



the spa

AT PARADISE POINT



### **Inspire Renewal**

Awash in bay breezes and swaying palms, The Spa at Paradise Point is the ultimate island retreat offering a full mind, body, and soul experience. Escape and let us pamper you with the healing powers of tropical botanicals, fruits, and tranquil waters. Bliss awaits behind our doors: Spa treatments, herbal-infused steam rooms and sauna, an outdoor whirlpool, full-service salon, and mind and body classes. Sun-kissed and sumptuous, the experience at The Spa at Paradise Point is paradise found.

### **Hours of Operation**

9:00 AM - 7:00 PM

\*last appointment at 6:00 PM

*Hours of operation are subject to change.*

# HOW TO SPA

Guests of The Spa at Paradise Point must be at least 18 years of age. Salon treatments are available for guests 16 and older. A 20% gratuity will be added to all services and packages.

## **Arrival and Check-In Procedure**

Please arrive 30 minutes prior to your treatment. This will allow you ample time to check-in, shower, and enjoy our relaxation lounge. Arriving late will limit the time of your treatment, thus lessening its effects and your enjoyment. Treatments will always end on time so the next guest is not delayed and you will be charged the full amount for your service.

## **Booking a Service**

We encourage you to schedule your appointment in advance. Walk-in appointments are welcome; based on availability. All reservations must be secured with a major credit card and telephone number.

To schedule your appointment, please call us at 858.490.6350. Resort guests, dial extension #6350 from your guest room.

\*Please advise us if you are pregnant or have other significant health concerns when booking any treatments.

## **Cancellation Policy**

As a courtesy to our guests and therapists, we require 24 hour notice for appointment changes or cancellations.

Missed appointments and cancellations made less than 24 hours prior to the service will be charged the full treatment fee.

## **Daily Use Fees**

Enjoy the spa facilities with a spa day pass. This pass will give you access to the steam room, sauna, co-ed whirlpool, all five resort pools, and locker and shower area.

Based on availability. Valid on day-of purchase only. Non-transferable.

## **Digital Detox**

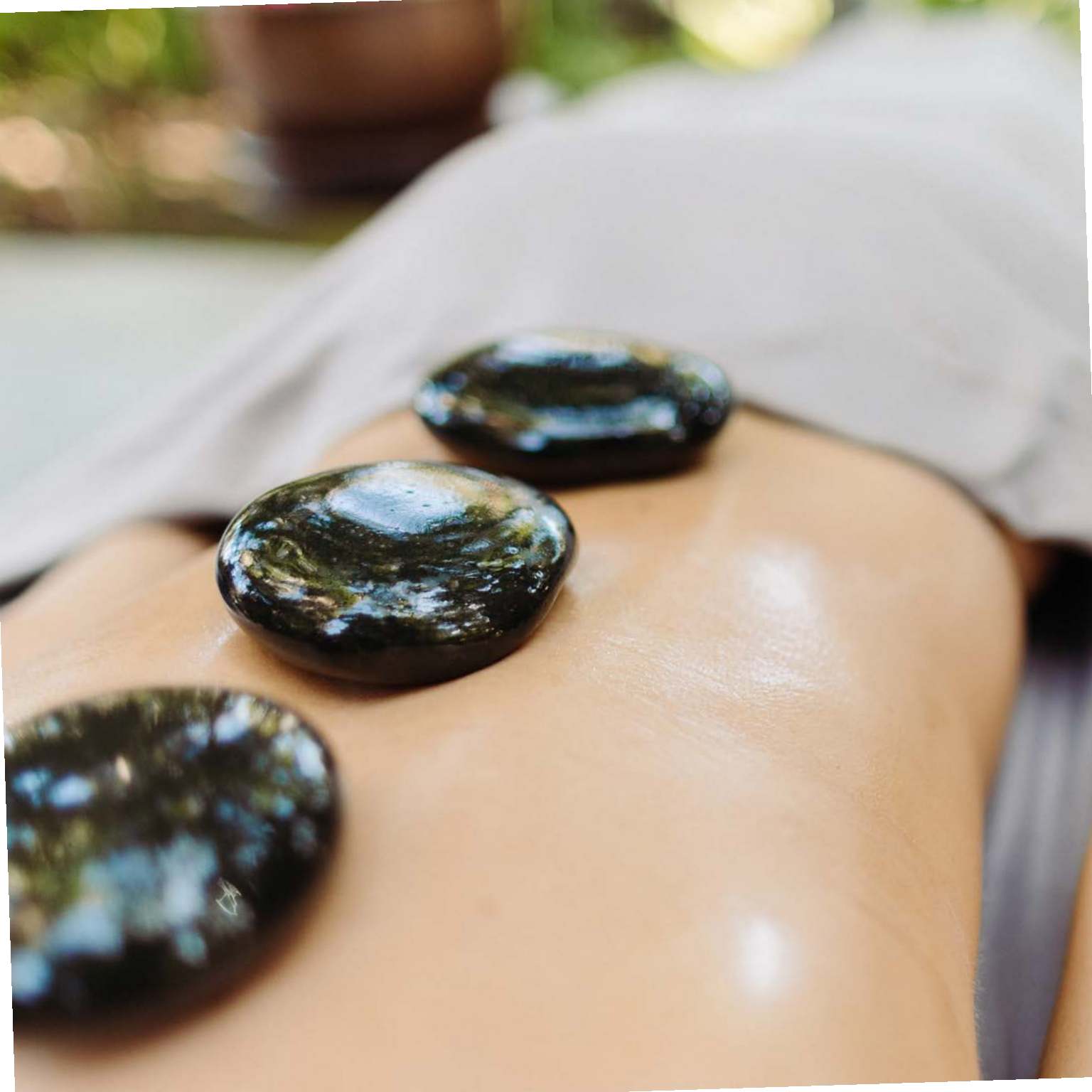
Please turn off all mobile devices to ensure a tranquil spa environment for everyone.

