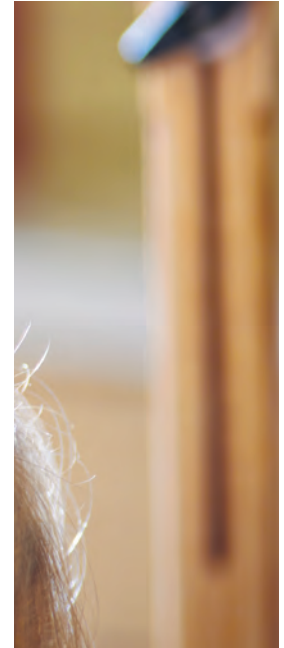


# SPA TREATMENT GUIDE

RELAX YOUR MIND.  
RESTORE YOUR BODY.  
RENEW YOUR SPIRIT.





## WELCOME

Whether you come for a single day of indulgence or to enjoy an extended, lingering escape, The Spa at Doral offers a life-enhancing experience to all who enter. As both a day and destination spa in one exceptional setting, Doral offers personalized spa treatments and services created to relax your mind, restore your body and renew your spirit.

Surrounded by soothing tones of cascading fountains, the uplifting fragrance of tropical flora and the caress of gentle warm breezes, each experience is custom designed by highly specialized experts. Begin or end your day with a visit to our cold plunge pools and sensory experience showers, swim in one of our three outdoor and indoor heated pools, or simply contemplate your good fortune while standing under our hot and cold massaging hydrofalls.





## DAY SPA PACKAGES

Relax and unwind with your choice of day programs combined with full use of our exceptional fitness facility, pools, hydrotherapies, steam room, sauna, classes and much more. Each package includes lunch or dinner from our Spa Restaurant, self parking and 20% service charge for all services.

### RE-ENERGIZER PACKAGE

50 minute Doral Massage or 50 minute Doral Custom Facial and Spa Lunch  
\$175

### SERENITY PACKAGE

50 minute Doral Massage, Spa Pedicure and Spa Lunch  
\$245

SPA DAY PACKAGES MAKE GREAT GIFTS.  
DoralGifts.com

### TRANQUILITY PACKAGE

50 minute Doral Massage, 50 minute Doral Custom Facial and Spa Lunch  
\$340

### INDULGENCE

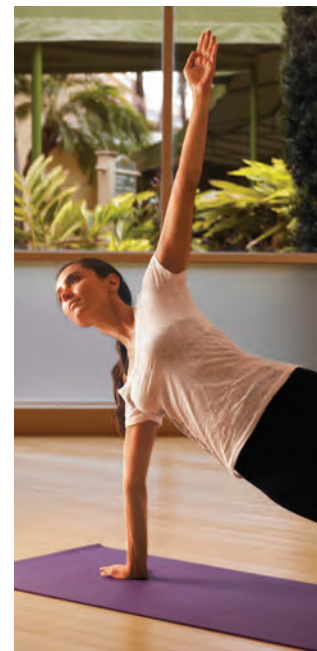
50 minute Body Treatment, 50 minute Doral Custom Facial, Spa Pedicure and Lunch  
\$400

### MAN'S DAY

50 minute Deep Tissue Massage, 50 minute Men's Executive Facial and Spa Lunch  
\$340

### SPA SIGNATURE DAY

50 minute Body Treatment, 50 minute Doral Massage, 50 minute Facial, Spa Manicure, Spa Pedicure, Shampoo & Style and Spa Lunch  
\$700



## MASSAGES & THERAPIES

### DORAL MASSAGE

Our signature Doral massage uses a Swedish technique designed to relax your mind, restore your body and renew your spirit by using natural aromatherapy oils of your choice.

50 minutes \$130  
80 minutes \$180  
100 minutes \$220

### BACK, NECK AND SHOULDERS MASSAGE

Specially designed to combat tension and melt stress from your upper back.  
25 minutes \$90

### DEEP TISSUE MASSAGE

A therapeutic treatment that deeply massages the muscles to relieve stress and soreness.

