



## DIRECTORY OF SERVICES

HARBOR BEACH MARRIOTT RESORT & SPA

### MASSAGE

#### HARBOR BEACH SIGNATURE SEA SHELL THERAPY

Our unique signature massage uses heated smooth tiger seashells to drizzle warm scented oil over the body. The slick shells are then used to massage in the warm oil followed by a deeply soothing massage from head to toe.

Benefits tense muscles, sore joints and stressed emotions.  
(80 minutes)

#### SWEDISH MASSAGE

The most popular of the massage modalities, this service incorporates long-flowing strokes designed to improve circulation and relaxation.

Great for relief of tension and stress, leaving you relaxed and revitalized.  
(50, 80 or 110 minutes)

#### THE MUSCLE MELTER

Focusing on the specific needs of the guest, this massage assists in reducing muscle tension.

The massage is firmer (moderate to deep) and incorporates techniques to assist in the relaxation of the muscles.

Excellent choice after a workout.  
(50 or 80 minutes)



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### **AROMATHERAPY MASSAGE**

A combination of Shiatsu, Lymphatic and Swedish massage techniques, this treatment is based on the traditional European Aromatherapy Massage.

Your selection of the purest essential oils of lavender, chamomile and sandalwood, to name just a few, allows you to customize this massage to your personal needs.

(50 or 80 minutes)

### **GENTLEMEN'S PREFERENCE MASSAGE**

We encourage you to begin this massage with a 15 to 20-minute eucalyptus steam and sauna at your leisure.

A full body loofah exfoliation, complete with Turkish towel face, hand and foot treatment followed by a Swedish Massage.

(50 or 80 minutes)

### **MOTHER'S LOVE PREGNANCY MASSAGE**

Designed specifically for the expectant mother, this massage ensures the utmost care and comfort of the mother and child.

A safe and advanced formula, infused with lemon grass, rosewood and mint, helps to prevent pregnancy stretch marks and improves skin elasticity while promoting relaxation. (Must be past the first trimester)

(50 or 80 minutes)



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### **SHIATSU**

More commonly known as acupressure techniques, this massage concentrates on the meridian points of the body using the thumbs, fingers and palms. These points are manipulated with pressure to align the yin and yang of the body.  
(50 or 80 minutes)

### **COUPLES MASSAGE (SWEDISH MASSAGE)**

Two therapists, two guests, one great service! The perfect treatment for those who would like to share their massage treatment experience. Our Couples Massage allows you and your significant other to experience, together, a delight for the senses. Enhance your experience with a Muscle Melter or Aromatherapy Massage for an additional charge.  
(50 or 80 minutes)

### **WARM STONE THERAPY**

Deeply relaxing and a must try for any spa visitor. This massage combines Swedish techniques with synchronized strokes to create an experience like no other. The warm sensation of the stones allows the mind and body to release daily tension and stress.  
(80 minutes)

### **REFLEXOLOGY**

An ancient foot massage treatment creates a healthy balance throughout your body by activating pressure points in the feet. As you relax, tension and stress melt away while circulation and balance increase from within.  
(25 minutes)  
(50 minutes includes foot bathe ritual)



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### **IN-ROOM SWEDISH MASSAGE**

Enjoy a massage in the privacy of your Harbor Beach Resort accommodations. Available from 9 a.m.–6 p.m. with advance requests. (50 or 80 minutes)

### **CABANA MASSAGE**

So you have decided to indulge in a cabana for the day...why not have your massage in the comfort of this poolside environment? As always, your privacy is respected. (Cabana rental is at an additional charge and subject to availability/weather permitting) (50 or 80 minutes)

### **DE-STRESS BACK TREATMENT**

Find an Oasis from your hectic schedule with this reviving back, shoulder and neck treatment. This moderate pressure massage is designed to help relieve your every day stress. (25 minutes)

### **REIKI**

An ancient healing art that originated in Tibet, Reiki uses channeled life force energy to effect change and balance in the body. A subtle laying of the hands technique is applied with little or no body contact. Reiki calms the mind, reduces stress, revitalizes the subtle energies of the body and is very beneficial to those recovering from illness.

