



ONE
Bal Harbour
RESORT & SPA

THE
SPA

One Bal Harbour
10295 Collins Avenue | Bal Harbour, Florida 33154
1.877.455.5410 | 1.305.455.5400

THE
SPA



For Your Convenience

Please arrive 45 minutes prior to your scheduled appointment, this allow time for check in. It also give you time to enjoy the Spa facilities.

Arriving late will simply limit the time of your treatment.

Cancellation Policy: Cancellations of appointments must be made 24 hours in advance, last minute cancellations or changes will be charged in full.

A Credit Card is required for reservations.

For your convenience we will add a 20% Service Charge to your final bill for each service.

Age requirements Minimum age requirement for Spa access is 18 years. Children ages 12 – 17 years are allow under parent supervision.

The spa welcomes both hotels and outside guests for any of our treatments.

Refresh and Revitalize | Skin Care

PURE OXYGEN FACIAL

For dull and tired skin in need of an energy boost. This facial utilizes Cerasome Oxygen and Perfluorodecaline which acts as a carrier for the oxygen. Thiotine improves the energy supply to the skin; thus, providing the skin with a radiant glow. Your skin will feel refreshed and clean with a gorgeous glow

25 MIN \$75 50 MIN \$120

ECO BEAUTY

A green glamour couture treatment specifically formulated to treat all skin types. This facial uses organic ingredients harvested from the Swiss Alps. The treatment begins with a glacier water mist and a snowflake enzyme cleanse. It is followed by a luxurious green glamour couture mask specifically mixed for the client's skin care concerns. The treatment is completed with a glacier crystal awakening eye massage.

50 MIN \$125

GENTLEMEN'S REJUVENATION FACIAL

Benefits all types of skin including sensitive. The combined ingredients in the BABOR Men Couture products will help soothe and calm irritated skin while balancing lipid levels. Circulation is increased and lines and age spots are diminished. This facial caters to the needs of the athlete or the business man.

25 MIN \$75 50 MIN \$120

COLLAGEN INFUSION TREATMENT

An intense workout for the connective tissue. This treatment builds up and firms the skin's structure utilizing specialized beauty elixirs. Using several different modalities collagen is infused into the skin, immediately plumping up fine lines and wrinkles and creating a youthful glow.

50 MIN \$140

PLATINUM REGENERATION FACIAL

Designed to keep the skin cells vital, young and fit in all the layers of the skin. This is a luxurious and technologically advanced treatment that will transport your senses and skin to a regenerative state. The treatment is performed using four modalities of product application and several different massage techniques to provide the most intense and targeted delivery of the HSR Platinum products. The treatment is completed with a light dusting of pure Platinum Powder to enhance the longevity of the treatment.

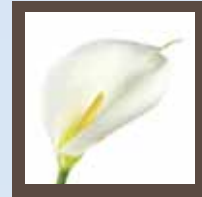
80 MIN \$180

Pamper & Unwind | Hands and Feet

Manicure	\$30	Pedicure	\$45
Signature Manicure	45 MIN \$55	Signature Pedicure	60 MIN \$85
Gel Hands	\$50	Gel Feet	\$65
Gel Refill	\$30	Polish Exchange	\$15

Wax & Wane

Full Leg & Regular Bikini	\$85	Eyebrows	\$20
Half Leg	\$55	Upper Lip	\$15
Bikini Regular	\$35	Bikini Brazilian	\$70
Underarms	\$30	Arms	\$40
Back	\$60	Chin	\$25
Eye Brow Treading	\$45	Lip Treading	\$30



Welcome to

THE SPA

at

ONE BAL HARBOUR
Resort & Spa

Our purpose
is your well being,
our focus
is solely you.



EXPRESS RELIEVE

We understand tight schedules and have arranged an express treatment to include essential oils and aromatherapy massage techniques that alleviate tension stored in the neck, shoulders and back; leaving you with a deep sense of relaxation.

