



www.SpaOceanSands.com

Body Exfoliations

All Body Treatments include a Vichy Rain Shower

Ocean Sands Signature Body Buff -\$75 25 minutes

Our signature body buff will take away layers of aging skin cells to reveal glowing silky skin. This body buff exfoliates, cleanses, moisturizes, regenerates, and reconditions your skin. Recommended alone or prior to any massage or body treatment.

Lavender & Ylang Ylang Body Scrub -\$75 25 minutes

An Aromatherapy Exfoliation

Bring back your skin's radiant glow as this Sea Salt exfoliation rich in ylang ylang, tangerine and lavender leaves your skin silky smooth and mineralized. Recommended prior to any massage or body treatment.

Gentle Body Polish-\$75 25 minutes

This treatment eliminates dead and dry skin cells through gentle exfoliation with jojoba Beads and hydrating oils, leaving the skin soft and hydrated. This treatment is ideal for sensitive skin or prior to any massage or body treatment.

Water Rituals

Signature Ocean Sands Ritual-\$65 25 minutes

Designed for ultimate relaxation and comfort. Your body will be refreshed, fatigue-free and revitalized as a combination of seawater and hydrotherapy jets massage you.

Lavender and Ylang Ylang Ritual-\$65 25 minutes

Ideal for relieving headaches and stress. Let your body de-stress with the essence of lavender, ylang ylang and sea salts as hydrotherapy jets massage you.

Massage Therapy

Aromatherapy-\$110/145

50 or 80 minutes

A massage designed especially for those in need of relaxation, utilizing a blend of Swedish and lymphatic drainage techniques. Aromatherapy essential oils promote a sense of relaxation and well being.

Back, Neck and Shoulders Massage-\$70 25 minutes

This massage focuses on the upper areas of your body to help you relax while increasing circulation and relieving stress.

Deep Tissue Massage-\$120/150

50 or 80 minutes

A therapeutic massage that utilizes firmer pressure on the muscles to reduce muscle soreness and tension.

Pre-Natal-\$110

50 minutes

This pre or post natal massage (done sideways for comfort), assists in reducing pregnancy induced fatigue by increasing circulation and lymphatic drainage. Special attention is placed on the lower body to alleviate leg, hip and lower back pressure. Not recommended during the first trimester of pregnancy.

Reflexology-\$70/125

25 or 50 minutes

A pressure point technique applied to your feet and hands to release tension. Each point corresponds to a specific area of your body, which enhances circulation and encourages healing. This massage is especially beneficial for those on their feet all day.

Scalp Massage-\$60

25 minutes

This pressure point scalp massage will rejuvenate and relax you. The perfect add on to any of our services.



Stone Therapy Massage-\$125/160

50 or 80 minutes

Smooth polished Basalt stones are heated and placed on the chakra centers of the body to relieve stress and align body energy. The stones are also applied to the body and massaged working with and around these stones for maximum effectiveness.

Swedish Massage-\$100/135

50 or 80 minutes

A gentle full body massage intended for relaxation, increasing circulation and promoting full mind and body stress relief.

Top to Toe Massage-\$160

80 minutes

Our signature massage lets you experience three different types of massage, a relaxing scalp massage, a full body Swedish massage and reflexology. Comes as close to heaven as humanly possible.

The Ultimate Couples Escape Massage-\$Price Varies 50 or 80 minutes

Our candlelit Couples Massage Room is reserved for this special experience to be shared with a loved one. Each of you will be provided with your own therapist and treated to the massage ritual of your choice.

Eastern Therapies

Shiatsu-\$125/160

50 or 80 minutes

This Japanese massage balances the energy flow through the meridians of your body. Using finger pressure in combination with stretches, it opens the meridians to create a sense of balance and peace. It improves flexibility, circulation and posture.

Swe -Thai Massage-\$160

80 minutes

This massage blends ancient Eastern therapies with traditional Swedish soft tissue techniques. The Therapist applies pressure and facilitates a series of passive stretching movements, allowing the body to experience profound relaxation, peripheral stimulation of the internal organs, increased flexibility and energy flow.

Body Wraps

Not recommended for anyone who is pregnant or has high blood pressure.

Hydrating Seaweed Wrap-\$135

50 minutes

Hydrating and Firming Body Treatment

This French therapeutic seaweed wrap firms, hydrates and re-mineralizes dry, damaged skin. Your treatment begins with a dry brushing, followed by the application of warm seaweed to your entire body except the face. Your body is then wrapped in thermal blankets to release stress and toxins.

Desert Heat Body Wrap-\$110

50 minutes

Rejuvenating Body Treatment

This treatment is rich in copper and minerals. This wrap begins with a dry brushing, followed by an application of self heating bubbly minerals to soften and rejuvenate your skin. The result is a true sense of relaxation, health and well being.

Moroccan Rassoul Wrap-\$110

50 minutes

Purify and Mineralize

This rich volcanic mud is historically known for its high mineral and nutrient content. This treatment delivers rejuvenation and a feeling of ultimate renewal.