Loose fitting body clothing may be worn during the treatment. (50 or 80 minutes)



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### YIN YANG

In this customized massage, your therapist will create a personalized therapy just for you by blending massage techniques from the East and West. This creation will offer the perfect balance for each individual resulting in total bliss.  
(50 minutes)

### AYURVEDA

#### ABHYANGA MASSAGE

The classic massage therapy from India is a brisk oleation technique with warmed herbal oils that will nourish the skin and lubricate the joints. Abhyanga is designed to calm the nervous system and balance the mind, while stimulating the circulatory and lymphatic systems to release stagnant toxins. Ayurvedic massage moves the life force to both the physical and energetic bodies through subtle energy channels. It has a profound effect on body, mind and spirit.  
(50 minutes)

### BINDI

Derived from traditional "Purva Karma", or rejuvenation therapies, the Bindi begins with an ancient herbal recipe applied as a botanical mask to exfoliate, cleanse, detoxify and nourish the body. Then an energetic massage follows using warm herbal infused oils specific to your body type leaving you feeling alive with a glow from head to toe.  
(50 or 80 minutes)



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### **DIVINE DREAM (SHIRODHARA)**

Shirodhara meaning “threadlike” uses a gentle stream of warm herbal infused oil that is slowly released onto the third eye or center of the forehead. Gently flowing through the hair the oil is then massaged into the scalp with herbs. Complemented by a relaxing face, hand and foot massage, the “Divine Dream” will calm the mind and relax the body leaving you in a peaceful state.  
(50 minutes)

### **NIRVANA (SHAHI TRIPURANANDA)**

The royals of India have always known the benefits of Ayurveda. This royal treatment is perfect harmony of the purifying and rejuvenating power of the Bindi with the peaceful calm of the Devine Dream. It concludes by cocooning you in a warm wrap with a mini facial that is sure to leave you in a state of bliss.  
(110 minutes)

## **HYDROTHERAPY**

### **KRAUTER BATH**

Utilizing proven techniques used in thalassotherapy centers throughout Europe, our state of the art hydrotherapy tub will help you relax and detoxify, while enjoying 210 air and water jets, targeting six body zones for deep anti-stress therapies. Followed by a head, neck and shoulders massage using essential oils.  
(50 minutes)



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### **REFRESHING INDULGENCE BATH**

Submerge yourself in the luxurious surroundings of your personally selected bathing experience. Soothing lavender, detoxifying sea extracts or reviving mint are just a few of the unique bath embellishments that will make your private Jacuzzi bath your escape. A final application of moisturizer provides a veil of comfort for the skin.

(50 minutes)

### **BODY TREATMENTS**

#### **HARBOR BEACH SIGNATURE CITRUS BODYGLOW**

Using refreshing essential citrus oils, sea salts and invigorating techniques, your skin is buffed to a silken texture removing the dry, cloudy layer; followed by a final application with grapefruit moisturizer. Your skin will look and feel soft and smooth with a healthy glow.

(50 minutes)

#### **REVITALIZING RITUAL**

This energizing treatment blends the therapeutic benefits of thermal minerals with eucalyptus essential oils to create an experience that leaves the body relaxed and revitalized.

This ritual begins with a brisk salt and eucalyptus oil exfoliation followed by a relaxing massage application.

(50 minutes)

(75 minutes includes a robust eucalyptus bath for the ultimate experience.)



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### **DECLEOR BODY POLISH**

Treat your skin to this amazing body exfoliation by Decleor. A creamy exfoliating body mask is applied to your body. After it is buffed off, an application of Decleor body satin spray will leave your skin feeling silky and smooth. Excellent for sensitive skin!  
(50 minutes)

### **THERMAL MINERAL MUD MOOR KUR**

Based on the century's old European tradition of using mud, healing waters and light massage therapy, this treatment has a detoxifying and totally relaxing effect. Three treatments in one, this Kur begins with an organic Moor Mud body wrap. The body is then immersed in a bath laden with thermal mineral crystals from the famous waters of Sarvar Spring in Hungary, and is followed by a full body massage using a soothing mineral crème mixed with a detoxifying essential oil.

