

Planning Your Spa Visit

Tips and information to help you prepare and make the most of your visit to The InnSpa at WaterColor.

For Spa Information

Dial Extension 5010 or 850-534-5010

Spa Hours

Spa Hours: Monday – Saturday, 9:00 am – 6:00 pm

Sunday, 9:00 am – 4:00 pm

*Hours subject to change seasonally.

Spa Admission

Spa treatments are available to guests age 18 and over. Children 17 and younger may enjoy some of the services the spa has to offer when accompanied by an adult.

Scheduling Appointments

We recommend scheduling your appointment(s) as far in advance as possible to ensure availability. Our spa coordinators can help you plan your special spa experience.

*A major credit card or hotel room number and telephone number are required.

Canceling Appointments

We request that you notify the InnSpa directly by 4:00pm the day prior to your appointment to cancel or reschedule your services. Fifty percent of the value of the service or package will be charged for cancellations made after 4:00 pm the date before the appointment. No-show appointments will be charged the full value of the service.

Service Charge

For your convenience, a 20% service charge will be automatically added to all services and distributed to the staff. Please feel free to make an adjustment based on the service that you experience.

Medical and Well-Being

Please inform us of any medical or special needs such as high blood pressure, allergies, pregnancy or any physical ailments or disabilities that require our attention.

Certain conditions will require a written physician's approval before a treatment may be administered. Please ask upon scheduling.

For your safety and well being we highly discourage alcohol consumption prior to spa treatments, immediate sun exposure following skin care therapy and shaving after exfoliating treatments.

Spa Attire

Spa robes, slippers and lockers are available for our guests. As a special convenience, WaterColor Inn guests may choose to wear the robe provided in their room. Most of our guests prefer to fully undress for treatments, as our staff is professionally trained in proper draping techniques to ensure modesty and comfort throughout the service. However, if you are more comfortable, you may wear undergarments for your treatment. Disposable undergarments are also available upon request.

Arrival Time

We invite you to check in 10 minutes prior to your scheduled service time. Late arrivals will end at the scheduled time.

Valuables

Please do not bring jewelry or other valuables to the spa. Unfortunately, we are not able to take responsibility for valuables that are lost or left at the spa.

Considerations

To preserve our tranquil environment, we are a pager, cell phone, alcohol and smoke free environment.

Gift Certificates

Gift Certificates for spa services and spa retail items are an ideal year-round gift for any special occasion. Inquire at Spa Reception.

Special Requests

Based on availability, we will do our best to accommodate special requests.

The Art of Inn Room Treatments

Relax in the seclusion and comfort of your own spacious accommodations with a private Inn room spa service. Select from the following special list of treatments.

WaterColor Well-Being Massage

50 Minutes \$130

80 Minutes \$180

Pineapple Papaya Brushstrokes Body Treatment

50 Minutes \$145

The Art of Massage

As relaxing as the pleasure of warm coastal beach house hospitality. This collection of massage therapies restores circulation, eases muscle tension and enhances well-being as you unwind under the perceptive, artful touch of our highly skilled massage therapists.

Sacred Stone Massage

75 Minutes \$160

Experience a state of relaxation at its deepest level. This ancient form of massage uses smooth heated basalt stones in combination with Swedish massage techniques to effectively relieve stress as well as help your body detoxify. Stone therapy goes beyond the physical experience of a typical massage into deeper dimensions of relaxation, health and well-being.

Balinese Massage

50/80 Minutes \$110/\$160

Be transformed by our massage ritual based on the traditions of Bali. A combination of acupressure, rolling motions and rhythmic strokes relieves tension and promotes total relaxation. Choose from four exotic Indonesian oils.

WaterColor Well-Being Massage

50/80 Minutes \$100/\$150

Our talented therapists orchestrate their intuitive Swedish skills along with expert therapeutic touch and a range of light to firm pressure to customize this massage specific for your body's needs. The result: a unique treatment that melts your tensions away.

