



## WALK IN, FLOAT OUT

### *Planning your Spa visit:*

#### Scheduling and Appointments

We suggest scheduling services in advance to ensure desired appointments times. Please provide 24 hours cancellation notice to avoid charges for services not rendered. All reservations must be secured by a credit card.

#### Spa Admission

Spa treatments are available to guests age 16 & over.

#### Groups & Special Events

Celebrate any special event with your own private spa party. Group or special occasion reservations should be scheduled well in advance to ensure availability. Our spa concierge will help you create the spa event of your dreams. Availability and pricing vary.

#### Spa Etiquette

We request that you refrain from cell phone usage while in the Spa.

#### Check-In

We invite you to check in 30 minutes prior to your appointment to enjoy the amenities including our far infrared sauna and relaxation room.

#### Late Arrivals

We regret that a late arrival for your appointment will deprive you of valuable treatment time. Please allow for a 5 to 15-minutes transition between each service.

#### Attire

A robe, sandals and a locker will be provided upon your arrival. You will be professionally draped during your treatment to ensure modesty and comfort. To ensure comfort while using our infrared sauna, we suggest you wear a bathing suit or shorts and tank top.

### Medical

Please inform us of any medical or other special needs that require our attention. For your safety and well-being, we discourage alcohol consumption prior to your spa treatments, immediate sun exposure following skin care therapy and shaving after exfoliating treatments. Expectant mothers please bring doctor's permission for massage.

### Valuables

Please do not bring or leave valuables in the facility. We will not be responsible for theft or loss of personal property, including jewelry or other personal items stored in lockers.

### Gift Certificates

Gift certificates for spa services and spa retail items are an ideal year-round gift for any special occasion. Inquire at spa reception.

### Spa Boutique

Take the spa experience home with you by visiting our spa boutique!

## *Spa Packages*

*The Great Escape* - 3.5 hours. This relaxing package for body and soul begins with a 50-minute Harbor Shores Classic Massage followed by a 50-minute Seasonal Farmhouse Fresh Facial. Next, take pleasure in a Signature Manicure and Pedicure. \$255

*Golfers' Wives* - 3.5 hours. Indulge in a luxurious head to toe treatment. This journey begins with a 50-minute hot stone massage to melt away tension, ease muscle stiffness and increase circulation. The pampering continues with an 80-minute exfoliating and moisturizing Soul to Sole Body treatment followed by the uplifting 50-minute Beauty Workout facial to lift and firm. \$345

*Sportsman's Special* - 2.5 hours. Begin with an invigoration 50-minute Harbor Shores Custom Massage followed by a 25-minute Men's express Soothing Facial. Next, we pamper you with a Buff and Shine Manicure and Pedicure specially designed for men. This package will leave you feeling renewed, relaxed, and ready to get back into the action. \$205

The spa services selected for each package have been specifically designed for optimal results. Services are not interchangeable and must be utilized by the same guest on the same day.

## Massage

*Harbor Shores Classic Massage* - 50/80 minutes. This relaxing, light touch massage addresses the entire body. The Swedish technique provides comfort while additionally relieving stress and inducing profound relaxation. An excellent choice for your first massage. \$80/\$105

*Harbor Shores Custom Massage* - 50/80 minutes. Let one of our licensed massage therapists customize a unique massage that addresses all your concerns. Includes Swedish massage, deep tissue therapy and light energy work. \$90/\$120

*Harbor Shores Couples Custom Massage* - 50/80 minutes. Relax side by side with a friend or a loved one in our double bed massage room. A relieving, intimate experience. \$160/\$200

*Deep Tissue Massage* - 50/80 minutes. A deep tissue massage focuses on specific areas and is excellent for the sports enthusiast or those with an appreciation for advanced bodywork. \$100/\$130

*Healing Hot Stone Therapy* - 50/80 minutes. This massage treatment utilizes warm, mineral rich basalt stones that will melt away stress, aches and pains as well as over worked muscles and minds. \$100/\$130

*Cupping Therapy* - 50/80 minutes. Cupping is an ancient form of alternative medicine which can assist with pain, decrease inflammation, increase blood flow, break up lesions and scar tissue, induce relaxation and well-being. \$100/\$130

