



Ft Lauderdale, FL

## MASSAGE

### OCEAN ESSENCE MASSAGE 60 OR 90 MINS

**For who:** those who want the benefits of therapeutic aromatherapy

This aromatherapy massage begins with a consultation to choose the oil most suited for you. Your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension and lymphatic drainage to encourage healthy circulation. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

### RELAXING OCEAN MASSAGE / LAPPING WAVES MASSAGE / BALTIC SEA MASSAGE 60 OR 90 MINS

**For who:** great for relaxation with a lighter touch

This Swedish massage is excellent for relieving stress and tension and giving an overall feeling of wellbeing. A perfect way to relieve muscle tension and enhance circulation. It will be customized to address your specific needs.

### CURRENTS AND TIDES MASSAGE 60 OR 90 MINS

**For who:** anyone with tight, stiff, aching muscles.

An intensive and restorative massage that works deep into the skin to ease tight, aching muscles. Cross muscle fiber massage techniques are combined with our internationally acclaimed De-Stress Muscle Gel and Oil to instantly release pain and tension. Want us to focus on a particular area? We will be more than happy to.

### BRILLIANT ROSE MASSAGE FOR MOMS-TO-BE 60 MINS

**For who:** Mothers-to-be past the first trimester

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of everyday life behind you. Choose from a selection oils, each safely formulated to be used during pregnancy to nourish and care for expanding skin. This massage will relieve stress and tension, ease the heavy feeling that can come with pregnancy, and help alleviate an aching back. Your treatment ends with a relaxing and rejuvenating scalp and facial massage. Suitable from the second trimester

## COUPLES TREATMENT

### YOU, ME AND THE SEA COUPLES TREATMENT 90 OR 120 MINS

**For who:** those desiring a luxurious and pampering experience resulting in velvety smooth skin

Escape to our couples massage suite with a loved one or family member for a spa experience that will leave your whole body intensely nourished and smooth. Exotic fragrances and deeply nourishing plant oils are used in an intensive body exfoliation to prepare the skin for a 60 or 90 minute customized massage. A blend of intoxicating and highly nourishing plant oils will dissolve tension and stress, leaving you looking and feeling amazing. Prepared to be pampered!

## BODY WRAP TREATMENTS

### SUMMER SKIN COOLER 60 MINS

**For who:** great as a cooling and refreshing treatment after sun bathing

A powerfully soothing and re-hydrating treatment for skin that has been over-exposed to the elements (in particular the sun). Our coastal lavender and peppermint oils, famous for their skin-healing and cooling properties, are used to rescue distressed skin. Gentle exfoliation, followed by an intensive layering of soothing gels and moisturizing creams, along with a hydrating face mask, work to leave your skin feeling cool, soothed and moisturized, while we ease away your tensions with a relaxing scalp massage.

### INVIGORATING SEA ESCAPE 60 MINS

**For who:** anyone who needs an energy boost

Perfect for times of over-indulgence or when you're feeling a little sluggish or lethargic. Let us refresh your spirits with an



## WELLBEING TREATMENTS/JOURNEYS

### MY MIND ADRIFT or MEDITATION ON THE SEA 120 MINS

**For who:** great for anyone who is looking for peace of mind

Perfect for those feeling the ill-effects of stress and a hectic lifestyle. A spiritually uplifting inhalation of frankincense and an aromatherapy massage fused with a blend of seashore chamomile, petitgrain and rosemary helps to calm your thoughts while a relaxing scalp and facial massage works on your complete wellbeing to relieve anxiety and emotional exhaustion, getting you back on track in no time.

### OCEAN LULLABY 90 OR 120 MINS

**For who:** anyone who has difficulty sleeping or are longing for a deep sense of tranquility

The perfect ritual for those who struggle to sleep or suffer from restlessness. A deeply sedating head-to-toe massage, using carefully applied pressures and Swedish techniques, will balance the nervous system and ease an overactive mind. This powerful massage harnesses rich earthy essential oils of vetiver, chamomile and sandalwood and will induce a serious state of relaxation, leaving you prepared for a sound night's sleep.

