

THE *spa*
AT SHINGLE
CREEK





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MASSAGES & SHINGLE CREEK CUPPING

CREEKSIDE SIGNATURE MASSAGE

80 min. (Includes Scalp Massage) | \$240 50 min. | \$190

This signature full-body massage with revitalizing oils helps calm the nerves and provides relief to overused muscles. Combining deep heat, highlights of this treatment include compression, flowing massage, direct pressure point work tailored to your specific needs and stretches to improve muscle and joint flexibility. This service will deliver an unforgettable experience.

CBD WELLNESS MASSAGE

80 min. (Includes Scalp Massage) | \$235 50 min | \$180

The calming and healing effects of CBD work in unison with massage techniques designed to quiet the mind and relax the body. CBD is widely known to ease muscular tension, reduce inflammation and relieve pain. This massage is customized to your desired pressure.

FOUR HANDS MASSAGE

50 min. | \$270

Using gentle pressure, Swedish massage strokes will ease the tension in your mind and body. The most common of all massages, this session is led by two talented massage therapists who work in sync to reduce tension, increase circulation and induce relaxation.

(Minimal draping.)



THERAPEUTIC MASSAGE

80 min. | \$215 50 min. | \$155

This treatment is specifically designed for those seeking relief from stress or other body discomfort. Whether you're trying to address chronic lower back pain or a stiff neck from sleeping, our therapists will engineer a treatment based on your specific concerns.

HIMALAYAN SALT STONE MASSAGE

80 min. | \$230 50 min. | \$175

Mined from the Himalayan Mountains, our 100% organic Himalayan salt is naturally infused with 84 minerals that help replenish the body. Combined with the heat and the skills of our therapists, this signature salt stone massage increases blood circulation, reduces inflammation, improves sleep and induces deep relaxation.

DE-STRESS MASSAGE

80 min. | \$205 50 min | \$145

This delightful Swedish-style massage utilizes long, flowing strokes and calming techniques to reduce muscle tension, improve circulation, and promote full-body relaxation. While light to medium pressure is used, each massage is tailored to your specific needs.

REFLEXOLOGY

50 min. (Includes Hands) | \$150 25 min. | \$80

Reflexology is an ancient Chinese technique that stimulates pressure points on the feet to relieve tension and restore a smooth energy flow throughout the body. The experience encourages relaxation and helps alleviate that any day, everyday stress.

MOTHER-TO-BE MASSAGE

50 min. | \$150

Designed specifically for expecting mothers, this massage uses proven pregnancy massage techniques to help relieve some of the aches and pains common to pregnancy. Our ultimate goal is to deliver maximum relaxation and restorative comfort for mothers-to-be.

(This treatment is only available for those in their second or third trimester.)

COUPLES MASSAGE

50 – 80 min. | *Priced Individually*

Indulge in your choice of massage with a loved one or friend. Complimentary champagne is included. Price varies according to your massage selection.

**All massages include your choice of aromatherapy oils.*





SHINGLE CREEK CUPPING

HEALTHY BACK CUPPING

25 min. | \$70

Soft cupping therapy is an effective, deep-massage technique used to break up stagnation that occasionally creates aches and pains in muscles. The negative pressure of the cups dramatically decreases inflammation while increasing recovery speed and providing a feeling of deep relaxation.

HEALTHY LEGS CUPPING

25 min. | \$70

Relieve tired legs, swollen ankles and sore calves with this ancient Eastern cupping method that incorporates manual lymph drainage with soft cupping therapy to create the ideal treatment for increasing circulation, removing fluid buildup, boosting blood circulation and improving the appearance of tired legs.

HEALTHY CUPPING FACIAL MASSAGE

25 min. | \$70

An effective anti-aging treatment, we use small cups to lift the facial tissue and increase circulation, bringing nutrients to the skin while smoothing fine lines. Neck and facial muscles also benefit from the reduction of tension and tightness as expression lines are released. Those suffering from TMJ can also experience relief through the loosening of rigid muscles. In addition, changes in pressure as the cups are applied and removed may help relieve sinus congestion and promote lymphatic drainage. We recommend not performing facial cupping on broken skin or if you have active breakouts or rashes.