Deep Tissue Massage

50/80 Minutes \$100/\$150

A firm massage using deeper and more direct pressure that targets your specific areas of muscular tension and discomfort. An excellent remedy for muscle tightness, strain or recovery from injury.

Body Polish Massage

75 Minutes \$140

Our micro-algae scrub is infused with Indonesian ginger to calm the skin as it exfoliates and smoothes. After your polish you will indulge in the relaxation of a warm ginger oil massage. Your skin will be hydrated with the same organic oils used in Asian spa rituals.

Swedish Massage

50/80 Minutes \$95/\$140

A light, soothing massage utilizing long, comforting strokes to induce relaxation, improve circulation and relieve muscle tension.

Mother's Massage

50 Minutes \$100

This massage is for the mother-to-be. A relaxing Swedish massage relieves tension and focuses on those areas that undergo natural changes during pregnancy.

*Physicians written approval required.

Back, Neck & Shoulder Massage

25 Minutes \$55

This massage is perfect for those who would like the maximum benefits but have little time to pursue them.

Massage Enhancements

Schedule any of the following enhancements in advance of your treatment to personalize your massage for your own specific concerns.

Aromatherapy \$15

The essential oils in these quality body lotions can sedate or stimulate, calm or invigorate. You choose the scent.

Therapeutic Muscle Balm \$10

Overworked muscles will benefit from an application of this deep heating analgesic. Let its deep penetrating action melt your sore muscles as it helps to restore mobility.

Sole to Soul \$20

Comfort tired feet with this soothing hot towel wrap followed by a massage to the feet and lower legs with cooling sports gel.

Scalp & Hair Treatment \$20

Feel your cares melt away as you relax with a warm coconut oil scalp massage. This light oil hydrates dry scalp and parched hair yet washes out easily.

The Art of Nail Care

The simple pleasure of time spent relaxing with the utmost in care and meticulous attention to detail.

Manicures

WaterColor Rejuvenator Manicure \$45

Unwind with a hydrating aromatic soak. Then renew your hands with an exfoliating scrub, a hydrating wrap and moisturizing cream massage. Includes nail shaping, cuticle care and polish.

Classic Spa Manicure \$30

A complete nail shaping, cuticle treatment and polish that includes a soothing aromatic soak and lotion massage.

Add \$10 for French Polish

Polish Change ~ Hand \$10

Pedicures

We have re-defined the pedicure experience... Settle into the comfort of our NASA influenced Zero Gravity lounge and immediately feel increased circulation and relief from back stress as you luxuriate in the most comfortable body position ever experienced. While "floating" weightless in zero gravity, savor a therapeutic soak in our unique copper foot bath... bringing back total comfort, elegance and plenty of hands-on therapy to the pedicure experience.

WaterColor Rejuvenator Pedicure \$65

Unwind with a hydrating aromatic foot soak, then renew your skin and soles with a sugar exfoliant, warm hydrating wrap and a moisturizing cream massage. Includes nail shaping, cuticle care, and polish.

Express Pedicure \$50

Pressed for time? The express pedicure is your answer. Includes an aromatic soak, and full nail shaping, cuticle care, and polish in half the time.

Sole Therapy \$45

Experience the relaxation benefits of a pedicure without the polish and nail care with this 25 minute lower leg and foot treatment.

Warm Paraffin Treatment \$20

Polish Change ~ Feet \$15

The Art of Facials

Delight in colorful brushstrokes of nature that illustrate natural enzymes, active botanicals and sea extracts. Facials that restore natural glow, deliver firmness and bring overall harmony, balance and improved texture to the skin.

WaterColor Custom Facial

50 Minutes \$110

A palette of rejuvenating skin therapies orchestrated to focus on your specific facial concerns. Beginning with a thorough skin analysis, your esthetician will choose an antioxidant blend of exfoliation, serum and masks for your specific skin care needs. This in-depth, customized treatment rebuilds the skin from the inside out to support and protect skin at the cellular level – where it really counts!

