



ONE
Bal Harbour
RESORT & SPA

THE
SPA



WELCOME

Welcome to

THE
SPA

at
ONE BAL HARBOUR
Resort & Spa

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

MASSAGE THERAPIES

SIGNATURES

EXPRESS RELIEVE 25 MIN \$85

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.

PURE RELAXATION 50 MIN \$130

..... 80 MIN \$170

The Classic Swedish massage technique entails light to medium pressure and flowing strokes will restore harmony to mind, body and spirit

DEEP TISSUE 50 MIN \$140

..... 80 MIN \$190

For the entire body or concentrated treatment areas to specific muscle groups, this firm pressure massage focuses on tight, stressed muscles and helps to loosen, lengthen, and relax.

CUSTOMIZED 50 MIN \$150

..... 80 MIN \$200

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. This treatment is a blend of Swedish, Deep Tissue, Sports and the touch of Hot Stones therapy to create a massage exclusively for your needs.

REFLEXOLOGY 25 MIN \$85

..... 50 MIN \$140

Treat your feet and lower legs to a rejuvenating massage incorporating pressure point applications to increase relaxation, reduce stress, and stimulate the Qi to the entire body. This treatment begins with the ScenTao foot ritual.

MOTHER TO BE 50 MIN \$140

..... 80 MIN \$190

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.

HOT STONES 50 MIN \$150

..... 80 MIN \$200

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

SIGNATURE 50 MIN \$160

..... 80 MIN \$205

This treatment is a combination of Swedish massage techniques performed with 100% natural SHADIVA candle that moisturizes and revitalizes your skin while promoting inner peace for your MIND, BODY and SOUL.

FOUR HANDS 50 MIN \$270

..... 80 MIN \$420

This therapy is performed by two synchronized therapist and is a choreographed treatment that relives stress, restores balance, and soothes the body and soul. The treatment Concludes with a glacier crystal awakening face massage and ScenTao foot ritual.

THAI 50 MIN \$175

..... 80 MIN \$260

This traditional massage is a combination of gentle rocking motions, rhythmic acupressure and assisted stretching to deeply relax and revitalize body and mind. Relieves joint and muscle tension, and promotes a balance of the body's energy system.

BAMBOO ASIAN WELLNESSTHERAPY 80 MIN \$220

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.

COUPLES 50 MIN \$270

..... 80 MIN \$370

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 melt away and you and your partner become ONE.

CABANA 50 MIN \$270

..... 80 MIN \$370

\$40
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.

ADD ON Glacier crystal awakening face massage \$20 ScenTao foot ritual \$25



REFRESH AND REVITALIZE SKIN CARE

PURE OXYGEN FACIAL 25 MIN \$85
 50 MIN \$135

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

ECO BEAUTY 50 MIN \$140

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.

PLATINUM REGENERATION FACIAL 60 MIN \$175

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.

GENTLEMEN'S REJUVENATION FACIAL 25 MIN \$75
 50 MIN \$120

This treatment 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.

COLLAGEN INFUSION TREATMENT 50 MIN \$150

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 fines lines and wrinkles and creating a youthful glow.

TREATMENT ENHANCEMENTS

Collagen Boost \$30

An intensive workout for the connective tissue

Single Ampoule \$10

For ultimate hydration

Ampoule Crush \$50

A burst of moisture and a new source of hydration for the skin.

Anti-Aging Eye \$25

A deluxe eye treatment to smooth fine lines, reduce puffiness, and discoloration.

POLISH AND RENEW BODY TREATMENTS

SEA GLOW 25 MIN \$80

This treatment will pamper you giving your skin a young look. This treatment begins with a cleanse water mist to prepare the skin, then a sea salt buff to re-mineralize and exfoliate will leave your skin ready for ultimate moisturizing application.

VITAMIN INFUSION TREATMENT 50 MIN \$130

A natural body-peeling treatment works to gently remove dead cells from the skin's surface. The multi-vita-sphere exfoliates 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.

SPIRULINA 50 MIN \$130

This treatment will restore the skin's glow and elasticity while ridding the body of harmful toxins. Beginning with Mineral Spring water cleanse and is followed with a Dead Sea salt scrub mixed with Luxurious massage oil. The scrub is followed by a rich mixture of algae and lifting cream being painted onto the body. You are then wrapped and covered with blankets to keep you warm and to assist in the penetration of the active ingredients. The treatment is finished with a light application of cream leaving your skin glowing with health.

EIFEL VOLCANIC MUD 80 MIN \$195

This treatment helps to soothe sore muscles while detoxifying 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.

