Journey through NSpa to achieve a new level of rejuvenation and well-being. Our soothing spa invites you to embark on a sensory journey of self-awareness and inner peace. Reflecting on the aura and harmony of Atlantic Ocean, NSpa offers the perfect setting for reawakening rituals and unforgettable spa breaks.

Our spa artisans offer guidance and encouragement throughout your journey, giving you the expertise you need to find your radiant self. NSpa features an unparalleled selection of therapies and results-oriented professional products for a personalized approach to wellness, longevity and beauty. Our luxurious spa uses a fusion of science and nature with modern physical techniques to create an experience that will have lasting affects well after you leave our sanctuary.

Your NSpa Experience will heighten your senses and purify your soul.

NSpa... your journey
Spa Signature Body Renewal
This signature ritual begins with a gentle nature inspired exfoliation using a unique scrub enhanced with pure essential oils, completing with an application of body oil and cream and a full body, de-stressing massage. This ritual not only deeply nourishes the skin; it combats fatigue and stimulates circulation. Relaxing, Revitalizing, Restorative. 80 minutes

Spa Signature Perfect Massage
Since the body constantly changes as well as your treatment needs, we created the perfect massage for you based on what your body requires for healing and restoration. This Perfect massage allows you and your technician to combine a myriad of modalities into one perfect massage created just for you. 80 minutes

Spa Signature Transformation Facial
This results-oriented facial features a unique combination of Microdermabrasion, Microcurrent and a Natural Glycolic/Lactic Treatment. It helps to smooth dull, lifeless skin while reducing scarring and enlarged pores. Collagen is stimulated, giving the skin a smoother, brighter and more luminous appearance after just one treatment. A series of treatments performed regularly will help produce an extreme transformation typically including a 41% increase in moisture level, 27% increase in tone and 23% reduction in visible lines. 80 minutes

Spa Signature Manicure and Pedicure
Begin your Luxury Ritual with a deliciously scented, nourishing warm hand or foot bath that deeply conditions and protects the skin against environmental stress. Spa’s exquisite Signature manicure and pedicure combine skin softening minerals, pure essential oils, a silicate exfoliation, and a hydrating mask with a rhythmic and relaxing pressure point massage followed by shaping, cuticle attention and final polish. Approximately 2.25 hours
Swedish Massage
Spa Artisans use light-to-medium pressure during this full body massage, which is designed to relax the mind and body while improving circulation. Select one of our cold pressed oils to hydrate and nourish your skin. 25/50/80 minutes

Spa Signature Perfect Massage
Our Spa Artisans work with you to create a customized massage based on your body’s current needs for healing and restoration. This Signature Perfect Massage allows you and your technician to combine a myriad of modalities into one perfect massage created just for you. 80 minutes

Blissful Stone Massage
Ground yourself with our blissful stone massage. Relax as muscle tension melts away and your aches and pains are soothed with this heat healing therapy. 50/80 minutes

De-Stress Massage
This rejuvenating treatment involves specialized and intensive deep tissue techniques to warm, manipulate, and ease fatigued muscles and joints. An effective double layer of gel and oil of rosemary, ginger and black pepper will leave your muscles invigorated. 50/80 minutes

Warm Oil Scalp Massage
This treatment pays special attention to the often neglected areas of the scalp and hair. This rich, warm oil treatment delivers a healthy dose of vitamins and nutrients to the hair and scalp to rebalance and relieve dry conditions while improving the texture of your hair. 10/25 minutes

Deep Tissue Massage
Spa’s therapeutic medium-to-deep tissue massage helps alleviate discomfort while addressing problematic joint and muscular discomforts. 50/80 minutes

Mommy-To-Be
Enjoy a nurturing massage for you and your baby. This nurturing treatment relieves many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps, headaches and swelling. Please consult with your physician prior to booking your massage. You must be outside your first trimester to safely receive this treatment. 50 minutes

Foot Massage
Eastern tradition believes your body is represented on the soles of your feet and the palms of your hands. Pressure points on the feet are manipulated to reduce tension and fatigue creating balance, harmony and energy throughout the entire body. 10/25/50 minutes

Intentional Massage Treatments

Tidal Massage
Are you feeling energetically blocked and in need of enlightenment? Like waves in the ocean, Sansāra, Sanskrit for “continuous flow,” signifies the continuous flow of consciousness and life. 50 minutes/80 minutes includes Shirodara