## **Personal Belongings**

We request that you do not bring any jewelry or other valuables to your spa experience. The Spa at Paradise Point is not responsible for lost, stolen, or misplaced items.

The Spa is a non-smoking environment.





# MASSAGE THERAPIES



## **Drift Massage**

Our signature, full body massage will send you drifting into paradise with a relaxing touch, soothing music, and tropical scented oil.

\$1 for every Drift Massage purchased is donated to Give Kids The World Village\*.

\* Give Kids The World Village is a non-profit organization that fulfills dream vacations of critically ill children and their families at no cost to the families.

## **Tropic Relief Massage**

Feel stress and tension melt away with this medium-to-firm pressure massage, combining relief massage oil, trigger point therapy, and deep tissue techniques to soothe and relax your muscles.

## **Island Stone Massage**

Experience blissful deep relaxation from head to toe, thanks to the warmth of basalt stones combined with Swedish massage techniques. Exotic island oils complement your journey.

## **Barefoot Reflexology Massage**

One of the world's oldest healing methods, reflexology uses gentle pressure on specific areas on your feet, helping to bring healing and organs back into balance—while relieving tired feet and legs.

## **Hapai Massage\***

Designed for our mothers-to-be using special nurturing, positioning, and support techniques. Let us help you alleviate some of the discomforts you're experiencing during this exciting and joyous time.

\*Offered in the second and third trimester only.

## **Couples Massage**

Share the experience of our signature drift massage, while relaxing and reconnecting in our private couple's suite.

# MASSAGE ENHANCEMENTS

## **CBD Oil\***

Harvested from the hemp plant, non-toxic CBD oil will help ease inflammation, promote healing, and help you feel calm and clarity when added to any massage. \*There is no THC in this enhancement.

## **Facial Massage and Masque**

Breathe new life into your complexion with a relaxing facial massage and a sheet mask of your choice.

## **Cupping\***

Rooted in Chinese healing traditions, suction cups are moved across your body to release blocked energy while relieving aching muscle and joint stiffness, draining lymph nodes, and increasing blood flow.

