



**FRENCHMAN'S
CREEK**
BEACH & COUNTRY CLUB

SPA & Wellness

2016-2017

Phone: 561-622-3691

A background image of pink cherry blossoms, with a large white semi-transparent shape on the right side. The text is centered within this white shape.

Balance

We offer a wide variety of services that will pamper you and give you a renewed sense of well being.

Serenity

Walk through our doors and begin to unwind in the comfort of our Spa.

Harmony

As the Spa surrounds you a deep state of relaxation washes over you.



Therapy Collection

Radiant Facial Care

Organic & Natural Therapies

Rejuvenating Massage Collection

Signature Nail Therapies

MANmade

Body Treatments & Body Bronzing

Petite Youth Spa

Indulgent Spa Packages

Spa Etiquette

Radiant Facial Care

Frenchman's Creek Signature Essentials Facial

50 min \$85 80 min \$115

An essential treatment for all skin types. This experience includes a thorough cleansing, exfoliation, steam, extractions and a specialty masque. Your skin will feel refreshed and renewed. The therapist will customize the products to your skin type.

Specialty Facials

Microdermabrasion Facial

50 min \$95 Series 6 pack \$495
80 min \$125 Series 6 pack \$650 (80min includes décolletage)

This highly effective treatment efficiently removes dead skin cells from the outermost layer of the facial epidermis resulting in a vibrant, healthier complexion using a crystal-free bicarbonate machine for optimal results.

Anti-Aging Peptide Vitality Facial

50 min \$95

Turn back the hands of time with this intensive treatment. Using performance based ingredients that pair peptides and stem cells to plump, smooth and fill fine lines and wrinkles from within the skin. The perfect remedy for those who want an instant skin lift. Great for aging skin. *(This is a non-steam facial)*

Vitamin C Infusion Facial

50 min \$95

Our facial boasts the unparalleled powers of BVOSC, a potent yet gentle, stable form of vitamin C and Orange Stem Cells. The antioxidant-rich blend will create glowing, tightened, vibrant skin. Let your skin bloom with this nourishing facial.

Waxing

Eyebrow	\$15 & up
Lip	\$10 & up
Chin	\$15 & up
Bikini Line	\$25 & up
Back Wax	\$60 & up
Full Arm	\$40 & up
Half Arm	\$25 & up
Full Leg	\$65 & up
Half Leg	\$35 & up
Underarm	\$25 & up

The up charge price can vary depending on thickness and length of the hair.

Threading

Eyebrow	\$15 & up
Lip	\$15 & up
Chin	\$15 & up
Forehead	\$20 & up
Neck	\$40 & up
Cheeks	\$40 & up
Full Face	\$125 & up

ENHANCEMENT—(Additional to any facial) **gLOVE Individual Paraffin Treatment**

Hands \$20 / Feet \$20

Individual gloves that contains a mixture of Cosmetic-Grade Paraffin Wax, Virgin Coconut Oil & Lavender Essential Oil. No parabens, sulfates or synthetic fragrances.

Organic & Natural Therapies

Organic Customized Massage

25 min \$45 50 min \$85 80 min \$115

Enhance any massage with the powerful effects of organic pure essential oils for the ultimate in stress reduction. These organic essential oils are derived from plants, herbs, flowers and roots and have beneficial therapeutic qualities. Transport your body into a world of total relaxation.

Organic Facial

50 min \$95 80 min \$125

Transform your skin with our 100% active, natural, paraben-free and synthetic fragrance-free ingredients. Anti-oxidant rich plant and marine extracts, including grape stem cells, spirulina, kombucha, goji berry will rapidly improve skin tone, texture and clarity. Skin is left calm, nourished, and radiant! Great for all skin types.

Organic Body Glow

50 min \$80

The 100% natural, luxurious sugar scrub exfoliates, hydrates, and conditions skin. Your experience is completed with a fresh scented nourishing total body cream containing shea butter, jojoba seed oil, vitamins A, C and E and more to nourish, soothe and soften the skin.

Select one from our rejuvenating scrubs:

- ◆ *Invigorating Ginger Lime*
- ◆ *Asian Indulgence Bamboo & Black Sesame*
- ◆ *Rainforest Passionfruit Guava*

Organic Spa Ritual Nail Treatments

Close your eyes and drift away as the botanical mineral and vitamin rich products leave your skin hydrated, nourished and revitalized.

