

**THE SPA AT FORT LAUDERDALE  
MARRIOTT HARBOR BEACH RESORT**

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**THE  
SPA**  
AT MARRIOTT'S  
HARBOR  
BEACH

**SERVICES  
MENU**



# THE SPA

AT MARRIOTT'S  
HARBOR  
BEACH

Your first step into our oceanfront spa is a step onto the path to wellness. This is an oasis of relaxation that nurtures the mind, body and soul. Located on the largest private beach in South Florida, you'll find tranquility the second you open the door. Every detail of every treatment has been diligently perfected to give you a completely rejuvenating experience. With added access to our state-of-the-art fitness center, pools, saunas and steam rooms, this is not just a trip to the spa. It's a journey to an all new you. Welcome to your senses.

**CALL 866.303.0772  
TO SCHEDULE YOUR APPOINTMENT.**

Inquire about daily spa access and fees for resort guests (waived with the purchase of a 50-minute treatment) and age requirements. Please be mindful of our four-hour cancellation notice for scheduled services.

# MASSAGE

## HARBOR BEACH SIGNATURE TROPICAL TIKI BLISS

50 MIN \$165 / 80 MIN \$225

Heated bamboo creates a therapeutic and luxurious massage. Gliding and rolling techniques, along with long 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 and 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 and calm the nervous system.

## STICKS and 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 and relax the muscles. Then it's on to detail work with heated bamboo sticks. Muscle tension and knots benefit from this customized, heated massage.

## THAI MASSAGE

50 MIN \$165 / 80 MIN \$225

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

The practitioner uses her hands, feet, arms and legs to gently guide you through 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 and 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), immortelle (stimulates collagen, firming and plumping), Roman chamomile (protects skin cells), mango and cupuaçu butters (nourishes and soothes the skin), plum kernel oil and quinoa oil (fights dehydration), Inca inchi (activates cell renewal, rich source of omega 3 and 6).

## THERAPEUTIC MUSCLE MELTER MASSAGE

50 MIN \$165 / 80 MIN \$225

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

## LIGHT RELAXATION SWEDISH MASSAGE

50 MIN \$145 / 80 MIN \$210/ 110 MIN \$245

A classic massage for relaxation with light pressure. Long flowing strokes are used to improve circulation, as well as reduces pain and joint stiffness.

## COUPLES LIGHT RELAXATION MASSAGE

50 MIN \$295 / 80 MIN \$425

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

## 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. All this is then followed by a Swedish massage.

## MOTHER'S 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 and 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 and 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 and 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).

## ARGAN OIL SCALP MASSAGE

25 MIN \$60

Using an argan oil blend, a gentle rhythmic massage is performed on the scalp and neck. Massage benefits can include stress relief, reduction in headaches and migraines and a boost in blood flow to the scalp which promotes healthier hair growth.

## ZEN AROMATHERAPY MASSAGE

25 MIN \$80 / 50 MIN \$160

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

## ELEMIS FREESTYLE DEEP TISSUE MASSAGE

25 MIN \$80 / 50 MIN \$165 / 80 MIN \$215

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

## MASSAGE CONTINUED

### ELEMIS CUSTOMIZED TOUCH DESTRESS MASSAGE

50 MIN \$165 / 80 MIN \$215

The Customized Touch Destress Massage awakens the senses through touch and aroma. This deeply relaxing synergy, soothes the mind, melts tension and harmonizes the body. This oil is blended by an expert so you can experience the power of real Aromatherapy, with hand selected pure essential oils of Rosewood, Melissa, Marjoram, Geranium, Rosemary, Lavender and Chamomile.

## BODY TREATMENTS

### ELEMIS TARGETED TONING TIGHTENER

80 MIN \$225

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and back of arms. Clinically proven\* to reduce the appearance of cellulite after just one treatment.

*Choose a localized treatment: arms, hips & thighs, or abdomen.*

### COCO- LUSCIOUS ORGANIC BODY WRAP

75 MIN \$225

An exfoliating and 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 and visibly lift skin. Includes 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. This is then followed by a final application of 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
ANTI-AGING MASSAGE CREAM	\$20
LAVENDER OIL	\$15
AROMATHERAPY SCENT	\$15
ELEMIS HEALING BALM MUSCLE REPAIR	\$20
Adds extra warmth and relaxation to sore, tired and aching muscles.	
ELEMIS SCALP & FOOT WITH FRANGIPANI MONOI	\$20
Nourishing Frangipani Monoi oil to treat the hair, scalp and feet.	

