

## DAY SPA PACKAGES

Packages 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 & filing, finished with a buff or clear coat. 1.5 hrs \$170.00

### 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 \$315.00

### 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: Grand Signature Scrub or Organic Coconut Oil and Sugar Scrub. 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 \$550.00

### COUPLES' ESCAPE

#### Couples' Massage & 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 \$510.00

## MONTHLY SPA MEMBERSHIPS

Our 2 levels of spa memberships are a great way to keep you relaxed and looking sharp.

We offer a variety of choices for your level of spa membership.

Massages, facials and body treatments to mix and match month to month.

All levels have a lot of perks!

On the day of your service, the use of the Resort's amenities including:

- 10 man jacuzzi in the clothing optional area
- Large pool area and ocean view sundeck
- 10% discount on beer & wine purchases for that day
- 10% discount on future Resort stays & all other spa services

There are no initiation, Resort or cancellation fees. Membership agreements are available for review in the Spa or on our website, [grandresort.net/membership](http://grandresort.net/membership).

**Level 1 Membership: \$85/month\***

**Level 2 Membership: \$125/month\*\***

**"BEST SMALL RESORT & SPA"**

- OUT Traveler

**"TOP 10"**

- Travel Channel

**"AMONG THE TOP GAY SPAS IN THE U.S."**

- Montreal Gazette

 **THE SPA**  
AT THE GRAND RESORT

## 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 Resort's 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

Florida Residents with ID can receive a 10% discount! Just let us know at checkout. Some restrictions apply. Cannot be combined with other specials nor on Day Spa packages or Resort/Spa packages.



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MM# 16572

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## MASSAGES

### SWEDISH MASSAGE

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

**50 min \$115 (Level 1 Membership: \$85)\***  
**80 min \$160 (Level 2 Membership: \$125)\*\***

### DEEP TISSUE MASSAGE

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

**50 min \$130 / 80 min \$175**

### WARM MUD OR SEAWEED MASSAGE

Fango mud is a natural detoxifier. It helps draw out skin's impurities. A great treatment for normal to oily congested skin. Seaweed is a great after-sun treatment that supports oxygenation of skin tissue, cools burns and reduces redness. Best for dry to normal skin.

**50 min \$145**

### COUPLES' MASSAGE

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

**50 min \$250 / 80 min \$335**

### REFLEXOLOGY MASSAGE

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

**25 min \$70 / 50 min \$120**

### SWEDISH REFLEXOLOGY MASSAGE

This combination treatment starts with reflexology on the feet for 30 minutes, followed by a soothing Swedish massage. (For a deeper massage, add \$10 to your treatment.)

**80 min \$160**

### BACK/NECK AND SHOULDER

This massage is great for people trying massage for the first time or anyone needing work but on a limited time frame. This can also be a treatment that can focus on other areas too.

**25 min \$60**

## FACIALS

Please don't shave prior to your facial treatment

### WELLNESS FACIAL

A natural and organic wellness skin care facial that stimulates the senses with the soothing power of natural fragrances and botanicals.

**50 min \$115 (Level 1 Membership: \$85)\***

### AGE DEFYING FACIAL

A revitalizing blend of vitamins, minerals and plant extracts that helps to restore skin's vitality by stimulating micro-activity.

**80 min \$150 (Level 2 Membership: \$125)\*\***

### OIL CONTROL FACIAL

Cleans out impurities to visibly improve the appearance of clogged pores. Helps to clear skin and balance excess oil production.

**50 min \$125**

### SENSITIVE SKIN FACIAL

This facial addresses the needs of dry, red and upset skin conditions resulting from harsh environments, medication, aggressive treatments or trauma.

**50 min \$125 (Level 1 Membership: \$85)\***

### DEEP CLEANSING FACIAL

This facial starts out like all the 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. Following is a mask for your skin type then a moisturizer and sun screen.

**80 min \$155 (Level 2 Membership: \$125)\*\***

### BACK FACIAL

An effective treatment that targets your back, mimicking the techniques used for the face. It includes deep steam cleansing, gentle exfoliation, extractions, detoxifying masks, massage and hot towels.

