

âme

SPA & WELLNESS COLLECTIVE

## âme THE NEXT EVOLUTION IN MODERN WELLNESS

A destination spa providing blended experiences of time-tested treatments, the newest technologies, and a world-class collection of traditional, integrative, and holistic practitioners within the comfort of Turnberry.

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### WELLNESS CIRCUIT

Prepare your body to receive the maximum benefits of any spa treatment by arriving an hour early to journey through our signature Wellness Circuit. Located in both the men's and women's locker rooms, our Wellness Circuit enables you to make the most of the earth's natural healing resources.

#### FIRST STOP: AROMA, CHROMA & MUSIC THERAPY STEAM ROOM

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This is the holistic practice of caring for the body through the use of natural scents and essential oils. Steam also cleanses and nourishes the skin, while softening the muscles in preparation for body and beauty treatments.

#### SECOND STOP: HIMALAYAN SALT SUITE

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Salt therapy offers a variety of benefits including relief from respiratory health concerns, skin conditions, and also aids in recovery from surgery and other complicated procedures. Our Himalayan salt walls are custom designed, naturally organic, and without the risk of side effects.

#### THIRD STOP: SIGNATURE SWISS SHOWER

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TAG Shower is a five minute full-body experience rooted in hundreds of years of European hydrotherapy. Divided into multiple body zones, different water temperatures and pressures are delivered to your body simultaneously. Using this contrasting therapy and hydro-massage, your attendant will set your chosen hydrotherapy sequence.

## GHARIENI

âme is the world's only complete showroom of Gharieni ultra-luxe spa beds and equipment.

### MLW SOFT EXPERIENCE TABLES

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Massages are performed on the Gharieni MLW SOFT, with its pillow-soft upholstery, this luxury treatment table is one of the most comfortable massage tables in the world.

### AMETHYST QUARTZ TABLE

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Warm sand quartz cocoons the body and replicates the benefits of a day spent at the beach. Quartz minerals impart wellness benefits and healing energy, creating ionized air, which supports your respiratory system and produces negative ions to clear the air.

### LIBRA™ TABLE

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Reimagine a hydrotherapy treatment turned into a luxurious experience featuring unparalleled high tech design that incorporates chromatherapy and sound therapy with its choreographed water pulsations and strengths. Elevate the body to a transcendental state while lying on an air-filled mattress and being surrounded by soothing sounds and warm cascading water.

### WELLNESS 4D

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High tech meets high touch with this award-winning new treatment that uses eight table positions so therapists can effectively and precisely reach every muscle group. It features table positions ranging from “RELAX” to “float away from tension”, to “DEEP” for more direct and intensive work on your back and main muscle groups.

### SPA.WAVE

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The exclusive spa experience elevates your favorite wellness treatment to a new level. The heated water mattress will make you feel light, allowing for a more intensive relaxation. Audio frequencies, matched to the body's energy chakras, move through gentle acoustic waves to reduce stress, improve sleep, and balance moods. Individualize this experience with a choice of color therapies built into the Amphibia table. Your therapist will guide you in the color selection to support and intensify the result of your wellness treatment.

### CUSTOMIZE YOUR EXPERIENCE WITH A CHOICE OF COLOR THERAPIES

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RED	Revitalizes, activates blood circulation, energizes promotes vitality, and creativity
ORANGE	Enhances moods, positive thinking, and desire for physical and mental exploration
YELLOW	Liberating and awakening personal power and awareness extroverted, bright, stimulates healing
GREEN	Harmony and regenerative, hopeful, soothes, creates balance within the rhythm of life
PURPLE	Relaxes and renews, awakens meditative time, place and being, spiritual aspects
BLUE	Celestial and peaceful, cooling, calming, quieting, and cleansing

# SIGNATURE EXPERIENCES

## SIGNATURE EXPERIENCES

### TURNBERRY DETOXIFYING TREATMENT

Detoxifying | Moisturizing | Improves Circulation

The ultimate in body and mind purification, this specialized detoxifying treatment facilitates the removal of toxins from your body. Dull skin is instantly swept away with a full body exfoliation that transforms into a warm, aromatic sensorial escape. Next the body is cocooned in a detoxifying and hydrating wrap to draw out impurities while the therapist performs a relaxing scalp massage. A high performance full body massage and innovative treatment tackles excess fluid, and encourages lymphatic drainage to address fluid retention to help tone the skin.