THE SECRET GARDEN TREATMENT 50 MIN \$140

This treatment incorporates the seductive properties of the rose. Beginning with an exfoliation of a rose mousse peeling that is applied with a silky body brushes to gently exfoliate the skin. Warm towels will remove the exfoliation following a regenerating body pack to restore the skin. While the regenerating body pack enhances your skins complexion, a luxurious rose quartz facial and neck massage will be performed. This treatment will blossom the skin and leave your leave your well-being loved.

AFTER SUN TREATMENT 25 MIN \$75 50 MIN \$125

This treatment promotes the skin's natural balance with soothing thermal waters and milky rich ingredients to soothe and repair intense sun exposure. The calming effect is experienced immediately with a cool thermal water mist. Then a Vitamin rich mask is gently applied to the body to heal and repair the damaged skin.

BATHS THERAPIES

Aroma 20 MIN \$50

Beauty through sensuous well being. Allow your senses to guide you through this therapeutic journey as you begin the treatment with a selection of aromatherapy oils. The selected oils will then be applied to a warm bubbling bath where you will decompress and complete relaxation.

Milk 20 MIN \$50

Allow nature to encompass your body with her white glove. This bath is prepared with luxurious milk that will caress your body with the moisture and bring your mind to a place of peace and complete relaxation.

OCEANIC BEAUTY 80 MIN \$195

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.

ADD ON Aroma or Milk Bath to any of your spa treatments. 20 MIN \$40



PAMPER AND UNWIND HANDS AND FEET

Manicure \$30

Pedicure \$45

Spa Manicure \$40

This treatment begins with a gentle scrub cleanses and exfoliates followed by removal of the exfoliation with a warm towel. Following the cuticle repair a lotion application will leave the skin moisturized and radiant.

Spa Pedicure \$ 55

This treatment begins with a gentle scrub cleanses and exfoliates followed by removal of the exfoliation with warm towels. Following the cuticle and calluses repair a lotion application will leave the skin moisturized and radiant.

Signature Manicure 45 MIN \$55

A natural sugar crystal scrub and papaya & pineapple extracts cleanses and exfoliates, as a Shea butter and papaya & pineapple mask wrap is gently applied to hydrate the skin. Finish with an indulgent papaya & pineapple body lotion hand massage to renew and uplift the spirit.

Signature Pedicure 60 MIN \$85

This ritual includes natural crystal sugar scrub and papaya & pineapple to cleanse and exfoliate. A Shea butter and papaya & pineapple mask wrap is applied to hydrate and prepare skin. The service concludes with and indulgent papaya & pineapple body lotion foot massage to renew and uplift the spirit.

Gel Hands \$50

Gel Feet \$65

Gel Refill \$30

Gel removal \$30

Single gel nail repair \$15

Polish Exchange \$18

WAX AND WANE

Chest \$55 Eyebrows \$20

Full leg and Regular Bikini \$85 Upper Lip \$15

Half Leg \$55 Bikini Brazilian..... \$70

Bikini Regular \$35 Arms \$40

Underarms \$30 Chin \$25

Back \$60 Lip Threading \$30

Eyebrow Treading \$45

PACKAGES

Renew \$175

Express Relieve 25 min / Pure Oxygen 25 min / Manicure

Indulgence \$320

Pure relaxation 50 min / Eco Beauty Facial / Manicure and Pedicure

The Executive \$290

Deep Tissue Massage 50 min / Gentleman's Facial 50 min / Manicure

Wellness Package for Mind, Body, and Soul \$345

Bamboo Wellness Therapy 80 Min / Eco Beauty Facial 50 min

Day Passes \$30

Spa and Fitness passes are available for purchase to enjoy those facilities

FOR YOUR CONVENIENCE

The spa welcomes both hotel and outside guests for any of our treatments. Please arrive 45 minutes prior to your scheduled appointment, this allows time for check in. It also gives 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 six hours in advance, last minute cancellations or changes will be charged in full. For spa packages, please call 72 hours prior to your spa appointments to cancel. A credit card is required for reservations. As a courtesy we will add 20% service charge for gratuity to your final bill for each service. Prices are subject to change without notice. Slippers are for use at the spa only and may not be taken to your room.

Age requirements:

Minimum age requirement for the spa access is 18 years of age. Children ages 12-17 years are allowed under parent supervision. Our Spa environment is one of tranquility and relaxation. Please respect all spa guest right to privacy and serenity. Please maintain conversations at considerate volume in all treatments areas.

The spa has ZERO tolerance for improper conduct towards our staff. Return policy, un-used products in original packaging may be returned within 14 days for a full refund. The spa is not responsible for any items left in the facility. If there is any medical condition, be sure to mention it at the time of book an appointment. Certain treatments may not be advisable.

Contact the spa prior to arrival at 305-455-5411
www.oneluxuryhotels.com

Spa gift certificates are available for purchase



THE

SPA

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