

MIND

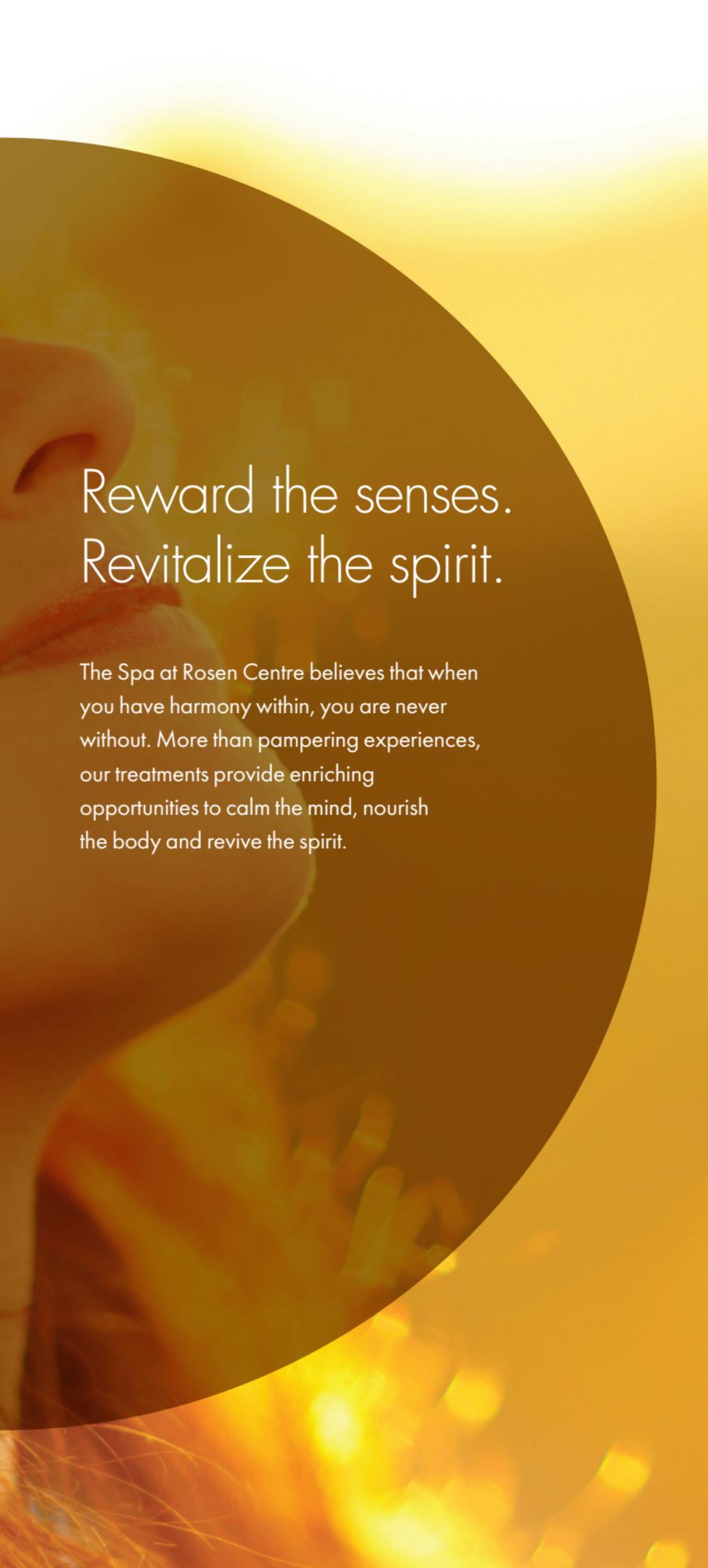
BODY

SPIRIT

YOU

THE SPA  
AT ROSEN CENTRE





# Reward the senses. Revitalize the spirit.

The Spa at Rosen Centre believes that when you have harmony within, you are never without. More than pampering experiences, our treatments provide enriching opportunities to calm the mind, nourish the body and revive the spirit.

# MASSAGE THERAPIES

## **Signature Aromatherapy Massage • 50/80 min • \$125/\$175**

This custom treatment uses the power of essential oils like lavender, citrus or peppermint to stimulate the body's well-being and encourage a healthy mental, physical and emotional state. Prepare for ultimate bliss.