For serious detoxification we suggest a series of three treatments within seven days.  
(75 minutes)

### **AROMATIC SPA MOSAIC BODY WRAPS**

Longing for a moment of pure relaxation? Each treatment starts with a full body exfoliation and an aromatic massage. At the heart of this treatment is a rich, creamy mask with plant extracts that is applied all over your body, followed by a warm body wrap infused with essential oils and herbs. As your mind and body relax, you will drift peacefully through a luxurious aromatic scalp massage. You will feel wonderfully replenished with your soft, smooth and velvety skin. Choose your experience:

- **Relaxation** – De-stress, unwind and re-balance your mind, body and spirit.
- **Contour** - Revolutionary anti-cellulite treatment.

(75 minutes)



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### **SPIRULINA CONTOUR BODY WRAP**

Indulge in the rejuvenating effect of the sea. This treatment is an ideal way to relax and nourish the body. Beginning with a natural Spirulina Body Wrap rich in antioxidants and other beneficial nutrients, the body is immersed in a stimulating Seaweed Bath with eucalyptus bath oil.

A relaxing massage, with marine lotion and marine firming body crème rich in contouring elements, concludes this sublime treatment.

(75 minutes)

### **AROMA CONDITIONING SCALP MASSAGE**

Add this relaxing aromatherapy scalp treatment to any Body Wrap to make an already luxurious treatment unforgettable. Nourishes dry and stressed hair with a moisturizing and nutrient-rich conditioner. Aloe, Apricot and Jojoba oil are combined to leave your hair soft, shiny and fragrant.

(Add-on service only for Revitalizing Ritual, Spirulina Contour Body Wrap and Thermal Mineral Moor Mud Kur treatments)



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### SKIN CARE

#### **“ULTIMATE” CAVIAR FACIAL**

A luxurious, decadent facial that firms, refines and deeply hydrates, infusing the skin with exclusive Caviar products and age defying nutrients that smooth fine lines and improves texture. AcuLift Massage complemented by powerful anti-oxidants offers immediate visible results and leaves the skin supple, toned, intensively hydrated and luminescent. The “ultimate” experience in anti-aging. This customized aromatic facial encourages the skin to absorb essential nutrients and vitamins providing a natural beauty booster, with visible results after one treatment. Includes Ampoule.  
(80 minutes)

#### **AROMA DECADENCE DEEP CLEANSING FACIAL**

A high performance facial that allows your skin to rediscover perfect balance. The heart of this treatment is a blend of aromatherapy and phytotherapy elements that deeply replenish the skin and provide hydration, harmony and radiance.  
(50 minutes)

#### **MD ALPHA BETA FACIAL**

A nourishing cocktail of antioxidant ingredients that will improve firmness, elasticity and promote collagen production. Designed for all ages and skin types, this facial leaves the skin with that “special glow”.  
(50 minutes)



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### FACIAL "BY DESIGN"

Targeted Aroma Expert treatments that yield stunning results and satisfies even the most demanding skin. Each facial is tailored for your skin care needs while offering a synergistic blend of highly active ingredients that enrich vitality, energy and restores equilibrium to skin, mind and body.

(80 minutes)

- **Essential** – All Skin Types
- **Nourish** – Dry Skin
- **Purity** – Oily Combination
- **Soothe** – Sensitive Skin
- **Lift** – Mature Skin

### GENTLEMEN'S FACIAL

Especially for men, this facial includes deep pore cleansing, customized mask and a tranquil scalp, neck and shoulder massage.

Results oriented treatment that diminishes sensitivity while leaving the skin rejuvenated, hydrated and refreshed.

(50 or 80 minutes)

### "BACK TO BEAUTY" TREATMENT

This treatment gives special attention to the back only, and includes a deep cleansing exfoliation, relaxing massage, a soothing and refining masque to remedy imperfection leaving the skin revitalized.

