

WELCOME TO INDULGENCE.

Discover a revitalizing seaside oasis, nestled along the private beaches of our secluded resort. Here, as you embark upon your journey to wellness, you will enjoy indigenous therapies and a renewed sense of oneness with nature. You'll also enjoy complimentary beverages and personal care items, a variety of fitness classes, use of the fitness center, a private locker, plush robe and sandals, private outdoor swimming pool, Jacuzzi®s and saunas.

The entire spa, including poolside, is a smoke-free/cell phone-free environment.

Call 866-303-0772 to schedule your appointment, inquire about daily spa access/daily fees (waived with the purchase of a 50-minute treatment) and age requirements. Please be mindful of a four-hour cancellation notice for scheduled services.

RECEPTION DESK

954-765-3032

AGE REQUIREMENTS

16 years of age for spa services and fitness use

DAILY SPA GUEST FEE (for resort guests only)

\$30 | \$15 after 5 pm

SPA RESERVATIONS

We strongly recommend scheduling your spa services in advance. Demand for appointments is high, especially on weekends (Friday through Sunday) and holidays. Call The Spa and our Advisors will assist you.

CANCELLATION POLICY

Our spa and salon appointments are reserved exclusively for you. Please provide four hours notice 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.

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 SALON

Our Spa Salon offers hair styling, hair cutting, coloring, highlights, men's coloring, perms, conditioning treatments, a complete array of nail treatments, body waxing, and make-up applications. Please ask for our Salon Menu for a complete list of services and pricing.

DIRECTORY OF *treatments*



THE SPA AT HARBOR BEACH MARRIOTT
3030 HOLIDAY DRIVE
FORT LAUDERDALE, FL 33316
(954) 765 3032 TOLL FREE (866) 303 0772
www.marriottharborbeachspa.com

✦ HARBOR BEACH SIGNATURE SEASHELL THERAPY
(80 minutes) **\$205**
Unique massage uses heated smooth tiger seashells to drizzle warm scented oil over the body, and then they are used to massage in the oil followed by a deeply soothing massage from head to toe.

SWEDISH MASSAGE
(50, 80, or 110 minutes) **\$130/\$195/\$240**
A relaxing massage with light to moderate pressure. Long flowing strokes are used to improve circulation and relaxation.

MUSCLE MELTER
(50 or 80 minutes) **\$150/\$205**
A therapeutic massage designed for individuals wanting more detailed body work on specific body muscle groups.

COUPLES SWEDISH MASSAGE
(50 or 80 minutes) **\$265/\$405**
Two therapists, two guests, one great service!

WARM STONE THERAPY
(80 minutes) **\$205**
This massage combines Swedish techniques with synchronized strokes to create an experience like no other. The warm sensation of the stones allows the mind and body to release daily tension and stress.

REFLEXOLOGY
(25 or 50 minutes) **\$95/\$145**
An ancient foot massage treatment creates a healthy balance throughout your body by activating pressure points in the feet. As you relax, tension and stress melt away while circulation and balance increase from within.

REIKI
(50 or 80 minutes) **\$130/\$195**
Uses channeled life force energy to affect change and balance in the body with a subtle laying of the hands technique. Little or no body contact.

THAI MASSAGE
(80 minutes) **\$205**
(Guests remained clothed and wear loose fitting clothing). In this dynamic form of therapeutic massage, the practitioner uses her hands, feet, arms and 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. True to the spirit of yoga, Thai massage is a holistic and profound experience, creating a harmonious and therapeutic "dance" that leads to greater physical awareness, grace and spiritual energy.

GENTLEMEN'S PREFERENCE MASSAGE
(50 or 80 minutes) **\$140/\$200**
A full body loofah exfoliation, complete with warm towel, face, hand and foot treatment followed by a Swedish massage.

✦ THE SPA AT HARBOR BEACH MARRIOTT SIGNATURE TREATMENT

HEALING TOUCH
(50 or 80 minutes) **\$130/\$195**
A relaxing & nurturing therapy that works with your energy field. Gentle touch assists in balancing your physical, mental, emotional and spiritual well-being. Although individual experiences will vary, the benefits of Healing Touch include calms anxiety and depression, decreases pain, strengthens the immune system, compliments care for neck and back problems.

