

# Spa Menu

## Soothing Massage Services

### **Four-Handed Massage** - 50 Min./\$230

Enjoy twice the pampering with this soothing message. Two therapists work your body together, dedicating four warm hands to gently melt your aches and pains away.

### **Couples Massage** - 50 Min./\$220 or 80 Min./\$340

A shared experience of timeless relaxation. Our therapists synchronize two massage treatments, just for you and someone special.

### **Maternity Massage** - 50 Min./\$110

Pure bliss for the mom-to-be. This massage blends soft touches and gentle strokes in areas that are under stress to increase blood flow and assist in mobility. Care and attention is given to the special needs that arise when carrying precious cargo.

### **Sports Massage** - 50 Min./\$135

A unique pre- or post-workout massage combined with specific herbal essences helps to ease muscle aches, muscle trauma, joint soreness and tennis elbow. Due to the active nature of this massage, females should wear undergarments, loose fitting shorts and halter tops.

### **Therapeutic Massage** - 50 Min./\$115 or 80 Min./\$165

This specialty massage incorporates a variety of techniques aimed at releasing tight nerves and relieving stress-related points of tenderness. Typically a deeper massage, it's custom-designed for your areas of particular muscle soreness and tension.

### **Swedish Massage** - 50 Min./\$110 or 80 Min./\$160

This classic, relaxing massage uses soothing strokes to promote balance and body harmony, light to moderate pressure to enhance circulation, and gentle stretching to reduce tension.

### **Aromatherapy Massage** - 50 Min./\$115 or 80 Min./\$170

Enjoy a personalized massage therapy treatment that blends the ancient healing arts with massage and essential oils to produce deep relaxation and a sense of well-being.

### **Back, Neck & Shoulder Massage** - 25 Min./\$75

This therapy concentrates on releasing tension in your back, neck and shoulder areas where physical and emotional stresses most often manifest themselves.

### **Pedisage** - 25 Min./\$75

A real treat for overworked feet. Gentle cleansing and exfoliation with your choice of sea- or plant-based products is followed by a massage that will leave you feeling as though you are walking on air.

### **In-Room Massage** - 50 Min./Swedish, \$170; Therapeutic, \$175; Aromatherapy, \$185

Enjoy a pampering massage in the privacy of your guest room. Treatments are available for registered resort guests from 9:30 am until 7:00 pm. Please provide 24 hours notice.



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## Body Care Treatments

### **The Caloosa Experience** - 55 Min./\$90 per person (two person minimum)

Our signature couples' experience, inspired by the Caloosa Indians, provides healing for the mind, body, spirit and relationship. Couples are ushered into a private, candlelit steam chamber where they are acquainted with the story of the Caloosa while enjoying a luxurious foot soak in healing seawaters. Four sea-based products in large seashells are presented and our therapists offer instructions on the benefits of each one. After instruction, our experts exit to allow the couple time to relax, unwind and leisurely apply our specialty products onto each other. A warm shower removes the products, transforming our intimate chamber into a relaxing steam bath for the final 20 minutes of the treatment session. The Caloosa Experience is a truly unique and special experience to enjoy and share.

### **Peppermint Sea Twist** - 50 Min./\$110

An aromatic body treatment that combines peppermint oil with fresh European seaweed to stimulate, rejuvenate and purify. Focusing on the improvement of circulation, this is an ideal treatment for sore, aching muscles or water retention.

### **Sea Botanical Wrap** - 50 Min./\$110

A synergistic blend of pure minerals and sea extracts nourishes your body, while softening the skin and toning tissue.

### **Milk & Honey Body Wrap** - 50 Min./\$110

This luxurious wrap moisturizes and restores skin balance and resilience, offering soothing relief for dry, irritated skin.

### **Herbal/Sports Wrap** - 25 Min./\$75

A purifying treatment of herbal-infused sheets that wraps your body to increase perspiration and help rid the body of toxins.

### **Sea Shell Body Mask** - 50 Min./\$110

A unique formula of crushed seashells, sea lettuce, sea palm and wakame sea extracts is applied as a full body mask to nourish and balance your entire body.

### **Mango Salt Glow** - 25 Min./\$75

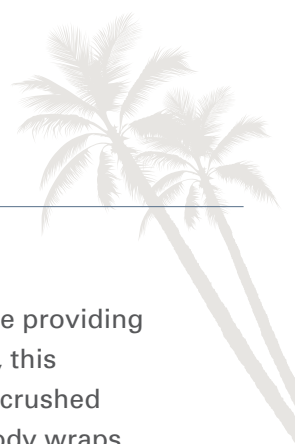
Dampened sea salts, rich in trace elements and minerals, work to deeply cleanse, exfoliate and stimulate the skin. A finishing mango lotion stimulates your senses and awakens your entire body.

### **Sea Softening Scrub** - 25 Min./\$75

A sea polish of honeysuckle and white algae is applied to gently exfoliate and soften your skin. Finished with an application of Sea Silk body milk, inducing a radiant body glow.

