

S P A
OCEAN SANDS



Body Exfoliations

All Body Treatments include a Vichy Rain Shower

Ocean Sands Signature Body Buff

25 minutes - \$70

Our signature body buff will take away layers of aging skin cells to reveal glowing silky skin. This body buff exfoliates, cleanses, moisturizes, regenerates, and reconditions your skin. Recommended alone or before any massage or body treatment.

Lavender & Ylang Ylang Body Scrub

An Aromatherapy Exfoliation

25 Minutes - \$65

Bring back your skin's radiant glow as this Sea Salt exfoliation rich in Ylang Ylang, Tangerine and Lavender leaves your skin silky smooth and mineralized. Recommended prior to any massage or body treatment.

Gentle Body Polish

25 minutes - \$65

This treatment eliminates dead and dry skin cells through gentle exfoliation with Jojoba Beads and hydrating oils, leaving the skin soft and hydrated. This treatment is ideal for sensitive skin or prior to any of our other body treatments.

Water Rituals

Sea Water Bath

25 minutes - \$60

Technologically designed for ultimate relaxation and comfort. Your body will be refreshed, fatigue-free and revitalized as a combination of seawater and hydrotherapy jets massage you.

Hydrotherapy Massage

50 minutes - \$100

Our licensed therapist will utilize a hydro-wand to target specific pressure points on your body. The hydro jets will massage you in a cyclical motion while your skin benefits from the revitalizing essential oils.



Massage Therapy

Aromatherapy

50 or 80 minutes - \$100/\$135

A massage designed especially for those in need of relaxation, utilizing a blend of Swedish and lymphatic drainage techniques. Aromatherapy essential oils promote a sense of relaxation and well being.

Back, Neck and Shoulders Massage

25 minutes - \$60

This massage focuses on the upper areas of your body to help you relax while increasing circulation and relieving stress.

Deep Tissue Massage

50 or 80 minutes - \$100/\$135

A therapeutic massage that utilizes cross fiber technique and firmer pressure on the muscles to reduce muscle soreness and tension.

Pre-Natal

50 minutes - \$100

This pre or post natal massage (done sideways for comfort), assists in reducing pregnancy induced fatigue by increasing circulation and lymphatic drainage. Special attention is placed on the lower body to alleviate leg, hip and lower back pressure. Not recommended during the first trimester of pregnancy.

Reflexology

25 or 50 minutes - \$65/\$125

A pressure point technique applied to your feet and hands to release tension. Each point corresponds to a specific area of your body, which enhances circulation and encourages healing. This massage is especially beneficial for those on their feet all day.

Scalp Massage

25 minutes - \$60

This pressure point scalp massage will rejuvenate and relax you. The perfect add on to any of our services.

Stone Therapy Massage

50 or 80 minutes - \$115/\$150

Smooth polished Baltic stones are heated and placed on the chakra centers of the body to relieve stress and align body energy. The stones are also applied to the body and massaged working with and around these stones for maximum effectiveness.

Swedish Massage

50 or 80 minutes - \$90/\$125

A gentle full body massage intended for relaxation, increasing circulation and promoting full mind and body stress relief.

Top to Toe Massage

80 minutes - \$150

Our signature massage lets you experience three different types of massage. It begins with a relaxing scalp massage followed by a full body Swedish massage and concludes with reflexology. Comes as close to heaven as humanly possible.

The Ultimate Couples Escape Massage

50 or 80 minutes - \$90/\$125

Our Couples Massage Room is reserved for this special experience to be shared with a loved one. Each of you will be provided with your own therapist and treated to the massage ritual of your choice. Prices vary depending on the massage chosen.

Eastern Therapies

Shiatsu

50 or 80 minutes - \$115/\$150

This Japanese massage balances the energy flow through the meridians of your body. Using finger pressure in combination with stretches, it opens the meridians to create a sense of balance and peace. It improves flexibility, circulation and posture.

Swe -Thai Massage

80 minutes - \$180

This massage blends ancient Eastern therapies with traditional Swedish soft tissue techniques. The Therapist applies pressure and facilitates a series of passive stretching movements, allowing the body to experience profound relaxation, peripheral stimulation of the internal organs, increased flexibility and energy flow.

