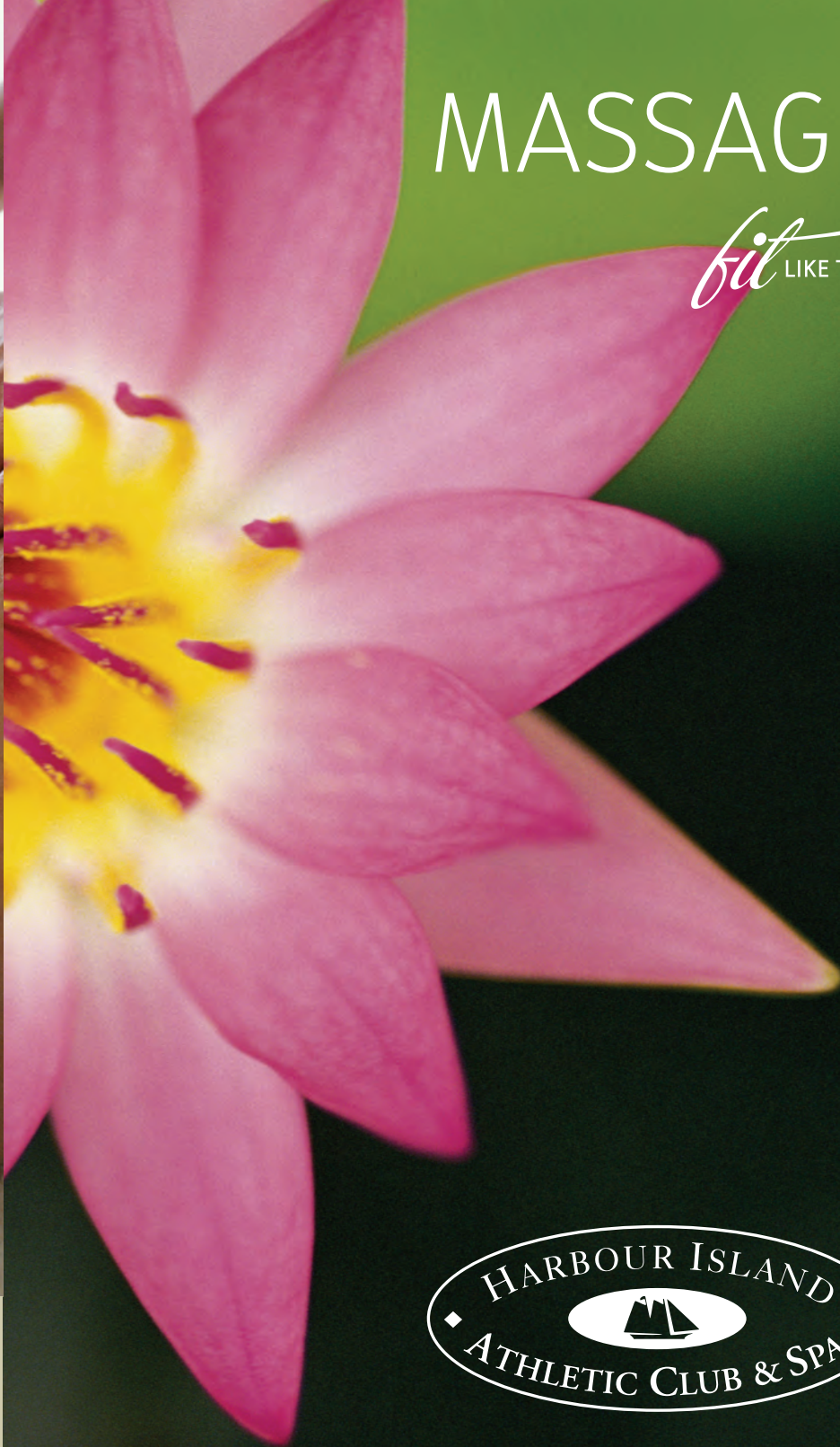




MASSAGE

fit LIKE THAT



813.202.1950

900 S. Harbour Island Blvd.
HarbourIslandAthleticClub.com



MASSAGE THERAPIES

Aromatherapy

This unique experience utilizes several massage techniques and specially formulated, essential oils to revitalize and open the senses.

25, 50, 80 minutes - \$65, \$104, \$125

Couples

Share the wonderful unique experience of a 50 minute Ultimate Island Retreat or Sports Massage in a room designed for two.