Chinese Jasmine Manicure 25 min \$23

Chinese Jasmine Pedicure 50 min \$39

ENHANCEMENT —
(Additional to any massage, facial or nail service)

gLOVE Individual Paraffin Treatment

Hands \$20 / Feet \$20

Individual gloves that contains a mixture of Cosmetic-Grade Paraffin Wax, Virgin Coconut Oil & Lavender Essential Oil. No parabens, sulfates or synthetic fragrances.

Rejuvenating Massage Collection

Frenchman's Creek Customized Massage

25 min \$40 50 min \$75 80 min \$105

No two bodies are alike. Consult with your therapist to create the massage that is personalized to your needs using various massage modalities. Melt your muscles into a deep state of relaxation, reduce stress and bring balance back to your body, mind and spirit.

Stress Reliever Massage

25 min \$40

Need tension relief but you are short on time? Treat yourself to this neck, back and shoulder massage that focuses on relieving stress in the areas that need it the most.

Specialty Massages

PNF Stretching Wellness Massage

50 min \$85 (Target Area Stretching only) 80 min \$115

An excellent choice for anyone actively enjoying golf, tennis, activities of daily living or regular fitness workouts. Boost your mobility and take your flexibility to the next level. PNF stretching (or proprioceptive muscular facilitation) is one of the most effective forms of increasing flexibility and range of motion by incorporating massage with targeted stretching.

Neuromuscular Therapy Massage

50 min \$85 80min \$115

Neuromuscular therapy is a specialized form of deep tissue massage in which trigger point pressure and friction are used to release areas of strain in the muscle. This is considered one of the most effective type of massage therapy for lower back pain upper back pain, carpal tunnel like symptoms, sciatica like symptoms, hip pain, headaches, plantar fasciitis, calf cramps, tendonitis, knee pain, iliotibial band friction syndrome and TMJ disorders.

Shiatsu Massage

50 min \$85 80min \$115

This therapy uses finger and palm pressure in a continuous rhythmic sequence (similar to finger-acupressure) to improve circulation, relieve stiff muscles and alleviate stress.

Rejuvenating Stone Massage

50 min \$85 80 min \$115

Heated basalt lava stones are used and incorporated throughout the massage to warm muscles allowing stress to melt away. A relaxing experience for stiff achy joints and tight muscles. A cool stone chaser completes your experience.

ENHANCEMENT—(Additional to any massage)

gLOVE Individual Paraffin Treatment Hands \$20 / Feet \$20

In home Massage Service please add \$20. Hot Stone is not available for in home service.

Specialty Massages Continued

Therapeutic Myofascial Massage

50 min \$85 80 min \$115

Myofascial release therapy is applied hands-on, in kneading-style strokes that are meant to loosen, soften and lengthen muscle tissues. This therapy has also been affective in treating patients with chronic fatigue, tension, repetitive stress injuries, migraine headaches, arthritis and Fibromyalgia. Experience this total release of body tension massage therapy. Assessment is included when time permits..

"Medical Style" Alignment Therapy Massage

50 min \$85 80 min \$115

This therapy combines Structural Energetic Therapy® (SET) and massage to address the area of your pain first and then bring the rest of your body into balance to support those changes. This therapy is beneficial in rehabilitation of physical conditions causing pain and builds physical performance potential to its maximum.

CranioSacral Therapy

50 min \$85

CranioSacral Therapy is an effective modality focused on the head to relieve tension utilizing a light-touch approach. This encourages the release of restrictions deep in the body by targeting the central nervous system. This subtle, nurturing treatment almost feels like you are receiving a massage from the inside out to release tension.

Organic Aromatherapy Customized Massage

25 min \$45 50 min \$85 80 min \$115

Enhance any massage with organic pure essential oils for the ultimate in stress reduction. These organic essential oils are derived from plants, herbs and flowers that have beneficial therapeutic qualities. Transport your body into a world of total relaxation.

Swe-Thai Massage

50 min \$85 80 min \$115

Swe-Thai massage therapy successfully blends the relaxing strokes of the Swedish massage with the stretching techniques of traditional Thai massage offering the ultimate relaxing experience.

Traditional Thai Massage

50 min \$85 80 min \$115

Thai Massage is performed on a mat on the floor and you **wear light, loose-fitting clothing**. The practitioner uses thumbs, palms, forearms, elbows, feet, knees and even shins to provide relief to stretch and loosen tight muscles, to release tension and relieve joints.