100 MINUTES | \$319

### THAI MUSCLE RECOVERY

Stimulating & Uplifting | Soothes Aches & Pains  
Improves Immune System

Discover this ancient therapy dating back to the XIV Century, once reserved for royalty and Thai warriors returning from battle, to release tension and melt aches and pains away. The therapist will use traditional Thai poultices filled with healing herbs and soaked in warm oil, to massage and soothe pain and relieve areas of tension. The combination of pressure points, and Thai stretches with a customized massage will help expedite metabolism, boosts the immune system and balances the body energetically, inducing a calm mental state.

80 MINUTES | \$259

### JOURNEY OF THE SENSES

Soothing | Emotionally Uplifting | Lowers Stress & Anxiety

A journey for the senses. Warm and sweet notes of amber and myrrh will take you on a sensorial journey inspired by the ancient Orient. This indulgent body scrub begins with an exotic ritual featuring an exclusive body exfoliation with a handmade Moroccan pumice stone and enzymatic exfoliating nectars to soften and smooth the skin. A relaxing massage with warmed amber oil entices the senses for an unforgettable experience. As a departing gift and to recreate the Moroccan hospitality the therapist will present you with the pumice stone used during your service.

80 MINUTES | \$259

### ATHLETE'S GETAWAY

Releases Tension | Improves Range of Motion | Induces Recovery

Improve your game and recover with this unique treatment. Experience the combined benefits of hands-on and tool assisted massage. Your therapist uses advanced bodywork techniques, as well as the Hyperlce machine to soften fascia and release adhesions, which may be restricting function and gait. This treatment allows the whole musculoskeletal system to release hyper contraction and spasms in the soft tissue, eliminating trigger points that cause pain while improving flexibility and restoring a more comfortable, balanced state.

80 MINUTES | \$259

### BABOR SIGNATURE BODY RITUAL

Detoxifying | Improves Metabolism | Boosts Immune System

A high performance anti-aging ritual to ease the tension from the body and mind. The therapist will use advanced bodywork techniques to improve metabolism, boost immune functions, detoxify and firm the body, to induce a calm and balanced mental state and improve wellbeing. With nutrient rich minerals and natural cranberry seeds, this detoxifying body scrub instantly sweeps away dull skin. The body is cocooned in a warm, hydrating and detoxifying wrap, infused with high performance plant stem cells that refine and firm the silhouette. To release tension and melt away aches and pains, the therapist will perform a full body massage with therapeutic oils, focusing on your individual concerns, improving mental clarity and restoring total mind body balance.

80 MINUTES | \$259

### SEACREATION BY BABOR

Moisturizing | Soothing | Rejuvenating

Discover an invigorating sensation with cooling and warming elements combined with the unique BABOR EXPERT METHOD. Permissible indulgence is at the heart of this treatment, utilizing precisely coordinated deep sea ingredients. The body will surrender to the pleasure of being nurtured, nourished and restored. The skin will feel gloriously firmed, toned, plumped and wrinkle free.

80 MINUTES | \$375

 = Spa Director recommended

 = Can be received side by side in the Couples Suites

# BOHEMIAN SPA

## MASSAGES

### SWEDISH MASSAGE

This relaxing and toning massage uses time-tested European techniques to soothe tight, aching, and stressed-out muscles. Pressure ranges from light to medium.

50 / 80 MINUTES | \$155 / \$229

### DEEP TISSUE SPORTS MASSAGE

This massage uses firm, deliberate strokes and compressions for those who seek deeper pressure with profound and lasting effects.

50 / 80 MINUTES | \$165 / \$235

### FIJIAN BODY BUTTER MASSAGE

Transport your body to the South Seas with this tropical massage using your choice of coconut, guava, or mango body butter. This unique massage hydrates the body and calms the mind.

50 / 80 MINUTES | \$160 / \$229

### HOT QUARTZ MASSAGE

Hot Sand Therapy – originally used in Ancient Egypt to treat ailments ranging from scoliosis to inflammatory disease – soothes tight, aching, and tired muscles. Melt your stress away on a bed of warm quartz sand that cocoons the body and replicates the benefits of a day spent at the beach, complimented by wave like motions and aromatherapy for complete bliss.

