

SPA MENU

body scrubs

massages

facials



SPA
ONE OCEAN
REMINGTON

IMAGINE ONE PLACE



That is both home and escape, a world apart, of grace and beauty so artfully realized that it could only belong where you find it.

SIGNATURE EXPERIENCES

OCEAN BREEZE REFRESHER, 2 hr.

For total relaxation in a simply sublime pairing, begin your visit with a One Ocean Signature Massage. A soothing Ocean Mist Facial follows, designed to replenish and balance your skin. The perfect duo for those looking for a quick fix with head to toe benefits.

MEN'S DEFENSE, 2 hr.

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

COUPLE'S HEART & SOUL, approximately 110 min. *

This is a couple's massage with lots of extras to promote love and joyfulness. Start off with a relaxing aromatic foot bath. A special blend of essential oils, chosen to ignite passion, provides the perfect elixir for your head to toe Swedish massage. Enjoy an acupressure foot massage while gemstones are placed on your heart chakras to open, balance, and renew your energy of love.

**Includes extra time in our oceanfront Couples Suite, Chocolate Covered Strawberries and Champagne*

DEEP BLUE, 3.5 hr.

This customized Package includes all the best One Ocean has to offer. From our customized Earth & Sea Scrub, Ocean Mist Facial and Warm Stone Massage. Let us enhance your lifestyle ... today.

BEAUTY BLISS, 4 hr.

For total indulgence, treat yourself or someone you care about to a refreshing day of beauty. Your day includes an Aromatherapy Massage, Customized Facial, our Beachcomber Pedicure and a light spa lunch. You'll look more radiant and feel wonderful too.

ALL PACKAGES & SERVICES INCLUDE THE USE OF OUR FACILITIES. THE MEN'S & WOMEN'S LOUNGES AND RELAXATION AREA. COMPLIMENTARY BEVERAGES ARE SERVED & LIGHT SPA LUNCH MENU OPTIONS ARE AVAILABLE.

MASSAGE THERAPY



ONE OCEAN MASSAGE, 50 min. / 80 min.

Traditional Swedish Massage ranging from light to medium pressure, combined with your choice of aromatherapy oils. Relaxation at its best!

COUPLE'S MASSAGE, 50 min. / 80 min.

Indulge in an experience that will create memories you will both treasure. This massage takes place in one of our suites overlooking the Atlantic Ocean with a quiet area just for two. Share a massage with a partner or friend.

WIND SURFER'S MASSAGE, 50 min. / 80 min.

Customized techniques combined with deep pressure to address specific concerns.

PRENATAL MASSAGE, 50 min.

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. For guests 12 weeks or more.

**Should you have a preference for a male or female therapist, please notify us at the time of booking.*

SPECIALTY MASSAGES

OUR THERAPISTS ARE TRAINED IN A VARIETY OF TECHNIQUES, IF YOU DO NOT SEE EXACTLY WHAT YOU ARE LOOKING FOR, PLEASE INQUIRE WITH ONE OF OUR SPA PROFESSIONALS FOR MORE DETAILS

SEASHELL MASSAGE, 50 min.

This indulgent treatment uses elements of Mother Nature to bring relief to tense muscles, sore joints, stressed emotions and weary spirits. Smooth, heated seashells are skillfully combined with massage for an exceptional spa experience.

THAI MASSAGE, 80 min.

An ancient art of healing, combining stretching, energy work and acupressure; this experience will revitalize, dispel tension and uplift you to a state of deep relaxation. Please wear loose-fitting clothing.

AROMATHERAPY MASSAGE, 50 min. / 80 min.

The whole body is thoroughly anointed with warm aromatic oils with this rhythmic massage designed to bring the subtle energies of the body into balance. This personalized sensory journey, depending on your needs, will invigorate your senses, detoxify the effects of stress or lull you into a state of deep relaxation.

WARM STONE MASSAGE, 80 min.

Achieve total tranquility as heated, smooth, river rocks are strategically placed on your body's energy centers, and then used to expertly massage the body. The deep therapeutic heat of the stones increases circulation, eases tension and induces total relaxation. ***Not recommended for those with high blood pressure, heart conditions or heat related conditions.*

ASIAN BAMBOO MASSAGE, 80 min.

Using warm bamboo sticks of various widths and diameters, your massage therapist applies rolling, kneading and percussive movements over the body in this unique approach to relaxing muscles. A gentle yet effective deep tissue massage, this is truly a must-try spa experience. Not only does this soothe sore muscles, but it also increases circulation and aids in providing a sense of deep relaxation.

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BODY TREATMENTS

EARTH & SEA SCRUB, 50 min.

Pure salts mined from Himalayan Peaks to the shores of Patagonia exfoliate and purify your skin. The warm rain of the Vichy shower gently dissolves the scrub while a full body lotion application with organic essential oil marine gel leaves you feeling invigorated and relaxed.

HEALING SEA COCOON, 80 min.

