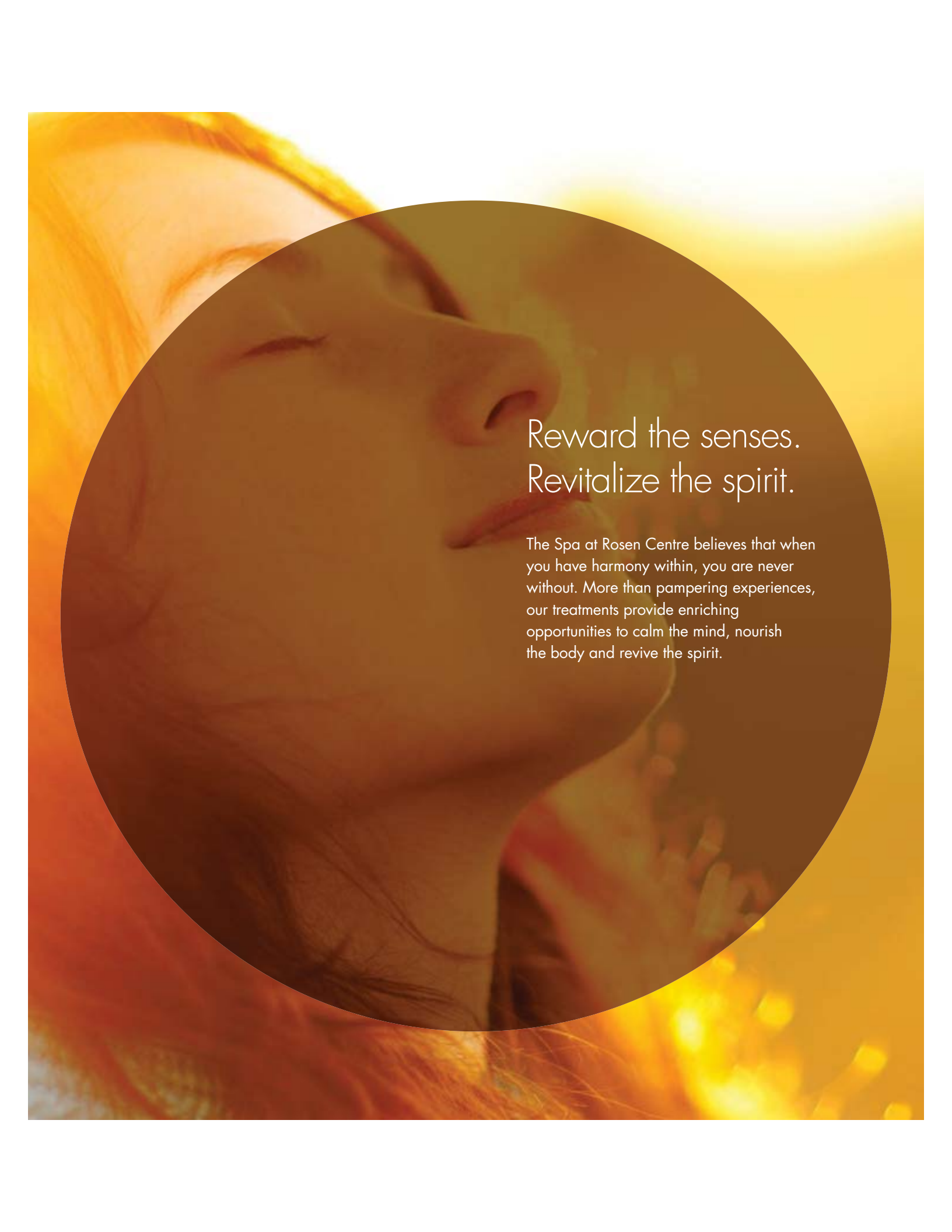


MIND
BODY
SPIRIT
YOU

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

This custom treatment uses the power of essential oils like eucalyptus, juniper berry, 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

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

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 stiff neck from sleeping.

Deep Tissue Massage • 50/80 min

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

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 • 80 min

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.

Asian Fusion Barefoot Massage • 80 min

Founded on ancient practices, this massage experience takes you on an exotic journey of total renewal and well-being. Using a barefoot massage technique, Thai Herbal Balls and Marma Point Facial Technique, we stimulate blood circulation and energy flow. This eclectic and creative massage also helps to reduce aches and pains, while increasing lymphatic drainage. Loose, comfortable clothing is required.

Mommy-to-Be Massage • 50 min

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 • 50 min

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

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

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

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.

BODY TREATMENTS

Signature Herbal Fusion Body Boost • 80 min

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

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

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

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

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.