If you choose to experience this therapy, please be mindful of the effects and after-care recommendations as explained by your therapist. Also, this therapy may produce a temporary skin discoloration, or "cup kiss," that results when the cups are released. A "cup kiss" is NOT a bruise and will typically dissipate within a few hours to a few days.

ADD-ONS

HIMALAYAN SALT STONES

25 min. | \$70

These 100% organic Himalayan salt stones are naturally infused with 84 minerals that help replenish the body. Add these signature stones to your service for the ultimate relaxation and Spa experience.

LEG AND FOOT REVITALIZER

25 min. | \$55

This revitalizing treatment consists of an exfoliation and massage of the legs and feet. Whether you're tired from a long flight or from walking around the parks, this treatment will soften, smooth and hydrate even the hardest-working legs and feet.

COCONUT AND HONEY SCALP TREATMENT

25 min. | \$50

Experience the perfect complement to any massage or body treatment. Our blend of coconut milk and honey oil is slightly warmed and applied briskly from the forehead to the scalp and nape of the neck to stimulate circulation and hydrate the scalp.

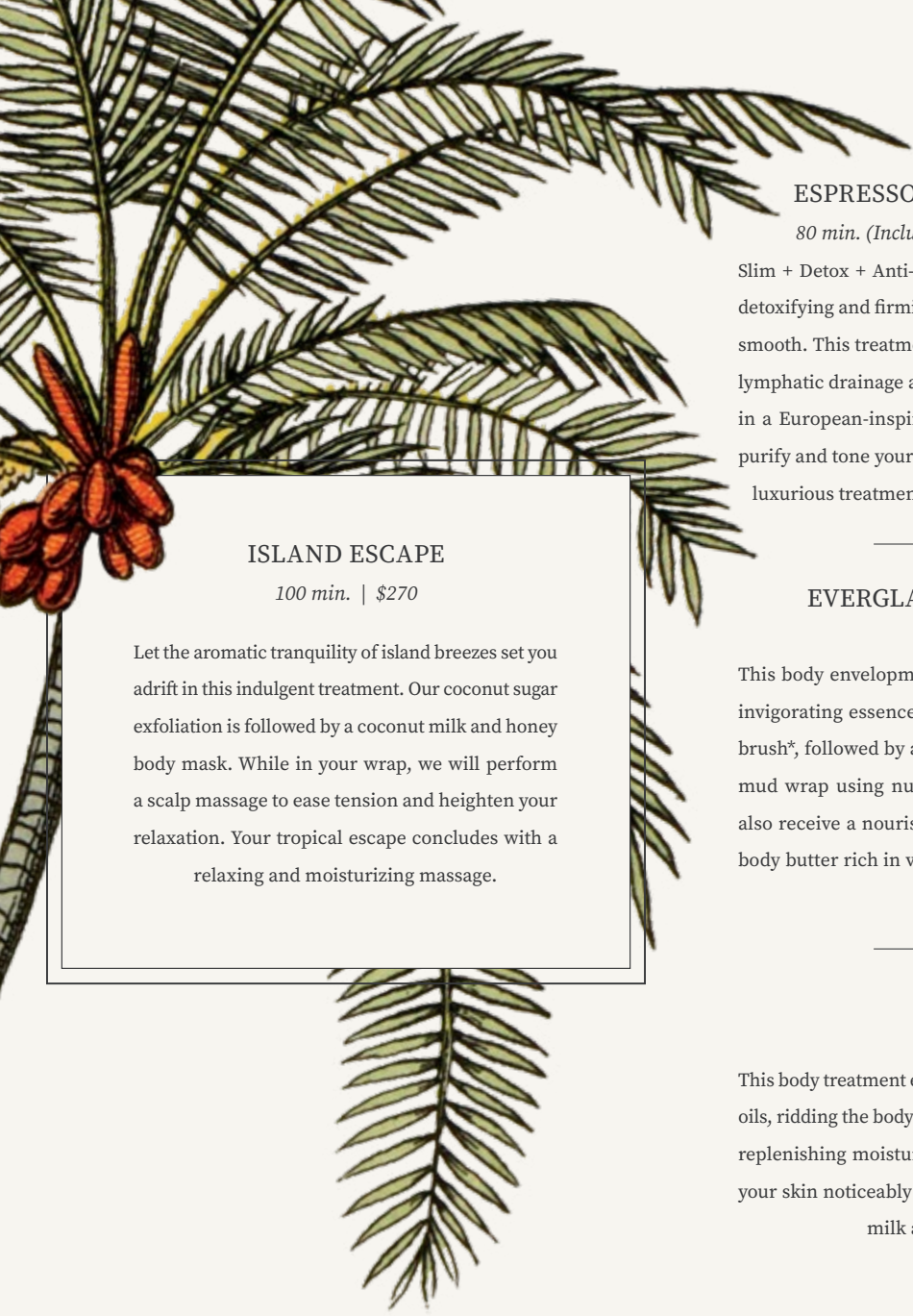
SHINGLE CREEK SIESTA

25 min. | \$45

Have you ever wanted to just nap after a wonderful massage? Now you can, with the Shingle Creek Siesta. Our therapists will drape you with hot packs and let you drift off to dreamland. Once you are rested, we will gently bring you out of your slumber, fully refreshed and completely rejuvenated.



BODY TREATMENTS



ISLAND ESCAPE

100 min. | \$270

Let the aromatic tranquility of island breezes set you adrift in this indulgent treatment. Our coconut sugar exfoliation is followed by a coconut milk and honey body mask. While in your wrap, we will perform a scalp massage to ease tension and heighten your relaxation. Your tropical escape concludes with a relaxing and moisturizing massage.

ESPRESSO-LIMÓN EXFOLIATION DETOX

80 min. (Includes Massage) | \$220 50 min. | \$180