50 / 80 MINUTES | \$165 / \$235

### IN-ROOM SPA MASSAGE

The massage of your choice will be performed in the privacy of your own suite. This pricing excludes the Ultimate Massage.

50 / 80 MINUTES | \$235 / \$315

### HIMALAYAN HOT SALTSTONE MASSAGE

Hand-carved salt massage stones from the Himalayas are warmed and massaged on the body in specific combinations. The end result is very deep relaxation and a sense of peace and well-being.

50 / 80 MINUTES | \$165 / \$249

### AROMATHERAPY MASSAGE

This massage uses calming aromas to soothe the body and mind. Choose from Soothing, Calming, or Energizing.

50 / 80 MINUTES | \$160 / \$229

### REFLEXOLOGY MASSAGE

Based on an ancient therapeutic method of relieving pain by stimulating pressure points on the feet and hands, this technique calms the body's nervous system and helps to alleviate discomfort at its source.

25 / 50 MINUTES | \$65 / \$139

### ÂME POWER NAP

Power napping reduces stress, improves concentration, balances mood, and boosts creativity. Our state-of-the-art Quantum Harmonic Sound Therapy table combines music, gentle sound waves and highly efficient vibration, matched to the body's energy chakras, leaving you in the ultimate state of relaxation.

30 / 60 MINUTES | \$40 / \$75

### CHILL OUT CBD MASSAGE

Relax and escape with this innovative Hemp Seed Oil treatment to help ease stressed minds and sore bodies. Treat your tired and achy muscles to the healing properties of active CBD oil combined with the ultimate massage techniques.

50 / 80 MINUTES | \$190 / \$264

### PREGNANCY MASSAGE

Using a special massage table designed for pregnancy to protect you and your baby, our therapists perform a gentle massage to relax, de-stress, and harmonize your body. Not recommended during the first trimester.

50 MINUTES | \$155

### REIKI

A Japanese technique to promote healing, administered by light touch that allows life force energy to flow. Aids with stress, headaches, insomnia, upset stomach, sprains, and other minor conditions.


50 MINUTES | \$139

### TIBETAN SINGING BOWLS

Singing bowls are placed on and around your body, and your energy fields are balanced through their resonating sounds and vibrations.

50 MINUTES | \$149

 = Spa Director recommended

 = Can be received side by side in the Couples Suites

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# LIBRA™ BODY SCRUBS BY GHARIENI

Reimagine a hydrotherapy treatment turned into a luxurious experience featuring unparalleled high tech design that incorporates chromatherapy and sound therapy with its choreographed water pulsations and strengths. Elevate the body to a transcendental state while lying on an air-filled mattress and being surrounded by soothing sounds and warm cascading water.

## BAMBOO SCRUB BY NATURA BISSÉ®

Micro-particles massage and exfoliate skin, purifying and removing impurities from the surface of your skin. Healing, soothing, protecting, and hydrating your skin.

**50 MINUTES | \$159**

## FIJI SUGAR SCRUB

Restore your skin to a healthy glow with this unique exfoliating and hydrating treatment using coconut and natural cane sugar.

**50 MINUTES | \$149**

## CUSTOMIZED BODY WRAP BY SOTHYS®

Whether you prefer the nourishing benefits of rich, delicate scents or a more invigorating and active experience your therapist will customize a body exfoliation and a cocooning body treatment to meet your individual needs.

**60 MINUTES | \$159**

## BODY REFINER BY BABOR

Release tension and melt away aches and pains. The detoxifying, anti-aging experience with specialized full body exfoliation smooths and refines the skin with ancient, nutrient rich mineral salts to remove toxins and sweep away dead skin cells. Your therapist will perform a body massage using advanced bodywork techniques and aroma-therapeutic oils to target your individual concerns.

**50 MINUTES | \$159**

## RENEW AND RESTORE BY BABOR

Cocoon your body in a warm, hydrating wrap, infused with rare plant stem cells that revitalize and protect the skin, leaving you in a complete state of bliss. This rejuvenating, anti-aging experience will effectively clarify and purify your skin using nutrient rich ancient healing salts that improve blood circulation and sweep away dull skin.