25 MIN \$85

PURE RELAXATION

A traditional Swedish massage uses regulated pressures through five major strokes for releasing knots and tension in the body, and achieving its calming and healing effects.

50 MIN \$130 80 MIN \$170

CUSTOMIZED

Uniquely tailored to your needs, our therapists will relax, rejuvenate and revitalize your body, mind and spirit while relieving concentrated stress in various areas using a choice of techniques. Select from a Deep Tissue, Reflexology, Sport or Neuromuscular therapy or create a massage combination you prefer.

50 MIN \$140 80 MIN \$190

HOT STONES

An ancient massage technique combining smooth river stones with deep penetrating heat that will melt stress away. This therapy opens and balances the body channels of energy while promoting the body's natural healing and soothing tired muscles.

50 MIN \$140 80 MIN \$190

MOTHER TO BE

Giving a gentle and nurturing touch that focuses on the special needs of a mother-to-be as her body goes through the changes leading up to childbirth. This therapy enhances the function of muscles and joints, improves circulation and relieves mental and physical fatigue.

50 MIN \$140 80 MIN \$190

FOUR HANDS

A masterful ballet of expert hands performed by two therapists that work in harmonious synchronicity and deliver an extraordinary experience in relaxation and energy balance. At the very first gesture, you surrender to the tranquility and lightness of touch.

50 MIN \$230 80 MIN \$330

SIGNATURE

This superb therapy is a combination of Swedish and Deep Tissue massage techniques which is performed with 100% natural candle oil that moisturizes your skin. The Swedish technique promotes circulation while the Deep Tissue technique soothes and relaxes muscle tension.

50 MIN \$140 80 MIN \$190

COUPLES

This pampering experience is shared in the company of your spouse, friend or relative and is performed in our luxurious couples massage room. The soft glow of candlelight enhances the long flowing strokes on the skin as the tension melts away and you and your partner become ONE.

50 MIN \$270 80 MIN \$370

CABANA

Enjoy the blissful radiance of the sun outside in our lavish cabanas while we pamper you with our spa treatments. Experience an exquisite ambiance that soothes your senses while the breeze of the ocean caresses your body.

\$40



Polish and Renew | Body Treatments

REJUVENATING BODY TREATMENT

A luxurious treatment for the active adult. This treatment helps to soothe sore muscles while detoxing the skin and slimming problem areas. Utilizing soothing herbs and a specialized volcanic mud, this treatment will caress your well being with peace and melt away muscle soreness. This treatment will leave you feeling lighter and relaxed, while leaving your skin with a healthy glow.

80 MIN \$185

VITAMIN INFUSION TREATMENT

Perfect for cleansing and beautifying the skin. A natural body-peeling treatment works to gently remove dead cells from the skin's surface. The multi-vita-sphere exfoliants leave your body feeling clean and invigorated. This relaxing treatment is finished a rich Vitamin ACE to add valuable nutrients for soft, smooth and supple skin.

50 MIN \$125

BAMBOO ASIAN WELLNESS THERAPY

In the tradition of Far Eastern massage techniques, the ShiTao treatment is a wellness experience unlike any other. Four different Eastern massage techniques are applied during this treatment to provide complete relaxation. The entire body, from head to toe, is incorporated to relax the skin, muscles and senses in a holistic way. Warm stones and aromatic ScenTao oil enhance the feeling of well-being while a specialized facial massage stimulates the energy points with professional shiatsu techniques. The treatment concludes with a shiatsu back massage to improve circulation and achieve full relaxation.

80 MIN \$220

OCEANIC BEAUTY

immerse yourself in an Ocean of Luxury. This amazing treatment experience begins with a state of the art hydrotherapy bath specifically formulated to your needs by a bath butler. After soaking in Oceanic bliss, your bath butler will escort you to an area of relaxation where you will decompress while enjoying herbal tea. The treatment then continues with a massage dedicated to your bodies needs and performed with rich European Oils.

80 MIN \$195