

Naples Bay Club

# Spa & Wellness





## MASSAGE

### SIGNATURE

\$155/\$195

A soothing and gentle full-body massage using light to medium pressure to promote relaxation and stimulate your senses. Clear your mind and reduce tension and stress while reviving tired and sore muscles. 50/80 minutes.

### ANCHORED

\$165/\$205

Deep tissue techniques and concentrated pressure are applied to this rejuvenation, one-of-a-kind massage experience. A firmer massage than the Signature, this treatment reaches the deep levels of the muscles and joints to relieve tension, stress, and muscle pain. 50/80 minutes.

### MARINE STONE

\$175/\$215

A combination of hand technique and stone massage is used to create this invigorating and peaceful massage experience. Feel the tension and stress melt away as warm hot stones and massage oil are used to deeply penetrate overworked muscles. Heat and massage combined may reduce pain, inflammation and promote improved circulation. 50/80 minutes

### MOTHER-TO-BE

\$165/\$205

Expectant mothers will feel pampered and nurtured to relieve the common discomforts associated with pregnancy. Suitable for expectant mothers in their second and third trimesters only. A facial treatment is suggested for the 1st trimester. 50/80 min.

### BALANCE AND RENEWAL

\$155

This soothing massage offers a delicate combination of reflexology of the hands and feet, combined with a gentle scalp massage using warm, drizzling, aromatic oil. Gentle stretching techniques and a few touches of light compressions provide relief to stressed and over-used muscles, to leave you feeling relaxed and renewed. 50 minutes

### COUPLES MASSAGE

Relax and unwind in a shared massage experience. Each guest may choose their own individual massage from our array of treatments listed above. When booking, simply specify your wish to reserve the couple's room.

## FACIALS

### SIGNATURE BRIGHTENING \$155

Actively firm, lift and address visible signs of aging with cutting edge algae based peptides and plant extracts to noticeably firm and diminish the appearance of fine lines and wrinkles leaving skin younger looking, toned, soothed and glowing. 50 minutes.

### RADIANCE \$175/\$200

A customized facial treatment that combines active vitamin C, natural fruit acids, and a wide variety of potent botanical extracts and coenzymes to brighten skin, improve tone and texture, and minimize the appearance of fine lines and wrinkles, leaving skin radiant, hydrated and glowing. You may also add a Protocell Mask for extra hydration. 50/80 minutes.

### ANTI BLEMISH & TONE PERFECTING \$165

Rapidly improve the appearance of oily and breakout-prone skin with natural fruit acids and lactic acid gently exfoliate dead skin cells and improve texture while calming extracts help calm skin, improve uneven skin tone and combat excessive oiliness and breakouts. 50 minutes.

### GENTLEMAN'S FACIAL \$155

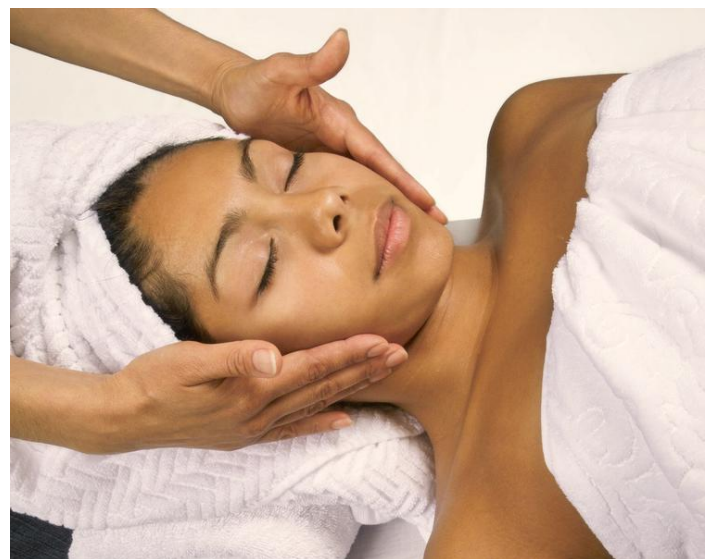
Designed for the man in mind, features ingredients to soothe and calm irritated skin associated with shaving, improve tone and texture all while combating the signs of aging. 50 minutes.

### MICRODERMABRASION\* \$200 SERIES OF 5 \$800 ADD TO ANY FACIAL ABOVE \$50

Refresh your skin with this non-invasive skin resurfacing treatment. Outer layers of skin cells are gently exfoliated, stimulating collagen production and cellular renewal. Improves the skin appearance by reducing fine lines, early sun damage, shallow acne marks. 50 minutes for full service. 30 minutes for add-on service..