50 minutes \$150  
80 minutes \$190

### SPORTS MASSAGE

Through use of passive and static stretching techniques, this experience will improve the elasticity, flexibility and range of motion of your major muscle groups. The result is muscular relief and improved mobility, great for the passionate golfer or tennis player. Please wear comfortable loose clothing.

50 minutes \$140  
80 minutes \$190

### HOT STONE MASSAGE

This ancient healing art uses smooth hot and cool stones to melt away tension and stress. Recharge your being with this euphoric rhythmic massage.

80 minutes \$180

### COUPLES MASSAGE

Share your spa journey with that special someone with a side-by-side massage inside our luxurious and private couple's massage suite.

50 minutes \$260  
80 minutes \$360  
100 minutes \$440

\*Most of our massages and facials can be done in our couple's suite to share the experience with that special someone.

### THAI MASSAGE

This oriental technique of Buddhist origin incorporates stretching and Zen-line compression to open energy channels and increase range of motion. Please wear comfortable loose clothing.

80 minutes \$190

### PRENATAL MASSAGE

This specialty massage is designed to pacify the changes encountered during this special time. The massage alleviates pressure and relaxes overly tense muscles as well as reducing swelling associated with pregnancy. Please advise us at the time of booking the number of weeks into your pregnancy.

50 minutes \$130

### NEUROMUSCULAR THERAPY

This treatment uses specific techniques to address chronic pain and restore structural balance and alignment.

50 minutes \$160  
80 minutes \$230

### LYMPHATIC DRAINAGE

This soft and soothing therapy focuses on specific points of the body to help your lymph fluid carry away the toxins that have accumulated in the body over time.

50 minutes \$130

### SHIATSU MASSAGE

During the classic Japanese therapy, you'll lie on a massage table while our licensed therapist uses finger pressure on specific stress point of your body along major meridians or nerve paths to ease energy blockages, relieve fatigue and stimulate your natural self-curative abilities. Please wear comfortable loose clothing.

50 minutes \$140  
80 minutes \$190

### REFLEXOLOGY MASSAGE

This healing technique relieves stress, promotes relaxation, increases circulation and helps to balance the body by stimulating pressure points on the feet.

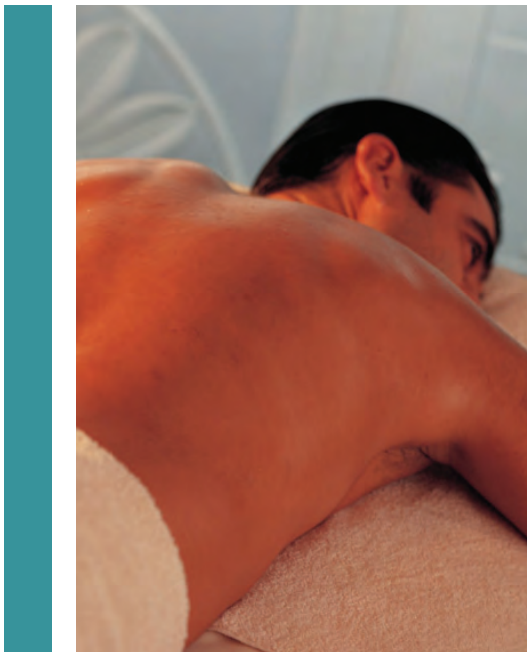
50 minutes \$130

### REIKI (ENERGY THERAPY)

During this energy treatment, our therapist places his/her hands above specific areas of your body to channel its healing energy into areas in which you experience physical discomfort and blocked energy. Your body is restored to a state of calm serenity.

50 minutes \$140





## JUST FOR HIM

Although most of our services can be enjoyed by men or women, we understand the need for exclusive services and products just for men!

