

THE SPA

AT MARRIOTT'S
HARBOR
BEACH



THE SPA AT FORT LAUDERDALE MARRIOTT
HARBOR BEACH RESORT
3030 Holiday Drive, Fort Lauderdale, FL 33316
HarborBeachSpa.com | 954.765.3032

License # MM 11321

SERVICES MENU

MASSAGE

HARBOR BEACH SIGNATURE

TROPICAL TIKI BLISS 50 MIN \$165/ 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 \$165/ 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.

STICKS & STONES..... 50 MIN \$165/ 80 MIN \$225

A therapeutic combination of our Warm Stone Therapy and Tropical Tiki Bliss. Basalt stones are used to warm & relax the muscles, then on to detail work with heated bamboo sticks. Muscle tension and knots benefit from this customized, heated massage.

MASSAGE MEDLEY

WITH WARM STONE ENHANCEMENT 50 MIN \$220

Treat yourself to an award winning Massage Medley, the ultimate massage for a complete head to toe revival. A combination of aromatherapy, Swedish massage and targeted deep tissue. All three massage styles are blended in perfect harmony for total relaxation to promote sense of tranquility and overall well-being.

THAI MASSAGE..... 50 MIN \$165/ 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.

ANTI-AGING MASSAGE..... 50 MIN \$165/ 80 MIN \$225

This massage uses a relaxing Swedish technique combined with a plant based anti-aging massage cream. The cream contains Frankincense (*Preserves tissue and stimulates collagen synthesis*), Immortell (*Stimulates collagen, firming and plumping*), Roman Chamomile (*Protects skin cells*), Mango and Cupuacu butters (*nourishes & soothes the skin*), Plum Kernel Oil & Quinoa Oil (*Fights dehydration*), and Inca Inchi (*Activates cell renewal, rich source of Omega 3 & 6*).

THERAPEUTIC MUSCLE

MELTER MASSAGE 50 MIN \$165/ 80 MIN \$225

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

LIGHT RELAXATION

SWEDISH MASSAGE..... 50 MIN \$145/ 80 MIN \$210

A classic massage for relaxation with light pressure.

Long flowing strokes are used which improves circulation, as well as reduces pain & joint stiffness.

COUPLES MASSAGE

STARTS AT 50 MIN \$295/ 80 MIN \$425

Two therapists, two guests, one great service! The perfect treatment for those who would like to share their massage treatment experience together in our couple's room. *(Prices may vary depending on the type of massage please call the Spa for details)*

MEN'S PREFERENCE MASSAGE... 50 MIN \$155/ 80 MIN \$215

Eucalyptus and stimulating aromatherapy essences are blended with mineral-rich sea salts to exfoliate, invigorate and remineralize the skin, followed by a Swedish massage.

MOTHERS LOVE

PREGNANCY MASSAGE..... 50 MIN \$165/ 80 MIN \$225

(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 \$145/ 80 MIN \$210

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.

REFLEXOLOGY 25 MIN \$95/50 MIN \$150

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 a hydrating foot ritual).*

ZEN AROMATHERAPY MASSAGE... 25 MIN \$80/ 50 MIN \$160

Uses Swedish massage technique, and the aromatherapy scent of your choice.

MOROCCAN OIL SCALP MASSAGE... 25 MIN \$60

Using an Moroccan Oil, a gentle rhythmic massage is performed on the scalp and neck. Massage 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

ELEMIS TARGETED TONING TREATMENT 75 MIN \$225

This results driven treatment has been created to help sculpt and contour the hips & thighs. Soft body exfoliation polishes the skin, followed by a rigorous massage, customized to help eliminate toxins and improve skin tone and texture. A highly concentrated, warming body mask with grapefruit, ginger, pepper and caffeine, stimulates and drains for exceptional results.

Ingredients include Elemi (*Drains and decongests*), Rosemary (*Stimulates & purifies*), Grapefruit (*Drains & firms, antioxidant*), Red Palm (*Free radical protection*), Shea Butter (*Reduces transepidermal weight loss*), Ginger & Pepper (*Warms & stimulates circulation, works on fatty deposits*), Caffeine (*Draining & slimming actions*), Centella Asiatica (*Reactivates microcirculation, smoothes orange peel skin, restores elasticity*), and Peruvian Liana (*Reduces the appearance of orange peel skin*).

