

# ONE OCEAN

REMI NGTON

## WELLNESS TREATMENTS



### imagine one place...

that is both home and escape, a world apart, of grace and beauty so artfully realized that it could only truly belong where you find it. There are such places simply waiting to be found, hidden among the ocean depths, alongside cool waters, here... The Spa at One Ocean™.



### packages

Our packages are designed with you in mind. All packages include a 20% service fee.

#### Deep Blue

This customized package includes all the best the ocean has to offer. From Mother of Pearl Salt Scrub, Ocean Breeze Facial and Treasure of the Sea body ritual. Let us enhance your lifestyle... today. \$315 - *Approximately 3 hours*

#### Executive Package

For those that need 26 hours in the day, we have the perfect package for you. Designed to multi task treatments so you can maximize your day; receive an Executive Facial, refreshing pedicure and touch-up manicure all within one and a half hours. We will have 2 of our highly trained spa professionals working with you so you can get back to what is most important. \$255 - *Approximately 1.5 hours*

#### VIP Suite Experience

This VIP Suite experience takes place in one of our exclusive spa suites. Enjoy a choice of four 50 minute services, spa lunch, and all the suite has to offer: with views of the ocean, Swiss shower and small seating area. The suite can be yours for half day or full day. Designed for an intimate gathering of 2-4 people, this experience is perfect for a couple, a gathering of friends or bridal party. Starting @ \$590 - *Approximately 4 hours*

#### Mother-to-Be

Designed specifically for the mother-to-be, this package starts with a Prenatal Massage, followed by a Restorative Facial. Then let us finish your day with lunch and a Cooling Gel Pedicure to assist with the circulation in your legs. You will look more radiant and feel wonderful too. \$310 - *Approximately 3.5 hours*

#### Bride's Escape

The perfect preparation for your day to remember. Enjoy a custom massage, calming facial and pedicure the day before your grand event. Let us take care of the details so you can focus on you and your special moment. \$290 - *Approximately 3 hours*

#### Men's Defense

This is the ideal package to enjoy after a hard day on the links or a relaxing day on the beach. Unwind with a Sports Massage, followed by a Men's Facial. You'll be glad you finished your day with us. \$240 - *Approximately 2 hours*



### specialty therapy

Our therapists are trained in a variety of services, so if you do not see exactly what you are looking for, please inquire with one of our spa professionals for more details. All services are available in 50 or 80 minute increments unless otherwise noted.

#### Jet Lag Massage

This massage safely addresses the conditions of travel fatigue and jet lag such as dryness, exhaustion and tension headache. Let us help you offset the negative effects of flying, and time zone changes while restoring and uplifting your natural vitality. \$120/\$160

#### Prenatal Massage

This is a soothing full-body massage for the mother-to-be specifically addressing pregnancy discomforts; aiding in relaxation, benefiting circulation and providing overall comfort during this time of change. \$110/\$150

### **Shiatsu**

This traditional style of Japanese body work defined as Shi meaning 'finger,' and Atsu meaning 'pressure' stimulates and stretches the meridians of the body leaving you feeling invigorated, yet balanced. Please wear comfortable clothing. \$125/\$165

### **Seashell Massage**

This ancient art of healing uses elements of Mother Nature to bring relief to tense muscle, sore joints, stressed emotions and weary spirits. Smooth heated seashells are combined with massage for an exceptional spa experience. \$130/\$170

### **Thai Massage**

A combination of stretches, energy work and acupressure; this experience will revitalize, dispel tension and uplift you to a state of deep relaxation. Please wear loose-fitting clothing. \$125/\$165



## massage therapy

Our therapists are certified in a variety of massage and energy-work techniques so please inquire if you are interested in other types of massage. Should you have a preference for a male or female therapist, please notify us at the time of booking. All services are available in 50 or 80 minute increments unless otherwise noted.

### **In-Room Massage**

Enjoy a relaxing massage in the privacy of your room. Just press the "One Touch" button on your guest phone to reserve a convenient time. \$160/\$200

### **Classic Massage**

Stimulated by the beauty and calm of the Atlantic Ocean our guests find it easy to escape and truly relax with our customized massage designed specifically for your needs. Let us combine various massage techniques to accommodate your lifestyle. \$110/\$150

### **Healing Hands**

If you have discovered the wonders of relaxing with a massage by one therapist, imagine doubling that sensation. Enjoy the benefits of two therapists simultaneously performing a choreographed massage for your maximum relaxation. \$200/\$270

