

FITNESS

Customized workouts designed specifically for you
• Weight Loss • Sports Conditioning • Strength Training
• Resistance Training • Body Assessments

PERSONALIZED STRETCH THERAPY SESSION

SESSIONS	DURATION	PRICE
1	30 MINUTES	\$75
1	45 MINUTES	\$95
3	30 MINUTES	\$195
3	45 MINUTES	\$225
5	30 MINUTES	\$300
5	45 MINUTES	\$400
10	30 MINUTES	\$550
10	45 MINUTES	\$750

PERSONAL TRAINING SESSIONS

SESSIONS	DURATION	PRICE
1	30 MINUTES	\$65
1	1 HOUR	\$95
3	1 HOUR	\$265
5	1 HOUR	\$410
8	1 HOUR	\$660

SPA SERVICES



stantonspa@nfcamenity.com
(786) 276-2052 or dial "2052" from your room phone.

SPA SERVICES



RESERVATIONS

While we will make every effort to accommodate same day appointments, we encourage guests to schedule appointments in advance to ensure that their treatment and therapist preferences are available. At the time of booking an appointment, please alert us of any medical conditions or product sensitivities to allow us to better serve you in the spa. A credit card is required to secure your spa treatment.

ARRIVAL/ CANCELLATION POLICY

Please arrive at least 15 minutes prior to your treatments. Arriving late will limit the time for your treatment. Your session will end on time, so the next guest is not delayed. The full value of your treatment will be charged. We require 24 hours notice when you are unable to keep your scheduled appointment. Failure to maintain the cancellation policy will result in a full charge for the treatments. Cancellations of packages or private parties require one week notice.

TREATMENT PREPARATION

You will be asked to fill out a spa intake questionnaire prior to your service so that we can best tailor our treatments to your needs. You will be given a robe and sandals for your treatment. To receive the full benefits of the services, we ask that our guests shower before their scheduled treatments.

AGE REQUIREMENTS

Children under the age of 16 are not allowed in the spa and fitness areas. The minimum age requirement to receive massage treatments and fitness center is 16 years old. Guests between the ages of 16 and 17 must be accompanied by a legal guardian at all times.

CELL PHONE USE

Cell phone use is prohibited in all spa areas, including the Fitness Center. Photos are prohibited in the spa areas.

SERVICE CHARGE

For your convenience a 20% service charge will be included on your service bill. Additional gratuities may be offered at your discretion. *Prices and services are subject to change.

BEACH ACCESS

Spa guests are able to access the beach the day of their confirmed appointment with rental of Beach Chair (\$15). Optional Umbrella (\$19)



CALM WATERS PACKAGE

3 HOURS - \$370

Spend the day at Stanton Spa relaxing and renewing your mind, body and spirit. This incredible all-body ritual starts with a sea salt and coffee bean full body scrub followed by a deeply hydrating and relaxing fifty minute Swedish massage. You will then enjoy an intensive, brightening facial that will leave your skin glowing. Your spa experience will be completed with a luxurious manicure and pedicure.

MASSAGES

CLEAR YOUR MIND

50 / 80 MINUTES - \$145 / \$210

Calm a stressed and confused head with a refreshing yet soothing experience for body, mind and soul. You are treated to an uplifting inhalation of frankincense and a customized massage to target your specific needs. A luxurious blend of camomile and rosemary helps to calm and cleanse your thoughts, while a relaxing scalp and facial massage works on your complete wellbeing to relieve anxiety and emotional exhaustion. Perfect for a troubled mind, this is an effective treatment any time of day to refresh your memory and get your brain back on track.

REBALANCE SCALP, NECK & FOOT MASSAGE

50 / 80 MINUTES - \$135 / \$185

Deeply relaxing, this scalp, neck and foot massage is especially beneficial for those who suffer from tension headaches.

HOT SEA SHELL THERAPY

50 / 80 MINUTES - \$145 / \$210

Lava shells are used to combine heat and controlled pressure relieving deep-seated muscle tension. This healing and soothing treatment stimulates blood and lymphatic circulation to assist in eliminating lactic acid build-up.

SWEDISH MASSAGE

50 / 80 MINUTES - \$130 / \$175

This classic full body massage, using low to mid pressure will increase circulation and clam your mind bringing you to a full state of relaxation.

