

# THE SPA

AT THE BREAKERS®

*Your Oceanfront Oasis Awaits*



# Massage Therapies

*The Spa at The Breakers offers a serene sanctuary for relaxation, pampering and renewal in an oceanfront setting.*

## **Personal Retreat** 50, 80, or 110 minutes

### *Signature Treatment*

A customized massage that incorporates various therapeutic techniques tailored to your individual needs. Whether your goal is to be pampered or to de-stress, simply tell us how much time you have and a master therapist will work with you to deliver a highly personalized massage experience.

## **Thai** 90 minutes

Performed on a Thai mat on the floor, your therapist incorporates slow, gentle rocking movements, acupressure, energy balancing and applied yoga exercises using thumbs, palms, elbows, knees and feet. This unique therapy relaxes body and mind and increases flexibility while harmonizing key Sen lines. *Loose, comfortable clothing is required.*

## **Shiatsu** 80 minutes

A range of acupressure and stretching techniques help balance energy flow and strengthen the vital organs, open your meridians and bring health and vitality to your life. *Loose, comfortable clothing is required.*

## **Prenatal** 50 minutes

A relaxing massage for the mother-to-be after the first trimester. Designed to assist with relieving pregnancy-related discomforts.

## **Harmony** 50 minutes

The tranquil blend of four hands synchronized in harmony to relax your mind and body from head to toe. A choreographed massage performed by two therapists.

## **Swedish** 50 or 80 minutes

A massage that promotes complete rest and relaxation of the body and mind. Helps to relieve muscle tension and enhance circulation with light pressure.

## **Couples** 50 or 80 minutes

Your choice of either a Swedish Massage or Personal Retreat Massage for two. Pricing varies based on modality.

## **Alfresco Massage** 50, 80, or 110 minutes

Embrace the ultimate in paradise with the perfect duet of massage and the gentle sounds of the ocean. Enjoy a Personal Retreat Massage in our private Oceanfront Sanctuary or in your Oceanfront Bungalow. For a truly unique experience, enjoy a Moonlight Massage after the sun goes down. Some restrictions may apply. *Can be booked as a couples massage.*

*Additional techniques may be available upon request.*



## Body Treatments

Wrap yourself in nature's luxuries and experience pure indulgence, bringing a sense of joy to your body and spirit.

### Sea Salt Scrub 25 minutes

Dead Sea salts, rich in magnesium and potassium, are combined with essential oils to refine your skin. This treatment can also be combined with most massages to create an even more luxurious experience.

### Coconut Smoothing Sugar Scrub 50 minutes

Soften and brighten your skin with a combination of gentle exfoliation, Vichy shower and massage. This scrub will reveal vibrant, healthier skin. Choose from a variety of scents with a hint of coconut. *Also available as an 80-minute Royal Coconut Milk & Honey Ritual.*

### Detoxifying Mud Wrap 80 minutes

A detoxifying masque that remineralizes, moisturizes and soothes your skin. A mild exfoliation, Vichy shower and your choice of either a deep-conditioning scalp treatment or foot masque are included in this treatment.

### Marine Algae Body Wrap 80 minutes

Essential oils help to relieve water retention and restore balance to your body, while moisturizing and softening the skin. A mild exfoliation, Vichy shower and your choice of either a deep-conditioning scalp treatment or foot masque are included in this treatment.

### Men's Revitalizing Coffee Scrub 50 minutes

A deeply energizing blend of coffee, black olive, crushed almond and orange peel to detoxify, tone and exfoliate. Coupled with our Vichy shower experience, this treatment relaxes the muscles while increasing circulation and blood flow.



# Spa Packages

## **Regal Experience** 5 1/2 hours of services

Relish in regal indulgence as you enjoy a Harmony Massage, Detoxifying Mud Wrap, Classic Facial with Reflexology, Solar Manicure and Pedicure and spa lunch for an unforgettable experience. Package includes a special gift.

## **Palm Beacher** 4 1/2 hours of services

Treat yourself to a Palm Beach retreat with an 80-minute Personal Retreat Massage, Orchidée Impériale Facial, Walk on the Beach Pedicure and a spa lunch. Package includes a special gift.

