



## SPA TREATMENTS & SERVICES MENU

SPA PACKAGES	<i>Page 1</i>
SOOTHING MASSAGE SERVICES	<i>Page 2</i>
BODY CARE TREATMENTS	<i>Page 3</i>
FACIAL TREATMENTS	<i>Page 4</i>
SALON SERVICES	<i>Page 5</i>
MIND & BODY SERVICES	<i>Page 6</i>
TENNIS INFORMATION	<i>Page 7</i>
SPA INFORMATION	<i>Page 8</i>

**For appointments or more information please contact Spa Reservations  
(239)466-2156 or dial extension 47 from any guest phone**

The Spa at Sanibel Harbour Marriott Resort, 17260 Harbour Pointe Drive, Fort Myers, Florida 33908  
[WWW.SANIBEL-RESORT.COM](http://WWW.SANIBEL-RESORT.COM)

## SPA PACKAGES

Page 1

Our specially designed spa packages provide an ideal way to enjoy a pampering mixture of our Spa treatments and services. Package prices are inclusive of all services charges and offer a value of 15% off the a la carte service prices. All packages include full use of the Spa & Fitness Center facilities during the day of your package services. Package treatments will be scheduled for your enjoyment on the same day, with no substitutions allowed.

### HALF-DAY PACKAGES

#### Mental Magic 2 Hours/\$193

- \*Aromatherapy Massage
- \*BETAR Experience

#### Day Dreamer 3 Hours/\$233

- \*Your Choice of:
  - Mango Salt Glo
  - Back, Neck & Shoulder Massage
  - 25-Minute Renewal Facial
- \*Sea Spa Pedicure
- \*Manicure
- \*Shampoo, Hair Cut & Style

#### Gentlemen's Getaway 3 Hours/\$265

- \*Therapeutic Massage
- \*Gentlemen's Facial
- \*Gentlemen's Hair Cut

#### Spa Interlude 3 1/2 Hours/\$305

- \*Your Choice of:
  - Sea Shell Scrub
  - Mango Salt Glo
  - Sea Spa Pedicure
- \*Swedish Massage
- \*Anti-Aging Facial

### FULL-DAY PACKAGES

#### Perfectly Pampered 4 Hours/\$330

- \* Your Choice of:
  - Sea Softening Scrub
  - Sea Exfoliating Scrub
  - Sea Shell Scrub
  - Mango Salt Glo
- \*Back, Neck & Shoulder Massage or Pedisage
- \*Anti-Aging Facial
- \*Manicure
- \*Spa Lunch

#### Day of Indulgence 5 Hours/\$448

- \*Swedish Massage
- \*Four Layer Facial
- \*Sea Spa Manicure
- \*Sea Spa Pedicure
- \*Your Choice of:
  - Shampoo, Hair Cut & Style
  - Aromatherapy Scalp Treatment
- \*Spa Lunch

#### Day of Indulgence for Couples 4 1/2 Hours \$622

- \*The Caloosa Experience
- \*Couples Massage
- \*Couples Combo Manicure & Pedicure
- \*Spa Lunch

### OVERNIGHT VACATION PACKAGES

Sanibel Harbour Resort & Spa offers an assortment of overnight vacation packages that combine our luxurious accommodations with our indulging spa services and other resort amenities. For more information on our overnight packages, call 800-767-7777 or visit our website at [www.sanibel-resort.com](http://www.sanibel-resort.com).

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## **SOOTHING MASSAGE SERVICES**

Page 2

### **Four-Handed Massage**

Enjoy twice the pampering with this soothing massage. Two therapists work your body in synchronization, dedicating four warm hands to gently melt your aches and pains away.....50 minutes / \$230

### **Couples Massage**

A shared experience of timeless relaxation. Our therapists synchronize two massage treatments, just for you and someone special.....50 minutes / \$220; 80 minutes/ \$340 (*priced per couple*)

### **Maternity Massage**

Pure bliss for the mom-to-be. This massage blends soft touches and gentle strokes, working areas that are under stress to increase blood flow and assist in mobility. Care and attention is given to the special needs that arise when carrying precious cargo.....50 minutes/ \$110

### **Sports Massage**

A unique pre- or post-workout massage combined with specific herbal essences to ease muscle aches, muscle trauma, joint soreness and tennis elbow. Due to the active nature of this massage, undergarments, loose fitting shorts and halter tops for females should be worn.....50 minutes / \$135