Consciousness Therapy
Are you feeling foggy and in need of clarity? Shirodara Sanskrit for “crown of the head” is an inviting treatment with deep significance in Ayurveda. It is considered the gateway of enlightenment and full awareness. The flowing oil of the Shirodhara quiets the mind caressing the scalp in a blanket of warmth. 50 minutes

Morning Star Treatment
Do you feel tension and a need to escape? Our mind creates our direction; our hands move our environment and our feet carry us to our desired destination. This focused treatment brings nourishment and replenishment through the use of medicinal oils with our Tisrah balancing bowl and hot stone therapy. 50 minutes

Ayurveda Add-ONS
- Ritual Foot Bath Choose from Lemon-Juniper, Lavender-Chamomile or Rose-Geranium. 15 minutes
- Shirodara with Scalp Massage 25 minutes
- Ayurveda with Scalp Massage 25 minutes
- Shirodara Aromatherapy Oils
- Dosa Specific Oils Dosa Quiz included. (non-scented)
- Ritual Foot Bath with Balancing Bowl Foot Massage 25/50 minutes

The Touch Experience
Custom Facial

This treatment is designed to promote the general health and appearance by calming irritation and replenishing the skin with Vitamins C, A, Stem Cells & Botanicals. Added Peptides also increase hydration, reduce wrinkles and firm your skin. This treatment is customized to your unique needs and is effective for all skin types as well as a variety of skin conditions including acne, rosacea, eczema, and psoriasis. 50 minutes

Advanced Age Defying Facial

This dynamic treatment resurfaces dead skin cells to open pathways for the nourishing benefits of the latest skin growth factor technology. These powerful and natural skin nourishing proteins restore depleted, damaged cells to reveal a more youthful complexion. Collagen is stimulated, fine lines and wrinkles are filled out to give a smoother appearance as skin tissue becomes instantly firmer and more toned. Includes a Glycolic Peel. 50 minutes

Sea of Life Facial

Infuse your skin with a unique selection of repairing ingredients formulated with antioxidants, organic seaweed extracts, Vitamin C and Hyaluronic Acid. This facial will help oxygenate your skin, improve cellular function, refine pores and heal sun damage. White algae, white wine and white tea are blended with marine based anti-aging serums to visibly brighten your skin tone and help reduce pigmentation. This calcium rich treatment also soothes and deeply hydrates your skin. Includes Ocean Eye Treatment. 50 minutes

Oxygen Glow Facial

Breathe new life into your skin. This topical oxygen treatment is not only a delightful sensory experience but it also stimulates cellular response to help diminish the visible signs of aging. The end result is clear and luminous, firm feeling skin. This amazing facial is perfect for all skin types and is specifically effective with major skincare concerns such as Acne, Rosacea and Hyperpigmentation. It is also a beautiful treatment for those who would like that instant “Glow” and is a perfect accessory just before that special event. This treatment is partnered with an enzyme peel for obtaining a radiance that will turn heads. 50 minutes

Rose Infinity Facial

This luxurious, regenerating and illuminating facial creates a fusion of science and nature by using the latest rose botanicals and anti-aging technologies. It also includes Microdermabrasion that works on a cellular level to help support skin’s natural ability to repair and support the skin’s regenerative process. Helps maintain healthy levels of collagen and moisture retention in the deeper layers of the skin which is increased through the controlled release of hyaluronic acid. 80 minutes

Spa Signature Transformation Facial

This results-oriented facial features a unique combination of Microdermabrasion, Microcurrent and a Natural Glycolic/Lactic Treatment. It helps to smooth dull, lifeless skin while reducing scarring and enlarged pores. Collagen is stimulated, giving the skin a smoother, brighter and more luminous appearance after just one treatment. A series of treatments performed regularly will help produce an extreme transformation typically including a 41% increase in moisture level, 27% increase in tone and 23% reduction in visible lines. 80 minutes

Dermal Rejuvenation Treatments

Designed for mature skin, this specialized peel takes advantage of the skin’s natural repair mechanism. This no down time treatment gives an immediate boost to the look and feel of the skin and it continues to repair your skin for 28 days! 30/50 minutes

When performed on a regular schedule with supporting home care products, you will see a significant reduction in the appearance of:

- Age and liver spots
- Fine lines and wrinkles
- Freckles
- Irregular Pigmentation
- Sun-damaged skin
- Rough skin and scaly patches
- Scars

Facial Enhancements

Resurfacing Peel
Microdermabrasion Add-On
Warm Argan Oil Scalp Massage
Eye Treatment
Microcurrent Add-On
Refresh Your Senses with our Relaxing Body Treatments. M Spa’s pure and natural body treatments are designed to cleanse, exfoliate, hydrate, and detoxify your body while nourishing your skin. Choose from several signature body treatments, each using the finest organic, botanical ingredients. If you’ve only ever tried massage, M Spa’s restorative body treatments are a wonderful way to expand your spa experience.