Foot Reflexology Treatment

25 min \$45 50 min \$85 (hands & feet)

Pressure is applied to specific pressure points on the feet to relieve tension in corresponding parts of the body to balance the body's natural energy flow. You are welcome to wear comfortable clothing during this service as the service can be performed fully clothed.

Signature Nail Therapies

Artificial Nail Services

Gel Nails

Hypoallergenic, odorless and acrylic-free gels create gorgeous, thin, natural-looking nail enhancements. Gel enhancements are cured with a UV light.

Gel Full Set	\$55.00
Gel Overlay Full Set	\$45.00
Gel Refill	\$30.00
Gel Pink & White Full Set	\$65.00
Gel Overlay Pink & White Full Set	\$55.00
Gel Pink & White Refill	\$35.00

DIP Powder Acrylic Nails

DIP Powder Acrylic has no odor, no liquid, no primer and no UV light. DIP Powder Acrylic nails are much thinner, light weight, easy to do and most importantly, helps your nails grow out stronger and healthier by adding 5 different kinds of Vitamins and Calcium.

DIP Powder Acrylic Full Set	\$50.00
DIP Powder Acrylic Overlay Full Set	\$45.00
DIP Powder Acrylic Refill	\$30.00
DIP Powder Acrylic Pink & White Full Set	\$60.00
DIP Powder Acrylic Overlay Pink & White Full Set	\$55.00
DIP Powder Acrylic Pink & White Refill	\$35.00

ENHANCEMENTS—

(Additional to any Gel or DIP Powder Acrylic Nail Service)

Nail Repair	\$5
Product Removal	\$20
French Polish	\$5



Signature Nail Therapies Continued

Signature Frenchman's Spa Manicure and Spa Pedicure

Signature Manicure 25 min \$20

Signature Pedicure 50 min \$35

Treat yourself today to our signature manicure and pedicure using milk and honey products. The services include nail shaping, cuticle trimming, feet callous removal, relaxing massage and polish application.

Organic Spa Ritual Manicure and Pedicure

Chinese Jasmine Manicure 25 min \$23

Chinese Jasmine Pedicure 50 min \$39

Close your eyes and drift away as the botanical mineral and vitamin rich products leave your skin hydrated, nourished and revitalized.

Diabetes Manicure and Pedicure

Diabetes Manicure 25 min \$20

Diabetes Pedicure 50 min \$39

The manicure is performed using emollient products and the specific needs are taken into consideration. The pedicure uses the Footlogix pharmaceutical-grade products and all of the special needs are taken into consideration of the service including gentle cuticle work, careful callus reduction, nail shaping and polish application.

FootLogix Treatment Pedicure

50 min \$39

Footlogix Pediceuticals® - "the transformational foot care product line" - was scientifically formulated with pharmaceutical-grade ingredients to transform the skin and nails on the feet giving you healthy, happy feet.

Express Nail Services

Express Manicure 15 min \$15

Express Toe Polish Change 25 min \$24

Short on time? Enjoy a quick file, buff, lotion application and polish and we will get you on your way.

ENHANCEMENTS—(Additional to any manicure or pedicure)

gLOVE Individual Paraffin Treatment Hands \$20 / Feet \$20

Individual gloves that contains a mixture of Cosmetic-Grade Paraffin Wax, Virgin Coconut Oil & Lavender Essential Oil. No parabens, sulfates or synthetic fragrances.

French Polish \$5 **Design** \$5

Gel Polish \$10 **Gel Polish Removal** (w/out manicure) \$15

In Home Manicure or Pedicure please add \$15.

MANmade

Frenchman's Creek Signature Customized Massage

25 min \$40 50 min \$75 80 min \$105

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PNF Stretching Wellness Massage

50 min \$85 (Target Area Stretching only) 80 min \$115

An excellent choice for anyone actively enjoying golf, tennis, activities of daily living or regular fitness workouts. Boost your mobility and take your flexibility to the next level. PNF stretching (or proprioceptive muscular facilitation) is one of the most effective forms of increasing flexibility and range of motion. 50 min & 80 min sessions incorporate massage with targeted stretching.

Neuromuscular Therapy Massage

50 min \$85 80min \$115

Neuromuscular therapy is a specialized form of deep tissue massage in which trigger point pressure and friction are used to release areas of strain in the muscle. This is considered one of the most effective type of massage therapy for lower back pain, upper back pain, carpal tunnel like symptoms, sciatica like symptoms, hip pain, headaches, plantar fasciitis, calf cramps, tendonitis, knee pain, iliotibial band friction syndrome and TMJ disorders.