### **Reflexology**

Based on the theory that zones of the hands and feet correspond to specific areas of the body, pressure point stimulation assists circulation, promotes balance and releases tension. A refreshing foot bath and a peppermint lotion application enhance your experience. \$120/\$160

### **Aromatherapy Massage**

Select from an array of specialty blended oils such as ylang ylang, lavender, citrus and many more. Combining the senses of smell with touch, this rhythmic massage will invigorate your senses, detoxify the effects of stress or lull you into a state of deep relaxation. \$115/\$155

### **Warm Stone Massage**

Utilizing the natural elements that Mother Nature has to offer we use a variety of warm, polished basalt stones combined with massage for the exceptional spa experience. Designed to soothe tired muscles and restore a weary spirit. \$175 - 75 minutes

### **Neck, Back & Shoulder Massage**

A condensed version of our Classic Massage, this treatment concentrates on the areas where the body accumulates the most stress and tension. \$70 - 25 minutes

### **Couple's Massage**

Indulge in an experience that will create memories you will both treasure. This massage takes place in one of our suites designed with Swiss shower, overlooking the Atlantic Ocean with a quiet area just for two. Share a massage with a partner or friend in our relaxing couple's suite. \$205/\$285

### **Treasure of the Sea**

This massage utilizes all of the benefits of the ocean to envelope the senses and drench the body in a luxurious yet balancing experience. This customized service entices the awareness with various sensations, bringing the therapeutic benefits of thalassotherapy into a relaxing massage. The senses are soothed and tissues are remineralized, as a heated silky gel made of concentrated seawater is massaged over the skin, while targeted serums relax the tightest of muscles and drain congested areas. As the lymph drainage style massage progresses the seawater gel transforms into a moisturizing milk; a refreshing, silky seaside revival. \$130/\$170

### **Wind Surfer's Massage**

This massage is designed for the athlete in all of us. Enhance your athletic prowess by targeting specific muscle groups with advanced therapeutic techniques. Concentrating on your neck, lower back and wherever your sport puts strain on your body. This is the perfect addition to any avid sports fanatic. \$120/\$160



## body treatments

The word spa is derived from Salud Par Aquam... Health by Water. Here at the Spa at One Ocean we are surrounded by all that Mother Nature has to offer. Our body treatments use elements that come from the sea. Enjoy a seaweed wrap, sea salt scrub or mud wrap. Your skin will feel silky smooth and revitalized. All services are available in 50 minute increments unless otherwise noted.

### **Mother of Pearl Scrub**

A pure sea salt scrub brings your skin to a radiant glow. The warm rain of the shower gently dissolves the salt and a superb body butter cream is massaged into your skin for a just buffed, smooth touch. \$70/\$115 - 25 or 50 minutes

### **Hydra Quench Body Mask**

This aromatic body mask is true thalassotherapy treatment combining the trace minerals from seawater and essential oils such as lavender, ylang ylang, sandalwood, basil and sage. It's a real stress reliever, bringing balance to your body and a sense of well-being to your spirit. \$125

### **Soothing Aloe Wrap**

This calming treatment is specifically designed for sunburned, dry or stressed skin. After an application of cooling lavender mist, relax in a peaceful wrap of healing aloe gel. Afterwards, an application of rosehip lotion nourishes your skin and restores its natural moisture balance. \$115

### **Ocean Mud Wrap**

Enjoy the potent benefits of natural sea mud therapy as well as the antioxidant qualities of green tea in this therapeutic cocoon. A gentle exfoliation is followed by a thick layer of warm ocean mud spread over the body. Enveloped in a cozy blanket, let the natural medicinal properties draw out impurities while your scalp and feet are gently massaged to induce a blissful state of deep relaxation. \$125

### **Yogurt Power Peel**

Feel the power of yogurt with our customized body peel. Enjoy a dry brush massage followed by an overall body cleanse. Our yogurt mask, containing an AHA peel, is then gently applied to the entire body leaving your skin nourished and firmer. This treatment is great for pale, dry skin or anyone who wants to bring a luminous glow to their body. \$125

### **Seaside Firming Wrap**

Many forget that the skin of the body ages too. Take a trip to the Fountain of Youth with this firming and contouring wrap. This wrap combined with massage will help to increase new collagen and elastin production in the skin, giving your body the "lift" it deserves. \$120

### **Red Flower Seaside Escape**

This wonderfully restorative and therapeutic body treatment includes an exfoliation with the cooling essential oil blend of laurel leaf, eucalyptus oil, clove, coriander seed, lavender and rose geranium, combined with organic dead sea salts. A dry brush massage stimulates lymphatic flow, and a warm application of honey blended with spirulina and wild blue algae leaves skin supple, soothed, and fragrant. \$130