WaterColor Glow Facial

50 Minutes \$120

Feel the active enzymes working with each application of this exceptionally, 'result oriented' treatment. The Advanced Enzyme Technology speeds up the cellular activity of your skin promoting a natural self-rejuvenating process. A deep pore cleansing and hot peel exfoliant plus a double layer mask brings about an unmistakable healthy glow with an increased lift, tightness and textural clarity.

The Ultimate Facial

50 Minutes \$130

Biopeptides plump the skin and increase firmness. Plant based placenta serum stimulates cellular turnover. This facial is just what you need to help improve fine lines and wrinkles while increasing moisture levels and oxygen supply.

Microdermabrasion

Face 50 Minutes \$175

Face, Neck and Décolleté 80 Minutes \$200

Microdermabrasion is a procedure that gives you an instant glow. It is a gradual and gentle way of correcting skin flaws and strengthening the dermis and epidermis to achieve an anti-aging effect. Because of its ability to enhance the production of collagen and elastin, while promoting new cell growth, the skin can take on a "fresher" and "firmer" appearance.

Noni Repair Facial

50 Minutes \$100

Transport yourself to the mineral rich soil of the tropics and experience the incredible healing powers of Noni nectar, especially great for the treatment of sun and windburn. Bask under the tranquil touch of your esthetician and benefit from the natural tightening and soothing properties of our Noni gel as the effects of sun and wind melt away.

Express Refresher Facial

25 Minutes \$60

This treatment puts you on the fast track to more radiant skin. Your face is deeply cleansed and refreshed with a mineral mask and is complete with a moisturizer that will leave your skin glowing.

Conditioning Youth Facial

50 Minutes \$95

Designed specifically to pamper young skin, this facial will leave your skin feeling fresh. This treatment begins with a luscious tropical green papaya mask then followed by an organic silica scrub from the ocean floor. The result is healthy skin.

Facial Enhancements

Schedule any of the following enhancements in advance of your treatment to personalize your facial for your own specific concerns.

Eye and Lip Repair \$30

This treatment very gently exfoliates the eye zone, lips and surrounding area, then specific strokes deliver intensive masks and serums to release tension and improve tone in the eye area as well as moisturize and plump up the lip area.

Neck and Décolleté Therapy \$30

Did you know that your neck ages seven years faster than your face? We've designed a specific neck and décolleté treatment to help slow this process. A purifying and nutrient-rich enzyme peel leaves your complexion luminous. Your skin will appreciate the special hydrating aromatic butter infused with tremendous amounts of active botanicals and vitamins that are gently applied to your neck, shoulder and décolleté.

Immediate Boost \$30

For that special look for the important day or evening, this treatment adds a boost of Noni Gel to naturally tighten the skin along with a unique lifting elixir to force your skin's cells to absorb and hold onto moisture. The result is naturally plump skin with greatly reduced fine lines.

The Art of Face & Body Depilation

<i>Lip</i>	\$15	<i>Bikini</i>	\$45
<i>Chin</i>	\$15	<i>Half Leg</i>	\$50
<i>Brow</i>	\$20	<i>Full Leg</i>	\$90
<i>Arm</i>	\$45	<i>Chest</i>	\$60
<i>Underarm</i>	\$30	<i>Back</i>	\$60

★Waxing is not recommended for anyone who is currently using or has recently used Retin-A, Renova, Accutane, or other similar topical pharmaceutical products. Please inform your technician of any medications that you are taking.

The Art of Body Treatments

Simple yet sumptuous. Select from an artful combination of nature's elements designed to refine the skin, detoxify and promote circulation.

The Fiji Glow

80 Minutes \$150

Relax and enjoy as warm milk from the coconut combined with macadamia and coconut oils are gently applied to the skin. Pure cane sugar and tropical oils rid the body of dehydrated surface skin while a wrap of rich body butter hydrates and nourishes the skin with vitamins A, B, C, and E. You will indulge in a warm coconut oil hair and scalp treatment for a head to toe glow.

★Available in the delightful scents of white ginger lily or mango.

