

THE SPA

AT THE BREAKERS®

Your Oceanfront Oasis Awaits



Massage Therapies

The Spa at The Breakers offers a serene sanctuary for relaxation, pampering and renewal in an oceanfront setting.

Personal Retreat *from 80 to 120 minutes*

Signature Treatment

The Personal Retreat is a customized massage that incorporates various therapeutic techniques tailored to your individual needs. Whether your goal is to be pampered or to de-stress, simply tell us how much time you have and a master therapist will work with you to deliver a highly personalized massage experience.

Thai *90 minutes*

Performed on a mat on the floor, your therapist incorporates slow, gentle rocking movements, acupressure, energy balancing and applied yoga exercises using thumbs, palms, elbows, knees and feet. This unique therapy relaxes body and mind and increases flexibility while harmonizing key energy meridians. Loose, comfortable clothing should be worn.

Shiatsu *80 minutes*

A range of acupressure and stretching techniques help balance energy flow and strengthen the vital organs. Loose, comfortable clothing should be worn.

Prenatal *50 minutes*

For the mother-to-be after the first trimester. Designed to assist with relieving pregnancy-related discomforts.

Harmony *50 minutes*

A tranquil blend of four hands synchronized in harmony to relax your mind and body from head to toe.

Simplicity *80 minutes*

A delightful combination of medium to deep pressure that relieves muscle tension and enhances circulation.

Couples *80 minutes*

Simplicity Massage for two.

Ocean Breeze *90 or 150 minutes*

Embrace the ultimate in paradise with the perfect duet of massage and the gentle sounds of the ocean. Enjoy a Personal Retreat Massage in our private Oceanfront Sanctuary. For a truly unique experience, enjoy an Ocean Breeze Massage after the sun goes down under the moon and stars. Some restrictions may apply.

Additional techniques may be available upon request.

Body Treatments

Wrap yourself in nature's luxuries and experience pure indulgence, bringing a sense of joy to your body and spirit.

Sea Salt Scrub *25 minutes*

Dead Sea salts, rich in magnesium and potassium, are combined with essential oils to refine your skin. This treatment can also be combined with most massages to create an even more luxurious experience.

Pomegranate Salt Scrub *50 minutes*

Infused with natural minerals and the anti-aging benefits of pomegranate, this fine-salt scrub renews your skin with rich antioxidants and reveals a more youthful glow.

Kiwi-Coconut Salt Scrub *50 minutes*

Bali sea salts and hydrating coconut are combined with skin-brightening kiwi to leave you with softer, younger and healthier skin. This delicious combination is suitable for all skin types.

Honey-Papaya Smoothing Scrub *50 minutes*

A nutmeal fusion of almonds, rice and oatmeal exfoliates as honey and papaya gently soften and refresh your skin. The light, creamy texture is perfect for sensitive skin.

Sedona Mud Wrap *80 minutes*

Adobe red mud is blended with red algae in a detoxifying masque that remineralizes, moisturizes and soothes your skin. A mild exfoliation and Vichy shower are included in this treatment.

Marine Algae Body Wrap *80 minutes*

Essential oils of rosemary, cypress and juniper, along with the nourishing properties of seaweed, help to relieve water retention and restore balance to your body. A mild exfoliation and Vichy shower are included in this treatment.

80-minute body treatments can be upgraded to include a Deep-Conditioning Scalp Treatment or Foot Masque for an additional charge.



Rejuvenating Bathing Rituals

All bathing rituals include a 25-minute bath accompanied by a 25-minute salt scrub.

Seaweed Bubble Bath 50 minutes

A blend of marine algae and milk whey, along with calcium and magnesium, assists in restoring your body's natural balance and alleviating water retention while leaving your skin soft and silky.

Dead Sea Salt 50 minutes

A relaxing and therapeutic treatment enriched with vital marine trace elements and minerals to help detoxify your system, increase circulation and ease muscle tension.

Spa Packages

Regal Experience 5 1/2 hours of services

Relish in regal indulgence as you enjoy a Harmony Massage, Sedona Mud Wrap, Classic Facial with Reflexology, Solar Manicure and Pedicure and spa lunch for a royal experience. A special gift will be provided.

Yours Truly 3 hours of services

Enjoy your choice of two 80-minute treatments and a spa lunch. Some restrictions may apply.

Call for information about additional packages.

Waxing

Call for a list of available services.

Skincare Services

Relax as you enjoy luxurious treatments designed to meet your unique skincare needs.

Orchidée Impériale Facial 80 minutes

Signature Treatment

Experience the rejuvenating, strengthening and anti-aging properties of the orchid flower. Using Guerlain's Orchidée Impériale cream and simultaneous masques, this treatment is designed to smooth and brighten your skin. Facial waxing and a hand, scalp and foot massage complete your treatment.

Tammy Fender™ Holistic Facial 50 or 80 minutes

This luxurious treatment uses the unique powers of holistic healing and 100% organic, custom-blended products developed by renowned aesthetician, Tammy Fender. Trained directly by Tammy, your aesthetician will provide an unforgettable facial at the only spa outside of Tammy Fender™ Holistic Skin Care to offer this service.

Guerlain Classic Facial 50 minutes

Refine the texture of your skin and even out skin tone as you enjoy the luxury of deep cleansing, gentle exfoliation and a moisturizing treatment. A soothing hand and arm massage completes your indulgent experience.