M Spa Signature Body Renewal
This 80-minute signature ritual begins with a gentle nature-inspired exfoliation using a unique scrub enhanced with pure essential oils, and finishes with an application of essential oils and cream, and a full body, relaxing massage. This ritual not only deeply nourishes the skin, it also combats fatigue and stimulates circulation. 80 minutes

Sea of Dreams
Indulge in a luxurious, skin-softening ocean odyssey. This organic algae based treatment prevents the breakdown of hyaluronic acid in the body, which is necessary to keep skin smooth and firm. First, a stimulating full-body algae polish removes dry skin and revs up the circulation, followed by a bio-active algae body mask and wrap that tones and firms your skin. This aquatic journey is concluded with a full body application of algae oil with massage. 80 minutes

Sun Undone
Designed for full body cooling, this soothing wrap features mineral rich organic algae and aloe vera along with green tea extracts and other anti-oxidants to reduce redness and irritation while healing sun-damaged skin. 50 minutes

Organic Salt Scrub & Body Polish
This blend of the purest salts from the four corners of the earth contains 84 trace minerals and gets its unique pink color from the rich ores they contain. The ingredients in these salts firm and nourish the skin, enticing it to soak up nutrients and look more youthful. 20 minute Body Polish/50 minute Body Scrub with Argan Oil Application
The Express Manicure & Pedicure
Just the basics for those whose time is limited, this quick clean up and polish is just what you need. Express Manicure 25 minutes / Express Pedicure 25 minutes

The Classic Manicure & Pedicure
Select your scent and begin your journey. Your selected essence highlights your footbath salts and lotion, while Shea butter provides intense hydration, creating a soothing experience that leaves your fingers and toes looking and feeling fabulous. Nails and cuticles are trimmed and shaped. A final application of polish completes the service. Classic Manicure 40 minutes / Classic Pedicure 50 minutes

Signature Manicure & Pedicure
Spa’s exquisite Signature manicure and pedicure combine skin softening minerals, pure essential oils, a silicate exfoliation, and a hydrating mask with a rhythmic and relaxing pressure point massage. Signature Manicure 60 minutes / Signature Pedicure 80 minutes

Earth & Sea Manicure and Pedicure
This nourishing, rejuvenating treatment includes a seaweed soak and foot scrub. Followed by an organic algae treatment for cuticles, a white algae hand and foot mask with exfoliation to reduce hyper-pigmentation and concludes with an anti-aging body balm massage to soften rough, callused hands and feet. May also be completed with an application of polish. Manicure 45 minutes / Pedicure 55 minutes

Nail Service Enhancements
These enhancements are available to add as upgrades to your services.

- Polish Change
- French Finish
- Intensive Callus Treatment
- Glycolic Treatment
- Gel-Color
**Depilatory Services**

- Eyebrow Design
- Lip and Chin
- Modified Brazilian
- Brazilian
- Full Face (excludes brow)
- Underarm
- Upper or Lower Arm
- Bikini
- Lower Leg
- Upper Leg (with Bikini)
- Full Leg
- Full Leg (with Bikini)
- Full Back or Chest

**Hair Design & Styling**

- Men’s Haircut
- Women’s Haircut and Style
- Shampoo and Style
- Prince/Princess Cut
- Iron Work
- Single Process Color
- Curls
- Loving Lengths Invisible Extensions
  - [Complimentary Consultations]
- Partial Highlight or Lowlight
  - (Up to 20 Foils)
- Full Highlight or Lowlight
  - (20 to 50 Foils)
- Corrective Color
- Glossing and Conditioning Treatments
- Glamour Style
- Princess Style
- Express Keratin Treatment
  - (Lasts 4 to 6 weeks)
- Full Keratin Treatment
  - (Lasts 3 to 5 months)
- Moroccan Oil Deep Conditioning Treatment
- Bridal Hair Styling*
- Bridal Trial*

*In addition to our professional wedding hair and make-up services, our Spa Coordinators are happy to plan the perfect day of pampering for your wedding party, including special packages for bridesmaids, groomsmen and your actual wedding day preparations. Please contact the spa for details.