Sublime Skin Rescue • 30 min

Rich with Vitamin A, B, C and E, Dilo Nut Oil is ideal for healing sunburn and skin irritations, as well as revitalizing dull, dry skin. Combined with soothing aloe and essential oils, our Dilo Rescue Gel, Dilo Rescue Butter and Dilo Rescue Spray are liberally brushed onto your back, arms, abdomen, legs and feet to soothe and calm the skin. Be rejuvenated.

FACIAL REJUVENATION

Beyond Bliss Facial • 80 min

Transform your appearance with the most powerful anti-aging ingredients used for centuries and found in the South Pacific. A bio-network of exotic oils, powerful plant-based derivatives and peptides boost the skin's own defense system, increasing collagen production, cell renewal and diminishing the appearance of fine lines and uneven skin tone. This treatment will restore your healthy glow and leave your skin radiant and rejuvenated.

Custom Facial • 50 min

This purifying treatment based on traditional European deep-cleansing techniques begins with a thorough cleansing, toning and exfoliation using the finest botanical extracts available followed by a stimulating facial massage. Finally, a custom masque designed for your specific skin type is applied. Whether you are looking for a skin renewing anti-aging treatment or brightening facial to revive dull skin and give you a healthy glow for that special event, or you are in need of deep cleansing to treat problematic skin or want to give your dry sensitive skin some tender loving care, our expert aesthetician will design a treatment that is right for you.

Hydrating Facial • 50 min

Deliver a powerful hydration boost to skin with high-performance, plant-derived naturals that are rich in Dilo Oil and Ngj Grass, which help rejuvenate skin and reduce the appearance of fine lines.

Gentlemen's Exfoliating Facial

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.

FACIAL & MASSAGE ENHANCEMENTS

Divine Scalp Massage • 25 min

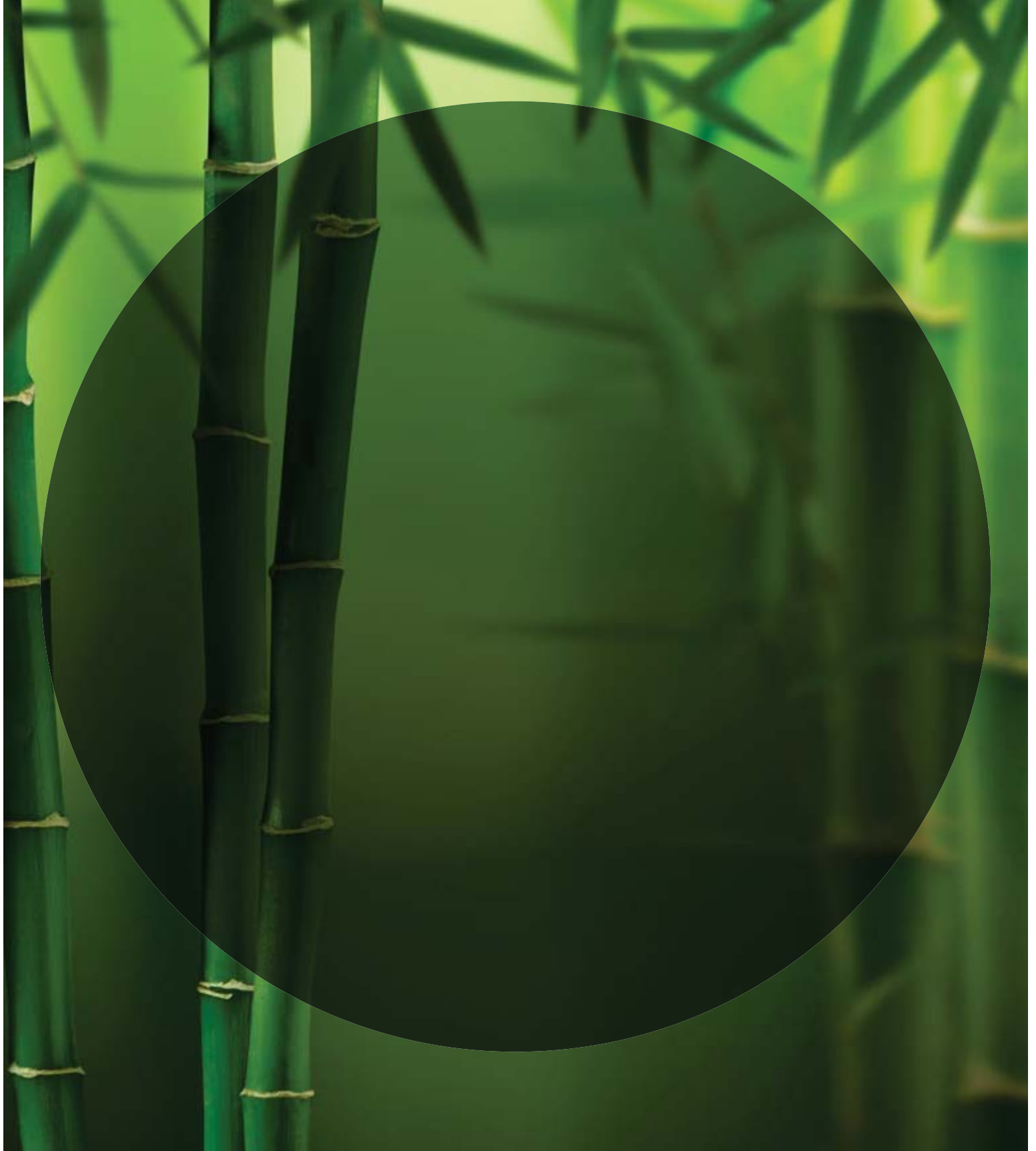
Relax as our massage therapist expertly stimulates cranial pressure points on the scalp. Throughout, warm exotic oils are slowly applied to your scalp and hair, creating a rich, relaxing experience.