## **Swedish Massage • 50/80 min • \$110/\$160**

Known the world over for the long flowing strokes that make it the classic body massage, the Swedish massage delivers complete rest and relaxation. Relieve muscle tension. Enhance circulation. Reward all your senses.

## **Therapeutic Massage • 50/80 min • \$120/\$170**

A relaxing experience with a healing touch designed to focus on the different layers of muscle tissue to alleviate sore, stressed muscles and help relieve chronic pain. Your therapist will customize a treatment to address your specific areas of concern, such as lower back pain or a stiff neck from sleeping.

## **Deep Tissue Massage • 50/80 min • \$130/\$180**

Tailored to the needs of those more physically active, this specific massage addresses problematic muscles and joints common to amateur athletes. The specific combination of strokes and techniques helps stretch the muscles and improve flexibility while also flushing metabolic waste from the tissues.

## **Blissful Stone Massage • 50/80 min • \$135/\$185**

Utilizing elements of nature, this massage calms your mind and rebalances your body. Exotic oils infused with orange blossom, mango and coconut are used in tandem with smooth, warmed stones. The penetrating heat, along with the light to medium pressure massage, relieves tense muscles and soothes sore joints.

 **Traditional Ashiatsu • 50/80 min • \$130/\$185**

This traditional barefoot technique yields extraordinary, enriching results. Soothing full-body strokes and deep pressure are applied, releasing toxins and inducing deep relaxation. Aids in reducing aches and pains, while also increasing lymphatic drainage. Extremely therapeutic, this is perfect for those who relish deep tissue massages. Loose, comfortable clothing is required.

 **Mommy-to-Be Massage • 50 min • \$115**

Therapeutic and completely relaxing, our prenatal massage is designed for moms-to-be who are past their first trimester. Soothing strokes and safe, healthful techniques help alleviate muscle aches and joint discomfort common with pregnancy. Refreshes while also reducing fatigue and improving circulation.

 **Reflexology Massage • 25/50 min • \$65/\$115**

Performed by a specially trained massage therapist, this ancient Chinese technique stimulates specific pressure points on the legs and feet to relieve tension and restore a smooth energy flow throughout the body. This healing therapy is as blissful as it is beneficial.

 **Pick-Me-Up Massage • 25 min • \$65**

Perfect if you're short on time but need a quick pick-me-up after a long day on your feet or in meetings. Both relaxing and invigorating, it will help you relieve the day's tensions. This treatment is the perfect enhancement to our Custom Facial.

 **Couple's Suite Escape • 50/80 min *(Price based on service)***

A pampering experience for you and your favorite person, this custom treatment is designed to surpass your every expectation. Price varies depending on services chosen and their duration.

 **In-Suite Massage\* • 50/80 min *(Price based on service, Add \$40)***

Perfectly private and ultra convenient, The Spa at Rosen Centre brings the art of massage right to your room. Evening treatments are available until 8:00 p.m. 24-hour notice is kindly requested.

*\*Excludes Blissful Stone Massage and Traditional Ashiatsu.*

# BODY TREATMENTS

## **Signature Herbal Fusion Body Boost • 80 min • \$175**

Escape and lighten the load of stress and environmental factors while boosting circulation and ridding the body of harmful toxins in this invigorating experience. Your entire body will be gently massaged with a warm Fijian herb ball to start the detox process, followed by a dilo nut exfoliation rich in antioxidants to lift impurities from the skin. The journey of renewal is complete with a ginger root masque and a lymphatic massage to boost your metabolism and leave you refreshed.

## **Lavish Milk & Honey Firming Ritual • 80 min • \$175**

Rehydrating and nourishing, this skin-firming ritual utilizes a refreshing blend of Fijian honey and fresh coconut milk that is liberally applied for a complete mind, body and spirit rejuvenating journey. Enjoy a gentle body exfoliation followed by a warm honey body butter masque and full-body wrap that firms and tightens the skin. A Divine Scalp Massage using exotic oils concludes the experience, which leaves your skin soothed and replenished.

## **Radiant Glow • 50 min • \$125**

Raw cane sugar blended with exotic nut oils nourished with vitamins A, B, C and E are used to gently exfoliate, cleanse and rehydrate your skin to create the ultimate healthy glow and reveal a radiant new you.

## **Exotic Relaxation • 50 min • \$130**

Using exotic oils high in vitamins A, B, C and E, this treatment begins with a gentle body brush exfoliation of the entire body to stimulate circulation, preparing your skin for ultimate bliss with a relaxing massage and rich moisturizing wrap. While in your cocoon, feel the stress melt away with a Divine Scalp Massage treatment, bringing balance to your body and a sense of well-being to your spirit.