**50 MINUTES | \$159**

## CITRUS DRENCH TREATMENT BY NATURA BISSÉ®

Rich in vitamins and antioxidants, this scrub and wrap combination restores elasticity and rejuvenates the skin. Ideal body treatment for skin that has been damaged by the sun or by free radicals in our environment.

**80 MINUTES | \$249**

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# SPA COUPLES SUITE

Share our signature Couples Suite with someone special with side-by-side massages, body scrubs, and facials. The Suite features two luxurious Gharieni massage tables, lounging area, changing area with a vanity, spacious two-person shower, and separate two-person tub with vibrational, chromatherapy, and Bluetooth music capabilities.

## ÂME SPA ESCAPE

Escape to âme Spa for a morning or an afternoon of indulgence. Relax, rebalance and renew with these treatments tailored to your specific needs. Allow our therapists to create an extraordinary escape combining the deep relaxation techniques of a custom massage with the long lasting results of a customized facial. Designed to induce a deep state of relaxation, the combination of these treatments will help you achieve the ultimate sense of escape.

**100 MINUTES | \$299 PER PERSON**

## SECRETS OF SOTHYS® FOR TWO

Indulge in our most luxurious body treatment with rich, delicate textures and soft, subtle scents. A journey for two enveloping all your senses, experience a deep sense of relaxation and tranquility. A captivating exfoliation with hints of rose and blackcurrant is followed by our signature massage infused with precious Secrets body cream. Awaken from your journey completely restored with skin that feels as if it has been wrapped in velvet and cashmere.

**80 MINUTES | \$229 PER PERSON**

## TURNBERRY THERMAL THERAPY

Designed to release fatigued muscles and joints, this specialized service involves deep tissue massage to reduce muscle fatigue. A therapeutic-grade salt bath followed by a deep muscle work using our healing arnica oil blend to speed muscle recovery and aid healing. This targeted muscle therapy combines specific techniques to improve flexibility, increase range of motion, and help eliminate lactic acid buildup.

**80 MINUTES | \$229 PER PERSON**

## FIJIAN RITUAL

Begins with a luxurious milk soak bath followed by a sugar scrub exfoliation, and a nourishing massage, topped off with a scalp treatment or a foot treatment. Choose from coconut, mango or guava.


**100 MINUTES | \$299 PER PERSON**

## DIAMOND ROSE RITUAL BY NATURA BISSE

Immerse yourself with the nourishing elements of roses and diamond dust. This unique treatment reveals radiant, softer and smoother skin; transmitting a peaceful serenity and radiant glow. Following a delicate diamond dust exfoliating massage, your skin restores all of its natural beauty with the advantages of an ultra-nourishing rose oil that provides anti-aging, antioxidant and anti-stress benefits

**80 MINUTES | \$229 PER PERSON**

 = Spa Director recommended

 = Can be received side by side in the Couples Suites

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## SKINCARE

### COUTURE FACIAL BY BABOR

Synergistically formulated with advanced age prevention ingredients, including highly active concentrates applied with specific massages. Your skin will feel refreshed, radiant, and restored.

50 MINUTES | \$160

### DEEP CLEANSING FACIAL BY NATURA BISSÉ®

Thermo-active enzymes clean, detoxify, exfoliate, and revitalize your skin. Enzymatic heat opens and softens pores; a nano-stimulation foaming mask moisturizes and revitalizes skin; refreshing botanical elements close and purify pores.


50 / 80 MINUTES | \$165 / \$245

### VITAMIN C RECOVERY FACIAL BY NATURA BISSÉ

Restore your skin's firmness with vitamin C, the most natural form of repair and prevention for visible signs of aging and sun damage. This antioxidant facial begins with a customized cleanse and gentle exfoliation, followed by a reparative serum containing high concentrations of vitamin C, formulated to stimulate collagen production and renew the skin's firmness. Next, a sculpting massage and rich C+C Ascorbic Acid mask allow essential vitamins and nutrients to penetrate the skin, ensuring that your complexion emerges nourished and bright.