### **Therapeutic Massage**

This specialty massage incorporates a variety of techniques aimed at releasing tight nerves and relieving stress-related points of tenderness. Typically a deeper massage, custom-designed for your areas of particular muscle soreness and tension.....50 minutes / \$115; 80 minutes / \$165

### **Swedish Massage**

This classic, relaxing massage uses soothing strokes to promote balance and body harmony, light to moderate pressure to enhance circulation, and gentle stretching to reduce tension.....50 minutes / \$110; 80 minutes / \$160

### **Aromatherapy Massage**

Enjoy this personalized massage therapy treatment that blends the ancient healing arts with massage and essential oils to produce deep relaxation and a sense of well-being.....50 minutes / \$115; 80 minutes / \$170

### **Back, Neck & Shoulder Massage**

This therapy concentrates on releasing the tension in your back, neck and shoulder area where physical and emotional stress most often manifest.....25 minutes / \$75

### **Pedisage**

A real treat for overworked feet. Gentle cleansing and exfoliation with your choice of sea or plant-based products is followed by a massage that will leave you feeling as though you are walking on air.....25 minutes / \$75

### **In-Room Massage**

Enjoy a pampering massage in the privacy of your guestroom. Treatments available for resort registered guests from 9:30a.m. until 7:00 p.m. 24 hours notice requested.

.....50 minutes / Swedish \$170; Therapeutic \$175; Aromatherapy \$185

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**The Calusa Experience**

A one-of-a-kind sensation. This couples experience, inspired by the native and spiritual Calusa Indians, provides healing for the mind, body, spirit and relationship. Couples are ushered into a private, candlelit steam chamber where they are acquainted with the story of the Calusa while enjoying a luxurious foot soak of healing seawaters. Four sea-based products in large seashells are presented and instruction from our therapists is offered on the treatment and benefits of the product application. After instruction, our experts exit to allow the couple time to relax, unwind, and leisurely apply our specialty products onto each other. A warm shower removes the products, transforming our intimate chamber into a relaxing steam bath for the final 20 minutes of the treatment session. The Calusa Experience is a truly unique and special experience to enjoy and share.....55 minutes / \$90 per person (two person minimum)

**Peppermint Sea Twist**

An aromatic body treatment that combines peppermint oil with fresh European seaweed to stimulate, rejuvenate and purify. Focusing on improvement of circulation, this is an ideal treatment for sore, aching muscles or water retention.....50 minutes / \$110

**Sea Botanical Wrap**

A synergistic blend of pure minerals and sea extracts nourish your body, while softening the skin and toning tissue.....50 minutes / \$110

**Milk & Honey Body Wrap**

This luxurious wrap moisturizes and restores skin balance and resilience, offering soothing relief for dry, irritated skin.....50 minutes / \$110

**Herbal/Sports Wrap**

A purifying treatment of herbal-infused sheets that wrap your body to increase perspiration and help rid the body of toxins.....25 minutes / \$75

**Sea Shell Body Mask**

A unique formula of crushed seashells, Sea Lettuce, Sea Palm and Wakame sea extracts are combined and applied as a full body mask to nourish and balance your entire body.....50 minutes / \$110

**Mango Salt Glo**

Dampened sea salts, rich in trace elements and minerals, work to deeply cleanse, exfoliate and stimulate the skin. A finishing mango lotion tingles your senses and awakens your entire body.....25 minutes / \$75

**Sea Softening Scrub**

A sea polish of honeysuckle and white algae are applied to gently exfoliate and soften your skin. Finished with an application of Sea Silk body milk, inducing a radiant body glow.....25 minutes / \$75

**Sea Exfoliating Scrub**

A deeper, more invigorating scrub providing deep pore cleansing while rejuvenating the body. A refreshing Ocean Mist application completes this “pick-me-up” treatment.....25 minutes / \$75

**Sea Shell Scrub**

With tropical notes and ground seashells, this treatment is designed to remove dead skin cells while providing a rejuvenating mineral and vitamin treatment to the skin. Especially effective in exfoliating and remineralizing, this treatment is perfect for parched dehydrated skin as a result of too much sun. Ingredients include crushed seashells and hydrating essential oils in a creamy base. This treatment is a wonderful prelude to body wraps and massages.....25 minutes / \$75

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**Signature Calusa Facial**

An extremely relaxing, deep cleansing facial treatment using indigenous ingredients, exclusively our own. A complete facial that dramatically refreshes and nourishes not only the skin, but also the soul. Excellent for all skin types.....55 minutes / \$155