Body Wraps

Hydrating Seaweed Wrap

Hydrating and Firming Body Treatment

50 minutes - \$120

This French therapeutic seaweed wrap firms, hydrates and re-mineralizes dry, damaged skin. Your treatment begins with a gentle body exfoliation, followed by the application of warm seaweed to your entire body except the face. Your body is then wrapped in thermal blankets to release stress and toxins.

Contraindications: Not recommended for anyone who's pregnant, has high blood pressure, or is sensitive or allergic to iodine.

Desert Heat Body Wrap

Rejuvenating Body Treatment

50 minutes - \$100

Relief for tired muscles is found in this exquisite blend of mineral-rich desert sand. This wrap begins with a gentle body polish, followed by an application of self-heating mud to soften and rejuvenate your skin.

Moroccan Rassoul Wrap

Purify and Mineralize

50 minutes - \$100

Volcanic mud is historically known for its high mineral content and purifying properties. A warm mask rich in volcanic mud is applied to the entire body, stimulating the release of impurities, as it deeply hydrates the skin. You will experience a delightful sense of well being as your skin absorbs these enriching minerals.

Green Coffee Body Wrap

Proven-Effective Cellulite Treatment

50 minutes - \$120

This highly detoxifying and stimulating body wrap will improve circulation, elasticity and smooth the skin through the benefits of a light textured gel rich in green coffee extract.

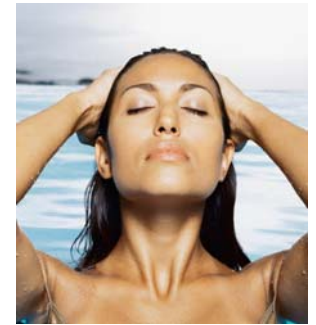
Facial Rejuvenation

European Custom Facial

Deep Pore Cleansing Facial

50 minutes - \$90

This deep cleansing facial is suitable for all skin types, and is an intensive cleansing and moisturizing boost for your skin. A gentle exfoliating peel which removes dead skin cells is followed by extractions and a massage of your face, neck and décolleté.



Back Facial

50 minutes - \$90

This relaxing deep cleansing treatment will smooth and brighten the hard to reach back area, which is sometimes prone to acne. This treatment includes exfoliation, aromatic steam, deep pore cleansing if needed and a mask to refine the pores. A light massage and moisturizer follows.

Skin Fit for Men Facial

50 minutes - \$90

A treatment designed especially for men. This facial includes steaming, exfoliation and deep cleansing of clogged pores. A face, neck and shoulder massage follows for total relaxation. As you enjoy your treatment mask, a hand massage is performed.

Advanced Skin Therapy

Anti-Free Radical Facial

Deep Hydrating Facial

50 minutes - \$115

A facial treatment to combat dry, dehydrated skin. This vitamin enriched treatment utilizes Vitamin A, E, and D to fight free radicals that cause premature aging. The dramatic treatment mask warms to allow the vitamins to penetrate the skin then cools to seal them in and refine the pores. A deep cleansing facial is included.

Elasto-Firm Facial

Firming Facial

50 minutes - \$105

This is an excellent facial for individuals looking for tighter more youthful looking skin. Elastin is the most renowned protein for strengthening the skin. Recommended for any skin type with loss of elasticity.

Plantomer Facial

Soothing Facial

50 minutes - \$115

This highly effective soothing treatment calms redness and soothes irritated or sensitive skin. A propolis ampoule disinfects the surface of the skin and restricts capillaries, then a cool lift off mask is applied to seal in the vitamin-enriched ampoule.

Rosacea Facial

Hypersensitive Skin Types

50 minutes - \$115

Treat your skin to the benefits of Green Tea, French Rose, and Licorice. This facial is recommended for all hypersensitive skin types especially those with Couperose, Eruthrose, Rosacea and Acne Rosacea.

Shimmering “C” & Sea Facial

Rejuvenating Facial Treatment

50 minutes - \$115

This rejuvenating facial combines the high potency of Vitamin C and the stimulating effect of freeze-dried seaweed leaving the skin feeling firm, rejuvenated and extremely soft. This facial is an excellent treatment for the sunbather, or those with sun damaged skin. A deep pore cleansing facial is included in the treatment.

