

# OCEAN SPA

AT CAMBRIDGE BEACHES

## The Ocean Spa Fact Sheet

The spa professionals at Cambridge Beaches deliver a spa experience that is both memorable and transformational to help guests become one with the calming and restorative attributes of the water that surrounds the Ocean Spa. The spa therapists take guests on an inspiring, sensory-stimulating journey using many forms of holistic body and beauty care therapies delivered in a tranquil and serene environment. To augment the curative powers of the resort's spa treatments, additional services are also available to provide a well-rounded, healthy lifestyle approach for guests.

A two-level, 10,000-square-foot facility houses the Ocean Spa and The Aquarian Baths, plus the gifted European-trained team of pampering spa professionals are readily available to create personalized one-on-one spa treatments or develop a couple's itinerary to create moments of intimacy, relaxation, and heightened sensuous treatments.

### The Aquarian Baths

Provides a stylistic Romanesque environment in a solarium-setting with a full-room retractable sunroof. The Aquarian Baths is located on the upper level and offers:

- Aroma steam room - Refreshing bursts of steam heats the mind and body, using the essence of pine and eucalyptus to relax the soul while naturally cleansing all the toxins from the skin.
- Crystal mist room - A unique experience of a cooling mist using the power of crystals; guest's choice of crystals; a great way to cool down after a sauna or steam bath.
- Experience shower - A powerful monsoon-style shower with side jets; recommend for a 2-3 minute cool down after a sauna or swim or as a warm, soothing shower
- Herbal sauna – Dry heat and a blend of aromatic herbs to enhance the health of the body while gently clearing the mind and cleansing the skin.
- Fitness center
  - Nautilus treadmills
  - Nautilus cycle
  - Nautilus Elliptical
  - Fixed weight machines and free weights
  - Life Fitness Cross Trainer
- Swimex "current pool"
- Swimming pool
- Whirlpool

### The Ocean Spa

Located on the lower level is a quiet oasis; as guests arrive they are greeted by a spa professional, and if so inclined they can preview the spa's retail product line and begin their journey by

inquiring about which products are most beneficial for their needs. The spa overview:

- Bridal hair and makeup studio
- Relaxation lounge
- Sauna
- Six treatment rooms:
  - 1 couple's suite
  - 1 Wet Room
  - Manicure and pedicure lounge (essie hand and nail treatments)
  - 4 massage suites
  - The new outdoor Seaview Pavilion for couples only

### **Signature Treatments:**

- Soothe the soul – 80 minutes
- Essential indulgence – 80 minutes

### **Massage Therapy**

- Swedish
- Back, Neck & Shoulder
- Pregnancy –
- Couples
- Couples Massage Lesson

### **Holistic Therapy**

- Indian Head Massage – 25 minutes
- Reflexology – 50 minutes
- Reiki – 50 minutes
- Aromatherapy – 80 minutes
- Hot Stone Massage – 80 minutes

### **Body Therapy**

- Sothys Soleil – 50 minutes
- Detoxifying Treatment – 70 minutes
- Aroma- Sothys 70 minutes
- Body Contour Treatment – 80 minutes
- Relaxing/Remineralizing Treatment 80 - minutes
- Vitality Body 80 - minutes

### **Facial Therapy**

- Flash Beaute 40 – minutes
- Professional Peeling 40 - minutes
- Classic Cambridge 50 - minutes
- Professional Correcting 55 – minutes
- Hydrooptimale TH13 I.T -- 80 –minutes
- Oxyliance I.T – 80 – minutes
- Lift Defense 2 I.T – 80 –minutes
- Sothys Homme I.T – 70 minutes
- Sothys Color Concept 40 – minutes

### **Hands & Feet**

Two new pedicure chairs have been added to the manicure and pedicure suite which offers the following treatments:

- Spa Manicure

- French Manicure
- Express Manicure
- Spa Pedicure
- Tres Homme Manicures & Pedicures
- His & Hers Ocean Spa Pedicures

### **Waxing Services**

- Eyebrows
- Lip or chin or Lip and chin
- Underarm(s)
- Bikini
- Back
- Half leg/arm or full leg
- Full leg & bikini

### **Teen Services**

Guests must be at least 16 years of age to receive spa services and use of the facilities: Teens can indulge in the following:

- Mini Manicure 25 –minutes
- Mini Pedicures 25 – minutes
- Express Facial 25 –minutes
- Tour of Color 25 – minutes
- Facial & Color Combo 55 - minutes

### **In Room Service**

Suite Decadence: Guests of the new plunge pool suites, will enjoy a Swedish massage on the private plunge pool suite patio and soak in a aromatic lavender bath with the final detail a glass of house champagne containing edible, hibiscus flowers.