### **Sea Exfoliating Scrub** - 25 Min./\$75

A deeper, more invigorating scrub provides deep pore cleansing while rejuvenating the body. A refreshing Ocean Mist application completes this "pick-me-up" treatment.



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**Sea Shell Scrub** - 25 Min./\$75

With tropical notes and ground seashells, this treatment is designed to remove dead skin cells while providing a rejuvenating mineral and vitamin treatment. Especially effective in exfoliating and remineralizing, this treatment is perfect for parched, dehydrated skin resulting from too much sun. Ingredients include crushed seashells and hydrating essential oils in a creamy base. This treatment is a wonderful prelude to body wraps and massages.

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## Facial Treatments

**Signature Calusa Facial** - 55 Min. /\$155

Enjoy an extremely relaxing, deep cleansing facial treatment using indigenous ingredients that are exclusively our own. A complete facial that dramatically refreshes and nourishes not only the skin, but also the soul. Excellent for all skin types.

**Four-Layer Facial** - 55 Min./\$145

Named "The Best Facial of the Century" by Cosmopolitan UK and "The Best of the Best" by Harpers and Queen, this premier treatment provides "layer upon layer of pure bliss." Soothing massages will lull you to sleep and a cool, refreshing seaweed mask finish will renew your face with a more youthful appearance. Indulge and discover the difference.

**Sea Escape Facial, Hand, Décolleté and Shoulder Treatment** - 80 Min. /\$185

Take our luscious Four-Layer Facial... Add soothing sea nutrients... Ditto for your hands, décolleté and shoulders... And you have layer upon layer of moisture-rich skin care for your entire upper body.

**Caloosa Back Facial** - 25 Min./\$95 (Add on paraffin mask: \$30)

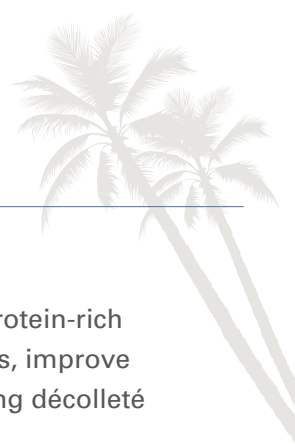
The Caloosa Back Facial is specially designed for one of the body's most neglected areas. Deep cleansing, exfoliation, extractions and a soothing treatment mask are performed to renew and refresh. A nourishing moisturizer completes this treatment.

**Cool Blue Facial** - 50 Min./\$115

Cool and soothe your sensitive skin using bergamot and tangerine extracts to cleanse, balance and repair your skin. Our blue azulene mask helps to calm skin while absorbing impurities. Rich in blue azulene to help pacify irritation and add moisture; marine-source elastin helps to strengthen cells, improve elasticity and soothe skin.

**Anti-Aging Facial** - 50 Min./\$115 (With Green Tea Peel/\$140)

This skin treatment provides in-depth cleansing and gentle exfoliation, leaving your skin with a long-lasting brilliance and revealing younger skin. Add on a custom green tea peel for even more therapy. End the treatment with our super light sunscreen with healing lavender and refreshing orange extracts. You're never too young to benefit from this treatment.



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**Eye and Lip Facial - 25 Min./\$75**

A treatment designed to re-hydrate and pamper the delicate eye and lip area. Sweet almond and protein-rich wheat germ oil help replenish lost moisture, followed by oxygen eye cream to help plump skin cells, improve elasticity and instantly deliver vital oxygen to tired eyes, this 25-minute treatment includes a relaxing décolleté and hand treatment.

**Gentlemen's Skincare Treatment - 50 Min./\$110**

A thorough facial cleansing and exfoliation designed especially for the special skin needs of men. A relaxing mask tightens and firms, while a gentle massage detoxifies and enhances muscle tone for a refreshed, clean look.

**25-Minute Renewal Facial - 25 Min./\$75**

A quick "pick-me-up" facial that combines cleansing with a gentle cornmeal exfoliation to leave the skin free from dead cells. A customized massage treatment is performed to nourish and hydrate your skin.

**Refining Glycolic Facial - 25 Min./\$75**

Glycolic peeling works to produce dramatically healthy skin for those with mature, dry/oily or problem skin. The lasting results produce minimized lines, even skin tone and smooth texture.

**Facial Add-Ons**

Add a glycolic peel to any facial service. \$40

Add a Green Tea Peel to any facial service. \$45

Décolleté and Shoulder Mask. \$40

Add a pampering décolleté and shoulder mask to any facial service.

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**Mind & Body Services**

**BETAR - 55 Min./\$75**

Float away on a bed of sound for the ultimate in relaxation. The BETAR (Bio Energetic Transduction Aided Resonance) bed at Sanibel Harbour is one of only 16 such systems in the world and it provides a totally unique experience. Set within a geodesic dome structure, this state-of-the-art, high-quality sound system bathes your entire body in sound waves, facilitating a state of deep relaxation. We suggest New Age music for the experience, but we also offer an assortment of classical, jazz, and popular music.

Add-on reflexology techniques for your feet. - \$55