\*Cupping is not recommended for pregnant women or those with certain medical conditions. Please consult with us before booking.

## **Scalp Massage**

This invigorating upgrade uses stimulating oil and massage techniques to relieve tension and stress, while increasing blood flow to carry more nutrients to your hair.

## **Reiki Enhancement**

During this ancient Japanese healing practice for stress relief, your therapist will gently use their palms to transmit positive energy throughout your entire body—resulting in more relaxation and less anxiety.





DISCOVER A NEW YOU

# FACIALS



## **Signature Facial in Paradise**

Experience a facial cleanse that's equally relaxing as it is results-driven. This treatment begins with a light exfoliation, followed by a nourishing masque. Specially chosen serums and an application of moisturizer will leave your skin feeling soothed and refreshed.

## **Fountain of Youth Facial**

Bring radiance back to your complexion. Beginning with a deep cleanse, we'll treat fine lines and wrinkles with ultra-potent hyaluronic acid, followed with a collagen-infused serum, mask, and cream to lock in moisture. The results will leave you feeling all aglow.

## **Calm and Soothe Facial\***

Specially designed for dry or sensitive skin, rosacea, or dermatitis. This calming therapy will soothe, strengthen, and quench your skin with vital nutrients, leaving you feeling nourished and deeply hydrated. Also great for sun-kissed skin.

\*Also great for sun-kissed skin.

## **Healthy "CBD" Glow Facial\***

CBD and hemp oils work together to soothe rough, stressed, and tired skin, helping to restore a healthy glow.

## **Marine Hydrating Facial**

Give your skin a moisture boost. Using targeted light therapy, marine algae, and hyaluronic acid, this facial will deep clean and smooth the appearance of dry skin, fine lines, and rough texture, resulting in luxuriously soft and dewy skin.

## **Clear Complexion Facial**

Purify your skin and draw out impurities. Focusing on problematic and congested skin, this deep cleansing facial will clear pores and re-balance pH levels. A take-home treatment will be included to assist in preventing future breakouts.



# FACIAL ENHANCEMENTS

## Eye Treatment

A cooling eye mask is gently applied below each eye to soothe, de-puff, and hydrate skin with a blend of hyaluronic acid and peptides. A perfect refresh after a late night out.

## Lip Treatment

This hydrating and plumping treatment uses hyaluronic acid, antioxidants, and a algae extract mask over your lips to soften and increase elasticity. Leave with plumper and healthier-looking lips.

## Light Therapy

A combination of skin-safe lights work together to boost collagen production, smooth wrinkles, diminish discoloration, and clear acne—resulting in a beautiful, youthful complexion.

## Skin Boosters

Give your skin the boost it needs. Choose from a wide variety of powerful skin serums with collagen, multivitamins, oxygen, and more with hydrating and stress-fighting benefits.

## Waxing

- Full Face
- Chin, Lip, & Brow
- Lip & Brow
- Brow Shape
- Leg
- Bikini Line
- Full Leg/Bikini Line
- Arm
- Back

# TREAT YOURSELF



## **Island Body Buff**

Drift into a paradise state-of-mind with an organic sugar cane body buff, which gently exfoliates dull skin. Followed by a cool rinse and full body application of coconut oil, your skin is left feeling silky, smooth and hydrated. The 80-minute service includes body massage.

## **Muscle Relief Scrub**

Start with a full body exfoliation using a multitasking body scrub combining CBD, coffee, and Himalayan salt to slough off dull and dry skin. After a cool rinse, a CBD body cream is applied to the skin to moisturize and relieve sore muscles. This 80-minute service includes a body massage.

## **High Tide Hydration**

This ultra-hydrating body wrap begins with a full body dry buff, before being cocooned in a moisturizing, vitamin-packed body wrap. This allows your skin to absorb all the moisture that was lost during your sun-kissed days of fun. Finish with an intoxicating head and scalp massage.