DEEP TISSUE MASSAGE

50 / 80 MINUTES - \$140 / \$185

This therapeutic massage works on releasing chronic muscle tension using firm pressure to reach the deepest layers of the muscle tissue, tendons and joints to provide immediate relief.

MATERNITY MASSAGE

50 / 80 MINUTES - \$140 / \$185

Especially for mom-to-be, a deeply relaxing massage that focuses on all affected areas and alleviates lower back pain. Special vitamin rich oils are used to hydrate the skin and improve elasticity to assist in preventing stretch marks. (Available only after the first trimester).

COUPLES MASSAGE

50 OR 80 MINUTES (PRICE BASED ON MASSAGE TYPE)

Each couples therapy can be customized to the massage technique of your choosing and begins with warm towel compresses before your luxurious side-by-side massages.

ENHANCEMENTS

\$25 EACH OR TWO FOR \$40

- Warm oil aromatic nourishing scalp and hair treatment
- Hand and foot scrub with moisturizing balm
- Full body sunscreen application

SCRUB & WRAP TREATMENTS

SIGNATURE STANTON SOUTH BEACH RITUAL

80 MINUTES - \$230

This luxurious treatment begins with an Exotic Island Body Scrub, a gentle vanilla-scented body scrub blended with sea salt, coconut and algo-monoï for a thorough exfoliation of the entire body to leave the skin feeling smooth and soft. Next is an azure bath inspired by crystal blue waters to protect and hydrate the skin. The Mahana massage incorporates a rhythmic Lomi- Lomi massage using warm sand pouches to loosen muscles and nourish the skin. Finally dry oil is swept over the skin; its subtle golden pearls leave a sun-kissed glow and a delicate sent of flowers and monoï.

SLIM AND SCULPT

80 MINUTES - \$185

This high-performance, innovative treatment tackles cellulite and stubborn, unwanted curves for amazing results! Featuring a unique Thalgo-exclusive body wrap, which infuses pure oxygen into the deep skin cells to detoxify the skin and encourage the release and elimination of stored fats. The perfect sculpt massage is then carried out for 25 minutes, using techniques specifically designed to correct problems related to cellulite and deep fat deposits.

INTENSE NOURISHMENT

80 MINUTES - \$215

Nourish body and soul with this luxurious treatment designed to rejuvenate dry, out-of-condition skin. The sensual fragrance of exotic flowers such as fresh tuberose, seductive ylang ylang and rich vanilla bring their calming, expansive properties to this treatment. An intensive salt and coffee body exfoliation stimulates the circulation and sloughs off dead cells to revive dull tired-looking skin. Hands and feet are given special attention with applications of rich vitamin E oil to cuticles and heels and a freshwater mud mask to truly soften and condition the skin. Your body is layered in hydrating and mineralizing products and then massaged, Swedish style, with a blend of four highly nourishing plant oils. Skin is then protected with velvety moisturizing body butter. Finally a scalp massage dissolves tension and stress so that mind and body are nourished and rejuvenated.

DETOX AND REVIVE

50 MINUTES - \$155

The perfect pick-me-up for when you're feeling sluggish or lethargic with out-of-condition skin. This Aromatherapy Associates body treatment combines sweet zesty pink grapefruit, fresh green rosemary, and rich, woody juniper berry for a strengthening, detoxifying effect. Exfoliation with bamboo grains refines the pores and reveals fresh new skin. Then while you are enveloped in layers of gels and oils, a stimulating foot reflex pressure massage encourages the release and elimination of toxins.

SUMMER SKIN COOLER

50 MINUTES - \$150

Soothe and re-hydrate over-exposed skin with this cooling, refreshing treatment. The treatment combines the famous skin-healing properties of lavender with cooling peppermint to rescue distressed skin. Gentle exfoliation (optional if skin is sunburnt) prepares the body for an intensive layering of hydrating gel, soothing lavender oil and nourishing body cream rich in shea butter. A hydrating mask is applied to the face and while the active extracts get to work, a relaxing scalp massage releases tension in the head for an all-over relaxing, restorative treatment.