Paraffin Perfection Treatment

A true indulgence for your hands or feet, this treatment combines lavender, white and green teas, grape seed oil and a powerful mix of cranberry, blueberry, goji berry and lingonberry to create a rich antioxidant blend that helps combat free radicals and sun damage. The end result is skin that looks and feels younger, healthier and more vibrant.

Reflexology Foot Massage • 25 min

This ancient Chinese massage technique stimulates the pressure points on the feet to relieve tension and restore the body's own natural energy flow.



HANDS & FEET SPECIALTY THERAPIES

Beyond Bliss Manicure • 60 min

We begin with a warm coconut milk soak followed by a cleansing and exfoliating scrub of cane sugar that's infused with essential oils. Relax as your hands are expertly massaged with a vitamin-rich lotion that leaves them nourished and soft. Includes a shaping of the nails and choice of color.

Beyond Bliss Pedicure • 80 min

Escape into a deep state of relaxation during this decadent pedicure. Soak in a bowl of mandarin infused oils with pure coconut milk to soften the skin. A centuries-old blend of essential oils mixed with Fijian cane sugar is then applied to remove dry skin, followed by a rich masque of exotic drift nut oil that provides a powerful dose of vitamins and deep hydration. A relaxing lower leg massage completes this pedicure. Includes a shaping of the nails and choice of color.

The Beyond Bliss Manicure & Pedicure package is also available.

The Spa Manicure • 50 min

This manicure brings back a youthful glow to your work-weary 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 lotion massage, which leaves hands silky and smooth. Includes a shaping of the nails and choice of color.

The Spa Pedicure • 50 min

Not your typical pedicure, in this pampering treatment 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 is also available.

Pick-Me-Up Manicure & Pedicure • 50 min

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

Gentlemen's Manicure • 30 min

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

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

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

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

Organic Gel Nails • 50 min

A healthier and more natural option that can be used with nail extensions or natural nails to provide a longer lasting manicure that won't chip or fade for up to two weeks. Includes light buffing and nail shaping followed by application of organic gel. The gel provides a protective layer to the nail, encouraging growth while minimizing breakage. This application does not use harsh chemicals, so there are no odors and no drilling typically associated with acrylic nails.

Organic Pink & White • 50 min

Enjoy healthy, natural nails, with white tips and a pink base, for a beautiful French Manicure with shine and durability.

Shellac Manicure • 45 min

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.

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
Paraffin Perfection Treatment (Hands or Feet)
Callus Treatment
Warm Stone Massage

HAIR SERVICES

A variety of hair services are 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. Prices are based on services selected and determined at your consultation.

Women's Haircut, Shampoo & Style

Women's Shampoo & Style

Men's Haircut

Children's Haircut • Ages 10 & Younger

Event Styling Trial

Event Style Updo

Bangs Trim

Thermal/Flat Iron • Service Enhancement

MAKEUP

Whether you are craving for 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.

Mineral Makeup Consultation

Trial Makeup & Lesson • 50 min

Mineral Makeup Application

25 min

Event Mineral Makeup Application

50 min

WAXING

Brows, Lips, Chin or Sideburns

Underarms

Lower Arms

Full Arms

Half Legs

Full Legs

Full Face

Men's Chest or Back

Bikini

PACKAGES

Sheer Harmony • 4 hours

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, hydrating facial. Concludes with The Spa Manicure & Pedicure in our salon, where you may enjoy Pure Fiji water, champagne and healthy snacks served at your request.