## **Rejuvenating Body Wrap**

An exfoliating dry brush will prep skin for a nutrient-rich herbal body mud wrap featuring CBD, horse chestnut, cypress, and juniper. As the mud draws out any impurities, your body will unwind and detox. Afterwards, indulge in a warm shower and finish with a CBD body cream moisturizer.

## **Soothing Beach Escape**

Perfect after a sun-kissed day, this soothing body treatment starts with a cool milk bath to help soothe skin and inflammation. Afterwards, nurturing oils and emollients will gently quench stressed skin with much-needed hydration.









### Island Indulgence

Drift away to a tropical paradise with a luxurious coconut and lime sugar cane body scrub, which gently exfoliates dull skin. Rinse and soak in a soothing coconut milk bath before finishing with a full body coconut oil massage, leaving your skin silky smooth and glowing.



# PARADISE RITUALS

### Floral Escape

Rooted in the rituals of the French Polynesian Islands, this detoxifying and fragrant treatment begins with a relaxing frangipani and monoi scented bath soak. A detoxifying clay mask helps draw out impurities, while a moisturizing full body frangipani and monoi massage leaves you fully moisturized and pampered.

### Revive and Revitalize

Ideal for tired and sore muscles, this ritual starts with an invigorating CBD coffee scrub to increase circulation and slough off dry skin. Afterwards, a relaxing scalp massage and body wrap soothes overworked muscles. A de-stressing full body massage using CBD oil will leave you feeling fully rejuvenated.

### Tranquil Melt-A-Way

The ultimate stress relief to create a feeling of harmony and well-being, this ritual starts with a soothing bath soak blend of Epsom salt and essential oils. Afterwards, a 80-minute hot stone massage uses the revitalizing energy of warm basalt stones to help the body relax and dissolve stress.



# SALON • HAIR

Beach Blow-out

Women's Haircut

Men's Haircut

Bang Trim / Beard Trim

Single Process Color

Mini-Foils (10 foils or less)

Partial Highlights

Full Highlights

Up-Do

Hair Styling

## **Hair Braiding Services**

Professional hair braiding services is an island favorite and a form of art in itself.