## SKIN CARE

### DERMARADIANCE MICRODERMABRASION

50 MIN FACIAL \$170 / 25 MIN EXPRESS \$85 /  
50 MIN DECOLLETE\* and HANDS \$170

Whatever your skin condition, DermaRadiance™ works to regenerate the skin to a healthy state in a gentle, non-invasive manner. This unique system is the first to offer the choice of using pure flower micro-grains and/or the diamond tip wand. This exfoliating treatment removes the top layers of dead skin cells to reveal fresh skin just below the surface, creating a glowing new complexion. This unique treatment also stimulates sub-dermal activities that renew anti-aging mechanisms of the skin that slow with age. Long-term results are achieved with regular treatments.

*\*50 MIN: includes a customized mask and moisturizer.*

### 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 and help with dark spots and redness. This system produces immediate results without any recovery time.

### CLEAR SKIN ORGANIC FACIAL

50 MIN \$150

Perfect for normal to oily and acne prone skin types, this anti-inflammatory, soothing and 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 the texture of your skin.

### ELEMIS SUPERFOOD PRO-RADIANCE

50 MIN \$170 / 80 MIN \$195

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energizing, detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.

*\*Independent Clinical Trials.*

## SKIN CARE CONTINUED

### ELEMIS CUSTOMIZED TOUCH MARINE DREAM PRO-COLLAGEN FACIAL

80 MIN \$215

After the Customized Welcome Touch, quiet your mind with our signature facial incorporating ELEMIS hero Pro-Collagen range to firm, tone the skin and reduce fine lines and wrinkles. This anti-aging treatment focuses on improving the appearance of the neck and décolleté as a tell-tale area of age and sun exposure, treating these concerns for a brighter more youthful appearance.

### MEN'S FACIAL

50 MIN \$145 / 80 MIN \$190

Specially crafted 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 and 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 and a soothing and refining masque to remedy imperfections. Leaves the skin smooth, clear and glowing.

### MINI FACIAL

25 MIN \$75

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

## SKIN CARE ADD-ONS

### REFLEXOLOGY

25 MIN \$95 / 50 MIN \$150

(Performed by massage therapist during your facial)

### BRIGHTENING BOOSTER

\$15

### EYE TREATMENT

\$25

### MD PEEL ADD ON

\$45

### ELEMIS PRO-INTENSE EYE & LIP TREATMENT

\$20

Hydra Gel Eye and Lip mask to boost collagen and elastin fiber synthesis and hydrate the skin, smoothing fine lines and wrinkles.

### ALSO AVAILABLE

Lash and Brow Tinting, Face and Body Waxing

## NAIL SERVICES

### DOUBLE HAPPINESS MANICURE AND PEDICURE

80 MIN \$115

This ultimate experience features a lactic acid peel designed to soften and 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 and 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 and 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 through a delicious citrus scrub and 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 and PEDICURE

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

Hands or feet are soaked and then exfoliated with a mineral salt and eucalyptus scrub. Next, a cooling marine masque is applied, containing hydrating sea extracts and 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.

## NAIL SERVICES CONTINUED

### 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:

**CHAIR MASSAGE DURING MANICURE** 25 MIN \$50

**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 and Harbor Beach Citrus Pedicure.

### TRANQUILITY \$479

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

### SPA WITH LUNCH PACKAGE \$413

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

## SALT OF THE SEA SCRUB BAR

\$25 to-go / \$15 used in scrub service

Experience our scrub bar and custom design your very own body scrub with the help of our mixologist. Choose from pure Himalayan salts, marine algae salt, Dead Sea salt or organic sugar. Then select your add-ins or herbs such as green tea leaves, lavender or hibiscus flower.

Lastly, select coconut or sweet almond oil and then a scent that will finalize your creation. Combine your custom creation with the spa's exfoliating body scrub treatment or zen nail services. Or let us beautifully package it for you to go, for yourself or for a gift.

## INFORMATION

### DAILY RESORT GUEST FEE

\$30 / After 5PM \$15 (Registered hotel guests only)

Includes:

- Use of cardiovascular weight training room featuring treadmills, ellipticals, stationary cycles, circuit training.
- Equipment and free weights.
- A variety of fitness classes offered daily including water aerobics, yoga, Zumba, mat pilates and spinning.
- Outdoor swimming pool and Jacuzzi®.
- Separate spa facilities for men and women featuring steam, sauna, whirlpool, spa amenities.
- 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 and 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.