

NAIL SERVICES

Basic Manicure \$21
A citrus symphony of essential oils, vitamin E and antioxidants formulated to stimulate the senses as it soothes, refines and conditions. The zesty fragrance will energize, refresh and lift spirits every time.

Shellac Manicure \$31
Say Hello to the FIRST hybrid nail color. New, patent-pending UV3 Technology combines the ease of polish with the performance of gels. A true innovation in chip-free, extended wear nail color.

Basic Pedicure \$47
An inspired system born of the sea. Marine botanicals and sea salts energize. Quartz crystals and menthol cool. A service designed to refresh and revitalize – like a brisk barefoot walk in the surf. Feet reborn. Spirit satisfied.

Reflexology Pedicure \$65
Feet are soaked in a whirlpool tub while nails are trimmed, shaped, cuticles are pushed back; feet are exfoliated followed by reflexology on the feet. Polish is professionally applied in the color of your choice.

NAIL ENHANCEMENT

French \$7 **Foot Mask** \$10
Shellac French \$10 **Callus Treatment** \$10

WELLNESS SERVICES

Yoga Session 60 minutes \$12 per person
Minimum of 5 people.

Private Yoga Session 60 minutes \$75
Focuses on breathing, postures and a short meditation to assist the body in regenerating, revitalizing and relaxing. Yoga helps to create a balanced and serene mind, a strong and flexible body and a blissful state of mind.

Meditation 30 minutes \$10 per person
Minimum of 5 people.

Private Meditation Session \$50
Guides you to calm quiet the mind, brings relaxation and stillness to the body resulting in an enhanced state of presence to the spirit. This class can help to reduce stress and give you the tools to create a daily practice.

DAY PACKAGES

HALF DAY EXPERIENCE

De-Stress Package 2 hrs \$156.55
Relax and Restore Massage, Shellac Manicure, Basic Pedicure

Rejuvenation Package 2 ½ hrs \$179.24
Basic Facial, Basic Manicure, Basic Pedicure

Bridal Party Package 3 hrs. \$198.52
Relax and Restore Massage, Basic Facial, Lunch

Labor of Love Package 2 ½ hrs \$222.34
Pre-natal Massage, Basic Facial, Basic Manicure

GQ Experience Day Package 3 hrs \$272.06
50 minute Full Body Massage, Gentlemen's Facial, Pedicure

Wellness Package 3 hrs. \$300.62
Yoga/Meditation, Reiki, Relax and Restore

Couples Package 2 ½ hrs \$311.96
Couples Massage, Couples 25 minute Reflexology, Lunch

FULL DAY EXPERIENCE

Anti-Aging Package 3 ½ hrs. \$370.95
Body Scrub, 50 minute Anti-Aging Massage, Anti-Aging Facial with Hand Rejuvenation, Lunch

Glamorous Package 4 ½ hrs. \$428.80
80 minute Massage, Oxygen Facial, Shellac Manicure, 25 minute Reflexology, Optional make-up application, Lunch

Empress Package 5 hrs \$387.50
50 minute massage, Basic Facial, Body Scrub, Basic Manicure, Basic Pedicure, Lunch

OVERNIGHT SPA PACKAGES

Spa Escape package for 1 person 1 night. Includes breakfast for 1 guest per stay, dinner for 1 guest per stay, Includes a 50 minute Full Body Massage and your choice of Basic Facial or Vitamin Wrap. \$425

Spa Escape package for 2 guests 1 night. Includes breakfast for 2 guests per stay, dinner for 2 guests per stay, Includes a 50 minute Full Body Massage and your choice of Basic Facial or Vitamin Wrap. \$700

Spa Getaway package for 1 person 2 nights. Includes 2 breakfasts, 1 lunch and 2 dinners for 1 guests per stay. Treatments include 50 minute Full Body Massage, Oxygen Facial, Body Scrub and Vitamin Wrap. \$945