MOTHERS LOVE PREGNANCY MASSAGE
(50 or 80 minutes) **\$150/\$205**
(MUST be past the first trimester)
Designed specifically for the expectant mother, this massage ensures the utmost care and comfort of the mother and child. A safe and advanced formula, infused with lemon grass, rosewood and mint, helps to prevent pregnancy stretch marks and improves skin elasticity while promoting relaxation.

ZEN MASSAGE
(25 or 50 minutes) **\$75/\$145**
Customized for you and using Swedish massage technique (light to moderate pressure). Choose from "Soothing and Calming," "Balancing and Energizing," or "Euphoric and Stimulating." Each scent can be easily combined to create a signature blend that you will treasure.

✦ CITRUS BODY GLOW
(50 minutes) **\$130**
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.

SPIRULINA BODY WRAP
(50 minutes) **\$150**
Indulge in the rejuvenating effects of the sea. This treatment is an ideal way to relax and nourish the body. A natural Spirulina Body Wrap, rich in antioxidants and other beneficial nutrients, is applied to the entire body. During the wrap, enjoy a relaxing face and scalp massage. A body application of marine firming crème rich in contouring elements, concludes this sublime treatment.

ZEN SCALP TREATMENT
(25 minutes) **\$50**
In this revitalizing hair and scalp treatment, the healing properties of our melted Concreta are used in combination with gentle rhythmic massage to the scalp and neck. Reviving dry hair and scalp, shea butter within the Concreta provides intense conditioning as well as an amazing shine enhancer leaving your hair feeling silky smooth. Poured luxuriously over the scalp, this relaxing and beneficial treatment is not to be missed!

REVIVE ANTI-AGING FACIAL
(50 or 80 minutes) **\$155/\$195**
This customized botanical facial maximizes your skin's performance, dramatically increasing moisture, and resulting in clear, healthy vibrant skin. This result-oriented treatment includes a relaxing upper body massage as well as a hand treatment.

80 minute: Includes the above, plus a nourishing and antioxidant rich Spirulina masque, chilled beauty globes that aid in firming the skin, and a foot massage.

MD ALPHA BETA FACIAL
(50 minutes) **\$140**
A nourishing cocktail of antioxidant ingredients that will improve firmness, elasticity and promote collagen production. Includes an Alpha Beta Peel. Designed for all ages and skin types, this facial leaves the skin with that "special glow."

GENTLEMEN'S FACIAL
(50 or 80 minutes) **\$130/\$180**
Especially for men, this facial includes deep pore cleansing, customized mask and a tranquil scalp, neck and shoulder massage. Results-oriented treatment that diminishes sensitivity while leaving the skin rejuvenated, hydrated and refreshed.

AROMA DECADENCE FACIAL
(50 minutes) **\$130**
A high performance 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.

ZEN MANICURE & PEDICURE
(Manicure or Pedicure, 30 minutes each) **\$40/\$50**
Features personalized aromatherapy in this luxurious treatment which nourishes skin, and creates a soft, customized scent. In addition to providing a unique experience, it also embraces the powerful connection between scent and memory, creating a lasting reminder of the treatment.

✦ SIGNATURE CITRUS MANICURE
(30 minutes) **\$40**
Beginning with a gentle exfoliation using a delicious citrus scrub, your hands are enveloped in a warm cocoon of rich, moisturizing mask to re-hydrate the skin. A deluxe hand massage, manicure and polish complete the service.

✦ SIGNATURE CITRUS PEDICURE
(50 minutes) **\$60**
Begin 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 mask and wrapped in warm towels to ensure penetration. A full pedicure with polish completes this unique experience.

DOUBLE HAPPINESS MANI/PEDI
(80 minutes) **\$115**
This is the ultimate experience with invigorating peppermint and rejuvenating skin softening ingredient technology using lactic acid. 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.

SPA PACKAGES

(Discounted 10% and already include service charge. No substitutions.)

✦ HARBOR BEACH SIGNATURE SPA EXPERIENCE \$336
Harbor Beach Signature Sea Shell Massage, Harbor Beach Signature Citrus Manicure, Harbor Beach Citrus Pedicure, Make-Up Refresher

TRANQUILITY \$429
Swedish Massage, Aroma Decadence Facial, Citrus Body Glow, Make-Up Refresher