



# THE D S A P A Y A

*at AdventHealth Celebration*



# Rejuvenate the Mind, Body & Spirit

Welcome to The Day Spa at AdventHealth Celebration. We offer a full array of luxurious spa services, organic spa products and healing treatments including acupuncture, designed to nourish the whole person. Conveniently located within AdventHealth Celebration, we've created a healing environment designed to encourage rest, relaxation and stress reduction.

As an added benefit, we're happy to offer complimentary access to our award-winning Wellness Center to all of our clients on the day of their spa service. The Fitness Centre features expansive weightlifting areas, fitness and yoga classes, internet-enabled cardio machines, a heated therapy pool and an indoor lap pool. Our locker rooms include complimentary towel service, dry saunas, steam rooms and showers with all the amenities.

We invite you to a day of restful therapy to energize the senses, and promote inner peace and happiness.

# The Spa Club

Treat yourself to a monthly rejuvenation appointment. Membership to the Spa Club gives members a relaxing spa treatment of their choice each month, along with full access to our fitness center on the day of service. Spa Club membership also includes monthly spa gift and a 20% discount on additional spa services. Onsite childcare is available for an additional fee. Spa treatment options include:



## **Paradise Massage**

Feel the stresses of the day melting away during this full-body massage. Your therapist will customize your massage, making sure to give special attention to the areas you feel need it most. *(50 minutes)*

## **Purifying Facial**

Unwind and escape as the impurities from the day are cleansed away. A balancing toner and exfoliation follow. Your facial continues with a customized masque that will increase the health of the skin. A finishing moisturizer and SPF application finishes the service. *(50 minutes)*

## **Deep Cleansing Back Treatment**

Enjoy the soothing benefits of this thorough cleansing of the back. Throughout this treatment we use high-quality skin care products along with the wonderful Clarisonic Brush with its special body brush attachment. This allows for a deeper cleaning for this hard to reach area of your body. *(50 minutes)*

## **Paraiso Manicure and Pedicure**

The Paraiso manicure and pedicure consists of two 25-minute services that include expert trimming and shaping of nails, cuticle attention, foot filing and a relaxing foot massage. A large selection of colors is available to choose from (excluding French polish). Guests may choose a full 50-minute pedicure only — which includes exfoliation and heated booties for your feet as they bathe in a hydrating or cooling masque. *(50 minutes)*

## **Sweet Bliss Sugar Scrub**

This treatment starts with gentle exfoliation of the body using a blend of raw sugar-cane crystals, customized to fit your specific skin care needs. Tiny sugar crystals loosen and lift dead cells while detoxifying the skin and drawing moisture from the environment to keep it naturally hydrated. You'll enjoy your new, healthy glow and silky smooth skin. It is advised not to shave before this treatment. *(50 minutes)*

\*Must be 18 years or older to be a member. Membership is non-transferable. Six-month minimum commitment and 30-day cancellation required. Membership is based on \$59 per month, billed monthly. See spa for additional details.

# Healing Massage

## ***Swedish Massage***

This classic form of a full-body massage stimulates circulation and releases muscle tension. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, releasing muscle toxins and improving flexibility. (25, 50, or 80 minutes)

## ***Therapeutic Massage***

This full-body massage relieves muscle tension, reduces swelling and helps drain fatigue away — leaving you feeling relaxed and rejuvenated. (50 or 80 minutes)

## ***Warm Stone Massage***

An extraordinary spa experience, this ancient healing art brings relief to tense muscles and sore joints. The warmth of the smooth, heated stones, combined with the expert touch of our massage therapist, will melt away stress and tension. (50 minutes)

## ***Mommy-to-be Massage***

Expectant mothers are especially deserving of some pampering. This soothing experience serves to renew and revive the mommy-to-be as the therapist performs a full-body massage to specifically address the discomforts of pregnancy. (50 minutes)

*Please consult your physician prior to receiving massage. For expectant mothers in their second or third trimester.*

## ***Sports Massage***

Designed especially for the athlete in you, deep tissue pressure is used to focus on knots and release chronic muscle tension in the deepest layers of muscle tissue and tendons. (50 minutes)

## **Lymphatic Drainage Massage**

This gentle massage stimulates the lymphatic system, allowing it to naturally circulate fluids, increasing metabolism and boosting your immune system. (50 minutes)

## **Revitalizing Foot Massage**

An incredible way to bring relief to tired feet. The therapist will wrap your feet with warm towels to allow the muscle tissue to soften and pores to open. Moderate pressure and gentle massage motions will invigorate and an Aveda Moisturizing Foot Creme with exfoliating fruit acids and jojoba and castor oils will soften and smooth. (25 minutes)