**Four-Layer Facial**

Named "The Best Facial of the Century" by Cosmopolitan UK and "The Best of the Best" by Harpers and Queen, this premier treatment provides "layer upon layer of pure bliss." Soothing massages will lull you to sleep, and a cool, refreshing seaweed mask finish will renew your face with a more youthful appearance. Indulge and discover the difference.....55 minutes / \$145

**Sea Escape Facial, Hand, Décolleté & Shoulder Treatment**

Take our luscious Four-Layer Facial...add soothing sea nutrients...ditto for your hands, décolleté and shoulders...and you've got layer upon layer of moisture-rich skin care for your entire upper body....80 minutes / \$185

**Calusa Back Facial**

The Calusa Back Facial is specially designed for one of the body's most neglected areas. Deep cleansing, exfoliation, extractions and soothing treatment mask are performed to renew and refresh. A nourishing moisturizer completes this treatment.....25 minutes \$95. Add on Paraffin Mask / \$30

**Cool Blue Facial**

Cool and soothe your sensitive skin using bergamont and tangerine extracts to cleanse, balance and repair your skin. Our Blue Azulene mask helps to calm skin while absorbing impurities. Rich in blue azulene to help pacify irritation and add moisture: marine-source elastin helps to strengthen cells, improve elasticity and soothe skin. . . . . 50 minutes / \$115

**Anti-Aging Facial**

This skin treatment provided in-depth cleansing and gentle exfoliation, leaving your skin with a long-lasting brilliance and revealing younger skin. Add on a custom green-tea peel for even more therapy. End the treatment with our super light sunscreen with healing lavender and refreshing orange extracts. ....50 minutes / \$115 w/Green-Tea Peel \$ 140

**Eye and Lip Facial**

A treatment designed to re-hydrate and pamper the delicate eye and lip area. Sweet almond and protein-rich wheat germ oil help replenish lost moisture, followed by Oxygen Eye Cream to help plump skin cells, improve elasticity, and instantly deliver vital oxygen to your tired eyes. This treatment included a relaxing décolleté and hand treatment.....25 minutes / \$75

**Gentlemen's Skincare Treatment**

A thorough facial cleansing and exfoliation designed especially for the special skin needs of men. Sensitivity to reduce shaving irritation; a relaxing mask tightens and firms, while a gentle massage detoxifies and enhances muscle tone for a refreshed, clean look.....50 minutes / \$110

**25-Minute Renewal Facial**

A quick "pick-me-up" facial that combines cleansing with a gentle cornmeal exfoliation to leave the skin free from dead cells. A customized massage treatment is preformed to nourish and hydrate your skin. ....25 minutes / \$75

**Refining Glycolic Facial**

Glycolic "peeling" works to produce dramatically healthy skin for those with mature, dry/oily or problem skin. The lasting results reveal minimized lines, even skin tone and smooth texture. Glycolic Peel percentage professionally recommended.....25 minutes / \$75

**Facial Add-On**

Add a glycolic peel to any facial service.....\$ 40      Add a Green-Tea Peel to any facial service.....\$45

**Décolleté & Shoulder Mask Add-On**

Add a pampering décolleté and shoulder mask to any facial service.....\$40

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**Hydrating Manicure**

A manicure specially designed to soften the hands. A luxurious hand soak is followed by an expert nail shaping to suit you. A warm soothing hand massage and a warm dip of raspberry paraffin completes this pampering treatment.....\$34

**Sea Spa Manicure**

This vitamin, protein and mineral-rich seaweed treatment deeply hydrates, softens and nourishes hands. Hands will look and feel smooth, revitalized and youthful. Recommended therapy for aging or sun-damaged skin.....\$45

**Sanibel Exclusive Pedicure**

Tired dry feet... this is the one for you. Sitting upon your pedicure throne, your feet are treated to a soak in a warm sea-product based bath. While your chair massages you, your toes are manicured to perfection.....\$55

**Sea Spa Pedicure**

Our signature pedicure, designed to take advantage of the revitalizing properties of peppermint oil and fresh seaweed. A truly pampering and rejuvenating experience for your feet.....\$65

**Combo Manicure & Pedicure**

This 50-minute service is a quick effective clean up for fingers and toes. A warm soak, file and polish, a great service for guests on the go. French polish unavailable with this service.....\$80