**Makeup**

- Special Occasion Makeup
  - 45 minutes
- Special Occasion (Airbrush application)
  - 45 minutes
- Makeup Lesson
  - 90 minutes
- Wedding Day Makeup*
  - (Regular foundation)
- Wedding Day Makeup*
  - (Airbrush application)

**Tanning Services**

- Sun Kissed Spray Tan
  - 15 - 30 minutes

*The Salon Experience*
Spa Sampler Package
This Petite Package offers a healthy sample of favorites from our Spa menu.
Select four of your favorite 25-minute services, such as: Express Massage, Express Facial, Warm Oil Scalp Massage, Foot Massage, Express Manicure and/or Express Pedicure. 100 minutes

The Essence of Spa Package
Joy your favorite spa and your favorite services with this half day of relaxation.
50 Minute Custom Facial, 50 Minute Swedish Massage, Classic Manicure and Pedicure. Spa lunch included. 3.5 hours

Spa Signature Ritual
The gift of renewal, tranquility, and the luster of pure Luxury. Enjoy the combination of our Spa Signature Services.
Signature Body Renewal, Signature Facial, Signature Manicure and Pedicure. Spa Lunch included. 5 hours

Spa Ocean Odyssey
Slow your mind and body while connecting with four precious elements: Ocean, Sun, Earth and Atmosphere.
This journey begins with our mineral rich, 20 minute Organic Salt Scrub & Body Polish followed by a 30 Minute Swedish Massage, 10 Minute Scalp Massage and 10 Minute Foot Massage. Then you will receive our 50 Minute Sea of Life Facial and end this deep sea ritual with our grounding Earth and Sea Manicure and Pedicure. Spa lunch included. 4.5 hours

Create Your Own Ritual
Receive a 15% discount by creating your own package of three or more 50 or 80 minute services. Services must be enjoyed by the same guest on the same day. Additional charges apply for Spa lunch.

Ritual Enhancements
These enhancements are available to add as upgrades to your services.
Hair Blow Out
Makeup Application
Spa Lunch
Prices based on menu selections.
Spa Etiquette

Reservations In order to have the most program choices and options, we encourage you to schedule your appointments in advance. Although it is possible to walk-in and schedule an appointment, availability becomes limited and in many cases we are fully committed with other guests. A credit card or verified room number is required to hold a scheduled appointment.

Cell Phones We are here to promote a calm and relaxing environment. We prefer that you leave phones, smart phones, iPads and pagers at home or in your room. If you must bring them with you, please turn them off before entering the spa.

Punctuality Arrive at least 30 minutes early so you can enjoy an unhurried transition into the spa. Arriving late for your service will limit the time of your service, thus lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time to accommodate the next guest’s scheduled appointment. After a treatment, it’s customary to vacate the room within a few minutes, though you are welcome to spend additional time unwinding in the spa’s relaxation lounge.

Cancellations Cancellations must be made 24 hours prior to appointment and a 48 hour notice is required for all Packages and Group Bookings. Appointments canceled after those times will be billed at 50% of the Service Price. No-show appointments will be billed 100% of the service price. If you choose to hold the service with your room number then the cancellation/no-show charges will be billed to your room.

Gratuity An 18% Service Charge will be added to your final bill upon check-out. The service charge also goes directly to the provider who performed your services. Additional gratuities for superior service are always appreciated.

Sustainability As part of our Eco-Awareness efforts, we strive to conserve. Being respectful of your environment is part of the spa experience. Using only the number of towels necessary during your stay helps us to maintain our goal.

Medical Conditions If you have any type of medical condition, be sure to mention it to your therapist. Certain treatments may not be advisable for you.

Valuables In order to avoid all worries and stress, leave all jewelry and valuables at home or in your room safe. We are not responsible for any lost or stolen items.

Food and Drink It is advisable not to eat for at least an hour before a treatment. Please avoid the consumption of alcohol on the day of a treatment. Drink plenty of water before and after your services.

Children A spa is a great place to get a little alone time. Our spa facilities are limited to children ages 18 and over without adult supervision. Ages 16 and 17 must be accompanied by an adult. Hair & Nail Salon services are available for youth of all ages when accompanied by an adult.

Gift Cards To order a customized spa gift card, please call 561/278-8111 or visit nSpas.com. Gift Certificates are non-refundable and are valued at the dollar amount originally paid at the time of purchase.

Groups, Brides and Spa Events It is our pleasure to host a private spa event. Please call the Spa Bridal & Event Coordinators for details. 561/278-8111