

THE SPA AT SANIBEL HARBOUR MARRIOTT® RESORT & SPA

Ft. Myers, Fla. – The Spa at Sanibel Harbour Marriott® Resort & Spa offers guests and local visitors a truly rejuvenating experience. With 40,000 square feet of pampering space that includes 29 private treatment rooms, spa-goers discover the perfect escape into tranquil luxury. Guests of The Spa choose from more than 60 beauty and body care treatments with options from soothing massage services, body wraps and scrubs to revitalizing facials, manicures, pedicures and a full service salon. Spa-lovers choose a quick retreat or from one of the full- or half-day packages.

The History of The Spa

The story of The Spa at Sanibel Harbour Marriott Resort & Spa begins 600 years ago, just before Ponce de Leon first set his eyes on Punta Rassa as part of his vast search for the fountain of youth. On the same pristine 85-acres now known as Sanibel Harbour Marriott Resort & Spa, lived the Calusa Indians, a Native American tribe so powerful that it dominated over forty different villages along the coastline of Southwest Florida.

The Calusa people skillfully transformed the area's waterways into abundant riches of food and tools. They also constructed a series of intricately-detailed "shell mounds;" some up to 30-feet high and 150-acres in size, all built out of conch shells, whelk shells, oysters and clam shells. While the Calusa population all but disappeared by the late 1700's, their legacy of "living off the sea" continues to inspire at The Spa at Sanibel Harbour Marriott Resort & Spa.

The Spa Now

From body wraps and salt glows, to cutting edge fitness and expert instruction, The Spa at Sanibel Harbour Marriott Resort & Spa is dedicated to timeless relaxation and features a dedicated and experienced staff. Several treatments are derived from the science of "Thalassotherapy," or the application of sea-based products.

For a mind and body treatment, The Spa at Sanibel Harbour Marriott Resort & Spa recommends the BETAR sensation. The BETAR (Bio Energetic Transduction Aided Resonance) bed at the resort is one of only 16 such systems in the world, providing a totally unique experience. This state-of-the-art, high quality sound system bathes the entire body in sound waves, facilitating a state of deep relaxation. Guests who experience this treatment float away on a bed of sound for the ultimate in relaxation.

Specially designed spa packages provide an ideal way to enjoy a pampering mixture of spa treatments and services. The option of full-day, half-day or overnight packages enables guests to personalize the experience resulting in the most relaxing escape.

More than Spa Services

In addition to traditional spa services, The Spa at Sanibel Harbour Marriott Resort & Spa provides a variety of activities. From a heated indoor pool for laps, aerobics room and classes to outdoor basketball courts, championship tennis-courts, a cardio "movie-theatre," Pilates/yoga studio and more, the fitness center is equipped with complete cardio equipment and offers certified personal trainers. The Fitness Center also offers a rotating schedule of daily exercise classes available to all Fitness Center members.

The Florida Green Lodging resort is located on a private peninsula only 25 minutes from the new Southwest Florida International Airport (RSW) in Fort Myers. The resort is a recipient of the AAA Four-Diamond Award since 1992.

Marriott's upscale, full-service Marriott® Hotels & Resorts brand inspires best performance during travel, delivering an experience that helps guests work and relax in their own way. The brand's nearly 500 hotels in 60 countries worldwide provide genuine care coupled with fresh, classic design, making it the leading global choice for travelers and meeting planners.

This gracious 85-acre waterside resort provides captivating views overlooking Sanibel and Captiva Islands on Florida's southwest Gulf Coast. Sanibel Harbour Marriott Resort & Spa is secluded on the lazy shores of San Carlos Bay with its own private 100-ft yacht for a captivating dinner cruise along with its exclusive fishing pier. The award-winning Spa at Sanibel Harbour Marriott Resort & Spa adds balance to any successful business venture.

For more information on Sanibel Harbour Marriott Resort & Spa, please contact 1-800-Marriott or visit www.sanibelmarriott.com.

#