



THE SPA
AT THE BREAKERS®

Your Oceanfront Oasis Awaits



Signature Treatments

Enjoy the ultimate indulgence with one of our signature treatments.

Personal Retreat Massage

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 our master therapist will work with you to deliver a highly personalized massage experience.

Orchidée Impériale Facial

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

A Walk On The Beach Pedicure

This luxurious "facial for the feet" incorporates marine-inspired products and utilizes beach sand, quartz crystals, mineral salt and alpha-hydroxy acid to exfoliate and invigorate your skin.

Fitness Assessment

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 all your results and a program for at-home use.

Massage Therapies

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

Personal Retreat *from 50 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 our 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 minutes*

Embrace the ultimate in paradise with the perfect duet of massage and the gentle sounds of the ocean. Enjoy this treatment on our Ocean Terrace or in a private Beach Bungalow. 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, combined with essential oils, stimulate circulation and refine your skin. This treatment can also be combined with most massages to create a luxurious 80-minute 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.

Aromatherapy Scrub 50 minutes

An aromatic scrub using essential oils exfoliates and nourishes your skin. Service includes complimentary oils for use at home.

Sedona Mud Wrap 80 minutes

Adobe red mud is blended with red algae in a detoxifying mask 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 Mask 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.

Aromatherapy 50 minutes

Experience the healing properties of essential oils with your personalized aromatherapy fragrance.

Skincare Services

Relax as you enjoy luxurious Guerlain 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 masks, this treatment is designed to reshape, smooth and brighten your skin. Facial waxing and a hand, scalp and foot massage complete your treatment.

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.

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.

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

A Daytime Makeup Application is included with each Facial on the day of your service. Please contact a Spa Consultant to schedule this complimentary service.

Purifying Back Treatment 50 minutes

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

Waxing Call for a list of available services.



Spa Packages

Escape to a place of serenity and renewal to replenish your body and mind. Experience the ultimate in pampering with our selection of luxurious day 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.

Palm Beacher 4 1/2 hours of services

Celebrate your special day the Palm Beach way while you treat yourself to an 80-minute Personal Retreat Massage, Orchidée Impériale Facial, Walk on the Beach Pedicure and spa lunch. A special gift will be provided.

Prenatal Bliss 3 1/2 hours of services

Specially designed for the mother-to-be after her first trimester. Enjoy a Prenatal Massage, Classic Facial, Solar Pedicure, Classic Manicure and spa lunch.

Island Escape 3 1/2 hours of services

Designed with luxury and indulgence in mind, this package is for those who have come to The Breakers for a true island getaway. Enjoy an 80-minute Personal Retreat Massage, Honey Papaya Smoothing Scrub, Citrus Sorbet Pedicure and spa lunch.

Yours Truly 3 hours of services

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

Each package includes unlimited one-day use of our beach and spa facilities, including our fitness classes.



Specialty Therapies for the Hands & Feet

A Walk On The Beach 80 minutes *Signature Treatment*

This luxurious “facial for the feet” incorporates marine-inspired products and utilizes beach sand, quartz crystals, mineral salt and alpha-hydroxy acid to exfoliate and invigorate your skin.

Citrus Sorbet Manicure 50 minutes Pedicure 50 minutes

Unveil soft youthful skin on the hands and 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 25 minutes	Pedicure 50 minutes
Polish Change	Hands 15 minutes	Feet 15 minutes
French Polish Change	Hands 25 minutes	Feet 25 minutes
Nail Repair (per nail)	15 minutes	

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

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	Daytime 25 minutes	Evening 50 minutes
Bridal	Trial Makeup 50 minutes	Makeup 50 minutes
Makeup Lesson	50 minutes	
Eyebrow Sculpting	25 minutes	

Hair Services

Our professional hair stylists provide a unique blend of beauty and styling services, with rejuvenating specialty treatments, to enhance inner and outer beauty. Hair services are available in The 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 Treatment*

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 all 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 25 or 50 minutes

A certified personal trainer will guide you and a friend, family member or 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 are taught by certified instructors and offered daily. Power Walks, Aquaerobics, Yoga, and Pilates 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
- Aquaerobics
- Mat Pilates
- Chair Pilates
- Golf Pilates
- Equipment Pilates



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 ocean-view 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.

Fitness Dress Code

Proper fitness attire is required at all times in the fitness center. Women should wear T-shirts, tank tops, sweatshirts, leotards, tights, sweatpants or workout shorts. Men should wear T-shirts, tank tops, sweatshirts, sweatpants or workout shorts. Closed-toe athletic shoes must be worn at all times for all fitness activities. Please note that bathing suits, cut-off shorts and open-toe shoes (i.e., sandals, flip flops) are not permitted.

General Spa Information

Spa Hours: 6:30 a.m. – 8:30 p.m. daily. Guests must be at least 16 years of age to utilize Spa facilities and services. Children are welcome to enjoy Salon services, but access to other Spa facilities is restricted.

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. The Spa requires that all day guests book a minimum of two hours of treatments.

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 hours 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.

Personal Safety

For your safety, and the protection of The Spa, it is required that all guests sign an *Acknowledgment, Release and Informed Consent Form* prior to enjoying the services or facilities at The Spa. Please notify our staff if you are pregnant or have any medical conditions or physical ailments, as certain treatments may not be suitable. Health experts strongly recommend you enjoy only one heat treatment per day. We recommend that valuable items be left at home, stored in your in-room safe or in a safe-deposit box available at the hotel front desk. The Spa is not responsible for items that may be lost or stolen.

Suggestions to Enhance Your Experience

A visit to a spa should not be considered just an appointment, but rather a commitment to your overall well-being and self improvement. To ensure you receive the maximum benefit and enjoyment from your day at The Spa, please arrive at least 30 minutes prior to your first appointment. This time will allow a few moments to enjoy The Spa's serene environment and utilize the facilities, including our courtyard, fitness center, oceanfront whirlpool spa, lap pool, steam room, and sauna before your treatment. Should you arrive late, please understand that we will provide your service in the time remaining. Your treatment will still end on time so our next guest will not be inconvenienced. Please shower prior to any treatment to enhance relaxation. In consideration of other guests, we ask that all cellular phones be turned off while at The Spa. Following any treatment, it is recommended that you drink water and refrain from participating in vigorous activity for at least one hour. Time in the whirlpool, sauna or steam room should be limited to 10 minutes.

Prices and services subject to change without notice.

State of Florida, Department of Health, Massage Establishment License # MM 70

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.



One South County Road | Palm Beach, Florida 33480
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