### **Ocean Spa Couples Suite**

The recently opened Ocean Spa Couples Suite is located within the Ocean Spa and offers couples the following treatments:

- Swedish Massage
- Couples Massage Lesson
- Aromatherapy (50 minutes) /(80 minutes)
- Tension Relief Massage (40 minutes) ~ \$218.50
- Aroma Stone Massage (50 minutes) ~ \$287.50
- Couples Spa Morning ~ (Approx 3 hours) Includes: Use of spa facilities, Aromatherapy Massage (80 minutes) plus His & Hers Ocean Spa Pedicures
- Island Escape ~ \$902.75 (Full Day Couples Retreat, (approx 6hrs) includes: Use of spa facilities, couples massage lesson, Cambridge Beaches picnic hamper, Aromatherapy Heaven (Aromatherapy Massage & Facial), His & Hers Ocean Spa Pedicures.

### **Ocean Spa Pagoda Menu**

Just opened this June is the new outdoor Ocean Spa Seaview Pagoda surrounded by the historic Seaview Gardens and the tranquil sounds of the Atlantic Ocean, just beyond Breezes

Restaurant. The Seaview Pagoda will offer the following couples treatments:

- Seaview Massage (50 minutes):
- Aromatherapy (50 minutes):
- Aromatherapy (80 minutes):
- Tension Relief Massage (40 minutes)

## **New Spa Products**

- Sothys of Paris
- Aromatherapy Associates
- essie hand and nail treatments
- Elixir tonics (perfect for relaxing after a spa treatment)
- Bleubay Candles
- Sensi spa slippers

## **Sothys of Paris**

Sothys of Paris is the ultimate in skincare and the spa professionals are well trained in the art of the Digi-Esthetique® method, combining finger pressure, modeling and drainage. Digi-Esthetique® is a getaway to well-being for the mind and body, immersing guests into a deep state of relaxation and revitalizing the skin to improve circulation and assimilation of active products. The new skincare line was recently launched and offers a full line of women's and men's skincare products, including:

- Skincare - Cleanse, maintain, moisturize, oxygenate, restructure and target problem areas
- Body care – Stimulate, relax, slim and firm
- Sun care – Retail products available
- Personalized makeup program - Makeovers and retail products available for sale
- Skin care for men - Detoxifying active cleansing, age-defying active and targeted skincare, eye care to assist with puffiness, soothing after shave balm, revitalizing hair and body care

## **Aromatherapy Associates**

Aromatherapy Massage: To bring balance to the mind, body and spirit, request an Aromatherapy massage, which combines the power of pure essential oils with a specialized massage based on the traditions of east and west. Professionally applied pressure stimulates the nervous system to promote circulation and soothe the body.

De-Stress Muscle Release: This full body massage is designed to work on stiff, fatigued, tight muscles and joints, and uses a double layer of essential oils to fortify its effects. Benefit from the intensive, deeper massage techniques to warm and manipulate, and ease the body, while releasing and dispersing tension and stress.

Revive Jet Lag Treatment: Using a unique blend of "Revive" essential oils with a massage enhanced by physical manipulation

helps to overcome the effects of traveling, time zones changes, and overall travel fatigue.

Tension Relief Massage: The overall effects of this therapeutic massage enhance breathing and the overall function of the immune system as it focuses on the areas of the upper body, which are highly susceptible to stress and tension. Choose from:

- o *De-Stress Muscle* - To warm and relax the muscles as they are worked upon.
- o *Breathe Easy* - Strengthens the immune system while aiding in breathing and relief of sinus congestion.

Aromatherapy Back Facial: This treatment includes a back, neck, and shoulder massage, is thoroughly cleansing, refines and re-balances the skin using a combination of natural extracts and essential oils.

Renew Rose Pregnancy Massage: This massage uses the essence of rose oil to soothe the body and pamper the skin, and is designed to answer the developing needs of both mother and baby. The mother-to-be will melt while receiving a relaxing scalp and face massage. *\*Please note that we do not perform this massage in the first trimester.*

Mommy-To-Be: A signature combination of Renew Rose Pregnancy massage and Radiance facial will leave you relaxed and glowing.

## Spa Packages

- Ladies of Leisure
- Sportsman's retreat
- Cambridge Spa Day
- A Treat for The Soul
- Beautiful Bride

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