50-minute facials can be upgraded to include a 25-minute Eye Treatment or Reflexology Foot Therapy for an additional charge.

Cellular Enzyme Peel 50 minutes

The Cellular Enzyme Peel is the first "smart peel" that selectively targets damaged skin cells and neutralizes itself automatically, with virtually none of the side effects of traditional peels. The skin is left perfectly hydrated, with improved surface elasticity, firmness, and a visible reduction of age lines.

Purifying Back Treatment 50 minutes

Includes an invigorating exfoliation followed by a purifying masque to remedy imperfections and revitalize your skin.



Specialty Therapies for Hands & Feet

A Walk On The Beach 80 minutes

Signature Treatment

This luxurious and completely organic “facial for the feet” incorporates natural elements from the sea. Your experience includes a refining exfoliation and seaweed-enriched masque. An intensive, moisture-replenishing massage completes this marine-inspired treatment.

Citrus Sorbet

Manicure 50 minutes Pedicure 50 minutes

Unveil soft youthful skin on your hands or feet with this anti-aging treatment infused with a refreshing blend of citrus extracts. A shea butter exfoliation followed by an invigorating massage perfects this uplifting experience.

Solar Treatment

Manicure 50 minutes Pedicure 50 minutes

This intensive therapy for dry, dehydrated hands or feet includes a sweet almond oil and Dead Sea salt exfoliation to polish your skin, and a moisturizing hand or foot massage to complete this soothing treatment.

Nail Services

Classic	Manicure 25 minutes	Pedicure 50 minutes
French	Manicure 45 minutes	Pedicure 50 minutes
Polish Change	Hands 15 minutes	Feet 15 minutes
French Polish Change	Hands 25 minutes	Feet 25 minutes
Nail Repair	15 minutes per nail	

With each Manicure or Pedicure, your choice of nail polish is expertly applied and presented for you to take home with our compliments.

Beauty Services

Our professional makeup artists and beauty consultants will enhance your natural beauty while using exceptional-quality Guerlain cosmetics.

Makeup Services

Will be performed in the Guerlain Institut de Beauté, adjacent to the Palm Courtyard.

Makeup Application	Bridal
Daytime 25 minutes	Trial Makeup 50 minutes
Evening 50 minutes	Makeup 50 minutes

Hair Services

A unique blend of beauty and styling services, as well as rejuvenating specialty treatments, are available at our full service hair salon located on the Southeast Mezzanine level of the hotel.

Fitness Services

Explore a variety of fitness activities designed to build aerobic capacity, flexibility, strength and endurance.

Fitness Assessment 80 minutes

Signature Service

Work with a certified personal trainer to receive a full-body analysis that will test your endurance, strength and flexibility. A complete body composition analysis will be performed using our Bod Pod®. Upon completion of this assessment, you will be provided with your results and a program for at-home use.

Personal Training 25 or 50 minutes

A one-on-one workout to refine your existing fitness program or teach you new training techniques.

Training For Two 50 minutes

A certified personal trainer will guide you and a partner in refining your fitness program or learning new techniques.

Bod Pod® Analysis 20 minutes

Using the most advanced technology available today, this body composition analysis will determine your percentage of body fat and lean body mass. This highly accurate, safe and quick test is performed inside the comfort of a pressurized unit that is used by many professional sports teams. This test also provides you with your daily energy expenditure, which can be used to manage your caloric intake.

Fitness Classes

A variety of fitness and specialty classes, such as power walks, aqua aerobics, yoga and Pilates, are taught by certified instructors and offered daily. Schedules are available at The Spa reception desk or Concierge desk. Classes are complimentary for all hotel guests and are included with the purchase of a 50-minute service or treatment.

Private Fitness Classes One-on-One Instruction

Yoga | Aqua Aerobics | Pilates (mat, chair, golf and equipment)



Daily Spa & Fitness Membership

Use of Spa facilities are included on a complimentary basis with a 50-minute service or are available for hotel guests and members for a daily fee.

Daily Guest Membership

Includes use of our oceanview cardiovascular/weight training room featuring treadmills, elliptical runners, stationary cycles, circuit-training equipment, free weights, Smith machine and unlimited fitness classes. Separate spa facilities for men and women featuring steam and sauna. Private locker with robe and slippers for use within The Spa.

General Spa Information

Open 8:00 a.m. daily. Guests must be at least 16 years of age to utilize Spa facilities and services.

Spa Appointments & Reservations

We recommend scheduling your spa services in advance. For reservations, please contact The Spa at 1-888-BREAKERS or (561) 653-6656 from outside the resort or press 6656 from any in-house telephone and our spa consultants will be happy to assist you.

Gratuities

For your convenience, a 20% service charge is added to the price of all Spa and Salon services covering gratuities for your therapist and spa attendants. Additional gratuities are discretionary and may be added upon your request.

Cancellation Policy

Please provide 24-hour notice if you must cancel or reschedule an appointment. You will be billed 50% of the reserved services should you cancel or change your appointment with less than 24 hours notice. Failure to show for appointments will result in a 100% charge for reserved services.

Prices and services subject to change without notice.

State of Florida, Department of Health, Massage Establishment License #MM70

Spa Gift Cards

Gift Cards for The Spa at The Breakers are ideal for any occasion and can be purchased by calling 1-888-BREAKERS or online at www.thebreakers.com/giftcards.



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