# SIGNATURE TREATMENTS

#### TRANQUILITY MASSAGE

Bring about a true sense of serenity as your skin is richly hydrated and all tension is soothed away with the tranquil aromas of rose and vanilla. Conclude your deep sense of calm in the warmth of a light wrap as a scalp massage brings peace of mind.

50 min Wrap Only 80 min Wrap with Massage

#### SIGNATURE MANGO GINGER INFUSION

A sensory journey complete with soothing exfoliation and an energizing full-body massage. Natural enzymes found in fresh mango rehydrate and soften the skin while ginger promotes strength and longevity and reenergizes the body.

You can also choose our calming Honey Papaya Infusion. Manuka Honey provides deep moisture to the skin while papaya fruit acids gently cleanse and exfoliate.

50 min Body Polish Only80 min Body Polish with Massage

# THE ESSENTIALS

# THE PEABODY SIGNATURE MASSAGE

This soothing massage will help reduce tension, increase circulation and induce relaxation. Your therapist will utilize smooth, long strokes with "light to moderate" pressure.

50/80 min

#### **DEEP TISSUE MASSAGE**

A more therapeutic technique of bodywork incorporating slower strokes to work deeper layers of muscle fibers. This massage will help release chronic patterns of tension that create painful conditions and structural misalignment.

50/80 min

## WARM STONE MASSAGE

This treatment blends the therapeutic properties of heated basalt stones with Swedish massage strokes to deeply penetrate tight muscles, improve circulation and promote a deep sense of well-being.

80 min

#### AROMA ESSENCE MASSAGE

This is a remarkable and mesmerizing ritual, profoundly calming and grounding, with simple and rhythmic movements that reignite vitality and return us to our most human roots – deep, strong, energized. Select from our signature aromatherapy oil blends.

80 min

#### PRE-NATAL

Relieve some of the aches and pains you're carrying around. Massage techniques and pregnancy support pillows will help you relax and care for both you and your baby.

Not offered in the 1st trimester.

50/80 min

### **REFLEXOLOGY**

An ancient Chinese technique that stimulates pressure points on the feet to relieve tension and restore a smooth energy flow throughout the body. This is not a foot massage.

25 min - Feet Only 50 min

# **TENSION TAMER MASSAGE**

A revitalizing and aromatic scalp, neck and shoulder massage to help reduce stress-related tension and alleviate headaches.

25 min

#### **SOLE SOOTHER**

This relaxing exfoliation combined with a stimulating foot massage will leave your feet feeling soft and rejuvenated. 25 min

#### **COUPLES MASSAGE**

Prices vary on selection of massage.

Share a unique massage experience with someone special.

50/80 min

#### **IN-SUITE MASSAGE**

Add \$40 per person, per type of massage. Enjoy a relaxing massage in the comfort and privacy

Enjoy a relaxing massage in the comfort and privacy of your own room.

50/80 min

# **BODY TREATMENTS**

# **REVITALIZING MUD WRAP**

A very stimulating wrap to increase circulation, stimulate energy, revitalize the skin, and fully enhance lymphatic flow, with a combination of algae, marine sediment, and specialized essential oils.

50 min Wrap Only 80 min Wrap with Massage

#### THE PEABODY SHAPER

Anti-cellulite Treatment

An innovative, firming anti-aging body system that counteracts the multiple adverse effects caused by biological aging processes, tissue relaxation, free radicals and atmospheric pollutants. It effectively neutralizes the formation of stretch marks. Skin regains elasticity and plumpness. Specialty massage techniques assist in oxygenating and reshaping the tissues. See immediate results with one treatment for a special event, or complete a series of treatments for maximum impact.

#### 80 min

Series of Six Treatments Recommended ~ 10% Off

# **TABLE FOR TWO**

The perfect date that will begin with an invigorating body scrub. Share in the experience of a calming aromatic soak and conclude with a soothing massage that will leave the skin deeply moisturized and your body superbly relaxed.

100 min

# SIGNATURE BATHING RITUAL

Submerge your senses and soak in an array of scents as you are gently massaged by underwater jets. Let the restorative benefits of a healing bath promote a deep sense of relaxation.

25 min

# SKINCARE

# [ comfort zone ] facials

Our treatments for the face provide the answer to any need, correcting imbalance while always respecting the delicate structure of the skin.

#### THE PEABODY FACIAL FINESSE

Profound facial stimulation with collagen, enzymes, and essential minerals promote repair, stimulate circulation and plump fine lines. This exclusive anti-aging and restructuring system simultaneously contrasts all the aggressions caused by free-radicals, exposure to sun, environmental pollution and biological aging. The signs of time are visibly reduced and the skin is left extraordinarily luminous.

80 min

# ANTI-AGING COLLAGEN FACIAL

Experience exceptional results from the combined intensity of alpha-hydroxy peel and pure collagen mask to reverse the signs of aging.

80 min

### LOVE MY SKIN

Soften and renew your skin with a gentle body polish and a unique aromatic essential oil. Conclude your experience with a customized facial to meet your skincare needs.

