

Harbour Island Athletic Club & Spa

:: SPA MENU



:: BODY TREATMENTS

LEMON SUGAR BODY POLISH

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

50 minutes \$85

TAKE ME AWAY

This treatment picks you up wherever you are and elevates you somewhere far away. Clear your mind as we relax your head, neck, and shoulders.

25 minutes \$30

HYDRALESSENCE DEEP HYDRATING BODY TREATMENT

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

90 minutes \$125

M.D. BODY PEEL

Improve your skin's firmness, smoothness and appearance with this treatment. The M.D. Body Peel will fortify collagen, retexture dry skin, reduce the appearance of breakouts and fade skin discoloration.

75 minutes \$150

CELLULITE DETOX WRAP

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

80 minutes \$120

LEMONGRASS FOOT TREATMENT

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

15 minutes \$20

FLASH SOLEIL BRONZANT

First we will invigorate & revitalize your skin with this nourishing full body alga body polish. Then we provide a hint of bronze color (full body) giving you a sun kissed glow.

60 minutes \$125



:: MASSAGE THERAPIES

ULTIMATE ISLAND RETREAT

A Harbour Island Favorite. Various massage techniques are used to enhance your wellbeing. Allow our staff to assist in restoring stressed muscles, trouble spots and knots. This treatment is perfect for those desiring a fabulous massage with less intensity than deep tissue.

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

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. Combined with CryoGel Therapy.

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

ROYAL TANDEM MASSAGE

4 hands 1 client. A full body massage performed by two therapists in unison to create the ultimate pampering, relaxation, and stress relief.

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

FOOT MASSAGE

Promote balance & relieve tension with this deeply relaxing form of healing foot massage. This treatment will gently stimulate specific reflex areas of the foot.

50 minutes \$80

AROMATHERAPY MASSAGE

This unique massage experience integrates several different massage techniques and therapeutic benefits. Specially formulated essential oils are used to revitalize & open the senses.

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

HOT STONE THERAPY MASSAGE

The rubbing of smooth, heated stones across tired, tight muscles radiates deep penetrating heat to melt away muscular tension & create a deep feeling of centeredness and well-being.

80 minutes \$135

MOTHER-TO-BE MASSAGE

Need a break from excess pressure? 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

AROMA LUXE MASSAGE-PARIS

This full body aromatherapy treatment is customized to enhance the needs of toning, detoxification or relaxation.

50 minutes \$95

COUPLES MASSAGE

Share the wonderful unique experience of a 50 Minute Ultimate Island Retreat or Sports Massage with a friend or loved one in a massage room designed for two.

Ultimate Island Retreat \$160
Sports Massage \$180



:: 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 just the service for you. A clean, shape, buff, and polish. Feet and spirit feel energized and lighter.

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
Hand or Foot paraffin treatment	15 minutes	\$10
French Add (hands or feet)		\$5
Full Set of Pink & White	1 hour	\$65
Pink & White Nail Fill	1 hour	\$40-\$60

:: WAXING SERVICES

Regular waxing results typically last three to four weeks. Regular follow ups are necessary to achieve maximum results.

Eyebrow Shaping	\$15	Shoulders	\$35
Eyebrow Clean Up	\$10	Back	\$50
Upper Lip	\$10	Bikini	\$30
Chin	\$10	Hollywood Bikini	\$50
Face	\$25	Brazilian Bikini	\$60
Under Arm	\$20	Half Leg	\$45
Half Arm	\$30	Full Arm	\$45
Chest	\$50	Full Leg	\$60



:: SPA PACKAGES

NEW YORK SOLACE

Pure pleasure packed in a "New York minute." Slip away with a 50 minute Ultimate Island Retreat Massage, Escape Mini Facial, Express Manicure, and Express Pedicure.

2.5 hours \$170

DIVINE ISLAND RETREAT

Customize your spa experience by choosing from our palette of divine services. You choose one of the two categories to complete your day.

Category One: Spa Manicure, Yonka Island Classic Facial, and a 25 Minute Ultimate Island Retreat Massage.

Category Two: Express Pedicure, Lemongrass Foot Treatment, and a Hydra-Essence Body Treatment.

3 Hours \$184

BAHAMA BLISS

Be pampered like the princess you are. (Bridal Parties Welcome) Delight your senses with our exclusive Bridal indulgences:

- Sugar Body Polish
- Express Manicure
- Express Pedicure
- Eyebrow Shaping
- Escape Mini Facial
- 50 minute Ultimate Island Retreat

4 hours \$258

HAWAIIAN TROPICS

Invite your closest girlfriends for a new adventure in fun & relaxation. Indulge in fine spa services while getting to know your best friends all over again.