## **Island Escape** 3 1/2 hours of services

Designed with luxury in mind, this package is for those who have come seeking a true island getaway. Enjoy an 80-minute Personal Retreat Massage, Coconut Smoothing Scrub, Solar Pedicure and a spa lunch.

## **Prenatal Bliss** 3 hours of services

Especially designed for the mother-to-be after her first trimester. Enjoy a Prenatal Massage, Classic Facial, Solar Pedicure, and a spa lunch.

## **Yours Truly** 3 hours of services

Enjoy your choice of two 80-minute treatments and a spa lunch. Some restrictions may apply.

*Visit our website for additional packages.*

# Skincare Services

*Relax as you enjoy luxurious treatments designed to meet your unique skincare needs.*

## **Orchidée Impériale Facial** 80 minutes

### *Signature Treatment*

Experience the rejuvenating, strengthening and anti-aging properties of the orchid flower. Using Guerlain's Orchidée Impériale iconic products and simultaneous masques, this ultimate facial addresses all the signs of aging. The efficiency of the products will offer you a moment of absolute well-being and visibly transform your skin by revealing its rediscovered youth. The exclusive Orchidée Impériale Facial massage stimulates the muscles and redefines the contours of the face. A hand, scalp and foot massage completes your treatment.

## **Guerlain Classic Facial** 50 minutes

Refine the texture of your skin and even out skin tone as you enjoy the luxury of deep cleansing, gentle exfoliation and a moisturizing treatment resulting in a hydrated, fresh, clear and radiant complexion. A soothing hand and arm massage completes your experience.



### **Guerlain Abeille Royale Facial** 80 minutes

Featuring Pure Royal Concentrate, an extract from the natural healing power of bee products, this new expert “lifting” and firming facial leaves your skin smooth and radiant. An application of the Abeille Royale Youth Serum targets each wrinkle. Warm plant infusions start the healing process to help repair wrinkles and tissue firmness. A hand, scalp, and foot massage completes your treatment.

### **Men’s Guerlain Facial** 50 minutes

Uncover a fresh and clear complexion with this deep cleansing treatment. This facial combines exfoliation, a Guerlain facial massage, a specialty masque, and a hydrating moisturizer to create smoother, more radiant skin.

### **Tammy Fender™ Holistic Facial** 50 or 80 minutes

This luxurious treatment uses the unique powers of holistic healing and 100% organic, custom-blended products developed by renowned aesthetician, Tammy Fender.

### **Cellular Enzyme Peel** 50 minutes

The Cellular Enzyme Peel is the first “smart peel” that selectively targets damaged skin cells and neutralizes itself automatically, with virtually none of the side effects of traditional peels. The skin is left perfectly hydrated, with improved surface elasticity, firmness, and a visible reduction of age lines.

*50-minute facials can be upgraded to include a 25-minute Eye Treatment or Foot Therapy for an additional charge.*

## *Beauty Services*

*Our professional makeup artists and beauty consultants will enhance your natural beauty while using exceptional-quality Guerlain cosmetics.*

### **Makeup Services**

Will be performed in the Guerlain boutique, located across from Mix at the Breakers® and the Signature Shop.

*With any 50-minute spa treatment, a complimentary make-up application will be provided. Appointment must be reserved in advance.*





# Specialty Therapies for Hands & Feet

## A Walk On The Beach Pedicure *80 minutes*

### *Signature Treatment*

This luxurious “facial for the feet” incorporates natural elements from the sea. Your experience includes a refining exfoliation and seaweed-enriched masque. An intensive, moisture-replenishing massage completes this marine-inspired treatment.

## Solar Treatment

### *Manicure 50 minutes Pedicure 50 minutes*

This intensive therapy for dry, dehydrated hands or feet includes a sweet almond oil and Dead Sea salt exfoliation to polish your skin, and an ultra-hydrating hand or foot massage to complete this soothing treatment.

## Classic Treatment

### *Manicure 25 minutes Pedicure 50 minutes*

The manicure includes a hand massage utilizing a vitamin rich, nourishing lotion to leave your skin silky and smooth. The pedicure includes a coconut milk bath soak followed by an exfoliation with natural pure cane sugar infused with essential oils, enzymes and coconut milk.