80 min

# ABSOLUTE PEARL FACIAL

Pearl powder and brightening extracts help restore your skin from sun damage and other environmental toxins to bring light and life to the skin.

50 min

#### SACRED NATURE ORGANIC NOURISHING FACIAL

Deeply renew the skin with certified organic oils combined with anti-oxidants to restore the skin to a silky texture and profound softness and moisture. This anti-aging treatment is nourishing and protective with products which have been formulated to offer a natural treatment indicated for all skins, including even the most sensitive.

50 min

#### HYDRA MEMORY MOISTURE FACIAL

Deeply hydrating ingredients combined with essential anti-oxidants provide silky texture with exceptional softness, restoring a perfect balance of moisture to the skin.

50 min

#### **PURIFY FACIAL**

Benefit from the natural abilities of algae and clay to gently exfoliate, reduce impurities and balance every type of skin.

50 min

#### **REVIVE FACIAL**

This express facial is great for all skin types. This refreshing introduction to facial treatments includes skin analysis, cleansing, gentle exfoliation and facial massage. *This facial does not include extractions.*25 min

# MASSAGE AND FACIAL ENHANCEMENTS

The following treatments can be added to any massage or facial.

## **EYE SUPREME**

This delicate area is revitalized with active peptides, a firming and soothing mask, and rich moisture cream.

#### LIP BLOOMING

Gentle exfoliants followed with a plumping mask rich in apricot and olive butters leave the lips in full bloom. This is an ideal treatment to combat the signs of aging around the delicate lip area.

#### **GLYCOLIC AND VITAMIN-C PEEL**

(can be added to facials only)

Vitamin C mixed with alpha-hydroxy acid to exfoliate and reverse the signs of aging and environmental pollutants.

# HOT OIL SCALP TREATMENT

The head will first be wrapped in hot towels to warm the scalp and dampen hair. After the hot towels are removed, several drops of Moroccan Oil will be massaged into the scalp to promote healing and nourishment.

#### **PARAFFIN**

Enjoy the simple pleasure of a deep, warming and moisturizing paraffin wax application to hands or feet during your massage or facial.

#### **AROMATHERAPY**

Bring about a sense of calm and well-being with the use of aromatherapy oils. Select from our unique blend of oils to suit your needs.

#### **WARM STONES**

Feel your tension melt away with the warmth of basalt stones, an excellent way to prepare for a gentle Swedish or deep tissue massage.

# WAXING

EYEBROW DESIGN AND SHAPING EYEBROW WAX

ΙIΡ

CHIN

1/2 ARM

FULL ARM

UNDERARM

1/2 LEG

**FULL LEG** 

FULL FACE WITH BROW

FULL FACE W/OUT BROW

CHEST

**BACK** 

**BIKINI** 

**NECK** 

# NAIL SERVICES

# SIGNATURE MANGO GINGER INFUSION MANICURE AND PEDICURE

Relax your mind, body and spirit with this luxurious treatment. We begin with an aromatherapy scented footbath followed by a hydrating mask and light exfoliation to repair and replenish dry, rough skin. Cuticles and nails are groomed, followed by a light massage and paraffin wax treatment to fulfill your journey to relaxation and leave your hands and feet softer than ever. Complete with polish of choice.

Manicure 50 min
Pedicure 80 min

#### THE PEABODY CLASSIC MANICURE AND PEDICURE

Our detailed treatments begin with aromatic soaks and nail grooming including professional clipping, shaping and buffing, paying special attention to cuticles.

A hydrating aromatic massage with choice of nail color completes this treatment.

Manicure 30 min Pedicure 50 min

# **HEALING FOOT SOAK AND BUFF**

Relax and unwind with a healing aromatic soak that will soothe tired, achy feet. A gentle buff will repair calluses, leaving your feet rejuvenated. Complete your experience with an energizing leg and foot massage.

25 min

POLISH CHANGE, FILE AND SHAPE 15 min

# NAIL ENHANCEMENTS

#### **FRENCH POLISH**

#### PARAFFIN WAX TREATMENT

Enjoy the simple pleasure of a deep, warming and moisturizing addition to a manicure or pedicure.

#### INTENSIVE CALLUS TREATMENT

A great addition to any pedicure to help repair callused feet.

#### **HEALING MASK HAND/FEET**

Complete any manicure or pedicure with a healing mud mask to help restore and rejuvenate hands or feet.

# MEN'S TREATMENTS

#### TRAVELER'S DELIGHT

After a long day, this massage is the perfect recovery! This treatment pays particular attention to the neck, shoulders and lower back, and assists in loosening tired and tight muscles.

50/80 min

#### MAN SPACE FACIAL

#### Hydra Performance Facial

This facial will restore balance with anti-oxidants, remove impurities, rebalance moisture, and leave the skin with a clarifying matte finish. Recommended after travel. 50 min

#### **IMMERSION EXPERIENCE**

For the man who needs to unwind, regroup and recoup, we offer our full-body spa rejuvenation to include an invigorating scrub and sublime warm oil body massage. 80 min

#### GENTLEMEN'S MANICURE/PEDICURE

Traditional grooming manicure or pedicure especially for men. This includes a soak, scrub and buff-out on the rough spots, trim and clean nails and either an arm or foot massage.