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.

ROYAL BODY TREATMENT 50 MIN \$250

A full body exfoliation scrub followed by a hydrating body masque, then body wrap with hydrating lotion, customized with a scalp or foot massage.

HARBOR BEACH SIGNATURE

CITRUS BODYGLOW 50 MIN \$145

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
LOOFAH BODY BUFF.....	\$20
LAVENDER OIL	\$15
YOGA BALM.....	\$20
MOROCCAN OIL SCALP FOCUS	\$20
HAND OR FEET REVITALIZER SCRUB.....	\$20

SKIN CARE

REVIVE ANTI-AGING FACIAL..... 50 MIN \$170/ 80 MIN \$195*

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 a detoxifying Spirulina Mask, foot massage and chilled glass beauty globes for the face.

MD ALPHA BETA FACIAL... 50 MIN \$150

This facial combines glycolic acid, lactic acid, malic acid, citric acid and green tea extract. This nourishing cocktail of ingredients is designed to reduce fine lines and wrinkles, enlarged pores, fight blemishes & help with dark spots and redness. This system produces immediate results without any recovery time.

ORGANIC EMINENCE CLEAR FACIAL 50 MIN \$150

Experience lasting results using organic ingredients and plant based extracts. Address a variety of skin concerns such as sun damage and the impacts of environmental pollutants. It can also treat acne and improve the skin's vitality. This facial is specifically created to suit your skincare needs with active ingredients that promote healthier, more beautiful and radiant skin.

ELEMIS DECADENCE

DEEP CLEANSING FACIAL..... 50 MIN \$145

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.

MEN'S FACIAL 50 MIN \$145/ 80 MIN \$190

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 deep cleansing, exfoliation, relaxing massage & a soothing and refining masque to remedy imperfections. Leaves the skin smooth, clear & glowing.

MINI FACIAL 25 MIN \$75

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

SIGNATURE HYDRAFACIAL 25 MIN \$199

This treatment deeply cleanses, exfoliates, extracts, and hydrates the skin utilizing super serums filled with antioxidants, peptides, and hyaluronic acid.

DELUXE HYDRAFACIAL 50 MIN

An invigorating treatment that includes all of the essentials of the Signature HydraFacial while addressing your specific skin concern with a Booster of your choice. This treatment concludes with LED Light Therapy to further reduce the visible signs of aging. Select a treatment option below:

RESTORATIVE HYDRAFACIAL \$295

AGE-REFINEMENT HYDRAFACIAL..... \$250

Includes DermaBuilder™ to reduce the appearance of fine lines and wrinkles of skin tone, texture, and elasticity.

RADIANCE HYDRAFACIAL..... \$250

CLARIFYING HYDRAFACIAL..... \$225

Includes Extended Extractions & Blue Includes Britenol® to minimize the LED Light Therapy appearance of dark spots.

PLATINUM HYDRAFACIAL..... 80 MIN \$325

The ultimate HydraFacial experience! Begin the detoxification process with Lymphatic Drainage. Then, the Signature HydraFacial deeply cleanses, exfoliates, extracts and hydrates the skin while addressing your specific skin concern with a Booster of your choice. This treatment concludes with LED Light Therapy to further reduce the visible signs of aging.

SKINCARE ADD ONS:

HYDRAFACIAL BOOSTER..... \$55

LIP HYDRAFACIAL PERK TREATMENT \$55

EYE HYDRAFACIAL PERT TREATMENT \$55

EYE COLLAGEN MASK \$20

MD PEEL ADD ON..... \$45

MOROCCAN OIL SCALP TREATMENT \$20

LIP COLLAGEN MASK..... \$20

ALSO AVAILABLE:

Lash & Brow Tinting, Face & Body Waxing

Bikini Wax \$50

Brow Wax \$30

Brow Shaping..... \$40

Brow Tweezing..... \$35

Lip Wax..... \$25

Brow Tint..... \$50

Lash Tint \$40

Lash & Brow Tint..... \$75

Chin Wax \$25

Face Wax \$55

Full Arm Wax..... \$55

Lower Arm Wax..... \$30

Under Arm \$30

Full Back Wax..... \$80

Half Back Wax \$60

Full Leg Wax..... \$80

Half Leg Wax..... \$55

NAIL SERVICES

DOUBLE HAPPINESS

MANICURE AND PEDICURE 80 MIN \$115

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- \$65

Pedicure 50 MIN- \$80

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 no drying 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!