### Massage Enhancements

Aroma Therapy Oil \$10

Cupping \$25

Foot Ritual Treatment \$25

Scalp Massage \$15

## *Facials*

*Age Defying Facial* - 50-minutes. This dynamic treatment resurfaces dead, damaged skin cells to open pathways for the nourishing benefits of the SGF-4 technology. Collagen is stimulated, fine lines and wrinkles are plumped. \$100

*Vita D Fortified Transformation Facial* - 50-minutes. This vitamin infused facial will resurface and remove dead skin layers while targeting the repair of individual conditions related to vitamin D deficiencies. Skin tone is instantly brighter with fine lines and wrinkles softer, smoother and collagen stimulated after just one treatment. \$100

*The Beauty Workout Facial* - 50-minutes. This results-driven treatment incorporates a multi-action antioxidant cocktail of Vitamins A, C, D and E that are infused into the deeper layers of the skin with our Fit and Firm lifting and hydrating mask. \$100

*Restorative Hydration Facial* - 50 minutes. This treatment is designed for all skin types, especially sensitive, rosacea and dry or irritated skin. Our unique Fit and Firm peel off mask gently exfoliates and oxygenates the skin cells while allowing maximum absorption to the cells to soften, smooth and plump out fine lines and wrinkles. \$100

*Smooth Lake Michigan Sailor* - 50-minutes. Enjoy this facial straight off the boat to keep your sun-kissed skin ultra-smooth. This custom facial just for him deep cleanses the pores, soothes shaving irritation while hydrating the skin. Skin is then treated with an antioxidant soothing mask to instantly even out skin tone and reduce facial redness. \$90

## *Facial Enhancements*

*Dramatic Eye Lift* - This eye treatment deeply hydrates the delicate eye area reducing dark circles and puffiness while tightening and firming delicate skin tissue. \$20

*Fit and Firm Eye Treatment* - Our treatment helps strengthen sagging eyelids, minimize crow's feet, reduce puffiness and dark circles. \$20

## *Facial Enhancements continued*

*Firming Neck and Décolleté Treatment* - Reverse signs of aging on an over exposed neck and décolleté. Our unique treatment resurfaces dry dead skin cells while smoothing fine lines and wrinkles. Skin tone is more even, clearer, and brighter. \$20

## *Body Treatments*

*Sleek and Slim Therapy* - 80-minutes. This detoxing body therapy incorporates Arabica coffee extracts and caffeine to help stimulate the skin surface, helping to relieve the appearance of puffiness and bloating. The treatment mask contains vitamins, minerals, and marine extracts to help replenish essential nutrients. Your body will feel soft, smooth, and look slimmer. \$155

*Deep Detox Transformation Ritual* - 50-minutes. This cleansing ritual begins with a body exfoliation using the Bamboo Ginseng Scrub to remove rough, dry skin to allow maximum penetration of our luxurious Deep Detox Ritual Mask. This mask contains Moroccan Rhassoul clay infused with essential oils of rose, jasmine, ylang-ylang and clove to penetrate deeply and eliminate toxins and impurities and relax tense muscles. \$125

*Soul to Sole* - 80-minutes. This head-to-toe treatment begins with our exfoliating body scrub to remove dry, dead skin cells followed by a drizzle of self-heating oil in addition to a clay mask to purify and cleanse. You will then be cocooned into de-stress and relax while you receive a scalp massage and foot scrub. Your experience concludes with a mini facial to hydrate and nourish. \$185

*Bamboo Ginseng Back Ritual* - 50-minutes. This relaxing back treatment uses natural bamboo extracts to polish dry, dead skin cells. Our Deep Detox Ritual Mask hydrates and nourishes. \$90

## *Manicures & Pedicures*

Men's Buff & Shine Manicure/Pedicure - \$20/\$40

Essential Manicure/Pedicure - \$30/\$55

Signature Manicure/Pedicure - \$35/\$60

Shellac or Gel Manicure - \$45/\$65

French Polish - \$10 Additional

## *Hair Services*

Wash & Blow Out - \$45 and up

Thermal Styling - \$25 and up

Hair Cuts - \$25 & up

## *Brow and Lash Services*

Brow Tint - \$25

Lash Tint - \$25

Lash Lift - \$50

## *Medical Injectables*

Call for details.

800 Whitwam Dr | St Joseph, MI 49085