 **Gentlemen's Body Buff • 50 min • \$130**

This hydrating and exfoliating treatment designed specifically for the special needs of men will tone and bring a buff clean look to the skin. A gentle exfoliation with coconut milk and Mana'ia body buff will remove dry skin, then warm Mana'ia oil is applied with long massage strokes for complete relaxation. A rich moisturizing body butter is massaged on hands and feet to complete this soothing treatment.

 **Firming Cellulite Leg Treatment • 30 min • \$85**

Our body toning contouring treatment starts with a dry leg brushing to stimulate circulation and assist in the elimination of toxins, followed by an application of leg firming crème to tighten and tone loose skin, strengthen collagen fibers and reduce lipid cells, eliminating the "orange peel" look associated with cellulite.

 **Firming Cellulite Full-Body Treatment • 80 min • \$175**

Similar to our Firming Cellulite Leg Treatment, our body toning contouring treatment starts with a dry arm, leg, buttocks and stomach brushing to stimulate circulation and assist in the elimination of toxins, followed by an application of body firming crème to tighten and tone loose skin, strengthen collagen fibers and reduce lipid cells, eliminating the "orange peel" look associated with cellulite.

# FACIAL REJUVENATION

-  **Be Clear Purifying Facial • 50/80\*\* min • \$115/\$160\*\***  
This comprehensive treatment combats all grades of acne combining powerful anti-bacterial peptides and salicylic acid with soothing anti-inflammatory botanicals. This facial is ideal for treating oily, acne and acne-prone skin.
-  **Gentlemen's Exfoliating Facial • 50 min • \$120**  
Created specifically for men and hardwearing skins of all types, this revitalizing facial begins with a deep purifying cleanser that refreshes and restores. It is followed by a gentle exfoliation and penetrating masque, which removes the top layer of dead skin, allowing for younger skin to advance. We finish with our anti-aging serum and light crème that helps lock in moisture and rebalance the skin.
-  **Platinum Pumpkin Peel • 50/80\*\* min • \$125/\$175\*\***  
This luxurious treatment contains an organic blend of pumpkin and fruit enzymes to polish and perfect dull skin. Plant-derived stem cells protect cells and slow the aging process, while powerful peptide stimulates collagen and targets fine lines, wrinkles, loss of elasticity and dull sallow skin for instantly firmer-looking skin.
-  **Antioxidant Anti-Aging Facial • 50/80\*\* min • \$125/\$175\*\***  
This comprehensive treatment combines our stable Tri Vitamin C blend with correcting hydroxy acids, plant-derived stem cell technology and deeply hydrating ingredients to treat redness, inflammation, and dry/dehydrated and photo-aging skin.
-  **Illuminating Facial • 50/80\*\* min • \$120/\$165\*\***  
This amazing treatment diminishes dark spots using the latest innovations in lightening agents, and powerful exfoliants to create a glowing even tone on all skin types from ebony to ivory.

**O<sub>2</sub> LIFT Masque • 50/80\*\* min • \$120/\$165\*\***

Our oxygenated facial treatment is a one-of-a-kind masque with "Foam Burst Technology." This effervescent masque is designed to create lustrous illuminated skin in just minutes. Formulated for all skin types.

**Firming Neck and Décolletage Treatment • 50 min • \$130**

This latest clinical treatment targets pigmentation, fine lines, wrinkles and lax skin on the neck and décolletage.

## FACIAL & MASSAGE ENHANCEMENTS

**Divine Scalp Massage • 25 min • \$35**

Relax as our massage therapist expertly stimulates cranial pressure points on the scalp. Throughout, warm exotic oils are slowly applied to your scalp and hair, creating a rich, relaxing experience.

**Paraffin Perfection Treatment • \$30**

A true indulgence to any service, this paraffin treatment uses advanced technology and design with a mixture of cosmetic-grade paraffin wax, virgin coconut oil and lavender oil to deliver therapeutic anti-aging benefits with a great hydrating boost to help restore, replenish and soothe your hands or feet.