Slim + Detox + Anti-Cellulite. Treat your body like a temple with this detoxifying and firming treatment, leaving your body looking sleek and smooth. This treatment begins with a dry body brushing* to stimulate lymphatic drainage and detoxification. Your body will then be covered in a European-inspired Espresso-Limón Slimming Oil formulated to purify and tone your body. A healthy upper leg cupping completes this luxurious treatment, keeping your body looking slim and fabulous.

EVERGLADES SCRUB AND BODY WRAP

80 min. | \$190

This body envelopment combines the sweet smells of sugar with the invigorating essence of citrus. The treatment begins with a full-body brush*, followed by an exfoliating body scrub. You then enjoy a warm mud wrap using nutrient-rich elements. During this time, you will also receive a nourishing scalp massage. Lastly, a mega-moisturizing body butter rich in vitamin E and the essence of citrus concludes this invigorating treatment.

PARADISE GLOW


45 min. | \$145

This body treatment exfoliates you with pure cane sugar and tropical nut oils, ridding the body of dead skin, strengthening the skin's elasticity and replenishing moisture loss. We finish with an exotic body oil, leaving your skin noticeably smooth. Indulge in your choice of either coconut milk and honey or mango scrub and oil.

* Based on availability.

FACIALS





SHINGLE CREEK SIGNATURE FITNESS FACIAL

80 min. | \$185 50 min. | \$145

This high-performance signature treatment, exclusive to The Spa at Shingle Creek, is powered by proven ingredients, smart botanicals and results-first technology. Your facial is meticulously customized to your skin's needs, whether it's quenching your skin's thirst, clearing unflattering breakouts or repairing sun damage in order to help minimize the appearance of fine lines.



CBD BOOSTING FACIAL

80 min. | \$225 50 min. | \$170

Whether you're seeking a relaxing or corrective facial, our CBD Boosting Facial combines both into one treatment that contains natural healing properties, fights signs of aging and is rich in vitamins. It is designed to help you reap all the benefits CBD oil has to offer, which includes reducing stress and promoting better sleep.



