

The Spa Environment should be relaxing and soothing to everyone. Please respect the right to privacy and a quiet atmosphere for all members and guests. Turn off all pagers and cell phones. It is strongly recommended that everyone consult a physician prior to taking any spa treatments or service.

#### **Arrival Time**

Please check in a minimum of 15 minutes prior to your treatment. This will allow you enough time to change if desired.

#### **What to Bring**

Members can bring a robe and slippers if desired. A private locker will be set-aside for you and does not require you to bring a lock.

#### **What to Wear**

Upon your arrival, you will check in with our Front Desk in the Fitness Center. Lockers in the fitness rooms can be used on a temporary basis. Undergarments are not necessary but can be worn if you prefer. Our therapists are trained to drape a sheet or towel over your body in a discrete manner so that you are covered to a level of your comfort. If at any time you feel uncomfortable, please tell your therapist.

#### **Gratuities**

Gratuities are at the sole discretion of the member or guest. It is customary to provide a 15% to 20% gratuity for services rendered.

#### **Gift Certificates**

Gift certificates are available for purchase at our front desk.

#### **Cancellation Policy**

Treatment times are reserved for you! You must give a 24-hour notice to cancel. Anything less than 24 hours notice and no-shows will be charged a 50% cancellation fee. Arrivals will only receive the remaining available appointment time.

## *Spa Packages*

### **AromaTouch Package \$ 75**

*(to be completed in one session)*

AromaTouch Technique, Hand Massage with Essential Oils, Mini Facial with Essential Oils

### **Pamper Package \$ 100**

Eyebrow Waxing, MiraBay Oxygen Facial, 50 minute Swedish Massage

### **Wellness Package \$ 100**

50 minute Swedish Massage, Wellness Consultation, 1 hour Personal Training Session, 1 Month Group X Class

### **The Champions Package \$150**

Tennis Lesson, 1 hour Personal Training, 50 minute Sports Massage

### **For the Family Package \$ 225**

2 Swedish Massages or MiraBay Oxygen Facials, Fitness Buddies (10 hours), Kids Night Out (2), 1 Partner Personal Training Session or 1 Semi-private Tennis Lesson



107 MANNS HARBOR DRIVE  
APOLLO BEACH, FL 33572  
P: 813-649-1500 EXT. 21  
Fax: 813-649-1333  
[www.mymirabay.net](http://www.mymirabay.net)



## *Signature Programs* **spa**

.....  
THE  
*Mirabay*  
CLUB



## Skincare

These therapeutic treatments are tailored to meet your individual needs, targeting specific concerns.

### Fresh Face Mini **30 Minutes/\$30**

Jump start to healthy skin. Perfect for those with just a few minutes to spare, this facial includes deep cleansing, exfoliation, light facial massage and custom moisturizer.

### MiraBay Oxygen Facial **50 Minutes/\$60**

This oxygen-infused facial starts with a custom cleansing and exfoliation, then continues with extractions. Enjoy a facial massage, followed by a hydrating mask. Additional massage and moisturizing will complete the treatment.

### Gentleman's Facial **50 Minutes/\$50**

For the active man, this facial begins with proper skin cleansing and extractions as needed, and finishes with a nourishing cream designed to help relieve ingrown hair, razor burn and skin irritation.

### Gold Infusion Dream Facial **60 Minutes/\$70**

Cleanse, exfoliate and then totally decompress as a gold-infused mask helps strengthen your capillaries, stimulates collagen and hydrates your skin. Finish your facial with age-defying serums and a firming moisturizer.

### Oxygen Peel **30 Minutes/\$80**

Reveal your skin's true GLOW! This resurfacing treatment is highly recommended by skincare professionals for its remarkable skin-renewing benefits. Diminish fine lines and wrinkles, reveal more even skin tone, improve texture and stimulate collagen production.

## We feature Oxygen Botanicals™ Skincare Products



### Waxing

Eradicate unwanted hair with a hair removal technique that is safe for even the most sensitive skin, leaving it smooth and silky. We use Nufree®, a soy-based wax that is antimicrobial and antibacterial.

Leg	Starting at... \$20	Full...\$30
Bikini Line	Starting at... \$20	
Brazilian	Starting at... \$50	
Underarm	\$15	
Lip, Chin or Brow	\$10	
Arm	<b>Half Starting at ...\$10</b>	<b>Full... \$20</b>
Full Back	<b>Starting at... \$50</b>	

### Massage

Now is a great time to schedule a massage with one of our talented, professional massage therapists.

### Add up to three DoTerra™ Therapeutic Grade Essential Oils to Any Massage \$10



<b>Swedish Massage</b>
<b>30 minutes/\$40.00</b>
<b>50 minutes/\$60.00</b>
<b>70 minutes/\$70.00</b>

<b>Specialty Massage</b>
<b>30 minutes/\$45.00</b>
<b>50 minutes/\$65.00</b>
<b>70 minutes/\$75.00</b>

### Swedish Massage

The most universal of all massages, this session will help reduce tension, increase circulation and induce relaxation.

## Specialty Massages

### Deep Tissue Massage

This therapeutic massage focuses on specific muscle groups. Using firm pressure and a wide variety of techniques, this healing massage is aimed at reaching the deeper structures of the muscles and connective tissue to ease and release muscle tension.

### AromaTouch

**Introductory Price \$40!**

Addresses four systemic constants that are present in daily life and which may negatively affect your health: Stress, Immunity, Inflammatory Response, and Autonomic Imbalance.

### Pre Natal Massage

For the expecting mother, this massage targets the new changes in your body to enhance the function of muscles and joints, improve circulation and general body tone, relieving mental and physical fatigue.

### Foot Reflexology

Pressure with the thumbs and fingers is applied to the hands and feet to release blockages and re-establish the body's energy flow.

### Hot Stone Massage

Melt away stress and let your mind drift to a new place as warm river rocks are placed on specific chakras and pressure points releasing tension from the body.

### Sports Massage

Designed to care for the athletically active, this treatment helps reduce the chance of sports related injuries and treats existing problems.