(50 minutes)



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### **REVIVE ANTI-AGING FACIAL**

This customized botanical facial maximizes your skin's performance, dramatically increasing moisture, and resulting in clear, healthy vibrant skin. This result oriented treatment includes a relaxing upper body massage as well as a hand treatment.  
(50 minutes)

### **RADIANCE FACIAL**

Reveal the natural radiance of your skin. This facial offers immediate and long-lasting results to increase your skin's energy, freshness and healthy glow. A boost of vitality to lift your mood and your complexion. Includes Ampoule.  
(50 minutes)

### **FACIAL ENHANCERS**

- **Couperose Ampoule**
- **Aromaplastie Mask**
- **Eye Rescue**
- **Vitamin C Treatment**
- **Collagen Mask**
- **Rejuvenating 032 Ampoule**

These custom options may be used to personalize any facial.  
(Our facial specialists will assist you with which enhancers are best suited for your skin care needs.)



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### HAIR REMOVAL AND TINTING

- Lip
- Brow
- Underarm
- Lower Arm
- Brow Tweeze
- Brow Reshaping
- Lash Tinting
- Eyebrow Tinting
- Bikini
- Face
- Full Arm
- Half Leg
- Half Back
- Lash & Eyebrow Tinting
- Full Back
- Full Leg

### NAIL SERVICES

#### HARBOR BEACH SIGNATURE CITRUS MANICURE

Beginning with a gentle exfoliation using a delicious citrus scrub, your hands are enveloped in a warm cocoon of rich, moisturizing mask to re-hydrate the skin. A deluxe hand massage, manicure and polish complete the service.  
(30 minutes)

#### HARBOR BEACH SIGNATURE CITRUS PEDICURE

This delightful treatment begins with an aromatic footbath containing citrus extracts, sea salts and oil. Your feet are thoroughly exfoliated, buffed and softened, then drenched in an ultra hydrating mask and wrapped in warm towels to ensure penetration. A full pedicure with polish completes this unique experience.  
(50 minutes)



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#### CAVIAR MANICURE

This luxurious treatment incorporates our Calm Mind Ritual with lavender scented towels and a gentle exfoliation using finely ground French Pumice in a rich creamy Chamomile scrub. Next, our exclusive Marine Matrix Sheet is applied to the hands for soothing, age-defying hydration accompanied by a therapeutic massage on hands and arms using a Caviar Firming Body Complex for exquisite firming and satiny smoothness.

A "one-of-a-kind" experience.

(50 minutes)

#### CAVIAR PEDICURE

An exclusive treatment that incorporates our Calm Mind Ritual while revitalizing your feet in Hungarian Mineral Salts mixed with Wild Chamomile invoking a state of blissful calm. The pedicure portion of this treatment begins with our pre-blended Turkish scrub that invigorates with essential oils of eucalyptus, hyssop and lavender, leaving skin exceptionally supple.

Relax while feet are massaged with an aromatic herbal foot balm followed by a therapeutic massage of the feet and legs using a Caviar Firming Body Complex.

(80 minutes)

#### DOUBLE HAPPINESS MANICURE AND PEDICURE

This is the ultimate experience with invigorating peppermint and rejuvenating, skin softening ingredient technology. The treatment begins with a unique "facial" for the hands and feet, including a revitalizing massage and gentle skin resurfacing that leaves hands and feet silky smooth and renewed.

(80 minutes)



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### ME! BATH ICE CREAM PEDICURE

It's getting harder and harder to find time for "ME!" This luscious pedicure starts with a foot soak featuring a bath fizzy with a unique blend of six oils, purifying minerals and indulgent fragrances. The soak is followed by an exfoliation foot scrub, a detoxifying mask and finished with a creamy foot lotion.

(50 minutes)

### PARAFFIN TREATMENT

Hands, feet or both are dipped in a warm luxuriating wax infused with essential oils. Then we slip on warm mittens and/or booties to encourage deep penetration, leaving the skin soft, supple and hydrated.

(Add to any nail service or as an individual service.)