50 MINUTES | \$165

 = Spa Director recommended

 = Can be received side by side in the Couples Suites

### AGE DEFYING FACIAL BY NATURA BISSÉ®

Targeted ingredients such as key amino acids, A-E-C vitamins, and isoflavones work deep within the skin to compensate for the visible effects of aging. The result is instantly firmer, glowing skin.

50 / 80 MINUTES | \$165 / \$229

### COLLAGEN INFUSION BY BABOR

Plump and densify your skin with collagen boosting therapy. Ultra-potent hyaluronic acid and collagen plump the skin from the inside out while smoothing fine lines and wrinkles. The effect of this treatment is amplified with a hyaluronic infused Silver Foil Mask.

50 / 80 MINUTES | \$165 / \$245

### COSMECEUTICAL THERAPY BY BABOR

Obtain your optimal skin care results with a personalized and advanced cosmeceutical treatment. Combining high-performance cosmeceuticals with an indulgent facial experience, this highly experiential treatment leaves you completely relaxed with results you can see and feel.

50 / 80 MINUTES | \$165 / \$245

### THE ANTI-WRINKLE EXPERT BY BABOR

Smooth, plump and lift your skin while firming and toning you complexion. Exclusive high-performance actives work together to visibly slow down the natural aging process.

50 MINUTES | \$165

### MEN'S ESSENTIAL FACIAL BY SOTHYS®

Created to answer the needs of a man's skin; this energizing deep cleansing treatment combines volcanic rock to detoxify the skin and hyaluronic acid to replenish it. An exclusive and tailor made solution for men addresses the concerns of the eye area. Vitamin and hyaluronic enriched serum coupled with a relaxing eye massage using chilled porcelain spoons brings immediate relief to tired strained eyes and helps improve the appearance dark circles.

50 MINUTES | \$160

### INTENSIVE HYDRATING FACIAL BY SOTHYS®

This replenishing and hydrating treatment is our solution to quench thirsty skin and to combat dehydration. A combination of hyaluronic acid and patented Boletus extract reactivate the natural hydration levels to reveal a more youthful complexion. A vitamin enriched serum is placed around the eye area for an anti-aging massage with chilled porcelain spoons to reduce tired, puffy eyes bringing immediate results.

50 MINUTES | \$165

### OXYGEN FACIAL BY NATURA BISSE

Purify, revitalize and hydrate your skin to restore its beauty and brilliance. This facial stimulates your skin to produce a fresh burst of Oxygen. This treatment includes exfoliation, a beautiful sculpting massage with a combination of serums and creams to reveal luminous and glowing skin. Perfect for the frequent flier or urbanites whose skin suffers from every day aggressors.

50 MINUTES | \$160

# NON-INVASIVE TREATMENTS

Located on the third floor, Elaine Kroytor of the Center for Integrative Medicine & Holistic Rejuvenation offers several non-invasive services through state-of-the-art technologies, such as radio frequency techniques, cryotherapy and microcurrent stimulation.

## RADIO FREQUENCY SKIN TIGHTENING

Erases wrinkles, reduces cellulite, and tightens the skin without pain or surgery, and no recovery time. Start looking younger after every treatment while producing more collagen.

Rejuvenating Facelift  
**60 MINUTES | \$399**

Rejuvenating Lower Facelift  
**30 MINUTES | \$145**

Rejuvenating Eye Lift  
**30 MINUTES | \$145**

Rejuvenating Neck Lift  
**45 MINUTES | \$250**

Rejuvenating Face, Neck  
& Décolletage Lift  
**90 MINUTES | \$550**

Tighten Loose Arms  
*4 – 6 treatments are suggested*  
**60 MINUTES | \$300 EACH**

## ZERONA LIPO LASER

Reveal your true shape in two weeks. Remove in excess of 3-9 inches of fat from problem areas such as hips, waist, buttocks, thighs, and upper arms without pain, diet, or surgery.

