



*spa treatment menu*

# facials

## *xmf youth revealing facial*

with two professional masks and its unique resurfacing lotion, this treatment reaches the height of biotechnological performance and restores the skin's youthfulness, softness and luminosity instantly

## *youthful glow illuminating facial*

brighten skin tone, reduce dark spots, and smooth away wrinkles with the perfect pairing of a 20% acid facial peel plus a soothing sheet mask

## *sea breeze anti-pollution facial*

detoxify and repair skin damage caused by pollution, dehydration and toxic particles leaving the skin revived, refreshed and more radiant

## *moisture quench hydrating facial*

restore ideal moisture levels to all skin types with hydrating elements from the ocean

## *seaside solutions custom facial*

customize a luxurious treatment with products designed to meet your skin's specific needs

## *seaside express facial*

enjoy an express facial that targets your specific skin care needs

## *gentleman's facial*

tailored to remedy the problems associated with daily shaving and excessive environmental exposure

## *detoxifying back facial with self-heating mud*

experience an ultra-relaxing facial for the back using detoxifying marine products to deep cleanse and exfoliate while eliminating breakouts and congestion

## FACIAL ADD ON'S

*Customize and enhance your facial with this collection of targeted treatments*

### *led light mask\**

utilize low level pulses of light to activate skin cells by converting light energy to promote healing and anti-aging and stimulate collagen formation

*Blue - reduces frequency of acne breakouts*

*Red - smoothes fine lines, wrinkles, and diminishes sun spots*

*Red & Blue - effective in treating acne, rosacea and UV damage*

*\*available only on select facial services*

### *eye perfection*

moisturize, smooth and firm the delicate skin around the eyes

### *plumping lip smoother*

quench dry, chapped lips and combat the signs of aging around the mouth

### *radiance peel*

reveal younger looking skin and increase the rate of cellular turnover

### *décolleté parfait*

target hyper-pigmentation and smooth creased skin on the lower neck and chest



Relax,  
refresh,  
recharge.



# packages

## *signature package*

lose yourself in an 80 minute therapeutic massage, 50 minute Youthful Glow Skin Illuminating Facial, and a 60 minute Sea Foam Mud Body Wrap

## *sea escape package*

indulge in a true escape of your senses with a rejuvenating 50 minute custom facial, 50 minute therapeutic massage and your choice of a remineralizing or firming body treatment

## *spa sampler*

delight in a 30 minute customized facial, 30 minute sea scrub and a 30 minute therapeutic body milk massage

# specialty treatments

## *remineralizing body polish*

enjoy a thorough exfoliation of the body with this effective mechanical scrub enriched with expert marine ingredients

## *massage and wrap with algae jam*

experience a whole-body slimming treatment, which combines a tonic massage and an original algae wrap, to refine curves, reshape and tone the silhouette

## *after sun rescue & body firming wrap*

*anti-aging, firming after weight loss or childbirth, post sun*

during this anti-aging body wrap every detail is looked after while cocooned in firming body gel, rich in anti-aging sea minerals

## *remineralizing body wrap*

*anti-stress, anti-fatigue, jet lag, recovery, moisturize*

if feelings of fatigue, stress, and low energy are creating imbalance for your well-being, sea water is the perfect solution

## *sea foam body wrap*

*muscle melter, tissue detox*

for tight muscles, joints, and tendons an intensely active marine mud will soothe sore tissue while toxins are drawn from deep within. Includes a luxurious application of ultra-moisturizing body milk to complete the experience

# *body treatments + massage*

## *renewing exfoliating ritual*

Bask in therapeutic relaxation with the best of both worlds. After muscle relaxing, Self Heating Mud packs are applied to the spine. An exfoliation is performed using a creamy exfoliant infused with an endorphin releasing aromatherapy serum, which has a similar mood enhancing actions as those provided by the sun to simultaneously revitalize the skin and senses.

## *sun-kissed body exfoliation with tanner*

gently exfoliated, your skin is then moisturized from head to toe. The final touch: the application of a self-tanner. Perfect for a natural glowing tan without the sun or making a tan last after a summer vacation.

## *treasures of the sea treatment*

Immerse the senses and bring the body back into balance. This unique treatment includes a specialized lymphatic massage performed with Relaxing and Draining Elixirs to melt tight muscles and increase circulation. Followed by an application of moisture rich body cream.