Gentlemen's Facial

50 min \$85

This men's specialty facial begins with a skin consultation and deep cleansing. After the skin has been steamed and exfoliated, a soothing masque is applied. Your skin will feel nourished and your complexion will be re-energized. *Men should not shave less than 4 hours before a facial treatment.*

MENicure

25min \$18

Your nails and cuticles are groomed, followed by a relaxing and moisturizing massage.

Gentlemen's Pedicure

50min \$30

This men's specialty pedicure will restore and condition your neglected feet. After a whirlpool soak and exfoliation, cuticles are repaired, nails are buffed, and a restorative massage completes this treatment.

In Home Massage Service please add \$20. Hot Stone is not available for in home service.

Body Treatments

Organic Body Glow

50 min \$80

The 100% natural, luxurious sugar scrub exfoliates, hydrates, and conditions skin. Your experience is completed with a fresh scented nourishing total body cream containing shea butter, jojoba seed oil, vitamins A, C and E and more to nourish, soothe and soften the skin.

Select one from our rejuvenating scrubs:

- ◆ *Invigorating Ginger Lime*
- ◆ *Asian Indulgence Bamboo & Black Sesame*
- ◆ *Rainforest Passionfruit Guava*

Sunburn Relief Treatment

50min \$80

This wrap is very soothing and comforting. It is excellent for restoring moisture to dry, dehydrated skin and also for instant relief of sunburn.

Body Bronzing

\$40

A healthy way to achieve the Florida sun-kissed look. Using the South Seas® paraben and UV free bronzing solution, you receive a beach beautiful color.

Please note: please wear dark loose fitting clothing and bronzing is recommended to be scheduled 24-36 hours prior to an event. Any wax or nail services should be done minimum one day prior to tanning.

South Seas® tanning products have been recognized by Hollywood's elite, are exclusively used on Dancing with the Stars.

Receive a South Seas® Body Scrub with a Body Bronzing for \$80.

The Bora Bora Body Citrus Polish is a non-greasy, invigorating scrub that exfoliates leaving you with fresh, smooth skin. This polish is specifically formulated for pre-airbrush tan preparation to help create even color and extend the tan. Paraben free.



Petite Youth Spa

Our Princess and Diva services are designed for our next generation of spa visitors.

Diva services are for ages 10-13 and Princess services are for ages 5-9.

We recommend both teens and tweens wear bathing suits for spa services and parental accompaniment is always welcome in treatment rooms. All children under the age of 16 require parental accompaniment when in the Spa.

Princess Spa Services

5-9 years of age

Create your own "ice cream" themed nail services.

Princess Manicure 25min \$12

Princess Twinkle Toes Pedicure 25min \$20

Diva Spa Services

10-13 years of age

Treat your nails and toes to the favorite "ice cream" flavors you crave.

Diva Manicure 25min \$15

Diva Footloose Pedicure 50min \$25

Diva Mini Facial 25min \$40

Perfect for pre-teens and teens to learn the "do's and don'ts" about skincare. This facial includes a skin analysis and cleansing mini facial.

Diva Bye, Bye Blemishes Facial 50min \$75

Created for young skin, this facial includes an in-depth cleansing to remove impurities and correct imperfections. Basic lessons on the importance of clean skin will be shared with your child.

Diva Rub My Back and Feet Massage 25min \$40

This light massage is a great introduction to massage for any young person. Loose fitting street clothes are optional if preferred. (same gender therapist)

Indulgent Spa Packages

Day of Beauty

3.5HRS \$195

50 min Customized Massage
50 min Signature Facial
25 min Signature Manicure
50 min Signature Pedicure

Harmony

2HRS \$145

80 min Signature Facial
25 min Organic Body Glow

Renewal

3HRS \$150

Fitness Class of your Choice
50 min Customized Massage
50 Min Signature Facial

All Packages listed above are for one person and all services should be received the same day.

Youth Spa Packages

Enjoy some time together with your
little princess or diva.

Mom & Me Package Selections

Princess Strawberry Shortcake

Manicure & Pedicure 50min \$72

(Princess ages 5-9 years old)

Enjoy both an "ice cream" 25min manicure and 25min pedicure of sweet fruity scents of strawberry, vanilla and a hint of citrus.

Diva Strawberry Smoothie Manicure & Pedicure 80min \$90

(Diva ages 10-13 years old)

Indulge your sweet tooth with an "ice cream" 25min manicure and 50min pedicure of delectable scents of fruity strawberry & kiwi, marshmallow and sweet vanilla.