Green Coffee Body Wrap-\$135

50 minutes

Proven-Effective Cellulite Treatment

An anti-toxin wrap with the ability to activate the GST enzyme that stimulates the desintoxication system eliminating all toxins. This wrap inhibits free radicals.



Facial Rejuvenation

European Custom Facial-\$100

50 minutes

This facial is suitable for all skin types, and is an intensive cleansing and moisturizing boost for your skin. A gentle exfoliating mask which removes dead skin cells is followed by extractions and a massage of your face, neck and décolleté.

Back Facial-\$100

50 minutes

This relaxing deep cleansing treatment will smooth and brighten the hard to reach back area, which is sometimes prone to acne. This treatment includes exfoliation, aromatic steam, deep pore cleansing if needed and a mask to refine the pores. A light massage and moisturizer follows.

Mini Facial-\$70

25 minutes

The ideal facial for those in a hurry, or as a first time facial, This express facial is customized to your skin type, and includes an enzyme peel and mask. Does not include extractions.

Gentleman's Facial-\$100

50 minutes

A treatment designed especially for men. This facial includes steaming, exfoliation and cleansing of pores. A facial massage follows for total relaxation.

Advanced Skin Therapy

Anti-Free Radical Facial-\$135

50 minutes

Deep Hydrating Facial

A facial treatment to combat dry, dehydrated skin. This vitamin enriched treatment utilizes vitamin A, E, and D to fight free radicals that cause premature aging. The dramatic treatment mask warms to allow the vitamins to penetrate the skin then cools to seal them in and refine the pores.



Caviar & Pearl Facial-\$160

50 minutes

Anti-Aging Facial

The most advanced defense against lines and wrinkles. This deeply hydrating facial rich in Myoxy Caviar®, and Pearl extract visibly resurfaces the skin and minimizes the appearance of facial expression lines and wrinkles.

Elasto-Firm Facial-\$120

50 minutes

Firming Facial

50 minutes

This is an excellent facial for individuals looking for tighter more youthful looking skin. Elastin is the most renowned protein for strengthening the skin. Recommended for any skin type with loss of elasticity.

Plantomer Facial-\$135

50 minutes

Soothing Facial

This highly effective soothing treatment calms redness and soothes irritated or sensitive skin. A propolis ampoule heals the skin and restricts capillaries as a cool lift off mask is applied to seal in the vitamin-enriched ampoule.

Rosacea Facial-\$135

50 minutes

Hypersensitive Skin Types

Treat your skin to the benefits of Green Tea, French Rose, and Licorice. This facial is recommended for all hypersensitive skin types especially those with couperose, eruthrose, Rosacea and Acne Rosacea.

Shimmering "C" & Sea Facial-\$135

50 minutes

Rejuvenating Facial Treatment

This rejuvenating facial combines the high potency of Vitamin C and the stimulating effect of freeze-dried seaweed leaving the skin feeling firm, rejuvenated and extremely soft. This facial is an excellent treatment for the sunbather, or those with sun damaged skin.

Skin Enhancements

All skin care enhancements may be booked as an individual treatment or added on to any facial service.

PevoReclaim Polypeptides Freeze Dried Treatment-\$35 added to Facial or \$55 without Facial

By delivering a high concentration of marine collagen and elastin, this treatment is proven effective to protect your skin against premature aging, wrinkles and loss of elasticity.

PevoRefine Polypeptides Freeze Dried Treatment-\$35 added to Facial or \$55 without Facial

By delivering a high concentration of botanical d.n.a., this treatment is proven effective to protect your skin from premature aging, tighten and visibly reduce the appearance of enlarged pores for a brighter more refined complexion.

De-Stress Eye Treatment-\$35 added to Facial or \$55 without Facial

For Puffiness and Wrinkles

Softens lines, decreases puffiness and lightens dark circles.

Youthful Lip Treatment-\$35 added to Facial or \$55 without Facial

This revolutionary lip smoothing treatment smoothes, hydrates and redefines the lips, leaving them plump and youthful.

Neck & Decollete Treatment-\$35 added to Facial or \$55 without Facial

Day Spa Packages

The Petite Spa Experience-\$155

Ocean Sands Body Buff
Back, Neck & Shoulders Massage
Mini Spa Facial

A Day to Remember-\$255

Seawater Bath
Custom Facial
Swedish Massage
Spa Cuisine Lunch
Classic Spa Manicure

A Touch of Peace-\$355

Lavender & Ylang Ylang Salt Glow
Aromatherapy Massage
Aromatherapy Facial
Spa Cuisine Lunch
Deep Conditioning Hair Treatment
Classic Spa Manicure & Pedicure

Couples Escape-\$255 per person

For Her

Ocean Sands Body Buff
Swedish Massage
Custom Facial
Classic Spa Manicure
Spa Cuisine Lunch

For Him

Ocean Sands Body Buff
Deep Tissue Massage
Gentleman's Facial
Men's Haircut
Spa Cuisine Lunch

Hand Care

Classic Spa Manicure-\$20

25 minutes

A Relaxing Spa Manicure

This manicure includes nail shaping, cuticle trimming and a hand massage. Your choice of color is then applied.