ANTI-AGING MICRO PEEL

80 min. | \$235 (Neck, Décolleté and Hands)

50 min. | \$175 (Face and Neck)

Advanced aging calls for advanced treatments. This powerful treatment starts with microdermabrasion to remove dead skin cells and allow for deeper penetration of our anti-aging blend of glycolic acid and retinol, followed by a hydrating vitamin C mask and an infusion of plant-derived stem cells for advanced results.

ILLUMINATING FACIAL

80 min. | \$210 50 min. | \$150

This cleansing treatment diminishes dark spots using the latest innovations in lightening agents and powerful exfoliants to create a glowing, even tone on all skin types.

CLARIFYING & REFINING FACIAL

80 min. | \$190

Created especially for mature skin affected by acne and rosacea, this facial addresses the causes and factors of adult acne and provides advanced solutions for those who experience breakouts but are also concerned with sensitivity, aging and hyperpigmentation.

O₂ MICRO LIFT

50 min. | \$160

This luxurious treatment infuses oxygen, plant-derived stem cells, peptides and a high concentration of enzymatic botanicals into the skin, leaving it luminous, refreshed and rejuvenated.



PURIFYING BACK FACIAL

50 min. | \$145

This specialized treatment involves a deep pore cleansing and vaporizing steam to lift impurities via gentle extractions. A relaxing massage, specialized treatment mask with penetrating anti-bacterial serum and moisturizer completes the experience.

SPECIALIZED TREATMENTS TO COMPLEMENT FACIALS

COLLAGEN EYE TREATMENT

No Additional Time. | \$45

This results-oriented treatment targets visible signs of aging around the eyes and utilizes our eye renewal cream and collagen eye pads, resulting in a refreshed and rejuvenated appearance.

MICRODERMABRASION

No Additional Time. | \$40

Microdermabrasion is a method of mechanical exfoliation that uses state-of-the-art equipment to remove dead surface skin cells and initiate cellular turnover. This enhancement can be helpful in treating aging and sun-damaged skin, altered pigmentation, fine lines and wrinkles, stretch marks and acne scarring.

BIOMOLECULAR MASK

No Additional Time. | \$30

Designed to increase the delivery of active ingredients into the skin, this next-generation sheet mask is constructed from a unique patented hydrogel technology derived from red algae and carob tree. The breathable 3D design traps moisture, helping the active ingredients penetrate deeper into your skin.

PARAFFIN WAX TREATMENT

No Additional Time. | \$25

Add this relaxing warm wax treatment to your facial as a soothing and luxurious treat that leaves your skin baby soft. Hands and/or feet are submerged in the warm wax, wrapped and left to soak. Once the skin has absorbed all the benefits, the wax is removed, leaving you feeling fabulously relaxed.

NECK AND UPPER CHEST FIRMING TREATMENT

15 min. | \$35

This results-driven enhancement is designed to firm and tighten your neck and décolleté areas. We utilize the science of our award-winning product lines to formulate a treatment that leaves you feeling firmer and looking younger. Can be added to any 50-minute facial.





SALON SERVICES

MANICURES

CBD MANICURE

40 min. | \$70

This luxurious and deeply nourishing CBD Manicure is designed to restore the appearance of your hands and increase your relaxation. The ultimate manicure experience, our CBD-infused products and paraffin treatment leave hands nourished and soft.

Includes: CBD soak, nail file and shape, CBD exfoliation, CBD cuticle work, CBD cream, hot towel compress, paraffin, polish or buff.

SHELLAC MANICURE

50 min. | \$55 Shellac Removal 25 min. | \$20

Enjoy this long-lasting crystal shine polish with zero dry time. You can go about your spa day without having to worry about smudging your polish. As with all our treatments, our Shellac Manicure has special touches that will leave you feeling relaxed and renewed.

