### **GEL PEDICURE**

Pedicure using gel nail polish with color choice

GEL REMOVAL

Safely removes old gel polish from nails

FRENCH POLISH

Traditional french manicure with a light pink base with a white tip

POLISH CHANGE

Application of nail color only

GENTLEMAN'S MANICURE

Includes nail filing, cuticle trimming, and natural buff

GENTLEMAN'S PEDICURE

Includes nail filing, cuticle trimming, and natural buff

# HAIR SERVICE

Please speak to the spa concierge for more information on these services.

Color, Single Process | Partial Highlights | Full Highlights Shampoo & Blowout | Wash, Cut, & Blowout Men's Cut | Updo (on Clean, Dry Hair)

SCALP BALANCE TREATMENT 20  $_{
m mins}$  Treatment helps balance dry or oily scalp conditions.

RESTORATIVE EXPERIENCE 20 mins
This treatment helps broken, split ends and damaged hair look rejuvenated and restored.

SMOOTHING EXPERIENCE 20 mins
This treatment helps tame unruly, frizzy, and rebellious hair.

HYDRATION EXPERIENCE 20 mins
This hydrating treatment gives dehydrated hair a shine.

### WAXING SERVICES

Full-service waxing available. For pricing and information, please contact the spa concierge. Please note that waxing treatments are only available as add-ons to 50/80 min treatments.

# MAKE-UP SERVICES

There are several make-up options available for any occasion. For pricing and information, please contact the spa concierge.

## **CANCELLATION + LATE POLICY**

Please allow 24 hours' notice for cancellation or rescheduling of spa services to avoid a 50% charge. Should you arrive late for your appointment, your service will be modified to your remaining time to honor other scheduled appointments. We require a credit card for all appointments.

### **GRATUITIES**

For your convenience, 20% gratuity will be added to each service. If you feel you have received exceptional service, additional gratuities are appreciated and are solely at your discretion.

## **GIFT CERTIFICATES**

Give someone special the gift of serenity. Gift certificates may be purchased over the phone, or at the spa.

Jerry Cohen MA26326

Cornelia Marin MA77842

Maria Bowen MA43469

Yipsy Rabelo MA62330

Mariella Perez MA62389

# SPA ATLANTIC

954.567.8086 | AtlanticHotelFL.com | Spa@AtlanticHotelFL.com 601 Ft. Lauderdale Beach Blvd. Fort Lauderdale, FL 33304

# SPA ATLANTIC

Drift into a state of euphoria at our oceanside sanctuary.

Indulge in services that combine a unique blend of science and overall well-being, each individually and precisely tailored to match the needs of your body. Rejuvenating European-inspired thermal areas for both men and women – including a sauna, steam room and hydrotherapy tub – offer spaces for cleansing before and after your service.

With massage, facial, body, and salon experiences,
Spa Atlantic is a true haven for revitalization.

### **MASSAGE**

ATLANTIC SIGNATURE MASSAGE 50 mins | 80 mins
A relaxing Swedish Massage with a
Moroccan Oil Scalp Treatment.

DEEP TISSUE MASSAGE 50 mins | 80 mins Beneficial for releasing chronic muscle tension, focusing on the deepest layers of muscle tissue.

HOT STONE MASSAGE 50 mins | 80 mins | Uses smooth, heated stones to warm up tight muscles and alleviate tension and stress.

SWE-THAI MASSAGE 50 mins | 80 mins Blends the relaxing strokes of the Swedish Massage with stretching techniques of the traditional Thai Massage.

PRENATAL MASSAGE 50 mins
Reduces stress on weight-bearing joints, available to women in their second and third trimester only.

COUPLES MASSAGE 50 mins | 80 mins
Choose 50 or 80 min. massage to be performed in our couples suite, add a 25 min. bath ritual for \$100.

#### REFLEXOLOGY 50 mins

An alternative medicine practice involving the application of pressure to the feet and hands.

### **BODY SCRUBS**

SCRUB, BODY PACK & MASSAGE 110 mins Uses nutrient rich mineral salts to exfoliate the skin followed by a hydrating mask and massage.

SCRUB & BODY PACK 50 mins

Uses nutrient rich mineral salts to exfoliate the skin followed by a hydrating mask.

SCRUB & MUD WRAP 50 mins
Uses nutrient rich mineral salts to exfoliate
the skin followed by a volcanic mud wrap.

SCRUB & SUNLESS TAN 50 mins
Uses nutrient rich mineral salts to exfoliate
the skin in preparation for a spray tan.

# **FACIALS**

GRAND-CRU FACIAL 80 mins
Ultimate anti-aging facial, reduces the appearance of lines, and stimulates collagen production.

SKINOVAGE TAILORED FACIAL 50 mins | 80 mins
This treatment moisturizes normal to dry skin; calms skin
with sensitivities, rosacea, or sunburn; and balances
combination skin. The 80 min treatment includes
customized ampule and upgraded mask.

HYDRATE & PLUMP FACIAL 50 mins | 80 mins For dry, dehydrated skin, this treatment provides intense moisture giving skin a plump and smooth

appearance. The 80 min treatment includes customized ampule and upgraded mask.

DETOX & GLOW FACIAL 50 mins | 80 mins

For oily-combination skin types, this treatment detoxifies the skin and promotes smooth skin surface and an even skin tone. The 80 min treatment includes customized ampule and upgraded mask.

COLLAGEN INFUSION FACIAL 50 mins | 80 mins Using collagen stimulating ingredients, this anti-aging treatment firms and strengthens skin giving a smooth and plump appearance. The 80 min treatment includes customized ampule and upgraded mask.

GENTLEMAN'S FACIAL 50 mins | 80 mins This treatment made for men moisturizes normal to dry skin; calms skin with sensitivities, rosacea, or sunburn; and balances combination skin. The 80 min treatment includes customized ampule and upgraded mask.

DEEP CLEANSING BACK FACIAL 50 mins This exfoliating treatment extracts dirt from pores for an overall deep cleansing for your back.

## **NAIL SERVICE**

CLASSIC MANICURE
Traditional 25 min manicure with color choice

CLASSIC PEDICURE
Traditional 40 min pedicure with color choice

SPA MANICURE Includes exfoliation and massage on cuticles, hands, and arms

SPA PEDICURE
Includes exfoliation and massage on cuticles, feet, and lower legs

GEL MANICURE

Manicure using gel nail polish with color choice