High performance Lightening Treatments

Preventative hyper pigmentation Treatment

25 minutes - \$55

This professional treatment aids in correcting the over production of melanin at the cellular level, lessening future hyper pigmentation. The home follow-up regiment works to bleach the surface of the skin.

Exfoliating Facial Treatments

Floracid Acid Peel

25 minutes - \$55

Experience the benefits of glycolic and salicylic acid, as well as white hibiscus flower. This treatment will exfoliate damaged skin to lighten your complexion and give you a more even skin tone. A soothing mask and sunscreen follows this treatment.

Skin Enhancements

All skin care enhancements may be booked as an individual treatment or added on to any facial service.

High Performance Eye Contour Treatment

The Ultimate Eye Treatment

25 minutes - \$55

This intensive eye contour treatment fights wrinkles, smoothes creepiness, strengthens and firms the eye area. It stimulates blood circulation around the eyes, alleviating dark circles and puffiness. May be booked alone or with any facial.

De-Stress Eye Treatment

\$55

For Puffiness and Wrinkles Softens lines, decreases puffiness and lightens dark circles.

Neck & Décolleté Treatment

\$55

Firm and smooth the delicate neck and décolleté area, where you can often see the first signs of aging. This special treatment will hydrate, tighten and smooth this delicate and often neglected area.

Youthful Lip Treatment

\$55

This revolutionary lip smoothing treatment smoothes, hydrates and redefines the lips, leaving them plump and youthful.

Makeup Application

For that special occasion, let our professional make-up artists customize a look that is suitable for you.

Hand Care

Classic Spa Manicure

A Relaxing Spa Manicure

25 minutes - \$20

This manicure includes nail shaping, cuticle trimming and a hand massage. Your choice of color is then applied.

Ocean Sands Signature Manicure

A Relaxing Spa Manicure

45 minutes - \$60

Our signature manicure begins with nail shaping and cuticle trimming. Then a Caviar Mask is applied to hydrate and smooth the skin. Finally a Caviar Hand Cream is applied, followed by your choice of color.

Lightening Hand Treatment

With Glycolic Acid, Exfoliating Manicure

60 minutes - \$50

This service starts with a Classic Spa Manicure. A floracide acid wash is applied to your hands to lighten pigmentation and age spots and smooth lines. This treatment is recommended once a week for six weeks.

Regenerating Hand Treatment

A Hydrating Hand Treatment

60 minutes - \$50

The manicure for youthful looking hands! Your service begins with a Classic Spa Manicure and includes a mask to hydrate your dry, chapped hands. A vitamin concentrated ampoule is applied to enhance results. This treatment repairs sun damage, soothes and deeply hydrates hands.

Soothing Stone Massage

50 minutes - \$50

A Classic Spa Manicure is performed, followed by a massage with heated Basalt stones.

Foot Care

Classic Spa Pedicure

45 minutes - \$35

Your Spa pedicure treatment begins as your feet are immersed in an automatic whirlpool bath with aromatic sea salts. Your cuticles are trimmed, nails filed, and your feet and shins exfoliated and massaged. Your favorite nail polish is then applied.

Ocean Sands Signature Pedicure

60 minutes - \$60

This relaxing treatment begins with a Spa Pedicure. A gentle exfoliation is then followed by the application of a luxurious caviar mask to hydrate dry, damaged feet. A de-stressing foot massage follows to further hydrate and refresh your feet and legs.

Spa Glycolic Pedicure

50 minutes - \$60

Your exfoliating pedicure begins with a Classic Spa Pedicure. A glycolic wash is then applied to the soles of your feet to exfoliate, soften and smooth the skin, peeling away the roughness and leaving your feet silky smooth. This treatment is especially effective at eliminating accumulated dead skin cells and calluses.

Foot Contouring Treatment

60 minutes - \$60

This relaxing pedicure begins with a Classic Spa Pedicure that includes an acid wash to remove calluses and dead skin. This pedicure, which is an excellent for those who stand for long periods, offers a deep tissue foot massage to relieve heaviness, fatigue, swelling and fluid retention. Finally, a self-heating desert mud is applied for total rejuvenation.