**Ice-Cream Pedicure**

This pedicure is designed for the ice cream lover in all of us! Choose a cool scoop of an Ice Cream flavor to moisturize and nurture your feet, then a generous dollop of Sherbet Scrub cleanses and exfoliates. Your tired feet are polished and buffed to slough off dead skin. The treatment is topped off with an invigorating food mask. You will love your newly revived feet.....\$ 65

**Nail Care Services**

- French Manicure \$35
- Paraffin Hands \$25
- Paraffin Feet \$25
- Polish Change \$25

**Hair Design Services**

- Shampoo, Hair Cut & Style (short/long) \$50 - \$65
- Shampoo & Style (short/long) \$35 - \$55
- Roller Set (short/long) \$35 - \$45
- Designer Up-do (short/long) \$45 - \$65
- Perm (short/long) \$75 - \$100
- Gentlemen's Cut \$35
- Gentlemen's Beard & Mustache Trim \$25

**Make-Up Services**

- Professional Application \$50

**Hair Color Services**

- Semi Permanent From \$60
- Corrective Color From \$90
- Single Process From \$65
- Double Process From \$95
- Low Lights From \$95
- Foil Highlighting From \$90
- 

**Waxing Services**

- Brow, Chin or Lip\* (each) \$15
- Underarm or Lower Arm\* \$30
- Bikini From \$55
- Half Leg \$45
- Full Leg \$75
- Half Arm \$35
- Full Arm \$45
- Back From \$75

**Hair & Scalp Treatments**

- Clear Glossing \$45
- Color Glossing \$55
- Aromatherapy Scalp Treatment \$40
- Deep Conditioning Hair Treatment \$35

*\*Waxing cannot be performed within one week of using alpha-hydroxy products.*

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**BETAR**

Float away on a bed of sound for the ultimate in relaxation. The BETAR (Bio Energetic Transduction Aided Resonance) bed at Sanibel Harbour is one of only 16 such systems in the world, providing a totally unique experience. Set within a geodesic dome structure, this state-of-the-art, high-quality sound system bathes your entire body in sound waves, facilitating a state of deep relaxation. We suggest New Age music for the experience, but if there is another format you would prefer, we have a wide assortment of classical, jazz, and popular music CDs.....55 minutes / \$75  
Add-On Reflexology techniques for your feet.....\$ 55

**FITNESS SERVICES**

The Fitness Center at The Spa at Sanibel Harbour offers a rotating schedule of daily exercise classes available to all Fitness Center members. Resort guests are welcome to join in the classes as a part of the daily exclusive benefits fee. Classes include, but are not limited to, Yoga, Pilates, Tai Chi, Aerobics, Aqua Classes and Kaiser Strength Machine Instruction. For the current class schedule and detailed class descriptions, please contact the Fitness Center.

**Pilates Personal Training**

Private sessions are available to learn Pilates exercises and the theories behind each movement. Pilates is a system of muscle conditioning, combining mental concentration and body control, with specific physical movements. The end result is a toned and balanced physique.....50 minutes/ \$60

**Integrative Yoga Therapy**

Yoga addresses fitness and healing on both the physical and emotional levels. By becoming more aware through breathing, postural movements and guided relaxation, we can challenge ourselves on a deeper level. Yoga is perfect for couples or individuals who simply want to relax, stretch and tone.....50 minutes/ \$60  
Fitness Age Evaluation

**Take Home Program**

Certified fitness trainers help you begin a fitness regimen or modify your current workout to maximize results. Workouts are customized to meet your fitness goals; includes safe warm-up, guided exercise and cool-down stretching. A personalized fitness program is then designated to take home with you.  
.....90 minutes/ \$105

**Personal Training Session**

Designed for the guest with a beginner, intermediate or advanced fitness level, this session consists of a warm-up, flexibility training and an overall strength-training workout.....50 minutes/ \$60

**Body Composition**

Skin fold calipers are used to measure lean body mass and body fat; results are used to determine your ideal body composition. Recommendations for realistic target weight and basic fitness/nutrition principles are outlined.....\$35

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## TENNIS SERVICES

Seize your chance to play at one of the “Ultimate Tennis Resorts in America” as rated by Racquet Magazine. Our 5 fast-dry clay courts are combined with a USPTA- and USPTR- certified instructional staff ready to help you improve your game. We offer daily clinics, private and group instruction, special events, tennis enhancement clinics and matchmaking services that cater to players at all levels. Resort guests are provided unlimited court time, based on availability, as part of the daily exclusive benefits fee.