90 minutes - Yonka Island Classic Facial

50 minutes - Aroma Luxe Massage

45 minutes - Express Pedicure

30 minutes - Express Manicure

4 hours \$230

SAN FRANCISCO EXTRAVAGANCE

An all day affair of captivation! Enjoy the ultimate indulgence. A 50 minute Ultimate Island Retreat Massage coupled with a Yonka Island Classic Facial, Lemon Sugar Body Polish and Spa Manicure.

5 hours \$285



:: FACIALS & SKIN CARE

YONKA ISLAND CLASSIC

This European deep cleansing, aromatic facial is based on Yonka's unique and patented 5-Step Modular Purifying Process. Hydrates & renews all skin types.

80 minutes \$125

ESCAPE MINI FACIAL

Stress & imbalance are revealed on your skin. Indulge in a Shiatsu based *pressure point* facial. Includes an eye relief treatment using a mixture of essential oils & vitamins.

30 minutes \$60

RELAXING BACK TREATMENT

You will enjoy a consultation, complete skincare analysis, cleansing, exfoliation treatment, cream application, masque treatment and moisturizer.

30 minutes \$75

LES SOINS AU MASCULIN MEN'S GROOMING FACIAL

Guys, join us in seeing results of healthier, firmer, and younger looking skin. This service is designed especially for your needs.

60 minutes \$75

HYDRAESSENCE FACIAL

A great hydration facial for all skin types. Perfect for after sun exposure & mature skin. This facial calms, soothes and neutralizes skin discomfort & is a high performance "elasticity enhancer."

60 minutes \$85

SOIN PURETE-ACNE SOLUTION TREATMENT

This is a non-aggressive, therapeutic and balancing approach to clear acne. Good for papulopustular acne and microcystic acne.

70-80 minutes \$115

M.D. SKINCARE PEEL

Designed for every skin type, including very sensitive skin. This medical grade peel gives immediate results of a healthier, more youthful & vibrant appearance.

45 minutes \$75



:: POLICIES

TIME-DEFYING FRUIT ACID FACIAL

Organically sourced Alpha & Beta Hydroxyl acids, are used to slough off dead skin cells revealing smooth, firm and clarified skin. A freeze dried fruit mask follows to promote cell renewal & plump up wrinkles.

50 minutes \$95

OPTIMIZER FACIAL

Enjoy this firming & lifting facial, customized for individual skin types. The results are visibly uplifting effects with better facial definition & skin tone.

70-80 minutes \$115

VITAL-INTENSE FACIAL

This anti-wrinkle, revitalizing facial is excellent for skin that is tired or has imbalances as a result of acne, pregnancy, weight loss or sun exposure.

80 minutes \$125

ESCLAT CONTOUR-SPECIALIZED EYE-OPENER TREATMENT

Complete & specific eye contour session for virtually every eye area of concern. Personalized episode zeroing in on regeneration, draining, and comfort.

50 minutes \$60
Eyelash Tint, 20-25 minutes \$25
Eyebrow Tint, 15-20 minutes \$20

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 during their day of services. 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 AND CANCELLATIONS

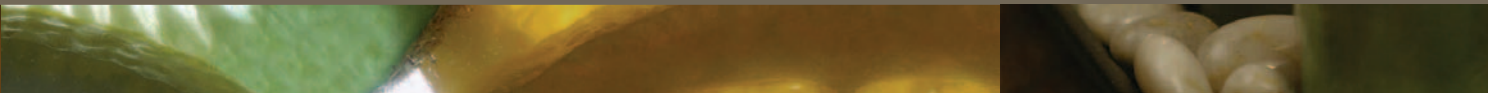
Spa services have been reserved especially for you. If you need to cancel a reservation or reschedule one, we require 24 hours advance notice for individual appointments and 48 hours notice for packages. Canceling or changing appointments for groups of three or more requires 72 hours notice. Appointments cancelled in less than the required time and no shows will be the full published rate.

GIFT CERTIFICATES

Give a friend or loved one the gift of wellness. Gift certificates are available for all services, spa packages, and custom packages. To purchase a gift certificate please call 813.202.1950 ext. 103 or visit us at www.HarbourIslandAC.com.

PRICING AND GRATUITIES

All prices are subject to change. Spa package prices are discounted & are not valid with any other discounts. Members of Harbour Island Athletic Club & Spa receive a discount on all services, excluding spa packages. Gratuities are not included in service or package 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.





HarbourIslandAthleticClub.com

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