**60 MINUTES | \$250**                      **6 SESSIONS | \$1,500**

Tighten & Contour Abdomen  
*2 – 4 treatments are suggested*

**40 MINUTES | \$250**

Lift & Tighten Buttocks  
*4 – 6 treatments are suggested*

**60 MINUTES | \$300 EACH**

Lift & Tighten Posterior or Anterior Thighs  
*4 – 6 treatments are suggested*

**60 MINUTES | \$300 EACH**

Tighten & Build Collagen of Knees  
*4 treatments are suggested*

**30 MINUTES | \$250**

# NON-TRADITIONAL SPA TREATMENTS

## CRYO FACELIFT

A blast of cryogenically cooled air that increases collagen production, erases wrinkles, gets rid of puffy eyes and dark circles, for glowing results.

**6 MINUTES | \$60**

## CRYO FACE, NECK & DÉCOLLETE LIFT

A blast of cryogenically cooled air that increases collagen production, erases wrinkles, gets rid of puffy eyes and dark circles, and tones and tightens skin.

**12 MINUTES | \$72**

## CRYO-SAUNA

Trigger the power of ice-cold dry air to boost energy and metabolism, improve circulation, relieve pain, and promote collagen production.

**3 MINUTES | \$89**

## LOCAL CRYO

Treats targeted areas, to eliminate joint pain, erase wrinkles, stimulate collagen, and improve circulation.

**6 MINUTES | \$60**                      **10 SESSIONS | \$400**

## FLOATATION EXPERIENCE

Immerse your body in a state of deep relaxation as you float in this exceptionally buoyant tub. Eight hundred pounds of salt relax muscles and release muscle tissue pain.

**30 MINUTES / 60 MINUTES | \$85 / \$120**

## INFRARED SAUNA EXPERIENCE

Intensive detoxification through the body's natural process of sweating. Aids in weight loss, skin purification, relaxation, and pain relief, while improving circulation.

**20 MINUTES | \$65**  
**Add-on to any service | \$25**

## 24K GOLD FACE REJUVENATION

This luxurious treatment, infused with 24K gold, improves skin texture, tone, elasticity, dark spots, and overall glow.

**\$149**

## TEETH WHITENING

This is a 15-20 minute cosmetic teeth whitening procedure that is self-administered with supervision. This procedure is the #1 choice for people with sensitive teeth.

**20 MINUTES | \$149**

 = Spa Director recommended

 = Can be received side by side in the Couples Suites



# TURNBERRY SALON

## SALON

### CUT

WOMEN'S CUT ONLY | \$50  
WOMEN'S CUT + BLOW DRY | \$90+  
MEN'S CUT | \$50+

### STYLING

BLOW DRY | \$50+  
UP DO | \$100+  
EXTENSION BLOW DRY | \$65+

### NAILS

#### CLASSIC MANICURE

A classic manicure to keep your hands looking their best. This manicure includes nail shaping, cuticle care, relaxing hand massage, and expert polish application.

30 MINUTES | \$29

#### SPA MANICURE

The ultimate manicure includes skin exfoliation to reveal the glowing skin beneath. A relaxing massage eases tight muscles in the hands and forearms. A lush moisturizing mask is applied to complete the session.

45 MINUTES | \$39

#### DELUXE MANICURE

Your Turnberry-inspired treat for your hands begins with a scrub, followed by a relaxing massage with luxuriously rich lotion. This treatment deep cleans, rejuvenates and exfoliates for healthier, softer skin.

60 MINUTES | \$49

### COLOR

SINGLE COLOR TOUCH UP | \$90+  
HIGHLIGHTS | \$110+  
BALAYAGE | \$180+

#### CLASSIC PEDICURE

A classic pedicure to keep your feet looking their best. This pedicure includes nail shaping, cuticle care, relaxing hand massage and expert polish application.

60 MINUTES | \$49

#### SPA PEDICURE

The ultimate pedicure includes exfoliation to reveal the glowing skin underneath. A relaxing massage eases tight muscles in the lower legs and feet.

60 MINUTES | \$59

### TREATMENTS

KERATIN | \$360+  
HAIR BOTOX | \$150+  
TREATMENT WITH COLOR  
ADDITIVES | \$49+  
CONDITIONING | \$36+  
OLAPLEX | \$25+

#### DELUXE PEDICURE

Your Turnberry-inspired treat for your feet begins with a scrub, followed by a relaxing massage with luxuriously rich lotion. This treatment deep cleans, rejuvenates and exfoliates for healthier, softer skin.

