

HOW TO SPA

PRE-ARRIVAL

We encourage you to arrive 30 minutes prior to your scheduled appointment; please be prompt in your arrivals as late arrivals will be subject to a reduction in treatment time.

CANCELLATION POLICY

As a courtesy to other guests and to our therapists, we strictly adhere to the cancellation policy. If you must reschedule or cancel an appointment, please advise us 4 hours in advance to avoid being charged 100% of the scheduled services. For cancellation of a package 24 hours is required.

SPA CONSIDERATIONS

So that the tranquility of the Spa experience may be preserved, we respectfully ask that you leave cell phones turned off.

Please leave all your valuables in your room safe or at home, as The Spa Hilton Marco Island cannot be held responsible for loss of personal items.

If you are scheduled for a body treatment or facial, please refrain from shaving at least 4 hours prior to your treatment.

For your comfort, we ask that you shower prior to any body or waxing service.

GRATUITIES

For your convenience, a 21% service charge is automatically applied to all services and distributed to the staff.

AGE REQUIREMENTS

Spa treatments and facilities are available for guests 16 years and older. Children ages 12-15 are welcome to enjoy massage, facials and body treatments, but must be accompanied by an adult at all times. Children ages 11 and younger are welcome to enjoy services in the Hair & Nail Salon accompanied by an adult.

GIFT CERTIFICATES

Give the gift of health and wellness with an elegantly wrapped gift certificate to The Spa. They are available for any service, package, product or amount you wish.

SPA ACCESS

On the day of your Spa service(s) we invite you to enjoy our amenities and facilities, which include robe, sandals, sauna, steam, rainfall shower, relaxation room, hot tub, Spa garden, snacks and refreshments. There is facility fee for those not receiving a scheduled treatment.

Hotel Guests - \$30

Non Hotel Guests - \$40

YOUR FIRST VISIT

It is customary to enjoy most body treatments without clothing, but you may wear a bathing suit or undergarment if you prefer. As a friendly reminder, you will be draped to protect your privacy at all times. We will never compromise your modesty.

MASSAGES



THE SPA SIGNATURE MASSAGE - \$145/50MIN, \$195/80MIN

The Spa Signature Massage is a gentle, rhythmic massage administered to relax soft body tissue using Swedish techniques to facilitate healing. It is lighter in touch and includes long flowing strokes, kneading, and friction techniques on more superficial layers of the muscles. It can loosen stiff joints, reduce muscle tension, and help clear nasal or chest congestion.

ULTIMATE AROMATHERAPY EXPERIENCE - \$145/50MIN, \$195/80MIN

This balancing treatment starts with a consultation to find out what your emotional and physical needs are. With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. Choosing the 80 min treatment will mean extra attention is given to the facial massage.

DE-STRESS MUSCLE RELEASE - \$150/50MIN, \$200/80MIN

De-Stress Muscle Release is a restorative treatment specifically designed for tight, stressed and aching muscles. Swedish and cross muscle fiber massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on your circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build-up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

DEEP TISSUE SPORTS MASSAGE - \$150/50MIN, \$200/80MIN

Our Deep Tissue Sports Massage uses many of the same movements and techniques as Swedish massage, but the pressure will be more intense as the therapist will be going deep into the muscle tissue. It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots.

HOT STONE MASSAGE - \$195/80MIN

Warm stones are used to impart heat onto the body to release muscle tension. They are placed along chakra centers, hands and feet. As the stones deliver concentrated centers of heat, the therapist is simultaneously massaging with oiled, heated stones held in the palm of the hand.

PRE-NATAL INDULGENCE - \$145/50MIN, \$195/80MIN

Relax as your body is soothed and your skin is pampered with the nourishing properties of Rose Oil. This full body massage is designed to answer the developing needs of mother and baby and give you the nurturing treatment you both deserve. The massage helps to ease aches and pains and that 'heavy' feeling with attention paid to the back, neck and lower legs.

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CLEAR MY HEAD - \$80/25MIN

An invigorating massage concentrating on the tension hot spots of the back, neck and shoulders. A great way to relieve tension and get rid of any built up stress. This will leave you feeling fantastically fresh and free from any strains.