CLASSIC MANICURE

35 min. | \$45

Revive and nourish skin with a warm hand soak, exfoliation and hydrating massage to restore healthy circulation.

Includes: Soak, cuticle care, nail shaping, scrub, buffing and polish of choice.

TROPICAL INFUSION MANICURE

40 min. | \$60

Bring a youthful glow back to your hands with a relaxing soak in our coconut milk bath. This exfoliation of naturally occurring alpha hydroxyls in pure cane sugar, infused with essential oils, enzymes and coconut oil, is followed by a warm body butter wrap for your hands. Your skin is moisturized and instantly revived while milk proteins set in motion a firming process that helps reduce the appearance of fine lines.

Includes: Soak, cut and file, cuticle work, mask, butter, hot towel compress, polish or buff.

HEALING DILO MANICURE

40 min. | \$50

The sacred Dilo nut is known to possess a unique capacity to enhance the skin's own repair mechanism, soothe pain and irritation and promote the growth of healthy skin. In this service, a blend of coconut milk and exotic nut oils helps cleanse the skin while a pure sugar cane scrub infused with essential oils and fruit enzymes exfoliates. Your hands are moisturized in a luxurious cocoon of Dilo Rescue Body Butter while your arms are cooled with a refreshing massage.

Includes: Soak, cut and file, exfoliate, cuticle work, butter, polish or buff.

ADD-ONS

SHELLAC POLISH | \$25

FRENCH POLISH | \$10

PARAFFIN WAX | \$25



PEDICURES

CBD PEDICURE

55 min. | \$95

Awaken sore and weary feet with our signature CBD pedicure featuring a relaxing lavender foot soak followed by a stimulating exfoliation, soothing foot mask and paraffin treatment. Indulging in this restorative treatment will leave your feet and nails in peak condition.

Includes: CBD soak, nail file and shape, CBD exfoliation, CBD cuticle work, CBD cream, hot towel compress, paraffin, polish or buff.

TROPICAL INFUSION PEDICURE

50 min. | \$80

Sit back, relax and be pampered from soul to sole. This treatment starts with a ritual cleansing, improving skin elasticity and texture, leaving your feet feeling smooth and hydrated with a youthful glow. A polish of your choice completes your experience.

Includes: Soak, cut and file, cuticle work, mask, butter, hot towel compress, polish or buff.

CLASSIC PEDICURE

40 min. | \$55

Enjoy all the essentials of a perfect pedicure: a foot cleansing, thorough exfoliation of calves and feet and revitalizing foot massage.

Includes: Shaping, buffing and a polish of your choice.

HEALING DILO PEDICURE

50 min. | \$65

The sacred Dilo nut is known to possess a unique capacity to enhance the skin's own repair mechanism, soothe pain and irritation, and promote the growth of healthy skin. In this service, a blend of coconut milk and exotic nut oils cleanse the skin while a pure sugar cane scrub infused with essential oils and fruit enzymes exfoliates. Your feet are moisturized in a luxurious cocoon of Dilo Rescue Body Butter while your legs are cooled with a refreshing massage.

Includes: Soak, cut and file, exfoliate, cuticle work, butter, polish or buff.