### **Oceanic Detox Wrap**

Born from the depths of the ocean, this unique seaweed mask facilitates balance within the body. It activates perspiration, freeing toxins and allowing for the maximum absorption of minerals. This is the perfect complement to any weight loss or body-contouring program. \$135

### **Golden Sun**

This treatment is the ultimate indulgence fit for a goddess. A thorough exfoliation is followed by a warm golden cocoon wrap. Then the treatment is completed with an application of gold dust leaving your body revitalized with a soft golden glow. A perfect treatment for a special occasion or just for fun. \$135

### **Cellulite Treatment**

This intensive treatment begins with a soft brush massage to stimulate the lymphatic system followed by an ampoule of algae, ivy and vitamins to aid in the break down of fatty deposits and waste, known as cellulite. Stimulating electrical currents along with a warm clay body masque induces a deep cleansing effect while producing a more toned, firmer skin appearance. One treatment guarantees a reduction of 3 inches or more, while a series of treatments will enhance those effects. To extend your results, your therapist will provide you with at home care for longer lasting results. \$215 - 110 minutes

### **Herbal Wrap**

A wonderfully aromatic and purifying experience. Lie back and relax as we gently polish your body with an herbal buff before enveloping you in a detoxifying succession of hot, fragrant, herb-soaked linens. Emerge feeling rested and restored. You may choose to continue this transformative experience with a nurturing full-body massage. \$70/\$110 - 25 or 50 minutes



## facial & skin care

Men and women of all ages can benefit from a facial. Based on an analysis of your skin and skin care goals, your aesthetician will assist you in determining the best facial for your skin type. Every facial will give you just what you need to revitalize your skin.

### Luminous Youth

Celebrate Vie, the French name for life, with an unforgettable anti-aging experience. A seashore plant extract is blended with proven and patented ingredients to impart unprecedented anti-aging and hydrating effects. This multi-active process produces refinement of the skin. The final cooling mask completes this treatment by soothing and toning the facial tissue, resulting in youthful and revitalized skin that radiates the very essence of life.

\$160 - 80 minutes

### Timeless Perfection

Diminish fine lines and slow the signs of aging with this miraculous firming facial. Products containing mineral-rich Marine Spring Water are layered on your face throughout this treatment to increase cellular turnover and stimulate the production of elastin and collagen. A cooling aqua-blue masque seals in the deep penetrating, hydrating serum to provide an immediate firming sensation for skin that appears years younger!

\$130 - 50 minutes

### Ocean Breeze

Refresh your skin with the benefits of the ocean. A concentrated marine mask, selected for your skin type, targets its action to achieve balance within the skin, producing a dewy and radiant complexion. The treatment concludes with an application of the recommended moisturizer specifically for your skin type.

\$110 - 50 minutes

### Ocean Mist

This unique professional treatment is the facial you have long envisioned. Customized to achieve the ultimate result, your skin is treated to a series of therapeutic and effective masks, serums and creams. The miraculous sequence includes a hydrating eye cream to soothe the fragile eye area while reducing fine lines and wrinkles. Relax while your hands and feet receive special attention and you leave with a sense of renewal.

\$160 - 80 minutes

### Sea and "C"

This firming and nourishing facial, rich in marine vitamins, fortifies skin defenses with the powers of the sea. Relax and indulge with an ultra-hydrating massage treatment, followed by a collagen stimulating vitamin C serum, layered with a lifting and toning seaweed mask. The treatment is completed with a cocktail of our most firming and anti-aging eye and facial creams.

\$125 - 50 minutes

### Microdermabrasion

This quick, noninvasive procedure gently removes only the very top layers of damaged skin by "sand blasting" them with tiny crystals. The technique exfoliates and gently resurfaces the skin, promoting the formation of new smoother, clearer skin. We finish the treatment with a hydrating mask, a rich creamy moisturizer and sun block. Home care products are recommended for longer lasting results. \$145 - 50 minutes

### Executive Facial

With cutting edge technology, using a cocktail of alpha and beta hydroxy acids, the skin's surface becomes smoother and pore size appears diminished. Gentle stimulation of the elastin and collagen fibers promotes firmer, more toned skin. The 25 minute treatment includes a thorough cleanse, exfoliation, rehydrating moisturizer, eye cream and sun protection, while the 50 minute includes an additional hydrating mask and hand treatment.