Pineapple Papaya Brushstrokes

50 Minutes \$115

Replace dry, dehydrated skin with smooth, supple and deeply moisturized skin by experiencing our natural enzyme exfoliating papaya and pineapple body treatment. Follow this exfoliation with the ultimate indulgence of a moisturizing and soothing warm coconut milk application. Your skin will be dewy soft.

Noni Healing Art

25 Minutes \$65

Noni promotes healing and helps to minimize discomfort due to too much sun or wind. This is the perfect treatment for skin that has been overexposed to nature's harsh elements. Sunburned skin is soothed by a gentle application of pure Noni gel.

Seascape Serenity

80 *Minutes* \$160

A full body scrub prepares your skin to receive all of the benefits of this powerfully detoxifying and balancing treatment. Slip into a body wrap of green sea algae, nature's most complete source of nutrition. While these nutrients soak into your skin, take pleasure in a light scalp and foot massage. Then release all tension as your body is massaged with your choice of aromatherapy lotion. Emerge re-energized and radiating with soft, nutrient-rich skin.

Paint It Lavender

50 *Minutes* \$120

Paint a perfect picture, beginning with a body scrub that will leave your skin tantalizingly smooth, exposed and ready for your technician's experienced hands. Wild crafted lavender lotion penetrates deep into your skin to send you sailing far, far away. The final touch is an exciting glycolic peppermint application that will further smooth, exfoliate and soften your skin. The utmost in relaxation and skin care.

The Art of Rejuvenation for Men

Custom-designed treatments to meet the needs of men. Treatments designed to help you reduce stress and unwind, yet boost focus and awareness. Results that are no longer considered an indulgence, but a necessity.

Sports Massage

50/80 Minutes \$100/\$150

Complement pre or post-athletic activity with techniques designed to support performance and speed recovery time. Excellent before or after your day's leisure pursuits or workouts.

Gentleman's Facial

50 Minutes \$110

Four classic steps that never go out of style. A hot towel treatment begins this facial that includes a deep cleansing, an herbal scrub exfoliation and a soothing mask. Finish with an enzyme treatment. Skin is hydrated, smooth and refreshed while stress and tension are alleviated. You'll emerge a new man ready for the challenges ahead.

Men's Conditioning Manicure \$45

For the ultimate detailed professional look, begin with a reviving rosemary hand soak, followed by an exfoliation and hot towel wrap. Hands and forearms are quenched by an invigorating application of rosemary hydrating lotion. This treatment includes cuticle care, nail shaping and buffing.

Men's Conditioning Pedicure \$60

Combat even the most dry, overworked feet with a conditioning treat that begins with a reviving rosemary foot soak followed by an exfoliation and hot towel wrap. The feet and lower leg are hydrated with a cooling application of a glycolic peppermint treatment. This service includes cuticle care, nail trimming, shaping and buffing.

Artful Arrangements

A collection of memorable moments designed to highlight and make the most of your rejuvenation experience at the InnSpa at WaterColor.

Customized Work of Art

Create your own package by choosing any 3 services and receive a 10% saving on all of them. All services must be executed in the same day.

The Masterpiece

\$300

Give your body a vacation with this revitalizing combination of services inspired by the colorful southern coast. Soften your body with a Paint It Lavender body treatment, then loosen your muscles with a WaterColor Well-Being Massage and treat your face with our WaterColor Custom Facial.

Sculpted Therapy

\$170

Ideal for athletes and active people. These therapeutic treatments ease the effects of a day of golf, tennis, workouts or beach activities. End your day with a Sports Massage, our Sole to Soul foot wrap and Express Refresher Facial.

Picture Perfect Rejuvenation

\$220

This package is a quick way to look better, feel better and gain a new outlook. Includes an Aromatherapy Massage and the WaterColor Glow Facial.

Male Portrait

\$205

Unwind from head to toe. Begin with a 50 minute Sports Massage, followed by a Performance Refresher Facial and complete your experience with the Men's Conditioning Pedicure.