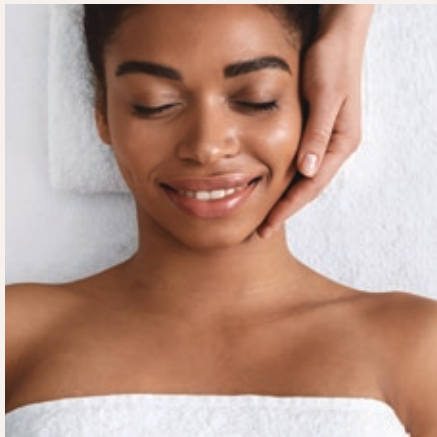


THE
SPA





The Cloud 9 Experience

Our 'Cloud 9' Spa experience provides an exclusive range of massage therapy, manicures and pedicures blending in high-end comfort. Our mission is to focus on providing effective mind and body relaxation coupled with perfect hands and feet!

**The Harbor Club Spa operating hours are
from 9am to 6pm Daily!**



Ultimate Massages



AROMATHERAPY MASSAGE

50 Min. \$160 | 80 Min. \$240

Combining Aromatherapy with Massage can truly relax your senses, helping to relieve physiological stress, reducing anxiety, headaches, migraines, and insomnia, calming your nerves, as you drift away providing effective mind and body relaxation. Customize your cloud 9 experience with your therapist.

All services quoted are in USD (Feel free to query about EURO, CANADIAN, XCD conversion)
Prices do not include 10% Tax and 10% Service Charge

Ultimate Massages

SWEDISH | LOMI LOMI

50 Min. \$100 | 80 Min. \$150

Rehydrate your skin with the warm drizzled fresh coconut oil which will take you on a nostalgic journey, followed by light to medium massage strokes to then take your body into heavenly indulgence of relaxation. Swedish Therapy is the most common type of massage. Soft, long, kneading strokes, as well as light, rhythmic, tapping strokes on the topmost layers of your muscles. We like to refer to this massage as the pampering retreat.

DEEP MUSCLE RECOVERY

50 Min. \$120 | 80 Min. \$180

Deep and intense are the highlights of this massage! This massage will definitely leave you sore but that is due to stimulating muscles that you may not usually use or stretch. Overall, if you're looking for a massage that is deep and intense over light to medium; this is your match made experience! Deep tissue is quite an effective massage to break muscles knots and free your muscles from muscle tension!

WARM STONES MASSAGE

50 Min. \$150 | 80 Min. \$225

Is a treatment that is uniquely relaxing. Feel like you're floating on air! The way in which this massage technique is in lieu of the warmth from the heated basalt stones is magical. Leaves your muscles feeling like a mug of spiked hot chocolate; the heat becomes a natural propensity releasing your muscle knots slowly like tiny melting marshmallows. Such a pleasant extraordinary relieving feeling to soothe out muscle soreness and muscle pain whilst promoting overall relaxation.

BAMBOO MASSAGE

50 Min. \$150 | 80 Min. \$225

Polished Bamboo shoots infused in peppermint, eucalyptus and rosemary oil are then heated up to perform this amazing therapy. The heat from the bamboo will relieve muscle aches and tension in this unique way of rolling the muscles with the warm bamboo like a rolling pin!

BACK MASSAGE

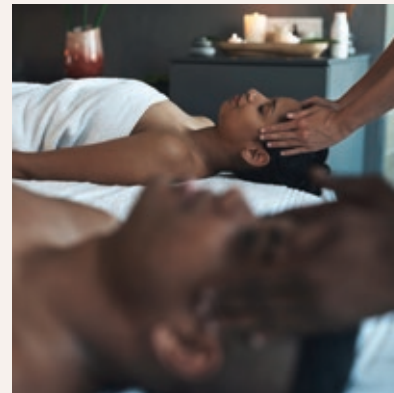
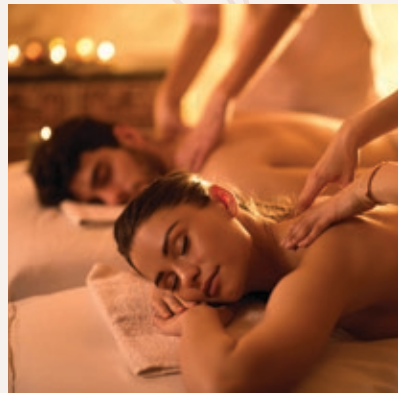
30 Min. \$70

Are you looking for the most effective back treatment to target deep into the belly of your back muscles to relief chronic pain or tension? With the Back Massage Therapy, this treatment is specifically designed to target the back to relieve lower back pain, neck and shoulder release.