Ocean Sands Signature Manicure-\$45

45 minutes

A Relaxing Spa Manicure

Our signature manicure begins with nail shaping, and cuticle trimming. Then a Caviar mask is applied to hydrate and smooth the skin. Finally a Caviar Hand Cream is applied followed by your choice of color.

Lightening Hand Treatment-\$50

50 minutes

With Glycolic Acid, Exfoliating Manicure

This service starts with a Classic Spa Manicure. A floracide acid wash is applied to your hands to lighten pigmentation and age spots, and smooth lines. This treatment is recommended once a week for six weeks.

Regenerating Hand Treatment-\$50

50 minutes

A Hydrating Hand Treatment

The manicure for youthful looking hands! Your service begins with a Classic Spa Manicure and includes a mask to hydrate your dry, chapped hands. A vitamin concentrated ampoule is applied to enhance results. This treatment repairs sun damage, soothes and deeply hydrates hands.

Heated Stone Massage-\$50

50 minutes

A Classic Spa Manicure is performed, followed by a massage with heated basalt stones.

Foot Care

Classic Spa Pedicure-\$20

25 minutes

Your Spa pedicure treatment begins as your feet are immersed in an automatic whirlpool bath with aromatic sea salts. Your cuticles are trimmed, nails filed, and your feet and shins exfoliated and massaged. Your favorite nail polish is then applied.

Ocean Sands Signature Pedicure-\$45

45 minutes

Your Spa pedicure treatment begins as your feet are immersed in an automatic whirlpool bath with aromatic sea salts. Your cuticles are trimmed, nails filed, and your feet and shins exfoliated and massaged. A deeply hydrating caviar mask, if followed with a rich hand and foot cream, to soften.

Spa Glycolic Pedicure-\$60

45 minutes

Your exfoliating pedicure begins with a Classic Spa Pedicure. A glycolic wash is then applied to the soles of your feet to exfoliate, soften and smooth the skin, peeling away the roughness and leaving your feet silky smooth. This treatment which is especially effective at eliminating accumulated dead skin cells and calluses.

Foot Contouring Treatment-\$60

60 minutes

This Spa Pedicure treatment is ideal for those who are on their feet all day. A self-heating desert mud mask is included for total rejuvenation.

Heated Stone Pedicure-\$50

45 minutes

A Classic Spa Pedicure is performed, followed by a massage with heated basalt stones.

Hair Care

Our salon offers a wide array of services. Please consult our receptionist with any questions you have about services. Prices vary depending on the length and thickness of hair.

Shampoo & Style

Shampoo Haircut & Style

Single Process Color

Foil Highlights

Double or Single Process Color

Bang Trim

Deep Conditioning Treatment

Bridal Up-Do's

Semi-Permanent Color

Corrective Color

Beard & Moustache Trim

Men's Haircut

Makeup Application

For that special occasion, let our professional make-up artists customize a look that is suitable for you.

Waxing Services

Warm wax is used to gently remove unwanted hair from your body. Please advise us if you have sensitive skin or are taking any medications.

Eyebrow, Lip, Chin

Half of Full Leg

Bikini

Underarms

Half or Full Arm

Back & Chest

Health & Fitness

Kid's Activities

The Ocean Sands Kids Club offers activities designed exclusively for our younger guests. You can schedule outdoor activities include Funky Fish Kids Day for your little ones.

Exercise Facilities

Our exercise facilities include a fully equipped gym with top of the line Cybex® strength and cardio equipment, as well as free weights. We have special exercise studios for Gyrotonic®, Pilates, Spinning, and Group Exercise. Team up with one of our Certified Exercise Professionals for a one-on-one personal training session, Pilates, or private Yoga.

Exercise Classes

We offer a schedule of exercise classes that include body sculpting, spinning, and stretch. Please see our current schedule for the list of classes. Currently classes are only for registered hotel guests. Registration is required for all fitness classes. Please call extension 1063 to sign up.

Spa Appointments

Advanced reservations are suggested for spa services, to ensure your preferred treatment time or therapist is available. Same day bookings are welcome. Please call the Spa at (954) 590-1063 (or extension 1063 from inside Resort) to schedule your appointment. Room number or major credit card number is required to guarantee your reservation.

Cancellation Policy

We ask that you give a minimum of 24 hours notice when canceling or rescheduling appointments. You will be charged the full cost of the service if you do not give 24 hours notice for a cancelled or rescheduled appointment.

Arrival Time

Please arrive at least 15 minutes prior to your scheduled appointment time to ensure that you receive the full length of your treatment.

Spa Attire

Complimentary use of a robe, slippers and locker is provided for most spa services. Our staff is professionally trained to drape you to ensure that your modesty is never compromised. Should you have any questions or concerns about proper attire please speak to one of our Spa Coordinators.

Gratuities

Gratuity is greatly appreciated, and is solely at your discretion.



(954) 590-1063

**4th Floor of the Residence Inn by Marriott
1350 N. Ocean Blvd
Pompano Beach, FL 33062
www.SpaOceanSands.com**

Massage Establishment License #MM17949