### BLACK DIAMOND EXFOLIATION

This treatment uses fine cultured black diamonds and silver spheres to gently yet thoroughly exfoliate the skin. The product is applied to the entire body and massaged into the skin, gently removing dry, dead skin, and leaving a clean, healthy, glowing complexion. 25 minutes \$90  
50 minutes \$130

### MEN'S EXECUTIVE FACIAL

This luxurious facial treatment will thoroughly rejuvenate the skin and help promote tissue regeneration. Fine cultured black diamonds and silver spheres gently yet thoroughly exfoliate the skin. Acupressure massage targets stress relief points, which encourage deep relaxation. 50 minutes \$130  
80 minutes \$180

### BACK SCULPTURE

A facial for your back. The entire back area is thoroughly cleansed, toned, and exfoliated, after which extractions take place if needed. Hydrating essential oils in a vegetal base are applied and massaged into the skin. This is followed by the application of a soft clay mask, which assists in balancing sebum production. The treatment finishes with a hydrating lotion. 25 minutes \$90  
50 minutes \$130

### PERFECT SHAVE

Designed for the man with a demanding schedule who requires a clean shaven face before an important event. The beard is immediately softened with white truffle extract before a precise and comfortable shave is delivered. The skin is instantly soothed and rehydrated with a post-shave moisturizing treatment. 25 minutes \$50

### SPORTS FACE GROOMING

For gentlemen on the go, a results-driven express facial that delivers all the solutions in a fraction of the time. 25 minutes \$90

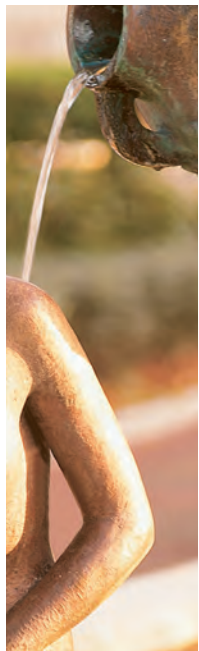
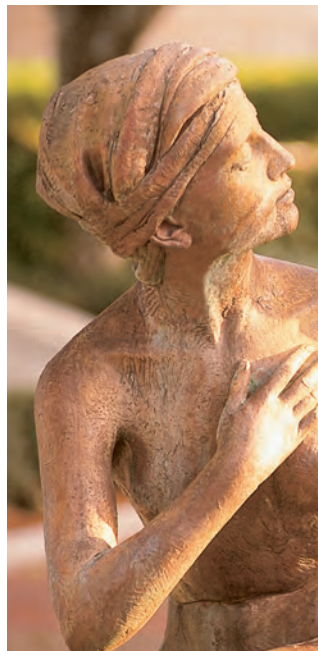
### SPORTS MANICURE

Includes cleansing black diamond exfoliation, in-depth forearm and hand massage. Concludes with cuticles and nails trimmed and buffed. 20 minutes \$40

### SPORTS PEDICURE

Includes cleansing of the feet, black diamond exfoliation, and an in-depth foot and ankle massage. A hydrating lotion is applied, and cuticles and toenails are trimmed and buffed. A hydrating finishing cream rounds out the experience. 30 minutes \$50





## BODY TREATMENTS

### **TURKISH SALT SCRUB**

A combination of unique sea salts and specialty essential oils are gently massaged over the body to exfoliate dry surface skin. Please refrain from shaving or sunbathing 24 hours prior to treatment. 25 minutes \$90

### **ALOE SUN SOOTHER**

Restore hydration with a body mist of lavender and sea algae extracts, followed by a cool recovery gel made with healing aloe and tea tree. A rehydrating aloe lotion is applied to the whole body to seal in the moisturizing properties. Provides instant relief for sunburn and smoothes skin that is exposed to the hot Florida sun. 50 minutes \$130

### **CITRUS MANGO BODY SCRUB**

Renew your body and soften your skin with our signature citrus mango body exfoliation followed by a soothing lotion application. 50 minutes \$130

### **LAVENDER DREAMS**

Relax. Dreams of lavender fields kissed by the Florida sun envelop your senses as you drift on waves of blue. Breathe deeply; inhale the calming and balancing benefits of wild lavender in this completely balancing and rejuvenating spa experience. To begin, earthy minerals are combined with lavender's healing properties in an invigorating full body exfoliation. Next, nourish and relax inside a warm cocoon, after Lavender Body Spray is massaged into the body. 80 minutes \$170

### **DETOX WRAP**

Warm, authentic thermal Moor Mud is applied to the entire body to gently cleanse and detoxify. The Moor Mud is gently showered off using a loofah glove; we then complete the experience with an application of a re-mineralizing body crème. 50 minutes \$130