EXPRESS MENU

EXPRESS MESSAGE

25 min. | \$70

EXPRESS FACIAL

25 min. | \$70

EXPRESS MANICURE

25 min. | \$40

EXPRESS PEDICURE

25 min. | \$45



HAIR

HAIR DESIGN

Women's Cut and Style | *\$80 and up*

Haircut Only | *\$60 and up*

Bangs Trim | *\$20 and up*

Shampoo and Style | *\$65 and up*

Special Occasion | *\$100 and up*

COLOR SERVICES

Full Color | *\$140 and up*

Full Color and Cut | *\$160 and up*

Single Color | *\$80 and up*

Color Balancing | *\$50 and up*

Full Foil | *\$160 and up*

Partial Foil | *\$120 and up*

Toner | *\$45 each*

**Color services include a blow-dry.*

GENTLEMEN'S GROOMING SERVICES

Men's Cut | *\$45 and up*

Color Blending | *\$40 and up*

Mustache and Beard Trim | *\$20 and up*

ADD-ONS

HOT TOOL SERVICE ENHANCEMENT | *\$25 and up*

NOURISHING HAIR MASK | *\$40*

**Additional services are available and based on consultation.*

MAKEUP

MAKEUP ARTISTRY

Lesson and Application | *\$95*

Application | *\$85*

Eyelashes | *\$20 and up*

WAXING

BROW

15 min. | \$20 and up

LIP OR CHIN

15 min. | \$15 and up

BIKINI LINE

25 min. | \$30 and up

UNDERARM

15 min. | \$25 and up

ARM

25 min. | \$30 and up

HALF LEG

25 min. | \$40 and up

FULL LEG

50 min. | \$80 and up

BACK

50 min. | \$70 and up

BRAZILIAN

50 min. | \$65 and up



NEARLYWED SERVICES



On your special day, you deserve to be pampered. With in-room hair and makeup, plus soothing massages at The Spa, our skilled team is ready to ensure the happiest day of your life is also one of the most relaxing. Indulge yourself, your wedding party or special guests to any of the following pre-wedding day, rehearsal day and wedding day services.

MAKEUP

BRIDAL HAIR DESIGN AND MAKEUP ARTISTRY

Hair Consultation with Design | \$95 and up

Hair Design | \$95 and up

Makeup Consultation with Application | \$95 and up

Bridal Makeup Application | \$95 and up

Personal Hair and Makeup Assistant | \$50 per hour

(For touch-ups and last looks before the ceremony.)

For brides and bridal parties, a consultation and preliminary run-through is suggested well in advance of your big day.

GROOMING SERVICES

Groom's Cut | \$45 and up

Mustache and Beard Trim | \$20 and up

**All in-room services are provided for an additional fee of \$50.*



PACKAGES

DAY AT THE CREEK

180 min. | \$420

Himalayan Salt Stone Massage
Shingle Creek Signature Fitness Facial
Tropical Infusion Manicure & Pedicure

MOTHER-TO-BE PACKAGE

120 min. | \$280

Choose between our Mother-to-Be Massage (must be in second or third trimester) or Shingle Creek Signature Fitness Facial

Also includes:

Tropical Infusion Manicure & Pedicure
Your choice of appetizer

RETREAT FOR TWO

150 min. | \$600

Couples Himalayan Salt Stone Massage
Couples Classic Manicure & Pedicure
Complimentary Champagne
Lunch for Two

MEETING ESCAPE

120 min. | \$235

Express Massage
Express Facial
Express Manicure & Pedicure

**Additional discounts do not apply to package prices.
All prices include service charge.*

FITNESS & WELLNESS





FITNESS CENTER

CARDIO EQUIPMENT

Get your heart rate going with an exhilarating workout using any of our state-of-the-art machines, which are equipped with the latest cardio workout technologies and built-in TV screens for your entertainment:

10 Life Fitness Treadmills | 4 Life Fitness Ellipticals
2 Life Fitness Cardio Bikes | 2 Spin Bikes

FITNESS EQUIPMENT

Free Weight Smith Machine – 350 lbs. of free weight plates
Life Fitness Cable Motion dual adjustable pulley strength training
13 Life Fitness Circuit Training Machines
Dumbbells set from 5 lbs. to 100 lbs. | SYNRGY360 T System
Medicine Balls | Resist-a-Balls | Kettlebells

RESERVATIONS AND APPOINTMENTS

The following courts and accompanying equipment can be reserved on a first come, first serve basis:

Tennis Courts and Equipment | Sand Volleyball Courts
Basketball Courts | Fishing Equipment

Please note that all equipment must be returned within 90 minutes of the conclusion of your reservation.

FITNESS CENTER FEES

LENGTH OF STAY | \$20

PER DAY | \$10

**For hotel guests only.*

GROUP WELLNESS

FUN RUN / 5K

Schedule an early-morning run or race on the property. Please note that races can start no later than 6:30 a.m. and end no later than 8 a.m. due to incoming traffic and golf course business.