### OUR SPA SALON OFFERS:

- French Upgrade
- Polish Change
- Acrylic or Gel Fills
- Wraps – Full Set
- Pink & Whites – Full Set
- Acrylic Nails – Full Set
- Gels – Full Set
- Make-Up (eyes only)
- Make-Up Application
- Make-Up Lessons
- Bridal Make-Up Trial
- Wedding Day Make-Up
- In-Room Make-Up

### OUR HOTEL SALON OFFERS, IN ADDITION TO ALL OF THE ABOVE:

- Hair Styling
- Coloring
- Highlights
- Men's Coloring
- Perms
- Conditioning Treatments



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### **SPA PACKAGES**

#### **HARBOR BEACH SIGNATURE SPA EXPERIENCE**

**Harbor Beach Signature Sea Shell Massage, Harbor Beach Signature Citrus Manicure, Harbor Beach Citrus Pedicure, Make-Up Refresher**

#### **HARBOR BEACH RECOVERY**

**50 minute Aromatherapy Massage, 25 minute Foot Reflexology, Revive Facial and Make-Up Refresher  
(An experience designed to relieve jet lag)**

#### **TRANQUILITY**

**Swedish Massage, Aroma Decadence Facial, Citrus Body Glow, Make-Up Refresher**

#### **BRIDES TO BE**

**Aromatherapy Massage, Double Happiness Manicure, Pedicure and Wedding Day Make-Up**

#### **GENTLEMEN'S CLUB**

**Gentlemen's Preference Massage, Gentlemen's Facial**

**Please call The Spa at (954) 765 3032;  
our Program Advisors will be happy to assist you.**



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### WELLNESS SERVICES

#### PERSONAL TRAINING

Our one-on-one workout with a certified Exercise Specialist will refine your existing fitness program or teach you new training techniques. Your personal trainer will create an individualized program to target your concerns and needs, while motivating you through a challenging workout and providing achievable goals for your continued fitness commitment.

#### PRIVATE PILATES SESSION (ON THE REFORMER)

#### BODY COMPOSITION ANALYSIS

Determining your current percentage of body fat and lean body mass may be extremely helpful in establishing goals for your fitness program. During this analysis, specific sites are measured to determine your body fat and, based on that information, goals and strategies for long-term changes are discussed.

#### COMPUTERIZED FITNESS ASSESSMENT

A thorough, interactive assessment of seven different aspects of physical fitness including flexibility, strength, cardiovascular fitness, body fat percentage, etc. Your take home program features an individualized fitness and wellness profile and a 12-week exercise planner.

<b>DAILY RESORT GUEST FEE</b>	<b>\$30</b>
After 5 p.m.	<b>\$15</b>

(Available to registered hotel guests only.  
Waived with purchase of a 50 minute treatment)



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### HARBOR BEACH MARRIOTT RESORT & SPA

#### Includes:

- Use of Cardiovascular-Weight Training Room featuring treadmills, StairMasters, Stationary cycles, Circuit training equipment, Cross Trainers and free weights.
- A variety of fitness classes offered daily including water aerobics, Yoga, power walks and Spinning.
- Outdoor swimming pool and Jacuzzi
- Separate spa facilities for men and women featuring steam, sauna, whirlpool, spa amenities and toiletries for your personal use.
- Private locker provided with plush robe and sandals for use within The Spa.
- Complimentary juices, teas and fruit served throughout the day.

#### CANCELLATION POLICY

Your spa and salon appointments are reserved exclusively for you. As a courtesy to other guests and our service providers, please provide four hours notice if you must cancel or reschedule an appointment. Cancellations in less than four hours and no shows will require a charge of 100% of the treatment price.

#### SERVICE CHARGES

For your convenience, a 20% service charge will be added to all treatments or services rendered. Additional gratuities are at the guest's discretion.

#### SPA COURTESY

The entire spa, including poolside, is a smoke-free/cell phone-free environment.