This nourishing skin treatment begins with organic algae oil dry brushed into your skin to relieve tension, reduce water retention and open pores. Next you will be cocooned in a soothing white algae body mask, harvested by hand from the Patagonia coast. Your skin will be left supple, moist and glowing.

SEA FOAM ENVELOPMENT, 80 min.

Indulge in a luxurious, skin-softening ocean odyssey, designed to refresh the skin and revitalize the spirit. Ride the wave of ultimate relaxation with a full body scrub, sea lavender body mask and a hydrating ocean lotion massage.

OCEAN POLISH & MARINE DETOX WRAP, 80 min.

A purifying organic bio-scrub of gigartina seaweed, lavender and salts of the earth polish the skin and purifies pores while providing a protective barrier of moisture on your skin. Following the scrub is a gigartina seaweed wrap that also feeds and hydrates the skin. Complete with a lotion application with an antioxidant rich coconut algae oil to balance mind, body and spirit.

ENHANCEMENTS

HYDRATING HAIR & SCALP TREATMENT*

25 min.

Release stress and improve scalp circulation while deep conditioning your hair.

SEA, SAND & SOUL*

25 min.

Bring the healing powers of the ocean to your feet with nourishing, rejuvenating results! This treatment includes a scrub and acupressure to relax you from head to toe.

*ENHANCEMENTS MUST BE ADDED TO ANY FACIAL, MASSAGE OR BODY TREATMENT.







FACIALS

01

OSEA FACIALS

OCEAN MIST FACIAL, 50 min. / 80 min.

This calcium rich classic treatment soothes and deeply hydrates your skin: It includes cleansing, exfoliating, decollete and hand massage, treatment mask, serum and moisturizing. Extractions may be performed if desired.

*Our extended version also includes an additional specialty mask for your skin type, eye mask, scalp massage and a warm detoxifying foot treatment.

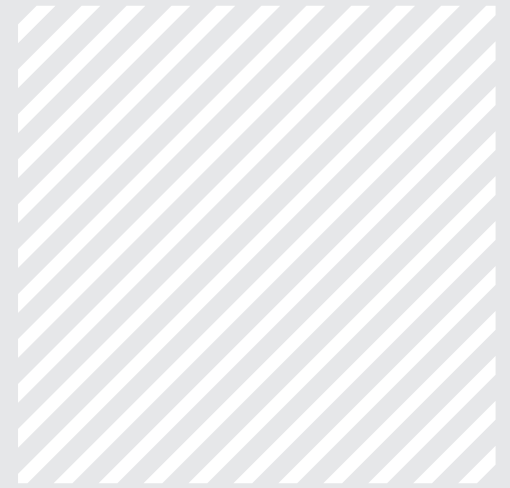
MEN'S FACIAL, 50 min.

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.

BASED ON AN ANALYSIS OF YOUR SKIN AND SKIN CARE GOALS, YOUR ESTHETICIAN WILL ASSIST YOU IN DETERMINING THE BEST FACIAL FOR YOUR SKIN TYPE.

CHOOSE FROM THREE MAIN CATEGORIES DEPENDING ON YOUR DESIRED EXPERIENCE & OUT-COME.

relax



02

COSMEDIX FACIALS

Skin care that uses nature's most potent ingredients in concentration capable of real change without extensive irritation.

ESSENTAIL FACIAL, 50 min.

Our Essential facial will leave your skin feeling clean, hydrated and softened.

LEVEL 1 PEEL, 50 min.

A gentle "non-peeling" peel, our Level 1 peels will address some common skin concerns and leave your skin radiant and glowing.

- Pomegranate Peel
- Essential Peptide Peel

LEVEL 2 PEEL, 80 min. - required skin prep prior to service*

For the Guest who wants a bit more of a change and is not afraid of some possible mild to moderate flaking, our Level 2 peels will go deeper to correct skin concerns and issues.

- Deep Jessner Peel
- Deep Sea Peel
- Timeless Peel

03

SPECIALTY FACIALS

OXYGEN FACIAL, 50 min.

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 re-hydrating treatment, which will benefit all ages and skin types.

BACK FACIAL, 50 min.

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.

FACIAL ADD ONS

- Eye Treatment
- Lip Treatment

HAIR REMOVAL, 50 min.

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



NAIL SERVICES



DESIGNED TO RESTORE HANDS & FEET TO THEIR NATURAL BEAUTY.

ONE OCEAN DELUXE MANICURE & PEDICURE

Manicure 55 minutes/ Pedicure 55 minutes

Featuring a line of products that will nourish and replenish sun-damaged skin. Includes everything in our beachcomber as well as a marine mask and a warm paraffin dip to seal in moisture leaving your hands silky and your feet buffed and smooth to the touch.

BEACHCOMBER MANICURE & PEDICURE

Manicure 45 minutes/ Pedicure 45 minutes

Includes all the basics in nail and skin care as well as thorough callus & cuticle removal, exfoliating scrub, massage and buffing.