## Ice Cream Treatment

### *Manicure 25 minutes Mini Pedicure 25 minutes*

Guests ages 6-12, and the young at heart, are invited to indulge in this sinfully sweet and nourishing scoop of luxury. ME! Bath™ Ice Cream is custom made from a delightful blend of oils, purifying minerals and salts to hydrate and moisturize the skin. A variety of scents are available for you to choose from. Topping off this decadent treatment, children enjoy a complimentary ice cream treat at The Breakers News & Gourmet.®



## Men's Marine Treatment

*Manicure 25 minutes Pedicure 50 minutes*

Rich in minerals and revitalizing algae, this treatment will nourish and condition your hands and feet while providing a relaxing and rejuvenating experience.

*With each full Manicure or Pedicure, your choice of nail polish is expertly applied and presented for you to take home with our compliments.*

## Fitness Services

*Explore a variety of fitness activities designed to build aerobic capacity, flexibility, strength and endurance.*

### Fitness Assessment 80 minutes

#### Signature Service

One of our certified Personal Trainers will customize a fitness assessment to meet your specific needs. Utilizing our InBody 520 Analysis, a complete body composition analysis will be performed. Upon completion, you will be provided with your results. You can choose to workout with your Personal Trainer or simply discuss exercise programs and options.

### Personal Training 25 or 50 minutes

A one-on-one workout with a certified Personal Trainer to refine your existing fitness program or teach you new training techniques.

### Training For Two 50 minutes

A certified Personal Trainer will guide you and a partner in refining your fitness program or learning new techniques.

### InBody 520 Analysis

The Spa is pleased to introduce InBody 520, a revolutionary body analysis to determine your percentage of body fat and lean body mass using the most advanced technology available. Performed by one of our certified Personal Trainers, this state-of-the-art fitness equipment performs precise body composition, body water balance, obesity analysis and segmental lean analysis.

### Fitness Classes

A variety of fitness and specialty classes, such as: Water Conditioning, Yoga, Pilates and Zumba, are taught by certified instructors and offered daily. Schedules are available at The Spa or Concierge desk. Classes are complimentary for all hotel guests and are included with the purchase of a 50-minute spa treatment.

### Private Fitness Classes *One-on-One, Partner or Group Instruction*

A variety of Yoga, Water Conditioning and Pilates classes are available.

*Additional private fitness classes are available upon request.*



## General Spa Information

Open 8:00 a.m. daily. Guests must be at least 16 years of age to utilize Spa facilities and services. Guests must be at least 6 years of age to utilize Nail Salon.

### Spa Appointments & Reservations

We recommend scheduling your spa services in advance. For reservations, please contact The Spa at 1-888-BREAKERS or (561) 653-6656 from outside the resort or press 6656 from any in-house telephone and our Spa Consultants will be happy to assist you.

### Gratuities

For your convenience, a 20% service charge is added to the price of all Spa services covering gratuities for your Therapist and Spa Attendants. Additional gratuities are discretionary and may be added upon your request.

### Cancellation Policy

Please provide 24-hour notice if you must cancel or reschedule an appointment. You will be billed 50% of the reserved services should you cancel or change your appointment with less than 24 hours notice. Failure to show for appointments will result in a 100% charge for reserved services.

*Prices and services subject to change without notice.*

## Daily Spa & Fitness Access

Use of Spa facilities is included on a complimentary basis with a 50-minute service or are available for hotel guests and club members for a daily fee.

### Daily Guest Access

Includes use of our oceanview cardiovascular/weight training room featuring treadmills, elliptical runners, stationary cycles, circuit-training equipment, free weights and unlimited fitness classes. Separate spa facilities for men and women, featuring steam rooms, showers and private lockers with robes and slippers for use within The Spa.

## Spa Gift Cards

Gift Cards for The Spa at The Breakers are ideal for any occasion and can be purchased by calling 1-888-BREAKERS or online at [www.thebreakers.com/giftcards](http://www.thebreakers.com/giftcards).

State of Florida, Department of Health, Massage Establishment License #MM70



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