### SEA THERAPY 90 OR 120 MINS

**For who:** anyone who has recently travelled, needs re-adjusting or over-indulged.

A treatment for jet lagged travelers to get you back on track or perfect for times of over-indulgence, when you're feeling a little sluggish or lethargic. Let us refresh your spirits with an invigorating exfoliation, followed by a layering of gels and oils. Specialized massage techniques, used alongside our award-winning citrus oils, will work to re-set your body clock so that you quickly adjust to the correct time zone.

## FACIAL TREATMENTS

*Our facials work to determine and care for your skin's exact needs. With their therapeutic properties, our essential oil blends deliver vital nourishment to your skin's deepest layers, leaving it plump, clear and radiant. All facial treatments include a relaxing scalp massage and a full facial massage to reduce muscle tension and firm facial contours.*

### SEA BUCKTHORN REPAIRING FACIAL 90 MINS

**For who:** anyone concerned with ageing, fine lines or wrinkles

Your skin is prepared by cleansing and exfoliating with jojoba beads or corncob granules. It is then massaged using apple seed extract, raspberry seed oil and date palm oil which are renowned for their cell renewal and anti-oxidant effects. Two masks are applied, a rose gel to hydrate, and an intense strawberry seed and frankincense mask to firm and plump. While the masks take effect, the eye area is taken care of with a lymphatic massage to improve skin suppleness and elasticity. For ultimate luxury your scalp is massaged to release stress and tension.

### ORANGE BLOSSOM FACIAL 60 MINS

**For who:** the ultimate treatment, custom-made for you.

A bespoke facial, specifically designed to suit your individual needs. Remaining true to Aromatherapy Associates skincare philosophy, this hands-on facial prepares your skin by cleansing and exfoliating, followed by a layering of active serum, face oil and a treatment mask. A combination of the finest organic essential oils and plant extracts are applied with specifically designed massage techniques to restore and recondition the skin, leaving the complexion smooth and luminous.

### PINEAPPLE AND PASSION FLOWER ENZYME PEEL 30 MINS

**For who:** those wanting a quick-fix

This highly effective enzyme peel exfoliates the skin, smoothing fine lines and clearing congestion for a radiant and glowing complexion. Helps to diminish the signs of aging and aid cell renewal with no harsh abrasives. Long lasting results from highly effective botanicals reveal a complexion that is soft, smooth and radiant.

### NAUTICAL MAN FACIAL 60 MINS

**For who:** all skin types



A deeply cleansing and brightening facial. The Refinery men's products, direct from London, contain rich, invigorating essential oils and botanical extracts that will leave skin looking clean, energized and hydrated. Scented hot towels used during the treatment and a relaxing scalp massage will leave you with a calm and comforted state of mind.

## TREATMENT ADDITIONS

*The perfect addition to any Aromatherapy Associates massage or face treatment, these 30 minute rituals will perfectly complement any full length treatment\*, enabling us to focus on specific problem areas you might have, such as hands and feet or treat yourself with a full body exfoliation.*

*\* Minimum treatment booking time 1 hour. May only be booked as a complement to a full length treatment or purchased in conjunction with another 30 minute treatment.*

### OCEAN BODY POLISH

**For who:** those who want an all over exfoliation

An all-over body exfoliation and layering of deeply nourishing products to leave the skin looking radiant and feeling wonderfully smooth.

### OCEAN QUENCH HAND TREATMENT

**For who:** great for anyone with hands that are dry

Feel silky soft and deeply moisturized after the layering of rich body oil and cream.

### SUN REPAIR HANDS

**For who:** those wanting extra attention to aging hands.

A combination of deeply restorative and nourishing essential oils are combined to leave hands and arms looking perfectly conditioned and feeling deeply moisturized.

### SEA LEGS REVITALIZER

**For who:** those wanting refreshed legs

Specialized massage techniques ease swollen legs and ankles, leaving you feeling refreshed and energized. Feet and lower legs feel silky soft and deeply moisturized after the layering of rich body oil and cream.

### OCEAN QUENCH FOOT TREATMENT

**For who:** those wanting feet and lower legs feeling soft and deeply moisturized.

Feel silky soft and deeply moisturized after the layering of rich body oil and cream.