FACIAL TREATMENTS

ALPHA BETA FIRING PEEL SIGNATURE FACIAL

50 MINUTES - \$225

This high-performance facial, designed by celebrity dermatologist Dr. Dennis Gross, combines nature's most powerful and potent Vitamin C to regenerate luminosity, supercharge, brighten your skin and build collagen. Includes a gentle alpha beta peel exfoliation and a super-hydrating hyaluronic marine modeling mask that will give skin a plumper, hydrated and smoother appearance. Followed by professional LED light therapy that will give you rested, revived and more youthful looking eyes. After one treatment, improve the appearance of dry surface lines and pores and experience firmer, supple, more radiant skin.

HEART OF THE OCEAN FACIAL

50 MINUTES - \$165

This personalized Thalgo facial ritual begins with a relaxing welcome massage, after which the skin is cleansed and exfoliated. A serum packed with active marine ingredients is applied, followed by a skin-specific mask to correct concerns. We finish with a luxurious moisturizer to leave your complexion restored to its natural beauty.

CLASSIC MARINE ALGAE FACIAL

50 MINUTES - \$140

Experience true marine beauty with this signature algae facial by Thalgo. The skin is cleansed and exfoliated, and then a mask of pure natural seaweed, known for its beauty enhancing properties, is applied to revitalize the skin. After a relaxing facial massage, a serum and moisturizer is applied to complete the treatment. Your complexion is soft, radiant and beautiful. This facial is suitable for all skin types.

ULTIMATE AROMATHERAPY FACIAL

80 MINUTES - \$210

A bespoke facial, designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous. A calming frankincense inhalation helps you let go of the day's stresses, turning your focus inward as your treatment begins. Your skin is thoroughly cleansed, exfoliated and toned using product chosen for your skin type. A traditional aromatherapy pressure point massage combined with lymphatic drainage releases facial tension and congestion. Then, while a facial mask goes to work, your arms and hands are massaged and your skin is finally treated with an application of serums and moisturizers.

FACIAL ENHANCEMENTS

\$25 EACH OR TWO FOR \$40

- Warm oil aromatic nourishing scalp and hair treatment
- Hand and Foot scrub with moisturizing balm

ADDITIONAL ENHANCEMENTS

- Hyaluronic Hydrating Marine Modeling Mask \$25
- Spectralite Brighten & Firm Eye Treatment \$25
- Express Alpha Beta Peel \$50

HAND AND FOOT TREATMENTS

SIGNATURE HAND RELAXER MANICURE

40 MINUTES - \$45

Refresh and support aching, fatigued hands and arms after a long day with this specially selected combination of essential oils to stimulate and invigorate. Spicy, rich black pepper and fresh, green rosemary stimulates circulation while warming ginger lends an energizing effect. Your hands and lower arms are immersed in a warm, aromatic soak then prepared with a refining olive grain scrub. A tension relieving gel is applied to each hand and arm then wrapped to allow penetration of oils. Then enjoy a massage of specially nourishing oil and lotion. The treatment is completed with perfectly polished nails.

SIGNATURE FOOT RELAXER PEDICURE

60 MINUTES \$65

Refresh and support tired, aching feet after a long day on the go with this specially selected combination of essential oils to stimulate and invigorate. Spicy, rich black pepper and fresh, green rosemary stimulates circulation while warming ginger lends an energizing effect. Feet and lower legs are brushed, soaked, exfoliated and refreshed with hot towels before gel and oil are massaged into the skin. Cuticles and heels are deeply nourished with natural plant oils and nails are perfectly polished.

EXPRESS MANICURE AND PEDICURE

60 MINUTES \$75

Refresh and support tired, aching feet after a long day on the go with this specially selected combination of essential oils to stimulate and invigorate. Spicy, rich black pepper and fresh green rosemary stimulates circulation while warming ginger lends an energizing effect. Feet and lower legs are brushed, soaked, exfoliated and refreshed with hot towels before gel and oil are massaged into the skin. Cuticles and heels are deeply nourished with natural plant oils and nails are perfectly polished.

NAIL ENHANCEMENTS

- Shellac Polish \$10
- Shellac removal \$8
- Polish change \$15
- French polish +\$10

WAXING

EYEBROW \$15

LIP \$15

CHIN \$15

NOSE \$15

FULL FACE \$35

UNDERARM \$30

ARMS \$35

HALF LEG \$40

FULL LEG \$75

BIKINI \$45

FRENCH BIKINI \$55

BRAZILIAN \$65