## *sea holistic exfoliation & massage*

Combining light strokes, pressure and stretching, this Thai-inspired body massage eliminates tension knots one by one while providing gentle heat. The body scrub with marine salt crystals restores the skin's natural softness. Gradually, your mind surrenders to bliss, and a lasting sense of wellness sets in.



# massage

## *swedish massage*

*Light relaxing pressure to reduce stress and relax the body*

## *deep tissue*

*Firm to intense pressure to deeply relax areas of chronic tension & stress*

## *prenatal*

*This soothing massage session is designed specifically to release the tired and tense areas of the body that are most affected during pregnancy.*

## *hot stone massage (spa only)*

*Hot stone massage is a form of massage therapy that follows the same principles of Swedish Massage with the addition of heated stones, which helps lead to deep relaxation*

## **CABANA MASSAGES** *(only offered at Portofino Island Resort)*

## *swedish massage*

*Light relaxing pressure to reduce stress and relax the body*

## *deep tissue*

*Firm to intense pressure to deeply relax areas of chronic tension & stress*

# treatment add-on's

## *foot treatment*

Exfoliation to the feet to remove dead skin cells and replenish with a rich moisturizing mask followed by a foot massage to relax your entire body.

## *back exfoliation*

Dead skin cells are exfoliated with a body gommage followed by hydrating lotion application. Leaves back smooth and hydrated.

## *champagne of the sea localized detox (self heating mud)*

A local application of Phytomer's warm, bubbly seaweed mud helps to relieve muscle tension and stress in your most over worked areas.

## *aromatherapy*

Use of essential oils targeted for your specific need

## *in-room massage (only offered at Portofino Island Resort)*

## *cupping therapy*

An ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. Experience improved blood flow, reduced inflammation and relaxed muscles.

## *kansa wand*

Made of Kansa, a sacred bronze recognized in India as a healing metal, this smooth, domed tool heats up as it is massaged into the skin. It's benefits include relieved stress, enhanced health, increased energy, and glowing skin.

## *couples massage*



# nail care

*A moisturizing scrub prepares the skin for nail shaping and a detailed cuticle grooming session. Skin is then hydrated with a gentle, relaxing massage and the experience concludes with a polish application for beautiful hands and feet.*

Classic Spa Manicure	Classic Spa Pedicure
Buff Pedicure	Manicure & Pedicure
Add French	Add gel polish
Add soak off gel	Add exfoliation & mask
Polish change	Acrylic soak off
Paraffin dip	
Gentleman's Manicure	Gentleman's Pedicure



# tinting & waxing

## tinting

*Get the look of deep dark lashes without having to apply mascara*

Brow Tint	Lash Tint
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## waxing

Brow	Lip
Bikini	Brazilian
Arms	Legs
Back	Chest

Underarms

*\*Clients are responsible for informing service provider of any creams, lotions or other products that could interfere with waxing*



# how to spa

*To avoid rushing the check-in process, spa guests should arrive a minimum of 15 minutes prior to their first scheduled appointment. Guests are encouraged to relax in the spa lounge to give their mind an opportunity to enter a peaceful and tranquil state prior to receiving services. Spa guests receive a robe, slippers and a locker at check in. Special draping practices are used during all treatments for guest comfort and privacy. Bathing suits are required in the jacuzzi.*

## *age requirements:*

No one under the age of 21 is permitted in the spa lounge or locker room area. Some spa services may be booked for our guest's under 18, if accompanied by an adult.

**14 YEARS** - Guest may receive a Manicure or Pedicure, but a parent must sign the intake form & accompany them at all times.

**14-17 YEARS** - Guest may receive any of the services offered, but a parent must sign the intake form & accompany them at all times.

**18-20 YEARS** - Guest may receive any of the services offered and sign their own intake form, but are not permitted to use the spa amenities in the locker room. The guest will be escorted to and from the treatment room by their therapist.

## *cancellation notice*

All services cancelled or changed within 24 hours will be charged the full rate.

## *gratuity*

A 20% gratuity will be added to all spa services

## *premier discount*

Premier spa guests will receive a 10% discount on all spa services

