



SPA

ONE OCEAN

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REMINGTON





### 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

All packages and services include the use of our facilities...  
The men's and women's lounges and relaxation area.

Complimentary beverages are served and light spa lunch menu options are available.

## Ocean Breeze Refresher

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.

Approximately 2 hours

## Men's Defense

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.

Approximately 2 hours

## Couples Heart & Sole

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 accupressure foot massage while gemstones are placed on your heart chakras to open, balance, and renew your energy of love.

2 hours includes extra time in our oceanfront Couples Suite

## Deep Blue

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.

Approximately 3.5 hours

## Beauty Bliss

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.

Approximately 4 hours



## MASSAGE THERAPY

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

## One Ocean Massage

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

25 minutes / 50 minutes / 80 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 overlooking the Atlantic Ocean with a quiet area just for two. Share a massage with a partner or friend.

50 minutes / 80 minutes

## Wind Surfer's Massage

Customized techniques combined with deep pressure to address specific concerns.

25 minutes / 50 minutes / 80 minutes

## 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. For guests 12 weeks or more.

50 minutes



## SPECIALTY THERAPY

Our Therapists are trained in a variety of techniques, so if you do not see exactly what you are looking for, please inquire with one of our spa professionals for more details.



## Seashell Massage

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.

50 minutes

## Thai Massage

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.

80 minutes

## Aromatherapy Massage

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.

50 minutes / 80 minutes

## Warm Stone Massage

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.

80 minutes

## Asian Bamboo Massage

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.

80 minutes



## BODY TREATMENTS

The word spa is derived from Salus Per Aquam... Health by Water.

We are surrounded by all that Mother Nature has to offer. Plant and Marine rich ingredients combined with our Vichy room make these renewing treatments a must.

## Earth & Sea Scrub

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.

50 minutes

## Healing Sea Cocoon

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

80 minutes

## Sea Foam Envelopment

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.

80 minutes

## Ocean Polish & Marine Detox Wrap

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 custom massage with an antioxidant rich coconut algae oil to balance mind, body and spirit.

80 minutes

## Dilo After Sun Soother

Rapidly hydrate and soothe sun damaged skin while naturally and gently introducing a bevy of nutrients to stimulate the healing process. Includes a hair/scalp therapy massage to restore damaged tresses.

50 minutes

## Green Tea & Cucumber Body Polish

This full body treatment combines exfoliation with power of enzymes and botanical creams to nourish your skin. This sugar polish will restore, revitalize and rejuvenate the body as a whole.

50 minutes



## ENHANCEMENTS

May be added to any facial, massage or body treatment.

## Hydrating Hair & Scalp Treatment

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

## Sea, Sand & Sole

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





## FACIALS

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.

We have three main categories to choose from depending on your desired experience and outcome.

## European Facials

Refresh your skin with the benefits of the ocean. Osea products containing mineral-rich marine spring water and marine plants are used to customize this facial to any skin type, focusing on your needs. Achieve balance within the skin, producing a dewy and radiant complexion. These facials are very relaxing and soothing.

## Ocean Mist Facial

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

**50 minutes / 80 minutes**

\*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

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.

**50 minutes**



## BOTANICAL FACIALS

Based on high concentrations of carefully selected botanical and plant extracts, recognized for their soothing and restorative powers, the June Jacobs Spa Collection marries cutting-edge science with nature.



## Hydrate & Nourish Facial

This specialized facial is especially targeted to treat dry, dehydrated skin. A gentle exfoliation allows the skin to slough off with jojoba spheres followed by a concentrated masque enriched with therapeutic and anti-inflammatory botanical extracts and soothing vitamins specifically designed to calm skin. Skin is left nourished and refreshed.

50 minutes

## Detoxify & Renew Facial

An effective Pore Purifying Facial, which deep cleanses the skin, combining professional strength Lactic Acid and botanical extracts. This treatment refines skin clarity and reduces acne blemishes while soothing redness and inflammation.

50 minutes

## Intensive Age Defying Hydrating Facial

This facial treatment has been created to stimulate cell renewal and regenerate the skin providing long lasting results that counteract the signs of aging. This facial is a sophisticated clinical treatment formulated with Lactic Acid, highly concentrated peptides, botanical extracts, skin hydrators and potent anti-oxidants to revitalize the skin. Soothes, hydrates, softens and restores a youthful radiance.

80 minutes





## FACIALS

Additional skin care treatments...

## Oxygen Facial Treatment

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.

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.

50 minutes

## Facial Add-Ons

Eye Treatment

Lip Treatment

## Hair Removal

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

Our nail services are designed to restore hands and feet to their natural beauty.

## NAIL SERVICES

### One Ocean Deluxe Manicure & Pedicure

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.

Manicure 55 minutes / Pedicure 55 minutes

### Beachcomber Manicure & Pedicure

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

Manicure 45 minutes / Pedicure 45 minutes

### Aromatherapy Manicure & Pedicure

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.

Manicure 45 minutes / Pedicure 45 minutes

### Polish Change

Choose Hands or Feet.

### French Polish Upgrade

\*We only perform natural nail services. No gel or shellac performed or removed.



## 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. 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.



## 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.



## Is there an age limit for the Spa?

The age limit is fourteen years of age and older. Spa guests under the age of 18 must be accompanied by an adult.

## 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 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, PDA and pagers are prohibited.



## RETURN TO TRANQUILITY...

It's as if you're drawn to this place. It's a sense of belonging.  
Being at the right place at precisely the right time. Just as the  
fabled sea turtles return to our shores season after season, you'll  
feel compelled to experience it for yourself. The beauty. The luxury.  
A place like no other. Welcome to One Ocean™.



An aerial photograph of a coastal landscape. A river flows through a green, hilly area in the upper half of the image. Below the river, there is a large, flat, light-colored area, possibly a beach or a large field. In the lower half of the image, a large body of water is visible, with a dark, rocky shoreline. The overall scene is a mix of natural and developed areas.

# ONE OCEAN

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One Ocean Resort & Spa Phone: 904-249-7402 [www.oneoceanresort.com](http://www.oneoceanresort.com)

One Ocean Boulevard Atlantic Beach, Florida 32233