Soothing Stone Pedicure

50 minutes - \$65

A Classic Spa Pedicure is performed, followed by a massage with heated Basalt stones.

Day Spa Packages

The Petite Spa Experience - \$150

Ocean Sands Body Buff Back, Neck & Shoulders Massage Mini Spa Facial

A Day to Remember - \$250

Seawater Bath Custom Facial Swedish Massage Classic Spa Manicure Spa Cuisine Lunch

A Touch of Peace - \$350

Lavender & Ylang Ylang Salt Glow Aromatherapy Massage Plantomer Facial Deep Conditioning Hair Treatment Classic Spa Manicure & Pedicure Spa Cuisine Lunch

Couples Escape - \$500

For Her Ocean Sands Body Buff Swedish Massage Custom Facial Classic Spa Manicure Spa Cuisine Lunch

For Him Ocean Sands Body Buff Deep Tissue Massage Men's Haircut Gentleman's Facial Spa Cuisine Lunch

Hair Care

Our salon offers a wide array of services. Please consult our receptionist with any questions you have about services. Prices vary depending on the length and thickness of hair.

- . • Shampoo & Style • Deep Conditioning Treatment
- . • Shampoo Haircut & Style • Bridal Up-Do's
- . • Single Process Color • Semi-Permanent Color
- . • Foil Highlights • Corrective Color
- . • Bang Trim • Beard & Moustache Trim
- . • Double or Single • Men's Haircut Process Color

Waxing Services

Warm wax is used to gently remove unwanted hair from your body. Please advise us if you have sensitive skin or are taking any medications.

- . • Eyebrow, Lip, Chin • Underarms
- . • Half of Full Leg • Half or Full Arm
- . • Bikini • Back & Chest

Health & Fitness

Kid's Activities

The Ocean Sands Kids Club offers activities designed exclusively for our younger guests. The Sandbox Room offers air hockey, video games, books and movies. Outdoor activities include a putting green and a playground, or you can schedule a Funky Fish Kids Day for your little ones.

Exercise Facilities

Our exercise facilities include a fully furnished gym with top of the line Cybex® strength and cardio equipment, as well as free weights. We have special exercise studios for Gyrotonic®, Pilates, Spinning, and Group Exercise. Team up with one of our Certified Exercise Professionals for a one-on-one personal training session, Pilates, or private Yoga.

Group Exercise Classes

We offer a schedule of group exercise classes that include body sculpting, spinning, and stretch. Please see our current schedule for the list of classes. Registration is required for all fitness classes. Please call extension 1063 to sign up.

Spa Appointments

Advanced reservations are suggested for spa services, to ensure your preferred treatment time or therapist is available. Same day bookings are welcome. Please call the Spa at (954) 5901063 (or extension 1063 from inside Resort) to schedule your appointment. Room number or major credit card number is required to guarantee your reservation.

Cancellation Policy

We ask that you give a minimum of 24 hours notice when canceling or rescheduling multiple appointments, and 4 hours when canceling individual appointments. You will be charged the full cost of the service for missed or no-show appointments.



Arrival Time

Please arrive at least 15 minutes prior to your scheduled appointment time to ensure that you receive the full length of your treatment.

Spa Attire

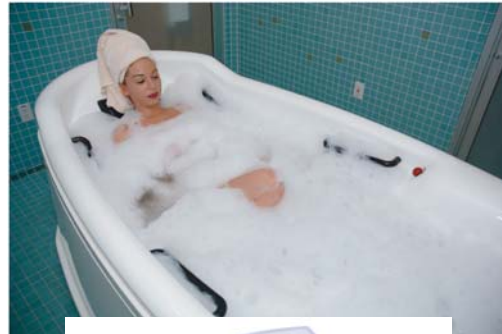
Complimentary use of a robe, sandals and locker keys is provided for most spa services. While you are required to fully disrobe for most spa treatments, our staff is professionally trained to drape you to ensure that your modesty is never compromised. Should you have any questions or concerns about proper attire please speak to one of our Spa receptionists.

Gratuities

Gratuity is greatly appreciated, and is solely at your discretion.

Prices & Service Descriptions

All prices and service descriptions are current as of the printing of this brochure but are subject to change without notice.



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