Spa Getaway package for 2 guests 2 nights. Includes 2 breakfasts, 1 lunch and 2 dinners for 2 guests per stay. Treatments include 50 minute Full Body Massage, Oxygen Facial, Body Scrub and Vitamin Wrap. \$1545

Spa Signature package for 1 person 2 nights. Includes 2 breakfasts, 1 lunch and 2 dinners for 1 guests per stay. Treatments include 80 minute Full Body Massage, Customized Facial, Vitamin Wrap and 50 minute Reflexology. \$999

Spa Signature package for 2 guests 2 nights. Includes 2 breakfasts, 1 lunch and 2 dinners for 2 guests per stay. Treatments include 80 minute Full Body Massage, Customized Facial, Vitamin Wrap and 50 minute Reflexology. \$1750

MONTHLY SPA NEWSLETTER

Call or sign up on our email lists to receive information on monthly specials and events.

Please arrive at least 30 minutes prior to your reservation. Late arrivals are subject to shortened appointment times, at the same rate. A 24 hour notice is required to avoid cancellation charges; no show or cancellations with less than 24 hours notice will be charged 100% of the appointment charge. Credit cards or gift certificates will be charged for outstanding balances. Please visit our website for a complete list of FAQs.

Prices do not reflect the 7% tax and 18% gratuity.

No substitutions please. All prices are subject to change.

SPA
at forrestal

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HOURS OF OPERATION:
Wednesday - Friday 9AM-8PM
Saturday 8AM-8PM
Sunday 8AM-5PM





MASSAGE

Relax & Restore	25 minutes	\$60
This massage is designed to relieve muscle tension on your head, neck, shoulders and back.		
Full Body Massage	50/80 minutes	\$85/145
Full Body Massage is a customized treatment that is either Swedish or Deep Tissue.		
Pre-Natal Massage	50 minutes	\$85
This massage is for 2nd and 3rd trimesters only. A light massage is given in a specially designed pregnancy table so mothers can lay face down.		
Heated Stone Massage	75 minutes	\$145
Heated stones are strategically placed on and under your body to release stress and toxins. A therapeutic massage is performed alternating between their hands and warm stones.		
Couples Massage	50 minutes	\$170
This treatment is a Full Body Massage and is performed side by side in the same room.		
Anti-Aging Massage	50 minutes	\$95
A luxurious treatment designed to soften and hydrate the skin by incorporating dry exfoliation and anti-aging ingredients.		

MASSAGE ENHANCEMENT

Treatments can be added to any of our massages.

Aromatherapy		\$12
Choices of Lavender, Sandalwood, Grapefruit and Tangerine will enhance your massage experience		
Scalp Treatment		\$20
Feel refreshed and stimulated with a massage while calming, restoring, and nourishing the scalp.		

BODY RITUALS

Vitamin A, C & E Wrap	50 minutes	\$90
This treatment starts out with a dry exfoliation technique followed by the application of a rich body cream containing valuable nutrients of vitamins A, C and E. The product is absorbed into the skin leaving you hydrated and smooth.		
Body Scrub	25 minutes	\$65
A refreshing body scrub, using the exfoliation properties of sugar and the polishing effects of lemon to remove dead skin. Warm rain from our Vichy shower rinses over the body, followed by a citrus moisturizer will leave your skin renewed and fresh.		
Reiki	50 minutes	\$80
Holistic approaches to move, stimulate, and balance energy within your body. Minimal physical contact, this is not a massage. Guest remains fully dressed.		
Reflexology	25/50 minutes	\$50/80
A time-honored technique of re-establishing energy flow throughout the body by stimulating reflex points, through a combination of acupressure, rubbing and pulling.		
Couples Reflexology	25 minutes	\$100

ESTHETICS

Basic Facial	50 minutes	\$90
Recommended for all skin types. The foundation to all our facials. Skin is deep cleansed, exfoliated, toned and light massage relaxes the face, décolleté and hands. A masque is customized to your skin condition or type. Steam and extractions are performed if needed.		
Skin Scanner		Complimentary
Allow us to analyze your skin for sun damage, dry areas and blocked pores. The camera inside will allow us to save your picture to track results.		

