

## How To Spa

**Our goal is to provide our guests with an environment that is welcoming, calming, nurturing and safe. Be assured that our staff is fully licensed and constantly being trained on the newest treatments. We customize every treatment performed in the Spa to your needs and wants. Customer service is our way of treating you with respect and courtesy.**

Walk-ins are welcome but appointments are strongly recommended. Please arrive 15 minutes early to check in, as your appointment will start on time so others won't be delayed.

Lockers with locks are provided for Spa guests who are not staying at the resort.

Non-resort Spa guests are welcome to use the resorts amenities while the Spa is open.

Robes, towels and refreshments are provided.

For the best Spa experience, please tell your therapist of any specific requests or limitations.

If you need to reschedule or cancel an appointment, please notify us 4 hours in advance to avoid charges. For package cancellations, please notify us within 24 hours.

### New

**Now Florida residents can receive a 10% discount. Just let us know at checkout that you're a Florida resident with ID. Some restrictions apply. Cannot be combined with other specials nor on Day Spa packages or Hotel/Spa packages.**

**"BEST SMALL RESORT & SPA 2013"**

- OUT Traveler

**"TOP 10' IN 2014"**

- Travel Channel

**"THE COUNTRY'S BEST LGBT SPA"**

- Florida Agenda

**THE SPA**  
AT THE GRAND RESORT

## Day Spa Packages

Package prices include gratuities

### Relax & Soothe

#### Swedish Massage & Standard Manicure

This combination of massage and manicure will provide a break from your stressful day. A 50 minute Swedish massage provides light/medium touch, relieving tension immediately, relaxing body and spirit. Our manicure consists of cuticle care, nail shaping and filing, finished with a buff or clear coat.

1.5 hrs \$159.00

### Rejuvenation

#### Choice of Scrub, Swedish Massage & Exfoliating Pedicure

Rejuvenate with this trio of treatments! Choose your favorite scrub to revitalize and invigorate your skin, while smoothing and soothing. The 50 minute Swedish massage will relax and reenergize the body. The exfoliating pedicure includes a soak and heavy duty scrub to remove dead skin cells. Your toenails will be trimmed, filed, cuticles cared for, and finished with a buff or clear coat.

3 hrs \$289.00

### Day of Indulgence

#### Choice of Scrub, 80 minute Deep Tissue Massage, Custom Facial, Standard Manicure & Exfoliating Pedicure

Your day starts with a choice of body scrubs: energizing, stress relief, Jack Black Signature or Jack Black Eucalyptus. An 80 minute deep tissue massage follows. The pressure of this massage is medium to deep. Perfect for working out those trouble spots. The facial in this package is customized to your skin's needs, loaded with lots of serums and nutrients. Your day at the Spa finishes with a relaxing manicure and an exfoliating pedicure completing your head to toe treatment.

5 hrs \$509.00

### Couples Escape

#### Couples Massage & Couples Custom Facials

A perfect romantic experience. Start with a 50 minute Swedish massage side by side in our tranquil Spa environment. Our custom facials are your next treatment to relax and calm your most prized assets. The facials will address the most important issues that confront your face.

2 hrs \$439.00



### The Spa at The Grand Resort

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WELCOME TO

**THE SPA**  
AT THE GRAND RESORT

*Exceeding Expectations*

## Massages

### Swedish Massage

A soothing massage to help relax both the body and spirit. Pressure is light to medium.

50 min \$110/80 min \$150

### Deep Tissue Massage

This massage focuses on specific problem areas to relieve tension, spasms and tightness. Pressure is medium to deep.

50 min \$125/80 min \$165

### Back, Neck and Shoulder Massage

This massage is for guests who need work on these particularly over-stressed areas of the body.

25 min \$55

### Reflexology Massage

Based on the ancient belief that the entire body is represented on the feet, this gentle relaxing treatment opens the body's energy pathways using the nerve endings in your feet.

25 min \$65/50 min \$110

### Swedish Reflexology Massage

A combination treatment which starts with reflexology on the feet for 30 minutes, followed by a soothing Swedish massage. For deep tissue add \$10 to treatment.

80 min \$150

### Couple's Massage

Enjoy a relaxing Swedish massage, side-by-side in our tranquil couple's room with two therapists to create a relaxing romantic experience for two.

50 min \$240/80 min \$320

### Warm Mud or Hydrating Power Recovery Massage

If choosing mud for its detoxifying properties or the Power Recovery for its rich hydrating results, both are done in our wet room and provide skin nourishing qualities and are über relaxing.

50 min \$135

## Facials

\*\*\*Please don't shave prior to your facial treatment.\*\*\*

### Classic Dermalogica Facial

We'll create a treatment that's customized to meet the needs of your skin health. This facial includes a double cleanse, exfoliation, masque, moisturizer and sun protection.