### **URBAN ESCAPE**

Relieve emotional and physical stresses of city living, incorporating products that aid in eliminating environmental pollutants and replenishing antioxidants and vitamins. This treatment includes a body scrub, body mask, and massage. Your skin will be regenerated and remineralized, promoting a healthy, fresh, and vibrant appearance. 100 minutes \$250





## AYURVEDIC THERAPIES

For over 5,000 years, Ayurveda, the ancient East Indian science of health and healing, has utilized the potent regenerative properties of plants, herbs and essential oils. In India, it is believed that exactly blended formulations of Ayurvedic herbs with specific massage techniques, assist the skin in cell rejuvenation, restore balance and help slow its aging process.

### DOSHA BALANCING MASSAGE

Inspired by Ayurvedic healing traditions, this treatment is a massage performed with warm herbal-infused body oil and enhanced with moist heat compresses. The oil is prepared with traditional Ayurvedic methods and aids in balancing and detoxification, while calming the nervous system.

50 minutes \$140

### SHIRODHARA

An ancient therapy used for centuries to restore an inner calm and balance to the emotions and to rejuvenate hair and scalp. Shirodhara begins with a gentle stream of warm oil onto the third eye to quiet the mind and soothe the senses. The oil is then massaged into hair and scalp and followed by an herbal treatment to nourish hair roots and condition the scalp.

50 minutes \$130

### BINDI BODY REJUVENATION

Inspired by the ancient Kaya Kulpa, rejuvenation rituals of India, we begin this ultimate transcendence with a body mask of exotic herbs and a vigorous exfoliation, followed by a warm herbal-infused oilation massage and finished with a steamed towel compress for the whole body. The skin is radiant, the mind is relaxed and the whole being is realigned.

80 minutes \$190

### NIRVANA

Ancient Indian herbs and a warm Ayurvedic blend are gently massaged over your body to revitalize it. A brisk oil massage, with Ayurvedic aromatic blend further restores balance and increases circulation. You'll find yourself drifting into a deep state of calm as we massage the marma points of your face and scalp. We end this deeply meditative treatment with a warm stream of sesame oil over your third eye, for a deeper sense of relaxation.

100 minutes \$250





## FACIALS

### DORAL CUSTOM FACIAL

A customized facial based on your skin type and needs.  
50 minutes \$130

### EXPRESS ALPHA BETA PEEL®

Developed by Dr. Dennis Gross this peel instantly reduces fine lines, imperfections and controls acne and rosacea. This service includes a 10-day home care kit.  
25 minutes \$90

### DELUXE ALPHA BETA PEEL®

This treatment combines a deep cleansing facial treatment with the Alpha Beta Peel® and a luxurious self heating mask to promote maximum hydration of the skin. This service includes a 30-day home care kit.  
50 minutes \$190

### ACNE CLARIFYING FACIAL

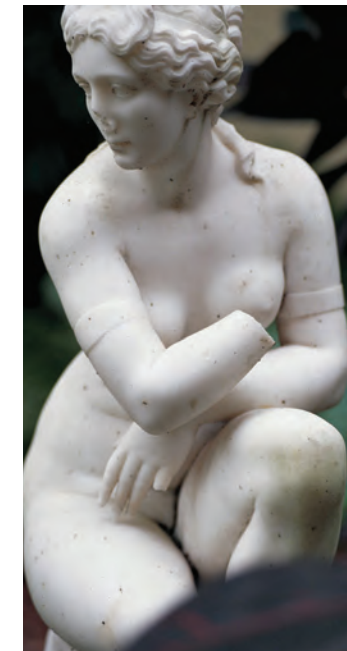
A treatment created for combination and oily skin to improve clarity, reduce inflammation and minimize enlarged pores. Ideal for teens and young adults.  
50 minutes \$130

### HYDRATING FACIAL

This botanical facial maximizes your skin's performance, dramatically increasing moisture and resulting in clear, healthy skin.  
50 minutes \$140

### CAVIAR FACIAL

The ultimate anti-aging treatment for the face, hands, feet and décolleté. This luxurious facial uses Caviar and powerful antioxidants to hydrate, lift and tone the skin.  
80 minutes \$180



## ADVANCED FACIAL TREATMENTS

The Spa at Doral offers something for everyone. Whether you are looking for traditional facial therapies to pamper & relax, advanced progressive therapies for dramatic instant results, or a combination of both, we can custom build a treatment to suit your skin's exact needs. With our advanced and clinical grade skin care treatments, facial waxing, excessive sun exposure electrolysis, use of depilatories or any other prescription skin products is not allowed during the course of these treatments.