REFLEXOLOGY - \$80/25MIN

This ancient therapeutic method helps relieve pain by stimulating predefined pressure points on the feet. This controlled pressure alleviates the source of discomfort.

MESSAGE ENHANCEMENTS

Hot Stone Upgrade \$15

Cold Stone Upgrade \$15

Enrich Body Butter Upgrade \$15

Hands, Feet or Back Scrub Upgrade \$15

Aroma Oil Upgrade \$15

FACIALS

THE SPA SIGNATURE FACIAL - \$145/50MIN, \$195/80MIN

This traditional European Facial addresses all your skincare needs by providing a thorough cleansing and exfoliation, extractions, a mind-melting massage and a deeply penetrating mask. Great for general maintenance or for beginners, this facial can be tailored to any skin type for optimal results. Includes Hot Stone Upgrade.

COLLAGEN INFUSION FACIAL FOR AGING SKIN - \$195/80MIN

Allow the plumping, hydrating and softening affects of Marine Collagen and Elder Water to drench the skin in our Collagen Infusion Anti-Aging Facial. As skin regains its youthfulness, enjoy a pampering massage of the feet, hands, décolleté, neck, and scalp.

CUSTOMIZED ORGANIC FACIAL - \$145/50MIN, \$195/80MIN

This 100% organic Facial by Eminence is customized according to your skincare needs and concerns. It includes gentle cleansing, enzymatic exfoliation to shed dry, dulling skin cells and imbedded impurities, warm towel compresses to soften and stimulate, massage to promote circulation and relaxation, treatment masks to feed, hydrate and brighten, and concentrated moisturizers to nourish and protect. With each facial, your skin will become stronger and more able to maintain health and balance.

Choose from:

- Age Corrective - Experience immediate and lasting anti-aging results, boost of collagen lifts and tightens for skin that appears, and acts, naturally ageless.
- Bright Skin - Brighten and lighten an uneven complexion, fade age spots and hyper-pigmentation.
- Age Preventative - Keep your skin young and beautiful by hydrating, improving skin's vitality and increasing its elasticity.

SOOTHING FACIAL FOR SENSITIVE SKIN - \$145/50MIN

Let the soothing properties of cool seaweed calm your irritated skin and leave you feeling hydrated and refreshed. Great for the treatment of mild to moderate Rosacea, skin irritation, sunburn or general discomfort due to dryness.

EXCLUSIVE GENTLEMAN'S TREATMENT FACIAL - \$145/50MIN

Gentlemen, at last a facial made exclusively with you in mind. Enjoy the power of special rotary brushes and a penetrating exfoliation to give your skin the deep clean it needs. Steam and extractions purge impurities and a mattifying mask eliminates oil and purifies the pores. Let's not forget the mind-melting massage of the face, neck and décolleté. Why let the ladies have all the fun. Includes Hot Stone Upgrade.

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FACIAL ENHANCEMENT

Hot Stone Upgrade \$15

Cold Stone Upgrade \$15

Eye Treatment for Fine Lines and Wrinkles \$45

Eye Treatment for Dark Circles and Puffiness \$45

Ampoule Upgrade \$15

Collagen Lip Treatment \$20

NAIL SERVICES



THE SPA SIGNATURE MANICURE & PEDICURE - \$175/120MIN

Sink into an uplifting, aromatic hand and foot soak followed by a smoothing and refining olive oil grain scrub. After a skin-softening and hydrating wrap, layers of deeply nourishing gels, oils and creams are applied to upper arms and lower legs with a soothing massage. These intensely conditioning treatments work wonders on dry, stubborn cuticles and cracked, hardened heels.

GINGER & BLACK PEPPER OR ROSE HYDRATING

LUXURY MANICURE - \$70/50MIN

Our luxury manicure is perfectly designed for you. Rose Oil hydrates your skin while Ginger and Black Pepper gives your skin refreshing scent. It includes shaping of the nail, cuticle removal, relaxing massage and buffing.