50 min \$110

Or make it 80 min by adding any Microzone treatment for an additional 20 min for \$40 more.

### Microzone Facial Treatments 20 min \$45

Flash Exfoliation/resurface, and brighten  
Men's Skin Fitness/alleviate shave problems  
Eye Rescue/brighten, firm, revitalize  
Blackhead Relief/clear and prevent blackheads

### Specialty Facials

#### \*\*NEW\*\*Bio-Active Peel

Bio-Active is a high-intensity, professional chemical peel designed to dramatically resurface the skin with minimal recovery time. Your Dermalogica skin care therapist can address your specific needs, whether you're looking to address photoaging, fine lines and wrinkles, uneven skin tone or acne breakouts.

80 min \$150

#### AGE Smart Facial

This is the most powerful Dermalogica treatment, specifically created for clients concerned with premature aging and the signs of photoaging and sun damage.

80 min \$140

#### UltraCalming Facial

There is sensitive skin (a genetic trait) and there is sensitized skin caused by increased exposure to pollution, stress and chemicals. The common thread among these conditions is inflammation. The UltraCalming facial gives more effective sensitive/sensitized skin care than ever before.

50 min \$120

#### Deep Cleansing Facial

This facial starts as all others, with a double cleanse but the exfoliation is done with our microdermabrasion machine for a deep exfoliation to remove dead skin cells that dull the surface of your face. Extractions are done following the exfoliation. A masque is chosen for your skin type then followed by a moisturizer and sun screen.

80 min \$145

#### Back Facial

This hard to reach and often neglected area will receive a deep cleanse, exfoliation and extractions as needed, and a masque to balance the skin. This treatment also helps prevent breakouts too.

50 min \$125

## Signature Scrubs & Massage/Scrub combos

### Jack Black Signature Scrub

This treatment starts and ends with Jack Black products. You're first cleansed then exfoliated with a glacier salt and oil mixture to polish the skin and reveal the best skin possible. Your treatment ends with a rich Jack Black moisturizer.

50 min \$110

### Organic Coconut Oil Sugar Scrub

This treatment is for dry and dull skin. Sugars release alpha hydroxyl acid to exfoliate the skin and organic oil softens and moisturizes the skin to a smooth polish.

50 min \$110

### Nourishing Sea Mud Therapy

This massage/scrub combo starts with a cleanse and then an exfoliation. Following the exfoliation you are massaged with the warm mud. The mud used in this treatment is great for drawing out impurities and detoxifying the skin. You will be surprised how you'll feel relaxed and refreshed when you're done.

80 min \$160

### Power Recovery Therapy

The Power Recovery treatment starts with a cleanse and exfoliation. Then a rich nutrient antioxidant mixture of oils, proteins and ginger are used to restore dry skin to its natural condition. Feels so good to touch.

80 min \$160

## Manicures & Pedicures

### Manicures

Standard Manicure with buff or clear coat \$35

Exfoliating Manicure – soak, salt scrub with buff or clear coat \$40

Ultimate Manicure – soak, exfoliation, 15 minute massage with buff or clear coat \$55

Paraffin with any treatment above add \$20

Extreme Ultimate Manicure – soak, scrub, massage and paraffin with buff or clear coat \$80

## Haircuts

Includes shampooing, conditioning & styling with product \$30 & Up

### Facial Hair Trimming

Moustache & Goatee Trimming \$10 & UP

Beard Trimming \$25 & UP

### Hair Coloring

Semi-permanent, Permanent hair color

Single process \$40 & UP

Double process \$60 & UP

### Facial Hair Tinting

Moustache \$10

Beard \$25

## Personal Grooming

\*\*\*Please don't schedule a waxing and scrub on the same day.\*\*\*

### Waxing

Eyebrows \$25

Legs Half/Full \$35/\$65

Back \$65

Ears \$25

Shoulders only \$35

Arms \$40

Chest & Stomach \$70

Gluteus \$50

### Manscaping

Body hair trimming with clippers or trimmers. Shaving areas with trimming is an extra fee based on region.

Back or Front Torso \$30

Arms \$25

Legs and Gluteus \$45

Gluteus \$25

Leg \$35

Full Body \$80

### Pedicures

Standard Pedicure – soak and buff or clear coat \$40

Exfoliating Pedicure – soak, salt scrub and buff or clear coat \$50

Ultimate Pedicure – soak, exfoliation, 15 minute massage and buff or clear coat \$65

Paraffin with any treatment above add \$20

Extreme Ultimate Pedicure – soak, scrub, massage, and paraffin with buff or clear coat \$90