## **Cupping Therapy**

This energizing back therapy uses negative pressure created by specially designed cups and gentle massage movements to dissolve tension and pain. Cupping stretches and lifts areas of adhesion or restriction, while increasing blood and lymph flow to the skin and muscles. This therapy relaxes rigid soft tissue in ways not possible with traditional massage. (50 minutes)

## **Head, Neck and Back Massage**

This traditional massage focuses on releasing stress that has accumulated in the tissue, muscles and joints of the head, face, neck and shoulders. It helps increase joint mobility and flexibility in the neck and shoulders while also improving blood circulation, lymphatic flow and reducing headaches and sinus pressure. (25 minutes)

## **Hand or Chair Massage**

Offered at \$1 per minute, these quick pick-me-ups will have you relaxed in no time — whether on your lunch break or after a long day. Based on therapist availability.



# Rejuvenating Facials

## *Signature Spa Facial*

Escape into a state of relaxation while our skin-care professional analyzes your skin and prescribes an ideal treatment to bring it into balance and harmony. *(50 minutes)*

## *Deep Pore-cleansing Facial*

Sometimes you really need to exfoliate deep to get clean. Suitable for all skin types, the facial begins with a steam treatment which opens up the pores to achieve the ultimate extraction of all impurities. This treatment is followed by a masque and finished with a deluxe calming moisturizer. *(80 minutes)*  
*(add peel \$10 or microdermabrasion \$15)*

## *Rosacea Facial*

This highly effective soothing facial helps alleviate redness, reduces heat and inflammation, and improves skin's balance and texture. This treatment is recommended for all skin conditions, specifically rosacea or acne rosacea. *(50 minutes)*

## *Deep Firming and Lifting Facial*

Experience this rejuvenating facial designed to restore a more youthful appearance to mature skin. This facial will comfort and uplift the complexion, and delivers improved definition and skin tone. *(80 minutes)*

*(add microdermabrasion \$15)*



## **Acne Solution Treatment**

This therapeutic, purifying facial is designed to treat problematic skin. Our experienced therapists focus on the origins and conditions of minor breakouts or severe acne to provide personalized improvements. Our therapists will work with your individual condition to create the ideal treatment as well as make recommendations for home care. *(50 minutes)*

## **Microdermabrasion**

This medical cosmetic technique uses a mechanical medium for exfoliation to remove the outermost layer of dead skin cells. This will improve your skin's texture and skin tone. *(50 minutes)*  
*(add peel \$10)*

## **Renewal Facial**

This customized facial minimizes fine lines, addresses hyper-pigmentation and reduces light acne-scarring. A superior exfoliation treatment combined with a peel will leave you feeling smoother and softer with a radiant glow. Schedule a series for optimal effectiveness. *(50 minutes)*

## **Gentlemen's Facial**

This deep-cleansing, therapeutic facial is designed specifically for men's skin-care needs, addressing razor burn and overactive oil glands. This treatment will revitalize, refresh and improve your skin's health. *(50 minutes)*

## **Express Facial**

We know your time is valuable. That's why we've created this special treatment for people on the go. You'll leave feeling refreshed and energized. *(25 minutes)*

# Body Therapy

## Simply Sweet Sugar Scrub

This treatment starts with gentle exfoliation of the body using a blend of raw sugar-cane crystals, customized to fit your specific skin care needs. Tiny sugar crystals loosen and lift dead cells while detoxifying the skin and drawing moisture from the environment to keep it naturally hydrated. You'll enjoy your new, healthy glow and silky smooth skin. *It is advised not to shave before this treatment. (50 minutes)*

## Back Facial Treatment

Your back will no longer feel neglected after receiving this exfoliating and deep cleansing treatment. This treatment rubs the back with salt and oils to stimulate circulation. The back is then gently cleansed by soothing hot towels. Your journey will conclude with a purifying mask that will leave your renewed and revitalized skin feeling soft and silky. *(25 minutes)*

## Guava Body Wrap and Massage

Barley, Sandalwood and Amurensen bark combine with Agave Nectar and a blend of natural oils to deeply hydrate without a greasy after-feel. Made with a special blend of extracts tested and proven to reduce the rate of your skin's water loss - one of the culprits in signs of aging. *(80 minutes)*



# Acupuncture

Acupuncture is a part of the holistic system of healing which focuses on stimulating specific points on the body to activate your natural healing ability. It is designed to enhance post-surgical recovery and can be integrated into rehab therapy to manage pain. Regular acupuncture sessions can improve your quality of life and promote well-being. An initial session, which includes an evaluation and short treatment session, is required to begin regular treatment.