### FACIAL ADD ON: VITAMIN C & RETINOL MASK \$40

Add to any facial. Intensive clay based masks that gives skin a visible boost, removes dead skin cells, helps even skin tone, and brighten complexion. (Note: this is included in the Radiance facial)





## BODY TREATMENTS

### TROPICAL BODY GLOW \$155

This natural treatment begins with aromas of Green Tea and Lemongrass from our signature Bayside Breeze exfoliation scrub followed by warm, nourishing oil drizzled on the body for superior nourishment and total body relaxation. 50 minutes.

### SUN WORSHIPPER HYDRATION WRAP \$165

A gentle, dry exfoliation begins the treatment to remove dead skin cells while promoting lymphatic flow throughout the body. Grape stem cell, white tea and seaweed body butter is slowly painted for ultimate hydration. A calming scalp massage is given while the body is enveloped for deeper relaxation. An excellent treatment for post-sun, dehydrated and aging skin. 50 minutes.

### MARINE DETOX WRAP \$225

This body wrap begins with a gentle sugar exfoliation to improve skin tone and texture. Shea butter makes skin silky-smooth while our French green clay detox body mask draws out impurities. Coconut, argan, grape stem cells and tea extracts help hydrate and improve tone and texture. 80 minutes.

## PACKAGES

### BAYSIDE BLISS \$335

10 minute Back Scrub, 50 minute Marine Stone Massage, 50 minute Signature Peptide Brightening Facial with Vitamin C & Retinol mask.

### TYING THE KNOT \$499

20 minute Couples Bath Ritual, 50 minute Signature Couples Massage, 50 minute Signature Peptide Brightening Facial. Complimentary champagne split and fruit.

## ENHANCEMENTS

Available with any 50/80 minute treatment

Additional time is required for the following treatments

### SCALP MASSAGE REFRESHER \$40

A soothing addition to any treatment using a warm blend of essential oils drizzled along the hairline and massaged into the scalp. Provides focused release of tension, while also conditioning the scalp and leaving hair glossy and nourished. 20 minutes.

### BACK OR FOOT RELIEF RITUAL \$40

A luxurious scrub and relaxing massage techniques to leave skin soft and relieve aches and pains. 20 minutes.

### REFLEXOLOGY \$50

Applied pressure to specific points of the hands or feet that correspond to different areas of the body. 20 minutes.

### BATH RITUAL \$50

A relaxing, private bath with one of our aqua infusion soak selections. 20 minutes

### PARAFFIN WAX HANDS OR FEET TREATMENT \$25

Indulge in a luxurious treatment using warm paraffin wax on hands and feet, wrapped in mitts for enhanced rejuvenation, promoting soft and smooth skin while improving blood circulation and reducing muscle and joint stiffness. 10 minutes

No additional time is required for the following treatments

### ANTIOXIDANT EYE & LIP TREATMENT \$40

Alleviate under eye puffiness, dark circles, fine lines and wrinkles while antioxidants leave lips soft and hydrated

### AROMATHERAPY \$15

Enhance relaxation and mindfulness with our aromatherapy options, featuring natural essential oils like Peppermint, Lavender, Eucalyptus, and Grapefruit, each offering specific benefits such as stress relief, improved focus, restful sleep, and elevated mood and energy.

### THERAPEUTIC RELIEF BALM \$15

This soothing massage balm with deeply penetrating pure oils coupled with massage add an extra level of relief to sore muscles, aches and pains.

### GUA SHA STONE FACIAL MASSAGE \$15

Experience the rejuvenating effects of a mini facial massage with a jade Gua Sha stone, promoting skin revival, brightness, and refreshment while aiding in drainage of excess fluid, activating skin circulation, and delivering a lifting effect.

### CUPPING \$15

Improve circulation and blood flow with this "suction" technique used to promote muscle relaxation. Produces an analgesic effect to calm certain aches and minor injuries.

\*This technique may leave some temporary redness following service.



# Spa Featured Treatments



## Balance & Renewal Massage

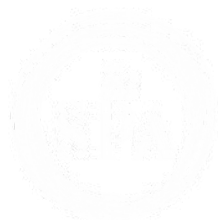
This soothing 50 minute massage offers a delicate combination of reflexology of the hands and feet, combined with a gentle scalp massage using warm, drizzling, aromatic oil. Gentle stretching techniques and a few touches of light compressions provide relief to stressed and over-used muscles, to leave you feeling relaxed and renewed.



## Gua Sha Facial Massage

Receive a complimentary Gua Sha facial massage with any treatment.

Experience the rejuvenating effects of a facial massage with a jade Gua Sha stone, promoting skin revival, brightness, and refreshment while aiding in drainage of excess fluid, activating skin circulation, and delivering a lifting effect.