### LING TRIPLE PEEL FACIAL

The anti-aging Ling peel contains a high vitamin count with nutrients designed to renew and enhance tone, texture, and clarity, while providing deep pore cleansing. No down time -- just fresh, glowing, and hydrated skin.  
80 minutes \$190

### "C" THE DIFFERENCE ANTI-OXIDANT FACIAL

A potent vitamin C anti-oxidant serum is expertly infused into the skin using ultrasound to neutralize free radicals, fight aging effects, and significantly reduce skin discoloration. This treatment helps to reduce the weathered look caused by sun damage, lines, wrinkles, and blemishes.  
50 minutes \$150

### ANTI-REDNESS FACIAL

The ultrasonic infusion of Ling's enriched vitamin K serum is effective in strengthening capillary walls, desensitizing redness, reducing the appearance of broken capillaries, and eliminating blotchiness. A customized masque is then used to help eliminate redness. Ideal for sensitive or delicate skin, including individuals with Rosacea or sunburn.  
50 minutes \$150

### PROGRESSIVE FACIAL THERAPIES

ALL PROGRESSIVE THERAPIES FEATURE THE ULTRA -- AN ADVANCED, NON-INVASIVE ANTI-AGING DEVICE WHICH FEATURES MULTIPLE TECHNOLOGIES TO DELIVER IMMEDIATE RESULTS.

### ANTI-GRAVITY FACE LIFT

Our Ultra features micro-current -- which instantly tones, lifts, firms, and re-educates tired muscles, leaving the skin looking younger and with a natural glow. This age-defying facial is highly recommended for anyone who is seeking a non-invasive alternative to surgery with optimum results.  
100 minutes \$260

### Prepaid Series

3 services \$700  
6 services \$1,300

### THE ULTIMATE FACIAL

This treatment combines multiple technologies to deliver maximum results. Following a complete ultrasonic exfoliation and an advanced micro-current eye lift, healing red LED therapy is administered to treat wrinkles, scars, and sunspots. The treatment is finished with an anti-aging serum infusion for smoother, firmer, more hydrated skin. This comprehensive facial is recommended for our advanced spa goers seeking highly advanced technologies.  
100 minutes \$290

### ULTRASONIC MICRODERMABRASION FACIAL

This unique ultrasound exfoliation is an advanced alternative to traditional microdermabrasion. Our pain-free and non-invasive treatment improves cellular turnover, which allows healthy skin cells to surface. This intensive treatment is highly effective on acne, fine lines, and scar tissue.  
50 minutes \$180

### Prepaid Series

3 Services \$480  
6 Services \$900

### FACIAL ENHANCEMENTS

Eye Treatment  
Paraffin Hand and Foot Treatment  
Vitamin C Booster  
Ultrasound Infusions  
\$30 each  
(Do not add time to your treatment)





## MANICURES AND PEDICURES

### EXPRESS MANICURE

Our traditional manicure rejuvenates and refreshes hands.  
20 minutes \$40

### EXPRESS PEDICURE

A classic pedicure to refresh and revitalize tired feet.  
30 minutes \$50

### SPA MANICURE

In this deluxe treatment we exfoliate and nourish your hands and cuticles, followed by a relaxing massage. Choose our signature scent or one of our seasonal aromas.  
40 minutes \$60

### SPA PEDICURE

In this deluxe treatment your feet enjoy a warm whirlpool footbath enhanced with aromatherapy oils and our own cleansing gel. We exfoliate and nourish your feet and lower legs, followed by a relaxing massage.  
50 minutes \$70