ESTHETICS ENHANCEMENT

Oxygen Treatment		\$37
Let the physical properties of oxygen penetrate your skin to deliver a powerful blast of vitamins and minerals that you can feel. The result is tighter, plumped and hydrated skin.		
Anti-Aging Treatment		\$37
A regenerative facial using a combination of antioxidants to combat damage caused by free radicals. Facial Peel will pave the way to allow products to penetrate. Vitamin C firming mask helps to tighten and brighten skin. Ideal for hyperpigmentation and fine lines.		
Hand Rejuvenation Treatment		\$25
Designed to renew dry, dull and tired hands.		
Peels		\$25
Salicylic/Mandelic Acid Peel for problematic skin Glycolic/Lactic Acid Peel for photodamaged skin		
Clinical Deep Pore Acne Treatment		\$15
Designed for acne prone skin with corrective products that are ideal for the treatment of acne.		
Rosacea		\$20
This treatment is designed to help calm and soothe compromised skin and will aid in reducing erythema, irritation, and inflammation associated with rosacea.		
Calming Treatment for Sensitive Skin		\$15
Designed for even the most sensitive skin types. This treatment will help to calm inflammation and reduce redness.		
Enzyme Treatment		\$15
A unique and effective enzyme treatment that combines a powerful blend of five natural vegetal enzymes. This essential professional tool provides superior exfoliation and deep cleansing. Soothing rice starch is used as a base to calm skin inflammation.		
Lip & Eye Treatment		\$15
A cooling, hydrating gel mask designed to refresh and repair the eye contour. This treatment mask firms, reduces puffiness and soothes tired eyes.		
MINERAL MAKE-UP		
Reveal instead of conceal and play up instead of cover up. Being True Cosmetics are an extension of your skincare. Designed to protect skin with Idebenone along with dramatic anti-aging benefits for eyes, face and neck.		
Color application		\$25
\$25 credit towards make-up purchase.		

ADVANCED ESTHETICS

Vitamin C Pigment Balancing Peel	25 minutes	\$125
Series of 6 for maximum results \$625		
Requires pre/ post home care regimens and consultation with Esthetician prior to booking. Treatment targets fine lines and hyperpigmentation to dramatically improve the uneven appearance of photodamaged skin.		
Radiance Revealing Peel	25 minutes	\$70
Series of 6 for maximum results \$350		
Unveil youthful skin immediately with this powerful, results-oriented peel that delivers instantly without the redness or down-time.		

AIRBRUSH TANNING

Airbrush Tanning is a safe way to tan your skin without any exposure to the harmful effects of UVA/UVB rays. We use a tanning solution containing the active ingredient DHA . DHA is FDA approved and is derived from a vegetable source such as sugar beets or sugar cane.

Full Body		\$37
Series of 5 \$175		
Series of 10 \$320		

WAXING

Lip	\$13	Full back and shoulders	\$67
Brow	\$20+	Shoulders	\$26
Chin	\$13+	Bikini	\$26
Half arm and hands	\$31+	Anything outside of the bikini line	
Full Arm	\$41+	High Bikini	\$40
Half Leg	\$36+	Anything inside bikini line, top and front	
Full Leg	\$67+	Full High Bikini	\$65+
Chest	\$41+	Anything inside bikini line, front to back	
Stomach	\$20+		
Back	\$41		

SPA LUNCH

Spa Lunch	\$25
Enjoy lunch while relaxing in your spa robe. Served either in pool dining area or outside on patio. Includes appetizer, entrée and dessert.	

GENTLEMEN'S SPA SERVICES

Gentlemen's Manicure	\$20
Gentlemen's Pedicure	\$42
Gentlemen's Facial	\$96
This facial is customized for gentlemen's specific needs. Deep Cleansing, exfoliating scrub, extractions are included followed by a clay mask to balance and hydrate the skin, also helping to alleviate irritation.	