*Facials do not include extractions. You can add extractions for an additional price of \$20.*

*\*\*Our 80-min service includes a 15-min Firming Neck and Décolletage Treatment and a 15-min Lifting and Firming Eye Treatment.*

# HANDS & FEET SPECIALTY THERAPIES

## **Beyond Bliss Manicure • 50 min • \$55**

Featuring a sumptuous line of flower extracts, we begin with a warm coconut milk and honey soak followed by a Fijian cleansing and exfoliating scrub of cane sugar that's infused with essential oils. Relax as your hands are expertly massaged with coconut milk and honey butter that leaves them nourished and soft. Includes a pampering warm stone massage on your arms and hands, shaping of nails and choice of color.

## **Beyond Bliss Pedicure • 80 min • \$75**

This luxurious pedicure ritual begins the pampering process with an invigorating coconut milk soak and cleansing. A centuries-old blend of essential oils mixed with Fijian cane sugar is applied to remove dry skin. Followed by a rich masque of exotic oils that provides a powerful dose of vitamins and deep hydration. Includes a pampering warm stone massage on your legs and feet. Your choice of nail polish is applied to the nails or buff-shined to perfection.

## ***The Beyond Bliss Manicure & Pedicure • 120 min • \$140***

Includes a warm soothing Paraffin Perfection Treatment for your hands and feet. Receive a complimentary glass of wine to complete your blissful experience.

## **The Spa Manicure • 45 min • \$45**

This manicure brings back a youthful glow to your work-wear hands with a warm coconut milk soak followed by an exfoliation using pure cane sugar infused with exotic nut oils. A rich mango butter masque is then applied to smooth out lines and deeply hydrate the skin. The experience culminates with a nourishing oil massage, which leaves hands silky and smooth. Includes a shaping of the nails and choice of color.

## **The Spa Pedicure • 50 min • \$65**

Not your typical treatment, in this pedicure, your feet are treated to a soothing and cleansing warm coconut milk soak followed by a gentle exfoliation using cane sugar infused with exotic oils. A rich, penetrating masque of mango butter is then applied to help soften and smooth the skin. The relaxing experience concludes with a lower leg massage that uses warm exotic oils. Includes a shaping of the nails and choice of color.

## ***The Spa Manicure & Pedicure package • 90 min • \$100***

 **Pick-Me-Up Manicure & Pedicure • 50 min • \$70**

This refresher service offers a soak, shaping of the nails and choice of color.

 **Gentlemen's Manicure • 30 min • \$25**

Soften, restore and condition your weary hands with a warm coconut milk soak followed by a pure cane sugar and exotic oils exfoliation. A warm butter masque massage concludes your treatment, leaving your hands smooth and soft. Includes shaping, natural buff and shine of the nails.

 **Gentlemen's Pedicure • 45 min • \$50**

Save your soles with this popular ritual after a long day on your feet. Indulge in our warm coconut milk soak followed by a rich exfoliation with pure cane sugar infused with exotic oils. A warm butter masque is massaged on your legs and feet for a relaxing experience to soften and smooth the skin.

 **Glamour Girl Mani/Pedi • 40 min • \$40**

Designed for our young glamour girls-in-training, 6-11 years of age, this pampering manicure and pedicure includes a hydrating soak and a natural nail polish application.

 **Spa Polish Change • 15 min • \$20**

A quick and simple polish application intended to refresh the appearance of the hands. (Does not include nail care, cuticle care or callus removal.)

 **Shellac Manicure • 50 min • \$55**

Utilizing shellac polish on your natural nails, this manicure provides durable shine that resists chips, scratches and smudges for up to two weeks. Includes light buffing and nail shaping followed by application of shellac polish set with UV light for no drying time. Removal requires no filing and no drills! Enjoy 14 days of glorious high-gloss shine. *(A complimentary hand massage with pure Fijian oil complements this hand treatment.)*

## ENHANCEMENTS

The following can be added to any of our manicures or pedicures for an additional cost. Due to added time requirements, please state your preferences at the time of reservation.

**French Polish • \$10**

**Paraffin Perfection Treatment (Hands or Feet) • \$30**

**Callus Treatment • \$20**

**Warm Stone Massage • \$20**

**Shellac Soak • \$10**

## HAIR SERVICES

A variety of hair services is available for your convenience. Our exclusive hair care collection is paraben- and sulfate-free, and designed to fortify, strengthen and nourish the follicle and scalp. The following hair services include an in-depth consultation and finishing. "Starting at" prices are based on the length, thickness and texture of your hair and will be determined during your consultation.