60 MINUTES | \$69

#### GEL POLISH (ADD ON)

Add gel polish to any manicure or pedicure, for up to two weeks of perfect polish: chip free, mirror finish & no dry time. For optimal results, a maintenance visit every two weeks is encouraged.

FILLS | \$55  
PINK AND WHITE | \$60+  
FULL SET | \$90+

## HOURS

10.00 am – 7.00 pm | Tuesday – Saturday  
11.00 am – 5.00 pm | Sunday – Monday

APPOINTMENTS REQUIRED  
ADDITIONAL HOURS AVAILABLE UPON REQUEST  
CALL 786.279.6400

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# CENTER FOR INTEGRATIVE MEDICINE & HOLISTIC REJUVENATION

Vladimir Turovskiy, DOM and Holistic Therapist Elaine Kroytor CLT provide âme Spa & Wellness Collective with an extensive program of health through Oriental techniques and European traditions, from nutritional consultation and diagnosis to dietary recommendations, herbal, homeopathic, and supplement prescriptions. Treatment sessions may include a combination of several offered procedures.

## INTEGRATIVE ORIENTAL MEDICINE

Includes a comprehensive diagnosis and evaluation including computer energy analysis followed by all medically necessary traditional and modern treatments including acupuncture, gua sha, cupping, laser, hypnotherapy injections and manual therapy.

**30 / 60 / 90 MINUTES | \$150 / \$250 / \$350**

## ADVANCED ACUPUNCTURE

Based on Oriental diagnosis, effective treatment for hormonal imbalance, emotional problems, allergies, insomnia, hypertension, and other complex issues.

**30 MINUTES | \$125**

## SMOKING CESSATION TREATMENT

Four powerful treatments—auricular acupuncture, cognitive therapy, clinical hypnosis, and herbs—combine to achieve a 90% success rate.

**120 MINUTES | \$550**

## CLINICAL HYPNOTHERAPY

The ultimate body-mind therapy. It works directly with the healing powers of your mind to relieve anxiety, control appetite, reduce cravings, quit smoking, and eliminate pain.

**30 / 50 MINUTES | \$150 / \$175**

## BIO-PUNCTURE

Micro-injection therapy includes various homeopathic, vitamin, nutritional, and herbal preparations for cosmetic enhancements, pain relief, or internal problems.

**\$125 + MEDICATION COST**

## LASER ACUPUNCTURE

Receive the benefits of acupuncture without needles. Ideal for patients with weak constitutions, children, and seniors.

**15 / 30 MINUTES | \$90 / \$125**

## GUA SHA

An ancient massage using a gentle scraping technique. Effective for painful muscles, breaking up spasms, adhesions, and loosening up scar tissue in injured muscles.

**15 MINUTES | \$75**

## CUPPING

Traditional Chinese therapy to relieve congestion, both muscular and internal. It can be used locally or in the form of a massage.

**15 MINUTES | \$65**

## AURICULOTHERAPY

This modern acupuncture technique was pioneered by French doctors and is performed by electrically stimulating reflexes on the ear to affect specific changes within the body.

**15 MINUTES | \$90**

## TUINA, ORIENTAL MEDICAL MASSAGE | MANUAL THERAPY

Traditional massage manipulation techniques to treat a variety of musculoskeletal problems.

**15 / 30 MINUTES | \$85 / \$170**

## ELECTRO-SOUND LYMPHATIC DRAINAGE THERAPY

Gentle, high-frequency sound pulses used to loosen stagnation and decongest lymphatic system. Boosts immune system and, weight loss, reduces cellulite, and detoxifies the body.

**60 MINUTES | \$150**

## IONIC FOOT DETOX THERAPY

This ionic therapeutic foot bath of mineral sea salt water flushes out toxins while energizing the blood.

**30 MINUTES | \$75**

## PALEO 14-DAY CLEANSE PROGRAM

This low-allergen program is designed to reduce inflammation and give the digestive system a break from the toxins and chemicals found in heavily processed foods. **\$195**

SPAS  
FITNESS  
FITNESS  
FITNESS

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## STATE-OF-THE-ART FITNESS CENTER

âme Spa & Wellness Collective features a 3,600 square-foot gym offering Life Fitness signature series strength and conditioning equipment. All Life Fitness cardio equipment includes Wi-Fi, allowing you to access the Internet, check email, and update social media during a workout. Private sessions and group classes are available. Guests and members have 24-hour fitness center access through the side door.

