \$15 (REGISTERED HOTEL GUESTS ONLY)

Includes:

- Use of Cardiovascular-Weight Training Room featuring treadmills, StairMasters, Stationary cycles, Circuit training equipment, Cross Trainers and free weights.
- A variety of fitness classes offered daily including water aerobics, Yoga, power walks and Spinning.
- Outdoor swimming pool and Jacuzzi.
- Separate spa facilities for men and women featuring steam, sauna, whirlpool, spa amenities and toiletries for your personal use.
- Private locker provided with plush robe and sandals for use within The Spa.
- Complimentary juices, teas and fruit served throughout the day.

SPA RESERVATIONS: Arrive at least 30 minutes prior to your appointment time to complete check-in and allow time to change for your spa day.

CANCELLATION POLICY

Your spa and salon appointments are reserved exclusively for you. Four hours notice is required if you must cancel or reschedule an appointment. Cancellations in less than four hours and no shows will require a charge of 100% of the treatment price.

AGE REQUIREMENTS: 16 years of age for facials, spa access and fitness use. 18 years of age for massage & body treatments.

SERVICE CHARGES

For your convenience, a 20% service charge will be added to all treatments or services rendered. Additional gratuities are at the guest's discretion.

SPA COURTESY

The entire spa, including poolside, is a smoke-free/cell phone-free environment.