VINYLUX MANICURE & PEDICURE

Manicure..... 30 MIN- \$55

Pedicure 50 MIN- \$70

Vinylux dries naturally to a flawless finish in just 8 ½ minutes. The top coat actually becomes more durable when exposed to natural light, ensuring no chipping or scratching for at least one week.

HARBOR BEACH SIGNATURE CITRUS PEDICURE... 50 MIN \$60

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.

MEN'S MAN-E-CURE & PEDICURE...

MAN-E-CURE 30 MIN- \$45/ PEDICURE 50 MIN- \$60

Hands or feet are soaked and then exfoliated with a mineral salt & eucalyptus scrub. Next a cooling marine masque is applied, containing hydrating sea extracts & conditioning mineral clay. Hands or feet are then massaged using a non-greasy sandalwood oil. Lastly, myrrh nail oil is applied which moisturizes nail beds and cuticles to help strengthen, protect and prevent nails from splitting. An optional matte coat is available to leave nails perfectly groomed.

ZEN AROMATHERAPY MANICURE...25 MIN \$45

ZEN AROMATHERAPY MINI PEDICURE... 25 MIN \$50

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

SHELLAC REMOVAL \$15

NAIL SERVICE ADD-ONS:

PARAFFIN TREATMENT \$20

FRENCH..... \$11

SPA PACKAGES

Discounted 10% and already include service charge.
No substitutions. No other discounts apply.

HARBOR BEACH SIGNATURE SPA EXPERIENCE \$363

Harbor Beach 80 minute Signature Warm Tiki Bliss Massage,
Harbor Beach Signature Citrus Manicure & Harbor Beach Citrus
Pedicure.

TRANQUILITY..... \$479

50 minute Light Relaxation Swedish Massage, Aroma Decadence
Deep Cleansing Facial & Citrus Body Glow.

SPA WITH LUNCH PACKAGE \$413

50 minute Light Relaxation Swedish Massage, Aroma Decadence
Deep Cleansing Facial, Citrus pedicure, \$25 lunch voucher.

Hair Services

Women's Hair Cut & Style \$100

One Process Hair Color \$85

Women's Wet Cut..... \$75

Two Process Hair Color..... \$100

Blow Dry or Set Styling.....\$55 & up

Temporary Hair Color \$75

Up Do\$90 & up

Foil Hi Lights.....\$140 & up

Bang Trim \$10

Partial Foil Hi Lighting\$95 & up

Children's Hair Cut\$35 & up

Keratin Relaxer\$300 & up

Men's Hair Cut & Style \$50

Corrective ColorPrice by Consultation

Men's Wet Cut..... \$40

Men's Beard Shaping \$10

Bride's Trial Hair Style and Design.....\$175 & up

ALSO AVAILABLE:

(with headpiece and wedding day hair)

Hair Extensions

POLICIES & INFORMATION

INCLUDES:

- Use of cardiovascular-weight training room featuring treadmills, elliptical, stationary cycles, circuit training equipment and free weights.
- A variety of fitness classes offered daily including water aerobics, yoga, mat Pilates and spinning.
- Outdoor swimming pool and whirlpool.
- Separate spa facilities for men and women (*Sauna, Steam Room and Indoor Whirlpool are temporarily closed*)
- Private locker provided with robe and sandals for use within The Spa.
- Complimentary teas, water and snacks available in the co-ed lounge.
- Guest enjoying a service of 50-minutes or longer massage or facial, have access to the entire spa on the day of their service.

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 hour notice is required if you must cancel or reschedule an appointment. Cancellations or rescheduling 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 and fitness use.

18 years of age for spa access, massages and body treatments.
Valid identification may be required.

Guest under the age of 16 are permitted to have salon services.

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.