	Starting at:
<b>Women's Haircut, Shampoo &amp; Style</b>	<b>\$65</b>
<b>Women's Shampoo &amp; Style</b>	<b>\$45</b>
<b>Men's Haircut</b>	<b>\$35</b>
<b>Children's Haircut • Age 10 &amp; Younger</b>	<b>\$25</b>
<b>Event Styling Trial</b>	<b>\$60</b>
<b>Event Style Updo</b>	<b>\$80</b>
<b>Bangs Trim</b>	<b>\$20</b>
<b>Thermal/Flat Iron • Service Enhancement</b>	<b>\$25</b>

# HAIR COLOR

ColorDesign hair color fortifies every strand, giving you shinier, healthier-looking hair and amazing color after just one visit.

*All with no ammonia or odor.*

## Service

**Full Color and Blow Dry • 2.5 hours • \$105 and up**

**Full Color and Cut • 3 hours • \$120 and up**

**Corrective Color • 2 hours • By Consult**

**Double Process Color • 2 hours • By Consult**

## Highlights/Lowlights

**Full Foil • 2.5 hours • \$140 and up**

Lighten or brighten with highlights or lowlights

**Partial Foil • 2 hours • \$95 and up**

Lighten or brighten the surface and around the face, where the sun would naturally cause it to lighten.

**Foil Highlight/Lowlight Packet • 1.5 hours • \$10 each**

## Men's Service

**Color Blending • 1 hour • \$40 and up**

**Mustache and Beard Trim • 30 min • \$20 and up**

# MAKEUP

Whether you are craving a new look or are preparing for the most memorable of occasions, our makeup professionals can create the perfect color palette that will bring out the beautiful in you.

**Makeup Trial • 75 min • \$85**

Meet with our skilled artist to discuss how you'd like to appear on your wedding day.

**Color Match Application • 30 min • \$50**

Allow our artist to help you select eye shadow, brow, lip, foundation or blush color.

**Event Makeup Application • 90 min • \$100**

You'll be ready to be photographed for the walk down the aisle, runway or your crowning pageant moment.

**Eyelashes • \$20**

# WAXING

**Brows • \$20**

**Lips, Chin or Sideburns • \$15**

**Underarms • \$30**

**Lower Arms • \$30**

**Full Arms • \$45**

**Half Legs • \$40**

**Full Legs • \$75**

**Full Face • \$50**

**Men's Chest or Back • \$65**

**Bikini • \$40**

**Brazilian Wax • \$65 and up**

# PACKAGES

## **Sheer Harmony • 4 hours • \$325**

Delivering hours of pure delight, this spa package is the ideal break from business and the perfect escape for you. Consists of our Lavish Milk & Honey Firming Ritual to help de-stress and revitalize, followed by a reviving Anti-Aging Vitamin C Facial. Concludes with The Spa Manicure & Pedicure in our salon, where you may enjoy a complimentary glass of wine.

## **Serene Retreat • 2.5 hours • \$195**

This indulgent experience begins with a classic 25-minute Swedish massage that combats fatigue and melts away tension while increasing flexibility and balance. Afterwards, you are treated to a personalized 25-minute facial designed to address your skin's specific needs and challenges. Concludes with The Spa Manicure & Pedicure in our salon, where you may enjoy a complimentary glass of wine.

# FITNESS

Our 24-hour fitness center is equipped with state-of-the-art cardio equipment, strength training and free weights to satisfy your workout needs. Cardio equipment includes treadmills, arc trainers, ellipticals and cardio bikes with flat-screen monitors and iPod connections for your personal enjoyment. Fitness equipment includes free weight Smith machine, Cable Cross adjustable machine, circuit training machines, medicine balls, resistance balls and dumbbells of up to 100 lbs. Fitness Center membership fee required and facility is accessible 24 hours a day using your guestroom key. Visit the Hotel Front Desk or Spa Reception Desk to purchase your membership.

**Hotel Guest • Length of Stay • \$15**

**Non-Hotel Guest • Length of Stay • \$30**

# SPA AMENITIES

All guests receiving spa treatments enjoy full-day complimentary access to the fitness center, outdoor Olympic-size heated pool, ladies' and gentlemen's facilities including relaxation room with a variety of refreshments, healthy snacks, and reading materials; eucalyptus steam room; and showers on the day of your spa service. For your comfort, we provide a private locker, spa robe and slippers for the day. Guests not receiving a spa service may enjoy use of the facilities by purchasing a Spa Day Pass which includes use of the Lounge & Rest Areas, Steam Room and access to Outdoor Lounge and Pool.