Single Braid

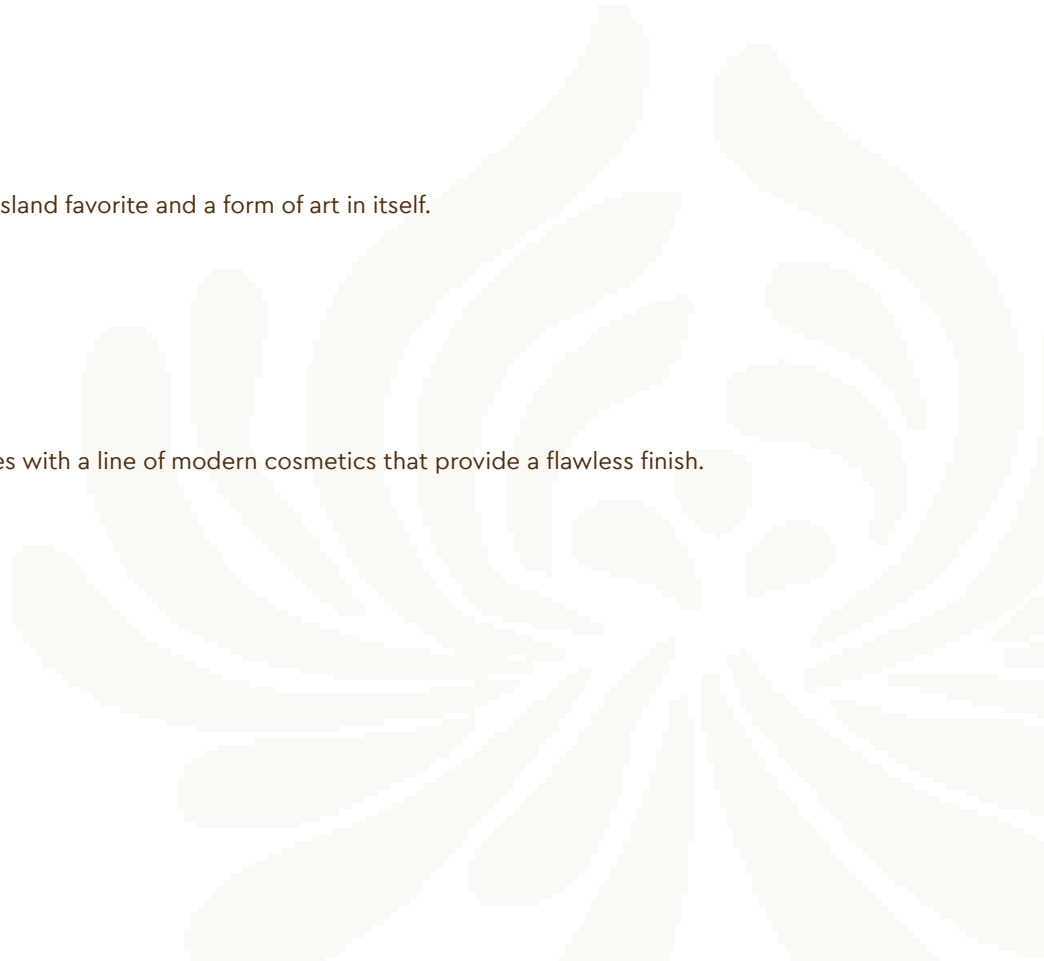
Single French Braid

## **Makeup Enhancement**

Enhance your natural beauty and features with a line of modern cosmetics that provide a flawless finish.

Makeup Application

False Lashes Application



# SALON • HAIR



## Mani Pedi in Paradise

Settle into a soothing soak to help refresh and soften your skin. Afterwards, experience a gentle exfoliation followed by a massage of your hands and feet with a hydrating moisturizer. Finish with the perfect polish of your choice (does not include Shellac or French polish).

## Spa Manicure

Repair, replenish, and condition your nails with this signature nail care treatment. Start with a moisturizing hand soak and a gentle hand exfoliation to soften and revitalize your skin. Followed by a nourishing masque to restore hydration. Finish with the perfect polish of your choice (does not include Shellac or French polish).

## Spa Pedicure

Treat your feet to a luxe pedicure from the tropics. Start by soaking your feet in a relaxing coconut milk foot bath to soften and cleanse your skin. A refreshing foot and calf polish will slough dry areas, while a stimulating foot massage will ease any stress and sore muscles. A hydrating moisturizer will leave your skin silky smooth before finishing with a perfect polish of your choice (does not include Shellac or French polish).

## CBD Foot Revival

Ideal for sore and tired feet, this soothing treatment begins with a foot soak in CBD-infused bath salts. Draw out any remaining tension and stress with a CBD foot mask—once applied, your feet are then enveloped in warm towels to help deliver relieving benefits to your skin. A massage of your feet and calves with CBD oil will restore moisture and ease tension before nails are trimmed, shaped, and finished with the polish of your choice (does not include Shellac or French polish).

## Finishing Touches

Please request any special add-on services at the time of booking to ensure adequate time.

Polish Change

Gel Polish Removal

Parrafin

French Polish

CBD Massage Oil

Shellac Polish

Hot Stone





**PAMPER IN PARADISE**



# PACKAGES

Package treatments must be completed on the same day. Service substitutions are not permitted. An 18% gratuity for your service provider will be automatically added to your total package price.

## **Sweet Escape**

- 50 minute Drift Massage
- 50 minute Signature Facial in Paradise

## **Beauty at the Beach**

- 50 minute Fountain of Youth Facial
- 80 minute Mani Pedi in Paradise

## **The Lime in the Coconut**

- 110 minute Island Indulgence
- 50 minute Marine Hydrating Facial

## **Island Muscle Revival**

- 50 minute Tropic Relief Massage with CBD upgrade
- 50 minute Healthy "CBD" Glow Facial
- 80 minute CBD Foot Revival

# self-care

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The practice of taking an active role in protecting one's own well-being and happiness.









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