Spa Etiquette

Reservations

The Spa is open 7 day a week. We suggest making your reservations in advance to ensure you receive the treatments you desire at the time you prefer. **Please call 561-622-3691**

Arrival Time

We encourage you to arrive 15-30 minutes prior to treatments—giving yourself optimal time to complete our healthcare questionnaire, enjoy the steam / sauna amenities or shower to prepare yourself for your scheduled services.

Optimal Spa Experience

When appropriate robe, slippers and a locker are provided as a complimentary service to be used while you are a guest in the Spa. Most treatments are enjoyed without clothing. During treatments, the body is fully draped, exposing the area being worked on preserving modesty. When unsure you are welcome to wear undergarments for your service.

Cancellations

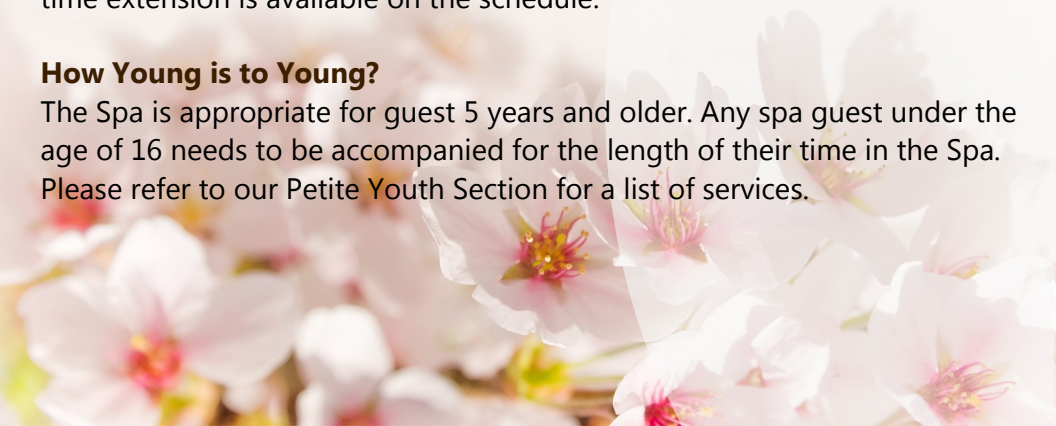
All Spa services are reserved especially for you. To better serve you we rely on your support in providing us 24 hours notice for any cancellations. We appreciate your understanding to contact us by 5pm the night before to make changes.

Late Arrival

Late arrival may decrease the amount of time spent with a therapist if no time extension is available on the schedule.

How Young is to Young?

The Spa is appropriate for guest 5 years and older. Any spa guest under the age of 16 needs to be accompanied for the length of their time in the Spa. Please refer to our Petite Youth Section for a list of services.



Cell Phones

We request Spa patrons be mindful of disturbing the relaxation of others. For your comfort and others we ask that Cell phones are not brought into the Spa Lounge, Spa Rooms and Nail Salon. All cell phones should be turned off. If a patron needs to make a call please step outside of the building as to not disturb others.

Should I Alert Someone About My Health Concerns?

We ask all spa patrons complete a health questionnaire yearly or if there are any pertinent changes to update us so we may better customize spa therapies for you. Should you have any allergies, any medical conditions, prefer a male or female therapist, are pregnant, using any topical or internal renewal skin products, please notify the receptionist when booking your treatment.

Personal Valuables

We regret we cannot be held responsible for the loss or damage to personal articles, including clothing or accessories. Please leave all your jewelry and valuables at home.

Homecare

To continue the benefits of your spa experience at home, products used in your treatments are available for purchase. Your spa therapist will be happy to advise you.

How to Receive a Massage

- ◆ Give yourself extra time before your massage to enjoy steam, sauna or take a shower .
- ◆ Communication is the key to getting the massage you want. During your service let your therapist know if you feel any discomfort or prefer additional pressure.
- ◆ You will be able to disrobe in privacy in the room and you will be draped with a sheet throughout the service to preserve modesty.
- ◆ We use fragrance free oil, lotion , crème and nut free oil is available upon request

FRENCHMAN'S CREEK

BEACH & COUNTRY CLUB

Frenchman's Creek Beach & Country Club
13495 Tournament Drive
Palm Beach Gardens, FL 33410

Phone: 561-622-3691

MA#9424
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