### Tennis Stroke Clinic

Topics include; ground strokes, net game, approach shots, serve and return, overhead lob and doubles strategy. Four-player minimum, eight maximum. Advanced registration recommended.....60 minutes/ \$25\* per person

### Kid's Tennis Clinic

Two half-hour clinics are offered daily for children ages 4 to 7 and 8 to 12. An eye-hand coordination clinic filled with games, contests and fun. Use of children's racquet included. Four-player minimum. Advanced Registration recommended.....30 minutes/ \$20\* per child

### Private Lessons

Whether you want to learn the fundamentals of the game or fine tune your strokes, private lessons are available for beginner, intermediate and advanced players from our pros. Fee includes racquet rental.  
.....25 minutes/ \$40\*; 50 minutes/ \$70\*

### Hitting Sessions

For players who don't have a match scheduled but still want a challenge, arrange a hitting session with one of our pros.....30 minutes\*/ \$40; 60 minutes\*/ \$70

### Racquet Rental

Daily rentals available .....\$5 fee\*

*\*All tennis fees are subject to sales tax and service charge. Additional gratuities are discretionary. Cancellation of all tennis services must be made at least twelve (12) hours in advance to avoid a no-show charge.*

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**Facility Use**

The Spa and Fitness Facility at Sanibel Harbour Resort is available for use by members and day guests who have arranged a spa or salon experience. Resort guests are offered unlimited access to the Spa & Fitness Center facilities as part of the Exclusive Benefits Fee. Swimwear is required for the co-ed swimming pool and proper athletic shoes are required during use of the Fitness and Tennis Center.

**Hours of Operation**

Fitness Center Open 24 Hours (*Full access with room key*)

Spa Monday - Saturday 8:00am - 8:00pm

Sunday 9:00am - 6:00pm

Holidays 9:00am - 5:00pm *\*Operating hours are subject to change.*

**Spa Etiquette**

In consideration of other guests we ask that cellular phones and pagers are turned off upon arrival at The Spa. To maintain serenity and an enjoyable experience for all guests, please respect the environment by speaking in low tones throughout the Spa during your visit.

**Spa Reservation**

Overnight guests are encouraged to make Spa appointments when room reservations are made to ensure your desired treatments and times are available. However, we will do our best to accommodate your requests. A credit card is required to secure all spa appointments.

**Check-In**

To ensure complete enjoyment of your spa experience, please arrive 30 minutes prior to your Spa appointment. Early arrival allows you time to use our whirlpool and sauna, and time to unwind in our Relaxation Lounge, so to take full advantage of your treatment. Late arrivals may result in a shortened appointment in order to prevent delays to other guests.

**Age Requirements**

The Spa at Sanibel Harbour Resort is designed for adult use; minimum age for entry is 16 years old. Guests 16 years or younger may receive Salon services when accompanied by an adult.

**Cancellation Policy**

Individual cancellations or changes with less than 8 hours notice will be charged the full price of the treatment / service. Package cancellations require 24 hour notice. Group cancellations require 72 hours notice.

**Personal Possessions**

Please do not wear jewelry or bring any other valuable items to The Spa as we do not have a safe available to secure those items. It is best to leave valuables at home or in the Resorts' safety deposit box. The Spa is not responsible for any lost, stolen or damaged items during your visit.

**Health & Safety**

Upon your arrival we request you complete a brief health form to assist the Spa therapists in providing you with the best possible experience. Pregnant women and individuals with high blood pressure or heart conditions should advise reservationists when scheduling services.

**Service Charge**

For your convenience, a 20% service charge will be added to all Spa and Salon a la carte services. Package prices are inclusive of all service charges. Additional gratuities are discretionary.

**Spa Cuisine**

The Spa is pleased to offer a delicious, healthy spa menu for your enjoyment in our Calusa Room during your visit. Our menu items are made-to-order, requiring orders to be placed a minimum of one-hour prior to your desired dining time.

**Shopping**

The Boutique at the Spa features a wonderfully romantic selection of women's contemporary apparel, accessories, workout wear and skin care.

**Gift Certificates**

Available upon request for any dollar amount.

**Resort Memberships**

Resort memberships for the Spa & Fitness Center and Racquet Club are available on an annual basis.

**Phone Numbers**

Spa Reservations & Spa Memberships 239.466.2156 or "47" from your room phone

*\*Information contained in this brochure is subject to change without notice.*