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Couples Retreat

MASSAGE FOR TWO



COUPLES MASSAGE

(Mix and Match)

Pick from our massage therapy options any 2 massages of your choice to bundle up and enjoy your treatments side by side in our couple's room. Feel free to inquire if you have any queries or require recommendations. Complimentary toasting for anniversary and birthday celebrations!

SAVE 25% OFF YOUR BUNDLE!

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Treat Your Feet

PEDICURE OPTIONS

SIGNATURE SPA PEDICURE

50 Min. \$90

Suited for both men and women, our signature Spa Pedicure is inclusive of warm antifungal cinnamon feet soak mixed with blooming lilacs to rehydrate the skin; definitely needed for supple feet, whilst softening the excess callus and cuticles. A reflexology style mix feet massage is then coupled with warm stones to provide additional relaxation and tension release. Followed by a lavender feet scrub providing more calming properties. A hot towel infused with bergamot and grapefruit will detoxify the feet. You then have the option of a Therabath Eucalyptus Rosemary mint paraffin wax dip to relax your feet; its anti-inflammatory properties provide natural pain relief for sore and achy feet and joints or the tea tree feet mask to pull out impurities, boosts your feet's circulation and eliminate odours. Essential nail care includes cuticle and callus abrasion work as well as polish application if desired. *Quick Dry Top Coat. **(GEL ADD-ON \$10)**

OPI CLASSIC GEL PEDICURE

50 Min. \$85

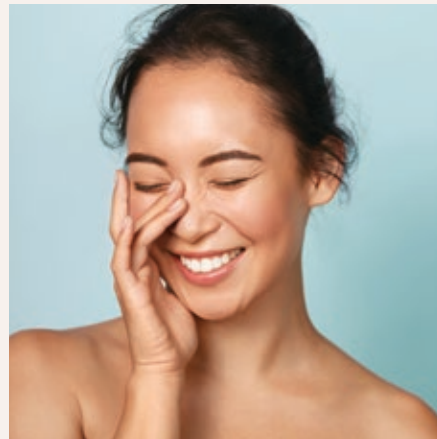
Our Classic Gel Pedi starts with a warm Epsom salts feet soak to help with everything from arthritis to fluid retention, followed by a detoxifying orange and lemon infused feet scrub coupled with the pumice stone or foot file for excess callus removal. Special attention is paid to your toenail treatment and preparation, perfectly shaping them with smooth edges before the OPI gel application. To top off your Gel Pedi, your pedicurist will perform a medium to deep pressured feet and legs massage with a rehydrating aloe moisturizer. We have a wide range of OPI gel nail polish colors to pick from! Long lasting gel polishes to keep your toes looking classy and fresh till your next Spa Pedi!

CLASSIC PEDICURE

50 Min. \$65

Taking pedicure to the therapeutic side of things with adding a touch of therapy, our Classic Pedicure includes cooling aromatics to help soothe sore, tired, aching feet. Products would also include peppermint, wintergreen, nutmeg and cucumber throughout the feet mask, feet scrub and feet massage portion of this pedicure. You also have the option of helping your therapist customize the massage portion based on your condition. This is the perfect opportunity to take advantage of receiving the right feet therapy massage if you are in pain, suffer from fluid retention and or tight calf muscles.