Pricing varies by group size.

AVAILABLE FITNESS CLASSES

All fitness classes are based on availability. Current classes include:

Yoga | Zumba | Boot Camp Circuit Training | Body Pump

Pricing may vary by class.

If there is a specific class or activity you would like, but it is not listed above, please let us know and we will accommodate based on availability.

Please inquire about our chair massages and group buyouts.





ENJOYING YOUR SPA EXPERIENCE

APPOINTMENTS

While walk-ins are welcome, appointments are strongly preferred and encouraged. Reservations are subject to availability and must be guaranteed with a credit card. Please notify our spa receptionist if you have high blood pressure, allergies, any physical ailments or special needs, or if you are pregnant, as this may affect your choice of services. This information will be completed on your Personal Care Guide upon arrival.

CANCELLATION

We kindly request that cancellations or changes to appointments be made at least 12 hours in advance for single services and 48 hours in advance for multiple treatments. A 50% charge will be applied to your credit card for failure to follow this policy. No-show appointments will be charged in full. Any appointments rescheduled within the 12-hour window will incur a move fee of up to \$30 per service.

ARRIVAL

Please arrive 30 minutes before your appointment to check in. Late arrivals will only receive the remaining available appointment time and will be charged the full-service fee.

HEALTH CLUB ACCESS FEES

LENGTH OF STAY | \$40

PER DAY | \$20

**For hotel guests only.*



ARRIVE EARLY

Get the most out of your spa visit by arriving at least 30 minutes before your treatment so you can take advantage of all our Spa amenities, including our steam room, sauna and whirlpools.

REFRESH AND RENEW

Whether you are fresh from the gym or a meeting, you may start with a warm, soothing shower in the lounge just before your treatment. You will not only be relaxed, but you will begin releasing stress that weighs you down.

DRESS APPROPRIATELY

Slip into one of our luxurious robes when you arrive so you will be on your way to relaxation prior to your treatment. If you are having nail or hair services, you may also take advantage of the robes. Please undress to your level of comfort. You will be draped with a sheet and blanket throughout massages and facials.

BEFORE YOUR TREATMENT

You will be provided with a robe and slippers upon arrival. Disrobe to the level of your comfort. Undergarments are not necessary but may be worn during your treatment if you prefer. The Spa at Shingle Creek's licensed therapists are trained to drape a sheet or towel over your body to provide privacy at all times.

It is recommended that you avoid shaving on the day of an exfoliation treatment, as doing so may cause a stinging sensation.

PRICES AND GRATUITIES

We accept all major credit cards, personal checks and traveler's checks. Treatment prices do not include a service charge. For your convenience, a 20% service charge will be added to your spa service.

GIFT CARDS

The Spa at Shingle Creek staff will be happy to provide recommendations for a gift of health, relaxation and beauty to fit any taste and personality. Gift cards may be purchased at The Spa desk for products and services and may not be redeemed for cash.

MOBILE PHONES & OTHER DEVICES

In consideration for our guests, we ask that you turn off your phone and other electronic devices before entering The Spa.

VALUABLES

The Spa at Shingle Creek is not responsible for damage to or loss of your personal belongings. As such, our recommendation is that you refrain from bringing any valuables to your Spa appointment.

CHILDREN

All Spa guests must be 16 or older to schedule a treatment. Younger guests will need to have a parent present for their treatment.

SPA AMENITIES

With a Spa service, guests 18 years of age or older enjoy a full day's access to The Spa facilities (available from 8 a.m. to 8 p.m. daily) and lap pool (open from 6 a.m. to midnight). Separate ladies' and gentlemen's facilities, located on the second level, include a relaxation room, whirlpool, sauna room, steam room and showers. For your comfort, we provide a private locker, Spa robe and slippers. Bathing suits and workout attire are highly recommended.





OPEN 8 A.M. TO 8 P.M. DAILY

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