**Hotel and Non-Hotel Guest • \$20**

*For guests driving to the spa, your relaxation begins immediately upon arrival, as we provide hassle-free parking with valet service directly outside our spa entrance.*

# THE SPA AT ROSEN CENTRE GUIDE

## SPA FACILITIES

All guests receiving spa treatments enjoy complimentary use of the fitness center, outdoor pool, steam room, locker room amenities and relaxation lounge on the day of their services. Guests not receiving a spa service may enjoy use of the facilities by purchasing a Spa Day Pass.

## AGE REQUIREMENTS

Guests must be 18 years of age or older to use the spa and fitness center facilities and 12 years of age or older to use salon facilities unaccompanied. Younger guests must be accompanied by a parent. As a courtesy to other spa guests, children are not to be left unattended in any area of the spa facility.

## APPOINTMENTS

Our Spa Concierge will be pleased to offer suggestions on services and the best order of treatments that are right for you. We recommend appointments be made in advance to ensure availability. A valid credit card is required at time of reservation.

## SPECIAL CONSIDERATIONS

Please notify us when making your reservation if you are pregnant, have high blood pressure, allergies, any physical ailments or disabilities requiring special assistance or if you are using Retin-A, Accutane or retinol/glycolic products, as this may affect your choice of services. A brief questionnaire in our Personal Care Guide will also be completed upon spa check-in.

## CHOICE OF MASSAGE THERAPIST

If you have a special request for a specific massage therapist or gender, please let us know when booking your reservation. We will make every effort to accommodate your requests based on availability.

## CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify us at least six hours in advance to avoid being charged the full treatment price. Cancellation of packages or private parties requires a five-day notice to avoid penalty.

## ARRIVAL

To get the most of your spa visit, we encourage arrival 30 minutes prior to your scheduled appointment so that you may enjoy a leisurely check-in, prepare for your treatments, use the steam room and de-stress with a soothing cup of tea in our relaxation lounge. Should you arrive late, your service will be modified and end at the originally scheduled time so as not to delay the next scheduled guest. The full value of your treatment will be charged.

## PREPARING FOR YOUR TREATMENT

A warm shower or use of steam is an excellent way to relieve stress and prepare your body for relaxation. It is suggested that no coffee or alcohol be consumed prior to your treatment. Shaving is recommended for gentlemen at least two hours prior to a facial. Shaving is not recommended prior to body treatments or hair removal services.

## SPA ATTIRE

A spa robe and slippers will be provided upon arrival. Most body treatments are enjoyed without clothing and undergarments are not necessary; however, please disrobe to the level of your comfort. To ensure your comfort and privacy during your service, the body is fully draped except for those areas being worked on. Loose-fitting clothing such as shorts and t-shirt are ideal for treatments received clothed.

## TALK TO YOUR THERAPIST

Communication is the key to getting the most from your spa experience. Prior to your treatment's commencement, we encourage you to tell your therapist which areas you would like to focus on and any areas that should be avoided. Our skilled therapists are devoted to exceeding your expectations and ensuring your utmost relaxation. If at any time you experience any discomfort due to room temperature, massage pressure, music volume or any other condition or circumstance, please alert your therapist immediately.

## PREGNANT GUESTS

Our Spa Concierge will guide you to the best treatments for you. We recommend avoiding treatments using deep pressure and heat. Treatments specifically designed to safely relax mothers-to-be may be enjoyed after the first trimester. Please advise us of your due date when booking your appointment.

## **VALUABLES**

The Spa at Rosen Centre is not responsible for loss or damage to personal articles and valuables during your visit. Please do not bring valuables to the spa or store them in your spa locker. For your comfort, please remove all jewelry prior to your treatments.

## **CELL PHONES**

To preserve our tranquil environment, we request all cell phones be turned off while visiting the spa.

## **PRICES & SERVICE CHARGE**

We accept all major credit cards. Payment may be made in advance or charged to your guest room at any of our Rosen Hotels & Resorts. Treatment prices do not include gratuities. For your convenience, a 20% service charge is added to each service received and may be altered at your discretion.

## **FOOD & BEVERAGE**

A variety of infused waters, teas, fruits and snacks will be provided in our relaxation lounges for your enjoyment. Wine, champagne and special hors d'oeuvres and dessert presentations may be ordered in advance. Alcoholic beverages should only be enjoyed after your spa services.