Manicure 30 min 45 min Pedicure

# TEEN TREATMENTS

#### THAT'ZIT! PORE-FECTING FACIAL

It's time for a face-refresher. Enjoy deep cleansing, toning, warm towels, mask, extractions and a facial massage. Our staff will teach you about homecare routines that help produce clearer, healthier skin. Designed to accommodate all skin types. 25 min (does not include extractions)

50 min

# I HEART CUPCAKES

This manicure/pedicure is designed especially for teens. Cuticles and nails are groomed, followed by a light massage and completed with polish of your choice. Enjoy a take-home cupcake bath salt for the sweetest spa experience ever.

Manicure 30 min Pedicure 45 min

# PEABODY DUCKLINGS (AGE 6-11)

#### **BERRY SMOOTH**

A berrylicious spa treat for your little one to enjoy.

Manicure 25 min Pedicure 25 min

#### **BORN TO BE STYLED**

Prepare to be styled and groomed to perfection! Kids can select their own spa package of manicure, pedicure and haircut/updo.

Manicure 25 min
Pedicure 25 min
Haircut/Updo Varies

#### MOMMY AND ME/DADDY AND ME

Mom and Dad can join in on the fun and experience a delightful manicure/pedicure beside their BFF!

Manicure 25 min Pedicure 25 min

# FINAL TOUCHES

#### **MAKEUP SERVICES**

Whether you are preparing for a special occasion or just a change in seasons, let our trained professionals show you the color palette that will bring out the best in you. Our exclusive line of Jane Iredale products is hypoallergenic and designed to nurture the skin.

Makeup Application 30 min

Makeup Lesson 60 min

Bridal Makeup Package 60 min each (Includes trial and day-of application)

#### HAIR CARE RETREATS

Whether you are looking for a completely new look or updating your current style, our trained professionals will accommodate your needs. Our salon staff will work with you to create a look that complements both you and your lifestyle.

<sup>\*</sup>Final pricing will be quoted during service consultation. Services include simple style.

# HAIR SERVICES

Women's Haircut Men's Haircut Shampoo/Blowdry Event Updo Bridal Consultation Bridal Updo

#### HAIR COLORING

Color, Permanent or Semi-Permanent Color Retouch

#### HIGHLIGHTING

(Includes up to three colors)
Single Foil
Partial Foil
Full Foil

# HAIR CARE ENHANCEMENTS

# INTENSE HYDRATING MASK

This high-performance treatment hydrates and conditions dry and chemically altered hair to improve texture and manageability.

#### **RESTORATIVE HAIR MASK**

A deeply penetrating mask; hair will be restored and rebuilt eliminating damage caused by chemical and environmental stresses.

# SPA DAY PACKAGES

## PEABODY SPA SAMPLER

Tension Tamer Massage Sole Soother Revive Facial

# THE PEABODY SIGNATURE OASIS

Aroma Essence Massage
Peabody Facial Finesse
Mango Ginger Manicure/Pedicure
Includes Lunch

# HOW TO SPA

#### **ARRIVAL**

Please arrive at least 30 minutes prior to your treatment to allow time for check-in and preparation for your service. If you are delayed in your arrival, please remember that your service will end at its original time to avoid inconveniencing other guests.

#### **CLOTHING**

Special attention to draping is practiced during all treatments for your comfort and privacy.

# **MEDICAL CONDITIONS**

A brief medical questionnaire will be given to you at the time of check-in. Please indicate any medical conditions or disabilities that may be affected by your treatment, such as high blood pressure, allergies, heart ailments or pregnancy.

# **VALUABLES**

Please do not bring jewelry or other valuables to the spa. The Spa at The Peabody does not assume any liability for the loss of personal items.

# **SERVICE CHARGES**

For your convenience, an automatic 20% charge is added to your bill which includes a 17% discretionary gratuity for the service provider(s) and 3% service fee for the house. The guest does have the right to alter the service provider gratuity at their discretion based on their satisfaction with the service received.

# **CANCELLATIONS**

We ask that appointment changes or cancellations be made 24 hours prior to your scheduled appointment. Cancellations not made within 24 hours of your treatment time will be charged 50% of the treatment rate. No shows are charged 100%.

# SUGGESTIONS

The use of shower or steam best prepares your body for its treatment. It is suggested that no coffee or alcohol be consumed prior to your treatment. Adequate amounts of water should be consumed following your treatment.

#### RESERVATIONS

Appointments may be scheduled any time during operational hours at 407.345.4431. We suggest scheduling appointments several weeks in advance. A credit card or room reservation is necessary to hold a reservation.

#### **GIFTS**

A Spa Gift Card is a wonderful way to extend gratitude. Gift Cards are beautifully packaged and are available in any denomination. Corporate gift packages are also available.