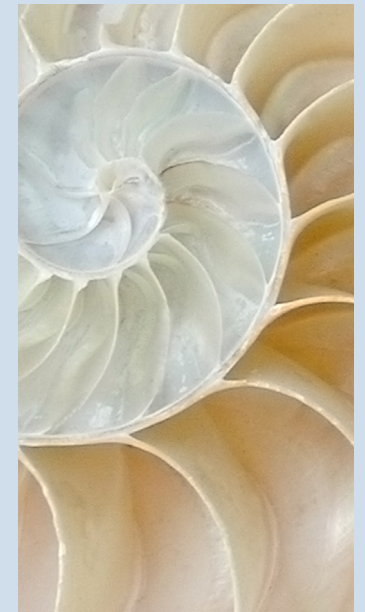
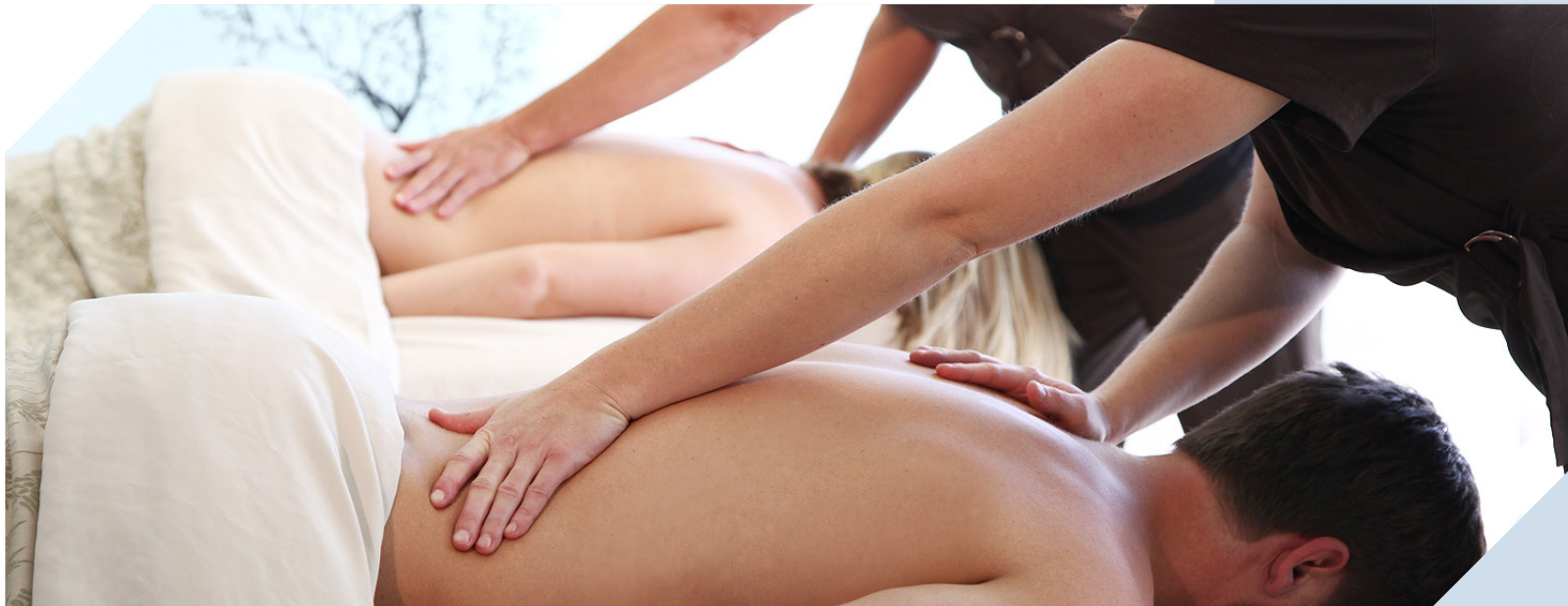
AROMATHERAPY MANICURE & PEDICURE

Manicure 45 minutes/ Pedicure 45 minutes

This mani and pedi is a real treat as we use an orange blossom scent for each step including the foot bath, cleanse and a scrub.

POLISH CHANGE

Choose hands or feet. French polish upgrade available.





Q U E S T I O N S

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. Feel free to bring your bathing suit if you would like, we have Jacuzzi available in our women's lounge.

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 prenatal massage or a Manicure, a Pedicure or an Organic Facial. (massage is only recommended after the first trimester).

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.

IS THERE AN AGE LIMIT FOR THE SPA?

The age limit is eighteen years of age and older.

SHOULD I ALERT SOMEONE IF I HAVE PHYSICAL AILMENTS, DISABILITIES OR ALLERGIES?

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

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 Thai, Massage, please wear comfortable clothing.

WHAT IS THE TIPPING POLICY?

For your convenience, we will automatically add a 20% service charge to each spa service. This service charge is dispersed to the spa staff members who serve you during your visit. Additional gratuity for exemplary service is discretionary.

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 and electronic devices are prohibited

CANCELLATION POLICY:

If you must reschedule or cancel an appointment, as a courtesy to other guests and our service providers, a 24 hour notice is required to avoid being charged. For cancellation of a package, a 48 hour notice is required.



ONE OCEAN RESORT & SPA

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