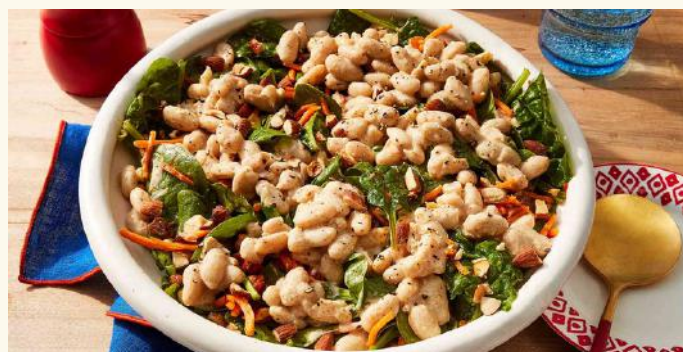
Give the gift of relaxation.  
A gift that is sure to please.



## SPA GIFT CERTIFICATES

Gift cards can be redeemed on property at the Spa at Naples Bay Club for any treatments, facial, massage, body treatment and more.

For more information on Spa Gift Certificates visit the Spa Front Desk or Call (239) 530-5113



## EASY & HEALTHY RECIPE

### Healthy Shamrock Green Smoothie

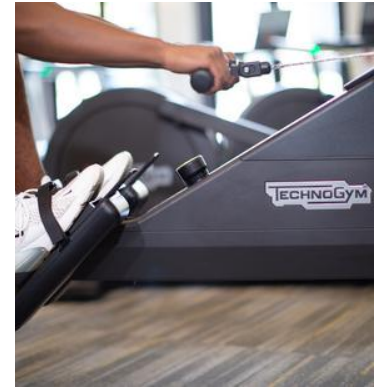
#### INGREDIENTS

- 2 (15-ounce) cans no-salt-added cannellini beans, rinsed
- 1/3 cup whole-milk plain yogurt
- 3/4 teaspoon ras el hanout
- 1/2 teaspoon refrigerated garlic paste
- 1/2 teaspoon salt
- 1/2 teaspoon honey
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red-wine vinegar
- 1 tablespoon harissa paste
- 1 (5 ounce) package baby spinach
- 1 cup julienned carrots
- 1/4 cup unsalted roasted almonds, chopped
- 3 tablespoons golden raisins

#### DIRECTIONS

1. Combine beans, yogurt, ras el hanout, garlic paste, salt and honey in a medium bowl; stir to incorporate, coarsely mashing beans, if desired.
2. Whisk oil, vinegar and harissa together in a large bowl. Add spinach, carrots, almonds and raisins; toss to coat. Serve the spinach mixture with the bean salad.





## Naples Bay Club Fitness Classes Schedule

APRIL 2024

### TUESDAYS

TIME	CLASS	LOCATION
10:00 AM	Mat Pilates	Yoga Studio

### THURSDAYS

10:00 AM	Strength + Mobility	Yoga Studio
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### SATURDAYS

10:00 AM	Hatha Yoga	Yoga Studio
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**\$10 per session**

## Personal Training

with

DREW STEWART

OR

ALYSSA ELIZABETH

Embarking on a journey to look and feel your best begins with a personal commitment to yourself.

When you choose to kickstart your fitness adventure with one of our dedicated personal trainers, you're taking a significant step toward achieving your goals and embracing a healthier lifestyle tailored just for you. Our trainers go beyond the gym, addressing not only your exercise routines but also delving into your dietary choices, sleep patterns, and stress levels. They recognize that true fitness is interconnected with overall well-being, making your fitness journey not just a pastime, but a holistic lifestyle transformation.

Please call the Club Front Desk (239) 530-5113  
for questions, inquiries, pricing or to schedule an appointment.

# Spa Information

## Contact

**Masseuses:** Ninette Marin  
Nasleydis Perez

**Open Daily from:** 10 am to 6 pm

**Reservations:** (239) 530-5113

## Spa Etiquette

**RESERVATIONS:** Advanced reservations are highly recommended and bookable up to 30 days in advance. Last appointment is scheduled one hour prior to closing. All prices, services and hours of operation are subject to change without notification

**CANCELLATIONS** We require 24-hour notice for all appointment cancellations and changes. A 100%, non-refundable, charge will be assessed for appointments reflecting a no-show status. The Spa is not responsible for the cancellation of resort room reservations.

**SPA ARRIVAL** Please plan to arrive 15 minutes before your scheduled service. In the event of a late arrival, service may be reduced to accommodate the next scheduled appointment.

**HEALTH ISSUES** Kindly notify the Spa staff, at time of booking, of any allergy, medical, and/or pregnancy related issues. The Spa reserves the right to decline treatment to pregnant women in the first trimester of their pregnancy.

**GRATUITIES** For your convenience, a 20% gratuity based on the full value of service is added to all services. Gratuities are not included in published pricing or on the Spa services menu.

**PERSONAL POSSESSIONS** The Spa is not responsible for loss of or damages to personal possessions. It is recommended that personal items or possessions are confined to safe areas outside of the boundaries of the Spa.

**YOUNG ADULT SPA GUESTS** Spa services available for persons 13 years of age and older. Those aged 13-15 require adult supervision while receiving spa services. For safety reasons, children under 13 not receiving spa services cannot be left unattended.