**50 min \$130**

### EXPRESS FACIAL

A great facial treatment for a novice to facials or if time is a factor. All the results in half the time!

**25 min \$65**



## SCRUBS & SCRUB/MASSAGE COMBO BODY TREATMENTS

### GRAND SIGNATURE SCRUB

This body treatment is both relaxing and reparative. You're first cleansed then exfoliated with an aromatic Dead Sea salt and Japanese citrus oils to polish the skin and reveal your best skin possible. The treatment ends with a rich moisturizer application.

**50 min \$115 (Level 1 Membership: \$85)\***

### ORGANIC COCONUT OIL AND SUGAR SCRUB

This treatment is for dry and dull skin. Sugars release alpha hydroxyl acid to exfoliate the skin and organic coconut oil softens and moisturizes the skin to a smooth polish. The treatment is finished with a rich moisturizer application.

**50 min \$115 (Level 1 Membership: \$85)\***

### NOURISHING MUD THERAPY

This scrub/massage combo begins with a cleansing of the body and then you're exfoliated with the appropriate scrub. After a lush rinse, you're massaged with warm mud. The mud used in this treatment is great for drawing out your skin's impurities. After another rinse you end with a rich moisturizer. You'll be relaxed and renewed.

**80 min \$195 (Level 2 Membership: \$125)\*\***

### SEAWEED GEL THERAPY

This body treatment begins with a cleansing then the appropriate scrub is done. The massage is performed with a natural seaweed gel. It is a soothing and refreshing treatment that supports oxygenation of skin tissue. Especially good for sensitive or sensitized skin. This treatment is also good for dry and mature skin.

**80 min \$195 (Level 2 Membership: \$125)\*\***

## PERSONAL GROOMING

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

### WAXING

Eye brows - \$30

Ears - \$30

Half Legs - \$40

Full Legs - \$70

Shoulders and Neck - \$40

Back (Includes Shoulders and Neck) - \$70

Arms - \$45

Chest & Stomach - \$75

Glutes (Butt) - \$55

### MANSCAPING

Body hair trimming with clippers or trimmers. Shaving areas with trimming is an extra fee based on region. The Spa does not offer frontal genitalia hair removal.

Back or Front Torso - \$35

Arms - \$30

Full body - \$85

Legs and Glutes - \$50

Glutes - \$30

Legs - \$40

## HAIR

### HAIRCUT

Includes consultation, cut, shampooing, conditioner and styling with product - \$35

### FACIAL HAIR TRIMMING

Moustache and goatee shaping and trim - \$15 and up  
Full beard trimming - \$30 and up

## MANICURES & PEDICURES

### MANICURES

**STANDARD MANICURE WITH CLEAR COAT OR BUFF**  
Nail trim, soak, file, cuticle maintenance and ends with a moisturizer - \$40

**EXFOLIATING MANICURE WITH CLEAR COAT OR BUFF**  
For dry rough hands that need extra work. A scrub is used to soften hands - \$45

**ULTIMATE MANICURE WITH CLEAR COAT OR BUFF**  
This manicure has all of the above with extra time spent on massage! - \$60

**EXTREME ULTIMATE MANICURE WITH CLEAR COAT OR BUFF**  
As the name implies, this treatment is the top dog! An 80 minute treatment of bliss! We've combined all of our best products and services to give you the best possible manicure - \$85

### PEDICURES

**STANDARD PEDICURE WITH CLEAR COAT OR BUFF**  
Soak, nail trim, file, cuticle maintenance and moisturizer - \$45

**EXFOLIATING PEDICURE WITH CLEAR COAT OR BUFF**  
Our therapist have seen it all! No need to go around rough and dry. We have a variety of techniques to get your feet their softest ever. Leave it to the professionals - \$55

**ULTIMATE PEDICURE WITH CLEAR COAT OR BUFF**  
This treatment includes all of the services above but with extra time spent on massage. Just say AHHH! - \$70

**EXTREME ULTIMATE PEDICURE WITH CLEAR COAT OR BUFF**

An amazing way to treat yourself to 80 minutes of heaven. We have designed the best possible treatment to take your sense of self out of this world! We have combined all of our services and products for this treat - \$95