\$90/\$150 - 25 or 50 minutes

### Oxygen Facial

This unique facial treatment uses 87 different vitamins, minerals and enzymes combined with live oxygen to create the most restorative treatment in the cosmetic industry. An excellent rehydrating treatment, which will benefit all ages and skin types.

\$135 - 50 minutes

### Back Facial

Dedicated to the beauty and purification of the back, this treatment draws impurities *and* thoroughly cleanses those hard to reach areas. An appropriate mask is selected to complete the service, so the back can be bared with confidence.

\$100 - 50 minutes

### Men's Facial

Specifically formulated for the special skin care needs of men, this deep cleansing therapeutic and relaxing treatment leaves your skin toned and revived. Shave at least two hours prior to your service. \$110 - 50 minutes

### Eye Care Treatment

The eye area requires a distinct skin care program to protect the fragile tissue that's so vulnerable to fine lines and dark circles. This treatment begins with a gentle massage, comforting eye pads soaked in active marine lotion, and then concludes with an application of marine eye lift. It can be done on its own or incorporated into many of our facials.

\$45/add-on \$30 - 25 minutes

### Lip Care Treatment

The lips are the most vulnerable area of the face, easily losing moisture and nourishment. Using a gentle exfoliation, the lip area is prepared for a toning massage, rehydrating marine treatment masque and nourishing finish cream. Enjoy this treatment alone or with the facial of your choice. \$45/add-on \$30 - 25 minutes

### Hair Removal

We offer gentle waxing for the face and body. Some hair removal may be incorporated into your facial treatment. Please inquire with the spa desk for availability. Price varies.



## physical fitness menu

Whether you are an avid athlete or just beginning your fitness routine, our classes are designed to challenge you at all levels. If you are interested in more individualized attention or an activity appointment to fit a particular schedule, please let us know... all classes are 50 minutes and meet in the fitness center unless otherwise noted. Classes are held outdoors. Please dress appropriately.

### Water Fitness

A great water workout for all fitness levels in the open-air pool, this class emphasizes cardiovascular fitness, toning and flexibility with the use of dumbbells and noodles. Sunglasses, hat, and sunscreen are recommended.

### Sunrise Yoga

As the waves crash against the shore and the gentle ocean breeze says "good morning", enjoy Hatha Yoga on the beach. This class is suitable for beginners, yet challenging enough for those with some experience. The gentle continuous flow of Asana poses incorporate breath, movement, and meditation.

### Tai Chi at One Ocean

The soft ever-flowing movements of Tai Chi massages the internal organs, promotes circulation of vital life-force energy, reduces stress, and promotes harmony within the body. Tai Chi encompasses the mind, body, and spirit. The slow graceful movements are beneficial for all ages at all fitness levels.

### Breath & Mindful Meditation

Learn to relax and be completely present. Explore breathing techniques that help quiet the mind, lower your stress and soothe the body. The Atlantic Ocean provides a wonderful backdrop with its gentle breeze, crashing waves and ocean mist. Meditate with Mother Nature along her coastal shores.

### One Ocean Power Walk

This metabolism booster gives you the cardio-respiratory benefits of power walking along the beach. The sand creates a natural resistance to increase your heart rate. Please wear comfortable clothing and athletic shoes.

### Personal Training

Whether you are a beginner or a regular exerciser, enhance your program by working one-on-one with a certified Personal Trainer. Our trainers will help you meet your individual goals and address your specific needs. We will also be happy to customize a workout that you can use while traveling. \$60



## salon services

Choose from a variety of salon style services to enhance your experience... Our nail services are designed to restore hands and feet to their natural beauty. For your hair care needs, our consultants will review all available options that will give you the best possible results. All of our hair care services include a luxurious scalp massage.

### One Ocean Deluxe Manicure

Featuring a line of products that will nourish and replenish sun-damaged skin. This classic manicure includes a citrus sea salt exfoliation and then a warm paraffin dip to seal in moisture leaving your hands silky smooth. \$60 - 55 minutes

### Sea Turtle Classic Manicure

A simple shape, massage, buff & polish for a quick, fresh new look. \$40 - 30 minutes

### Beachcomber Manicure

Featuring our "Solar" products, this nail treatment includes the Classic with an aromatherapy sea salt exfoliation. \$50 - 45 minutes

### Sea Turtle Classic Pedicure

A basic shape, massage, buff & polish for a quick fresh new look. \$60 - 30 minutes

### One Ocean Deluxe Pedicure

Featuring a line of products that will nourish and replenish sun-damaged skin. This Classic Pedicure includes a citrus sea salt exfoliation and then a warm paraffin dip to seal in moisture leaving your feet buffed and smooth to the touch. \$80 - 55 minutes