Serene Retreat • 2.5 hours

This indulgent experience begins with a classic 25-minute Swedish massage that combats fatigue and melts away tension while increasing flexibility and balance. After which, 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'll be served Pure Fiji water and snacks at your request.

Ask our Spa Concierge about substitute beverages, as well as our available hors d'oeuvres and desserts. Our Spa Concierge may also assist you in creating a customized Spa package—the perfect escape especially for you.

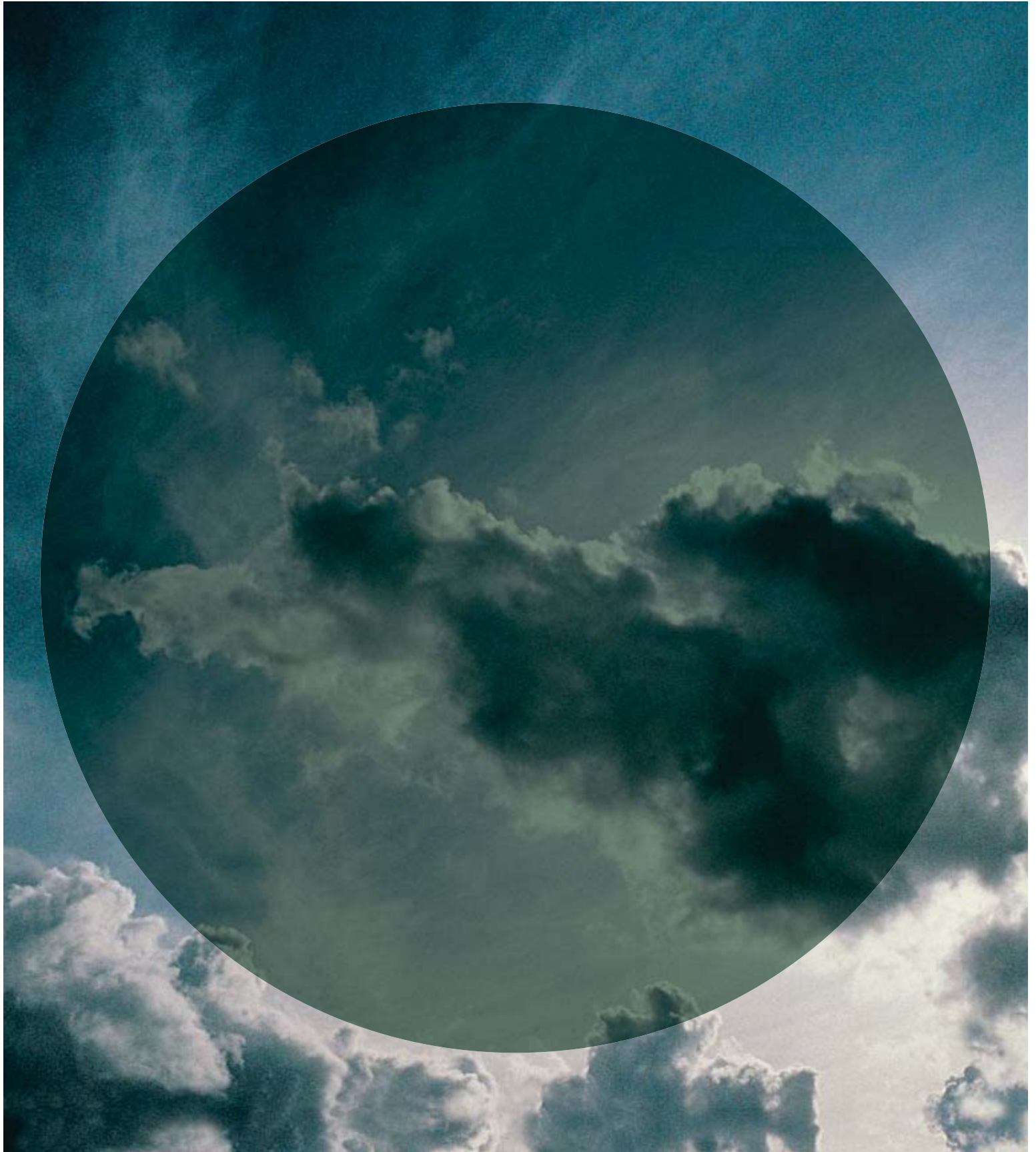
FITNESS

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.

SPA AMENITIES

All guests receiving spa treatments enjoy full-day complimentary access to the fitness center, outdoor Olympic-size heated pool, Ladies' & 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.

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.





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www.TheSpaAtRosenCentre.com

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