## **GIFT CERTIFICATES**

Our Spa Gift Certificates are an ideal way to honor any occasion and can be redeemed for services, packages and retail products.

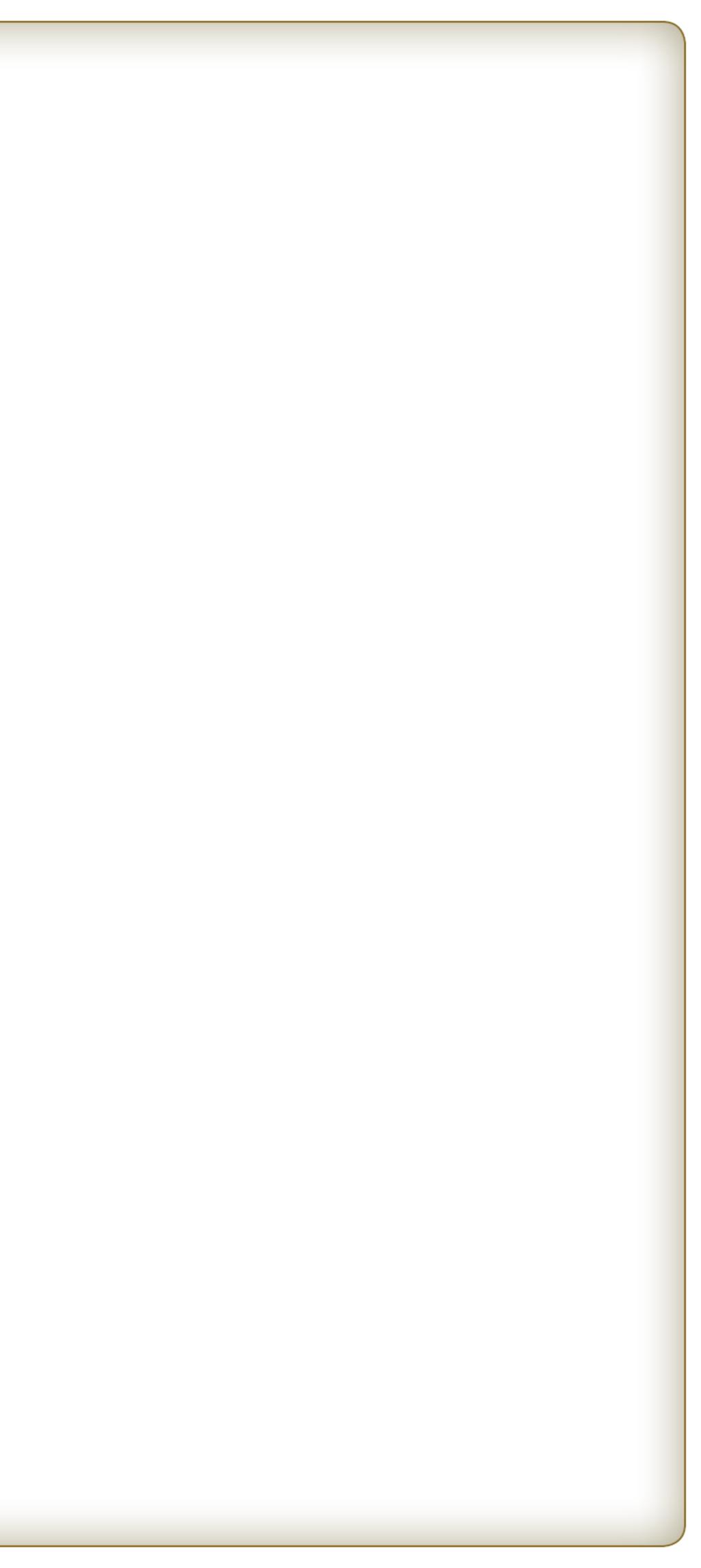
## **SPA AT HOME**

Take the spa experience home with you with unique gift items and our collection of products used during your treatments.

## **SPA PARTIES**

We offer an ideal environment for your corporate or client outing, birthday, anniversary, bachelorette, bridal shower, girlfriend getaways and baby shower gatherings. Let our Spa Concierge assist you with all the details.

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THE SPA  
AT ROSEN CENTRE

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407.996.1248 | Hotel Guests, Dial \*65

[www.TheSpaAtRosenCentre.com](http://www.TheSpaAtRosenCentre.com)

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