GINGER & BLACK PEPPER OR MOROCCAN

ROSE OIL PEDICURE - \$85/50MIN

Pamper your feet with relaxing aromatic bath that will leave your feet feeling refreshed and smooth, while your therapist tends to the detailing of your nails, cuticles and the removal of your stubborn calluses. Relaxing leg and foot massage will relieve the stress of your feet. Aromatherapy oils hydrate your skin leaving it soft and smooth.

OTHER NAIL SERVICES:

On-the-Go Manicure - \$50/25min

On-the-Go Pedicure - \$65/25min

Polish Change - \$20/15min

FOR UNDER 10 YEARS OLD

Lil' Mademoiselle Manicure - \$25/25min

Twinkle Toe Pedicure - \$30/25min

NAIL ENHANCEMENTS

Glycolic Heel Treatment \$20

Paraffin Treatment for hands or feet \$20

French Enhancement \$10

OPI Gel Nail Polish \$35

Gel Polish Removal \$15

HAIR SALON, MAKEUP ARTISTRY AND WAXING SERVICES

Please call for pricing or visit us online

BODY TREATMENTS

SOOTHER SCRUB & WRAP - \$145/50MIN

Experience an all over body exfoliation using a green stone and sea silk scrub. Indulge as a hydrating gel, nourishing oil and moisturizing cream are gently layered over polished skin. Enjoy a mind-freeing Ayurvedic scalp massage while your body is wrapped in a warm cocoon. Your skin is left feeling smooth and velvety soft, while body and spirit restored.

DETOXIFYING SCRUB & SILKY WRAP WITH SEA COLLAGEN - \$190/80MIN

A luxurious body scrub and wrap with highly technical active ingredients for different problems of the body contours. Chrono-Detox Body Booster helps in draining and detoxifying the skin and improving circulation. Collagen from the Sea hydrates your skin leaving it soft and firm. Enjoy a pampering massage of the feet, hands and scalp while your body is wrapped in a warm cocoon.

EMINENCE ANTI-AGING BODY SCRUB - \$145/50MIN

Illuminate and hydrate the body with the ultimate anti aging treatment from Eminence Organic Skincare. Raw sugar cane granules contain natural Alpha Hydroxy Acids which aid exfoliation process by loosening and dissolving dry, dead skin cells.

SCENT-SATIONAL SUGAR SCRUB - \$135/50MIN

Enjoy the natural healing properties of gel sugar scrub and essential oils. Your skin is left glowing, hydrated and ready to soak in more moisture.

DEEP CLEANSE BACK TREATMENT - \$145/50MIN

A thoroughly cleaning back treatment refines the skin deep down and works to balance out the skin's natural oils. Uses a back-smoothing corn cob and jojoba scrub with a fresh water mud & clay mask that helps draw out impurities and maintain a soft skin texture.

PACKAGES

THE SPA SIGNATURE GETAWAY - 4 HOURS - \$470*

Pamper yourself with our Signature treatments

- Spa Signature Massage 50 min
- Spa Signature Facial 50 min
- Spa Signature Manicure and Pedicure 120 min

SPA DAY YOUR WAY - 4 HOURS - \$550*

It's a Spa day you will always remember

- Aromatherapy Massage 80 min
- or Detoxifying Scrub & Silky Wrap with Sea Collagen 80 min
- Customized Organic Facial 50 min
- Rose Oil or Ginger and Black Pepper Manicure and Pedicure 50 min

*Lunch is included

THE EXCLUSIVE GENTLEMEN'S DAY AWAY - 3 HOURS - \$385*

- De-Stress Muscle Release 50 min
- Exclusive Gentleman's Treatment Facial 50 min
- Ginger and Black Pepper Pedicure 50 min

MOTHER-TO-BE PAMPERING - 3 HOURS - \$375*

Melt away any discomforts of your pregnancy with the nurturing fragrance of Rose

- Pre-Natal Indulgence Massage 50 min
- Soothing Facial For Sensitive Skin 50 min
- Moroccan Rose Oil Pedicure 50 min

**Gratuity is included in all packages prices*

Ask us how you can mix and match you own package