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Pamper Your Hands

SIGNATURE SPA MANICURE

50 Min. \$80

A treatment dedicated to both men and women - essential nail care and hand pampering to promote healthy hands! The signature Spa Manicure is more than an exclusive nail treatment. We take your hands on a pampering journey right after the nail care portion of this treatment, starting with an aromatherapy-soaked massage to promote tension release, paired with warm stones, hand reflexology and hand stretches. Thereafter the hands are dipped in a warm lavender paraffin wax to ease out pain and stiffness in the joints. (Excellent for osteoarthritis and trigger point in the hands) polish application if desired. *Quick Dry Top Coat. (Gel add-on \$10)

OPI CLASSIC GEL MANICURE

50 Min. \$70

Hands are a highlight and help boost your confidence. What makes our Gel manicure so classic isn't only the high-end polish - Attention to perfectly shaped, cleaned and filed nails during the nail treatment to help perfect the look of the gel application. This treatment however would not be complete without an almond and honey scrub for soothing soft hands followed by a focused hand massage to relax and enhance the look of stiff overworked hands!

REGULAR MANICURE

30 Min. \$45

Essential nail care excellent for teens, or the busy professional who is pressed for time. This treatment includes brief nail work, a detoxifying hand exfoliation, a soothing hand massage and polish application. We make it cool for teens providing them nail glitter options.

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Your Cloud 9 Experience

ADVANCED RESERVATIONS

- If you have a reservation with our hotel, we highly recommend that you schedule your Spa appointment (s) 4 – 7 days in advance, prior to arriving at The Harbor Club Hotel, to ensure that your preferred time and treatment or service is available.
- To book an appointment with the Harbor Club Spa, you are required to make a deposit of 50%. You can pay in full if you so desire. This applies to all guests. Once booked, you will receive an automated email or prompt message to confirm your appointment with your invoice attached.

SPA ARRIVAL

- We recommend that you check in at The Spa reception at least 10 minutes prior to your appointment. This gives you time to enjoy a warm or cool beverage whilst completing your consultation/waiver form. This will allow your therapist to provide the best spa experience and most suitable spa treatment.
- Please note that there is a late fee of \$20 attached for appointments pending check – in more than 10 minutes at the spa. If you are delayed for your appointment, we ask that you kindly contact The Spa.
- Last minute rescheduling forfeits your deposit.

Cancellation Policy

- Appointments pending check- in more than 15 minutes are automatically cancelled. 100% cancellation fee will be applied. Kindly settle your invoice prior to rebooking.
- **Bookings are cancelled by the Spa Manager due to total or absolute contraindications. A brief consultation is required before every appointment. Total/ absolute contraindications include:**
 - Covid19 symptoms, any contagious illness or disease, or anything (including a symptom or medical condition) that is a reason for a person to not receive a particular treatment or procedure.
 - Severe sunburn to the area for treatment is generally a total contra indication to any service.
 - If you have a medical condition that requires a doctor's consent this would be considered harmful to perform the service and with that, it is a total contraindication. We ask that any medical condition requiring your doctor's approval, please let us know prior to booking. If you were informed after booking, please contact us.
 - Pregnancy within the first trimester is a total contraindication to **massage** therapy.
 - If you have had recent surgery or severe operation within 6 months prior to booking; this is a total contraindication.
 - **First day** of menstrual cycle or **heavy/excessive** bleeding during menstrual cycle is a total contraindication to massage therapy.

Your Cloud 9 Experience

GIFT CERTIFICATES / CARDS

- Gift certificates/cards are valid for 365 days from date of purchase. Expiry date is noted on them. Gift certificates/cards are paid in full by recipient on the day of purchase. **This gift certificate/card is non-refundable, not redeemable for cash, is non-transferable and re-sale is prohibited.**

HEALTH | HYGIENE

- Taking a shower prior heading straight to your appointment is highly recommended to enhance your spa experience and for you to also benefit from your treatment with the products used on your skin. It is recommended to not apply heavy cremes, oils or sunblock after your shower. This would be greatly appreciated.
- We do the washing of hands prior to commencing treatments; both therapist and client. If you're having a pedicure, sanitizing is definitely acceptable.

NO REFUND POLICY

- **All payments** made to the Harbor Club Spa are **non-refundable.**
- We do not extend refunds for cancelled or missed appointments.



HARBOR
CLUB

The Place To Be

THEHARBORCLUB.COM

PHONE: 758.731.2900 **CALL TOLL FREE:** 1-877-244-8990 **EMAIL:** RESERVATIONS@THEHARBORCLUB.COM
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