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### PRICE LIST

Services	50 minutes	80 minutes	110 minutes
<b>MASSAGE</b>			
Harbor Beach Signature Sea Shell Therapy	-	\$205	-
Swedish Massage	\$130	\$195	\$240
The Muscle Melter	\$150	\$205	-
Aromatherapy Massage	\$140	\$200	-
Gentlemen's Preference	\$140	\$200	-
Mother's Love Pregnancy	\$140	\$200	-
Shiatsu	\$140	\$200	-
Couples Massage (Swedish)	\$265	\$405	-
Warm Stone Therapy	-	\$205	-
Reflexology (25 min)	\$95	-	-
Reflexology w/Foot Bathe Ritual	\$145	-	-
In-Room Swedish Massage	\$195	\$265	-
Cabana Massage (Cabana Rental in addition)	\$205	\$285	-
De-Stress Back Treatment (25 min)	\$85	-	-
Reiki	\$130	\$195	-
Yin Yang	\$160	-	-
<b>AYURVEDA</b>			
Abhyanga Massage	\$150	-	-
Bindi	\$140	\$195	-
Divine Dream	\$140	-	-
Nirvana	-	-	\$285
<b>HYDROTHERAPY</b>			
Krauter Bath	\$135	-	-
Refreshing Indulgence Bath	\$130	-	-



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Services	50 minutes	80 minutes	110 minutes
<b>BODY TREATMENTS</b>			
Harbor Beach Signature Citrus Body Glow	\$130	-	-
Revitalizing Ritual	\$145	\$205 (75 min)	-
Decleor Body Polish	\$130	-	-
Thermal Mineral Mud Moor Kur	-	\$205 (75 min)	-
Aromatic Spa Mosaic Body Wrap	-	\$160 (75 min)	-
Spirulina Contour Body Wrap	-	\$205 (75 min)	-
Aroma Conditioning Scalp Massage (Add-on service \$30)	-	-	-
<b>SKIN CARE</b>			
"Ultimate" Caviar Facial	-	\$205	-
Aroma Decadence Deep Cleansing Facial	\$130	-	-
Facial "By Design"	-	\$175	-
MD Alpha Beta Facial	\$140	-	-
Gentlemen's Facial	\$130	\$180	-
"Back To Beauty" Treatment	\$145	-	-
Revive Anti-Aging Facial	\$155	-	-
Radiance Facial	\$140	-	-
<b>NAIL SERVICES</b>			
Signature Citrus Manicure (30 min)	\$40	-	-
Signature Citrus Pedicure	\$60	-	-
Caviar Manicure	\$80	-	-
Caviar Pedicure	-	\$95	-
Double Happiness Manicure & Pedicure	-	-\$115	-
Me! Bath Ice Cream Pedicure	\$70	-	-



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### HARBOR BEACH MARRIOTT RESORT & SPA

DEPILATORY SERVICES		OUR SPA SALON OFFERS	
Lip	\$25	Paraffin Treatment	\$20
Brow	\$30	French Upgrade	\$11
Underarm	\$30	Polish Change	\$25
Lower Arm	\$30	Acrylic/Gel Fills	\$50+
Brow Tweeze	\$35	Wraps – Full Set	\$85
Brow Reshaping	\$40	Pink & Whites-Full Set	\$85
Lash Tinting	\$40	Acrylic Nails-Full Set	\$85
Eyebrow Tinting	\$50	Gels – Full Set	\$95
Bikini	\$50+	<b>MAKE-UP</b>	
Face	\$55	Make-Up (eyes only)	\$40
Full Arm	\$55	Make-Up Application	\$90
Half Leg	\$55	Make-Up Lessons	\$105
Half Back	\$60	Bridal Make-Up Trial	\$105
Lash % Eyebrow Tint	\$75	Wedding Day Make-Up	\$105
Full Back	\$80	In Room Make-Up	\$180
Full Leg	\$80		
<b>FACIAL ENHANCERS</b>			
Couperose Ampoule	\$15	Vitamin C Treatment	\$25
Aromaplastie Mask	\$20	Collagen Mask	\$30
Eye Rescue	\$25	Rejuvenating 032 Ampoule	\$40

SPA PACKAGES	
Harbor Beach Signature Spa Experience	\$336
Harbor Beach Recovery	\$418
Tranquility	\$429
Brides To Be	\$396
Gentlemen's Club	\$297