### Beachcomber Pedicure

Featuring our "Solar" products, this foot treatment includes the Classic Pedicure with an aromatherapy sea salt exfoliation. \$70 - 45 minutes

### Cooling Gel Pedicure

Great for legs that are tired swollen or sensitive with varicose or spider veins. Enjoy a Classic Pedicure with a French gommage exfoliation and an application of cooling gel to assist in circulation and the vitality of legs and feet. \$80 - 55 minutes

### Hair Services

- Shampoo & Style..... \$50
- Deep Conditioning ..... \$30
- Comb Out ..... \$50
- Cut & Style ..... \$80
- Highlighting ... starts @ \$160
- Special Occasion Style .... \$80
- Bridal Hairstyling..... \$90

### Barber Services

- Hot Shave .... \$45
- Hair Cut ..... \$35
- Nail Buff..... \$25
- Beard Trim .... \$30



## men's menu

Designed for the specific needs of men.

### Men's Defense

This is the ideal package to enjoy after a hard day on the links or at the beach. Unwind with a Sports Massage, followed by a Men's Facial. You'll be glad you finished the day with us.

\$240 - *Approximately 2 hours*

### Golfer's Massage

This massage is designed to enhance performance on the course by targeting golf-specific muscle groups with advanced therapist techniques. Concentrating on your neck, shoulders, lower back and hamstrings. This massage can be tailored for pre-game conditioning or post-game soreness. It's the perfect complement to your golf vacation. \$120/\$160 - *50 or 80 minutes*

### Jet Lag Massage

This massage safely addresses the conditions of travel fatigue and jet lag such as dryness, exhaustion and tension headache. Let us help you offset the negative effects of flying, and time zone changes while restoring and uplifting your natural vitality.

\$120/\$160 - *50 or 80 minutes*

### Men's Facial

Specifically formulated for the special skin care needs of men, this deep cleansing therapeutic and relaxing treatment leaves your skin toned and revived. Please shave at least two hours prior to your service. \$110 - *50 minutes*

### Hot Shave

Steaming towels, foaming lather, a shave with a triple blade razor and a soothing face massage. \$45

### Beard Trim

Nothing looks better on a man, than a well groomed beard, mustache or goatee. Let our professional barber handle the details. \$30

### Barber Services

Additional services available upon request.



## spa questions

Make your spa experience the most enjoyable with how to spa Q&A...

### What do I need to bring?

The Spa at One Ocean provides you with a robe, towel and slippers. We also provide locker amenities such as shower gel, shampoo, conditioner and moisturizer.

### How early should I arrive at the Spa?

Arrive at least 20 minutes before your first appointment to allow yourself time to check in, change, and familiarize yourself with the Spa.

### What should I do before my treatment?

Showering is essential before any treatment, because the beneficial oils are best absorbed through clean skin.

### Should I avoid the Spa if I am pregnant?

Not at all. You might want to take advantage of our customized Mother-to-Be package or a prenatal massage.

### Are there health benefits to a Spa visit?

The guaranteed benefit of a Spa visit is your immersion in a relaxing environment, which reduces stress. Stress reduction is one of the major contributors to good health. Additionally, there are programs to help you make lifestyle changes for long-term benefits.

### Should I alert someone if I have physical ailments, disabilities or allergies?

Yes. Please notify the Spa programmer when booking your appointments and your therapist at the time of treatment.

### What is the tipping policy?

Gratuities are at the discretion of our guests. It is customary to leave 20% for exceptional service.

### Do I have to disrobe entirely for a Spa treatment?

This is your treatment and we want you to feel comfortable. It's customary for guests to completely disrobe for their spa service. Our therapists are trained to drape you discreetly and to protect your privacy at all times. For Shiatsu, Thai, Wind Surfer's and Golfer's massage, please wear comfortable clothing.

### What are the rules of Spa etiquette?

To ensure that you and those around you experience the full benefits of our Spa, we suggest the following: Arrive early. Arriving late will cheat you of precious minutes of your Spa treatment. Respect other guests. The spa environment is one of tranquility and relaxation, so respect the other guests' right to privacy and quiet. Cell phones, PDA and pagers are prohibited.

### Cancellation Policy

If you must reschedule or cancel an appointment, as a courtesy to other guests and our service providers, a 4 hour notice is required to avoid being charged. For cancellation of a package, a 24 hour notice is required.

Due to the tranquil nature of the spa atmosphere we offer services to those 16 years and older, we invite those under the age of 16 to visit the activities club.