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### GROUP CLASSES

The Fitness Center offers weekly fitness classes, including H.I.I.T., Indoor Cycling, Total Body Workout, Zumba®, Yoga\*, Circuit Training\*, Strength Upper & Lower Body, Pilates (requires Club Membership), as well as Water Aerobics\*. All classes require advanced reservations. Check monthly fitness schedule at [amewellness.com](http://amewellness.com).

PLEASE CONTACT OUR SPA CONCIERGE FOR THE FITNESS SCHEDULE AND PRICING.

### PERSONAL TRAINING

Maybe you're looking to trim down. Maybe you've hit a fitness plateau. Or maybe you're injured and need to get safely back on track. Whatever the case may be, if you're ready to get fit, you're ready for a personal trainer.

#### 60 MINUTES PER SESSION

\$130 | SESSION

\$625 | 5 SESSIONS

\$1,000 | 10 SESSIONS

\$1,700 | 20 SESSIONS

### SPECIALIZED PERSONAL TRAINING

Whether you're looking to improve your skills or to overcome the intimidation of the group classes, private lessons in any of the formats offered on the group class schedule are available with our highly skilled staff. Our fitness instructors are professionals in their formats and are ready to help you reach your goals in the activities that most interest you.

PLEASE CONTACT OUR SPA CONCIERGE TEAM FOR PRICING AND AVAILABILITY.

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# GENERAL INFORMATION & SPA POLICIES

## HOURS OF OPERATION

6.00 am – 7.00 pm, Monday – Friday 7.00 am – 7.00 pm, Saturday 7.00 am – 6.00 pm, Sunday

Spa appointments start at 9.00 am daily. Guests & Members have 24-hour fitness center access through the side door.

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## RESERVATIONS

Advance reservations are recommended to accommodate your preferences. Our knowledgeable spa coordinators are delighted to guide you to the spa experiences that best suit your needs.

**FOR ASSISTANCE CALL 305.933.6930**

## SPA ARRIVAL & ETIQUETTE

We recommend that you arrive 60 minutes prior to your first appointment. This will give you time to familiarize yourself with the facilities and to experience our complimentary Wellness Circuit. Please note: All treatments end on time regardless of the start time. Also, for the comfort and relaxation of our guests, cell phones are not permitted in the spa. We ask that you refrain from using cellphones to not disrupt the guest experience.

## SPA GUIDELINES

- Guests of the Spa must be at least 16 years of age to receive a massage or facial. This is permitted only when a parent or legal guardian is present in the treatment room during the entire massage or facial, and the service is provided by a same-gender therapist.
- The Spa is a non-smoking environment.
- Cell phone use is prohibited on spa premises, and all cellular devices should be turned off prior to entering spa reception.
- The Spa is not responsible for any lost or stolen items.

## AGE REQUIREMENTS

You must be at least 18 years of age to use the spa facilities and fitness center.

## CANCELLATION & LATE POLICY

Should you need to cancel or reschedule an appointment, we require a minimum 24-hour notice, or you will be charged the full amount for your total service(s). All packages not cancelled within 24 hours will be charged 100%. Guests who cancel their room reservations also need to cancel their spa services, or they will be considered a no-show. For group cancellations, a 7-day notice is required, or scheduled services will be charged in full. Should you arrive late for your appointment, your service will be modified to maximize your remaining time to honor other scheduled appointments.

## WHAT TO BRING

We provide a robe and sandals. Shirts and closed-toe shoes must be worn in the fitness area.

## SPA GIFT CERTIFICATES

Spa gift certificates make the perfect gift for loved ones, friends, co-workers, employees, clients and anyone else with whom you would like to share the Spa experience.

## SERVICE CHARGE

For your convenience, an automatic 20% service charge is added to all spa treatments.

# ÂME SPA & WELLNESS COLLECTIVE

JW MARRIOTT MIAMI TURNBERRY RESORT & SPA

19999 WEST COUNTRY CLUB DRIVE, AVENTURA, FL 33180 | AMEWELLNESS.COM | 305.933.6930

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