## ***Initial Assessment***

This session is a required first step to develop an individualized acupuncture treatment plan. *(30 minutes)*

## ***Single Treatment Session***

Upon completion of an initial assessment, this session may include a combination of acupuncture, cupping, oriental massage, electric stimulation, stretching and breathing techniques — plus basic nutritional counseling. *(45 minutes)*

## ***Sports Performance and Recovery Acupuncture***

This session is designed for athletes interested in improving performance and/or recovering from a specific sports injury or activity. Each session begins with a short assessment followed by a treatment session which may include a combination of acupuncture, cupping, micro-current therapy and soft tissue manipulation. *(60 minutes)*

## ***Ear Acupressure***

This is a non-needling acupressure treatment for those who are not comfortable with needles or to compliment acupuncture therapy between regular visits. *(20 minutes)*

*Acupuncture treatment packages available.*

# Waxing

A soothing wax is handpicked according to the type of waxing to be done. We use antiseptic lotion prior to waxing. Post-wax lotion is applied to calm the skin and reduce redness.

- Chin, lip or jaw line
- Eyebrows (sculpt and shape, optional tweezing)
- Bikini
- Back, chest
- Arms, legs (half or full)
- Underarm

# Enhancements

## ***De-stress Eye Treatment***

Diminish fine lines and slow signs of aging with this extraordinary anti-aging treatment. Utilizing a customized serum to penetrate and transform skin, this treatment will smooth fine lines and wrinkles while firming skin. *(10 minutes)*

## ***Lip Treatment***

This treatment gently erases dryness and fine lines, leaving your lips feeling voluptuous and hydrated. *(10 minutes)*

## ***Scalp Treatment***

Many times, tension is felt most within the head and neck. Our scalp treatment utilizes warm oil that is massaged throughout the scalp, working to relax tight muscles in the temple and neck regions.

## ***Aromatherapy***

Extracted aromatic essences from plants are used to balance, harmonize and promote the health of body, mind and spirit.

## ***Eyebrow Tinting***

This treatment will enhance color, shape, and thickness is to help create a fuller looking brow.

## ***Add Cupping***

Almost any massage therapy can be enhanced by the addition of negative pressure created by specially designed cups that are used as a massage tool to aide in the release of tension and pain.

## ***Eyelash Extensions***

A glamorous new way to extend the length and thickness of natural eyelashes and a beautiful alternative to the daily use of mascara. Unlike decades-old, traditional false lashes, lash extensions are the first innovation in lash lengthening that can be worn daily, without nightly removal.

*(Partial and Full; 60 / 120 minutes)*

*Packages available.*

## ***Make-up Application Session***

At the Day Spa, we use Glo Minerals designed to cover, correct and protect the skin. with UV, environmental protection and wide spectrum of mineral pigments. Talcfree, and non comedogenic, Glo Minerals provides the ideal choice for even the most sensitive skin. *(25 minutes)*



# Spa Etiquette

## *Age Requirements*

You must be 16 or older to enjoy our massage or body-therapy services. We do offer select facials and services for teens. Please call us if you have questions regarding your particular needs.

## *Arrival*

We ask that you arrive 15 minutes prior to your first visit to familiarize yourself with our facility. The Day Spa provides lockers and changing areas, robes and slippers for your convenience. To ensure total relaxation for you and other guests, the spa is a cell-phone-free zone. We will ask you to fill out a health-profile survey prior to any spa service.

## *Appointments*

Please call our location directly to book an appointment.

## *Consideration for You and for Others*

This is your time and we want you to relax to the fullest. Whether it's the room temperature, the amount of massage pressure or the volume of the music, please notify us of any discomforts or preferences.

## *Gift Cards*

Please ask your therapist or our front-desk staff about purchasing gift cards for spa services.

## *Health Considerations*

Please notify the reservationist and your therapist if you are pregnant or if you have any allergies, high blood pressure, a heart condition, physical disabilities or had a recent surgery. Some of our services are not recommended if you are taking certain medications. Please consult your physician.

## *Payment*

Gratuities are at your discretion. We accept all major credit cards. For your convenience, payment is also accepted prior to your treatment, upon request.

## *Services During Pregnancy*

Please consult your physician prior to receiving massage or body-therapy services during pregnancy. Any massage that does not have heat can be adapted to your needs. Wraps are not recommended.

## *Valuables*

We provide lockers and changing areas, but request that you leave all valuable items at home. The Day Spa cannot assume any responsibility for lost or stolen items.

## *Cancellations*

If you find yourself unable to keep your appointment, we require a 24-hour notice of cancellation. If you cancel less than 24 hours before your appointment, it will result in a 25% charge per service and/or loss of a spa club service.

T H E  
D A Y  
S P A

*at AdventHealth Celebration*

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