



To arrange spa appointments, please call Member Services at (772) 678.4060 or the Spa at (772) 678.4211

## MASSAGES

### EUROPEAN MASSAGE (60 Minutes 120 / 90 Minutes 175)

Enjoy the relaxing effects of this European-style massage while improving your circulation, relieving muscle tension, and heightening your sense of well-being.

### GOLFER'S MASSAGE 205 (90 Minute Massage Only)

An athletic therapeutic massage for Golfers concentrates on relaxing the back, hamstrings, hip flexors, shoulders, forearms and wrists to create a bigger shoulder turn, better hip & back flexibility, more powerful torque and a higher finish. With the combination of Sports Massage and specific stretches, this massage is a sure way to improve any golfer's game.

### HOT STONE THERAPY MASSAGE 190 (90 Minute Massage Only)

Experience the sensation of ultra-smooth stones and healing touch while heat deeply penetrates the muscle and eases you into a complete state of deep relaxation. Discover peace and balance through the sumptuous combination of warm stone and massage.

### AROMATHERAPY MASSAGE (60 Minutes 130 / 90 Minutes 190)

Personalize your massage with a customized aromatherapy blend to awaken your senses. Design a fusion of essential oils and enjoy the healing properties and benefits that naturally relax, soothe, and uplift.

### DEEP TISSUE MASSAGE (60 Minutes 140 / 90 Minutes 205)

A deep, therapeutic massage that is both pleasurable and highly beneficial. This massage utilizes flowing techniques to open locked muscles and release toxins. A tension-relieving experience unlike any other.

### DUET MASSAGE (60 Minutes 250 / 90 Minutes 370)

Enjoy relaxing with your favorite person in our shared-suite couples massage room.

### PRENATAL MASSAGE (60 Minutes 120 / 90 Minutes 175)

Massage therapy during pregnancy (after first trimester) is a wonderful complementary choice for prenatal care. It is a healthy way to reduce stress and promote overall wellness. Massage relieves many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps, headaches and edema (or swelling).

### REFLEXOLOGY (60 Minutes 130 / 90 Minutes 190)

An alternative therapeutic method of stimulating the reflex points of the hands and feet, relaxing and rejuvenating each and every part of the body, including the glands and organs.

## FACIALS

### ORGANIC FACIAL (60 Minutes 130 / 90 Minutes 190)

Designed specifically to combat the adverse effects of environmental toxins on the skin, the synergy of exfoliation, cleansing, steaming, hydration, and extractions gently detoxifies and corrects imbalances for a radiant complexion. This individualized indulgence includes a facial massage to promote relaxation with deep cleansing customized for your skin type. \* Enhance your facial with a specialty peel, mask, or serum upgrade upon request.

### *Floridian* SIGNATURE FACIAL (60 Minutes 160 / 90 Minutes 235)

Relax and enjoy our ultimate facial experience. Your skin is left perfectly hydrated, with improved surface elasticity and a visible reduction of age lines. Your aesthetician will provide an unforgettable facial treatment with serum included. This specialty facial includes a soothing hand or foot massage.

### BACK CLEANSE 140

Therapy for the back that synchronizes exfoliation with soothing healing. A deep cleanse and relaxing massage removes impurities, restores the skin, and relaxes the mind.

### EYE LASH TINT 50

Say goodbye to light lashes and enhance your lash color for a brighter, bolder look.

### EYE BROW TINT 30

Enhance your skin and hair with the perfect brow shade. A little color adds so much beauty.

## HAIR STYLING

### WOMAN'S CUT, SHAMPOO & STYLE 75 & UP

### SHAMPOO & BLOW DRY 65 & UP

### UP-DO 150

### KÈRASTASE HAIR TREATMENT 45

Deep conditioning thermal hair treatment. Rehydrate your hair for a fabulous healthy look.

### CAVIAR CONDITIONING TREATMENT 50

A re-conditioning treatment that works synergistically to reconstruct distressed hair and restore it to a healthy state. Replenishes moisture and strengthens the hair from the inside while reinforcing and sealing the cuticle.

The result is shinier, healthier, more manageable hair.



## FINISHING TOUCHES

### CLASSIC MANICURE 38

This classic manicure soothes away stress and nurtures your hands by smoothing your nails and cuticles into shape. Continue relaxing with a forearm and hand massage and choose your shade of polish to top off your glowing hands.

### CLASSIC PEDICURE 60

This classic pedicure begins with a cleansing foot soak in healing essential oils followed by a gentle exfoliation. Your nails are shaped and your cuticles are conditioned then your feet and legs are massaged. Finally your nails are ready for a coat of your favorite nail polish.

### GOLFER'S PEDICURE 60

Feet that those who play hard deserve extra attention at the end of the day. This pampering treatment features an exfoliation and foot masque. It also includes an invigorating massage featuring a natural, soothing foot balm. Polish optional.

### *Floridian* PEDICURE 75

Escape with a luxurious enhancement of our classic pedicure. This indulgent and revitalizing therapy is designed to soften and rejuvenate your feet. Enjoy fresh citrus scents of lemons, limes and oranges used to refresh and lighten feet followed by an exfoliation sugar scrub. Then relax your feet in a therapeutic salt soak with a soothing massage. The indulgence continues with nail grooming and expert polish application.

### SHELLAC MANICURE 65

This manicure uses a hybrid nail color that brushes on like polish, but holds up like a gel-so its natural, glossy 'wet look' finish can stay smudge- and chip-free for up to 2 weeks.

### SHELLAC PEDICURE 85

Enjoy gorgeous pedicure with no drying time.

### HAIR REMOVAL WAXING

Call for a list of available services.

Gratuity is not included in the price of the service.  
For your convenience gratuity envelopes are available in the locker rooms.