Ultimate Island Retreat, \$160

Sports Massage, \$180

Foot

Experience balance & relieve tension with this deeply relaxing foot massage that gently stimulates specific reflex areas of the foot.

50 minutes, \$80

Hot Stone Therapy

Smooth, heated stones provide deep penetrating heat that melts away muscular tension for a feeling of centeredness and well-being.

80 minutes, \$135

Mother-To-Be

Release strain from your lower back and upper body with regulated massage therapy. Available during the first, second and third trimesters.

50, 80 minutes - \$85, \$115

Royal Tandem

4 Hands, 1 Client

This full body massage is performed by two therapists in unison for the ultimate in pampering, relaxation and stress relief.

25, 50, 80 minutes - \$80, \$160, \$220

Sports Massage Or Deep Tissue

The magic happens with this deep tissue massage which penetrates even the toughest trouble spots & works out the tightest knots.

25, 50, 80 minutes - \$60, \$90, \$120

Take Me Away

Imagine yourself somewhere far away as we relax your head, neck, and shoulders.

25 minutes, \$30

Ultimate Island Retreat

A Harbour Island Favorite

Various massage techniques are used to enhance well-being and restore stressed muscles. A fabulous massage with less intensity than deep tissue.

25, 50, 80 minutes - \$50, \$80, \$110

BODY TREATMENTS

Cellulite Detox Wrap

This detoxifying thermal wrap uses the natural healing qualities of seaweed and mud to firm cellulite.

80 minutes, \$120

Flash Soleil Bronzant

First we invigorate & revitalize your skin with a nourishing full body alga body polish, then give you a sun kissed glow with a hint of bronze color.

60 minutes, \$125

Hydralessence Deep

Hydrating Body Treatment

Recondition your body and replenish your skin with an algae body mask complete with Yonka Essential Oil essences. This treatment provides intense stress relief for the body, mind & spirit.

90 minutes, \$125

Lemon Sugar Body Polish

This exfoliant is a nice alternative to more abrasive treatments. Lemon sugar has been carefully developed with natural oils, jojoba esters and aloe vera to deliver optimum results for all skin types.

50 minutes, \$85

Lemongrass Foot Treatment

A complement to any massage, this treatment provides welcome relief with a touch of reflexology added for tattered and tired tootsies.

15 minutes, \$20

NAIL TREATMENTS

Spa Manicure - 60 minutes, \$35

Spa French Manicure - \$40

Spa Pedicure - 60 minutes, \$55

Spa French Pedicure - \$60



Express Manicure

For those on the go, we have just the service for you. A shape, buff and polish.

30 minutes, \$20

Express French Manicure, \$25

Express Pedicure

For those on the go, we have another service just for you. A clean, shape, buff and polish.

45 minutes, \$45

Express French Pedicure - \$50

Acrylic Nails Full Set - 60 minutes, \$50

Silk Wraps - 60 minutes, \$60

Nail Fill - 60 minutes, \$30

Polish Change - 15 minutes, \$15

Tip Repairs - 15 minutes each \$11

French Add (hands or feet) - \$5

Full Set of Pink & White - 1 hour, \$65

Pink & White Nail Fill - 1 hour, \$40-\$60

POLICIES

For Your Consideration

Enhance your spa experience by arriving at least 20 minutes prior to your treatments. Guests may request a robe & slippers to use. Unwind in the steam room, sauna and jacuzzi located in both the men's and women's locker room facilities. Harbour Island Athletic Club & Spa Services are available to Members & Non-Members.

Regrets & Cancellations

Spa services have been reserved especially for you. If you need to cancel or reschedule, we require 24 hours advance notice for individual appointments. Cancelling or changing appointments for groups of three or more requires 72 hours notice. Appointments cancelled in less than the required time and no shows will be the full published rate.

Gift Certificates

Give the gift of wellness. Gift certificates are available for all services, spa packages, and custom packages. To purchase, contact us at 813.202.1950 ext. 103 or HarbourIslandAthleticClub.com.

Pricing & Gratuities

All prices are subject to change. Club Members receive a discount on all services. Gratuities are not included in service prices; however, gratuity envelopes are granted upon request. Credit cards or active membership accounts set up with charging privileges are acceptable forms of payment for all spa services.

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