### SIGNATURE STONE PEDICURE

Our signature pedicure relaxes and restores inner peace and tranquility. Feet are thoroughly exfoliated and massaged with warm ballast stones. A wonderful pampering experience.  
50 minutes \$75

### DOUBLE HAPPINESS

June Jacob's ultimate manicure and pedicure combination. This unique treatment for the hands and feet uses a gentle skin resurfacing to leave your hands and feet silky smooth and utterly renewed.  
2 Hours \$140

### BIO SCULPTURE GEL OVERLAY

Try Europe's latest development in nail care. This healthy alternative to acrylics is a nail-hardening treatment that increases the quality of regular manicures and pedicures. Bio Sculpture Gel is available in two permanent nail colors, French or clear. It dries instantly under a UV light, leaving you worry free about smudges and chipping.  
Extension \$140 • Fills \$65

### ACRYLIC FILLS

60 minutes \$50

### ACRYLIC FULL SET

90 minutes \$80

### UPGRADES

French Polish \$15

Paraffin \$20

Callus Removal \$10

Shellac \$20

## WAXING

Brow/Lip/Chin \$20 (each)

Brow Shaping \$30

Bikini \$50

Underarm \$30

Face \$50

Full Arm \$50

Half Arm \$30

Full Leg \$75

Half Leg \$50

Back \$75





## HAIR CUTS, COLOR, STYLE, MAKEUP

Men's Haircut \$35

Beard Trim \$15

Perfect Shave \$50

Haircut Only from \$50

Haircut and Style Short  
from \$60

Haircut and Style Medium  
from \$70

Haircut and Style Long  
from \$80

Senior Designer Cut and Style  
from \$120

Shampoo and Style from \$50

Shampoo and Style Fancy  
from \$80

Hair Shine Treatment \$30

Tint Retouch from \$50

Full Tint from \$60

Full Tint (2 colors or more)  
from \$140

Semi Permanent from \$60

Foil Highlighting from \$95

Partial Highlights from \$65

Corrective Color  
upon consultations

Permanents from \$95

Partial Perm from \$65

Up Do from \$50

Wash and Style Flat Iron  
from \$55

Wash and Style Flat Iron Long  
from \$75

Scalp Conditioning Therapy \$50

Makeup Consultation \$50

Bridal Makeup \$130





## SPA HOTEL IN-SUITE SERVICES

Enjoy a relaxing spa experience in the privacy and comfort of your own Spa Hotel Suite. Dial 4724 from your room to book your services at least 2 hours in advance. For your convenience a 20% service charge will be added to the treatment price.

### IN-SUITE DORAL CUSTOM MASSAGE

Our signature Doral massage uses a Swedish technique designed to relax your mind, renew your body and restore your spirit by using natural aromatherapy oils of your choice.  
50 minutes \$180  
80 minutes \$230

### IN-SUITE DEEP TISSUE MASSAGE

A therapeutic treatment that deeply massages the muscles to relieve stress and soreness.  
50 minutes \$200  
80 minutes \$240

### BATH BUTLER SERVICES

Our Bath Butler will prepare a relaxing bath in the privacy of your suite's tub, set an ambiance, prepare a unique herbal tea blend and leave guests to enjoy their private bath experience.

Choose one of these therapeutic baths based on traditional natural remedies with potent aromatic oils and rich botanicals.

- Eucalyptus: Eases stiff muscles and aching joints, as it soothes the respiratory system.
- Kamille (Chamomile): Soothing for dry, sensitive skin. An excellent moisturizer, beneficial after a day in the Florida sun.

\$75

### IN-SUITE COUPLES MASSAGE

Share your spa journey with that special someone with a side-by-side.  
50 minutes \$360  
80 minutes \$460

### IN-SUITE THERMAL MINERAL RITUAL

Based on the European tradition of using mud, healing waters and light massage therapy, this treatment detoxifies and relaxes. Three treatments in one, this ritual commences with a Moor Mud body wrap. The body is then immersed in a bath laden with thermal mineral crystals, and followed by a full body massage using soothing mineral creme mixed with detoxifying essential oils.  
100 minutes \$320

## HOW TO ENJOY YOUR SPA EXPERIENCE

**Upon Arrival.** Please check in at our Spa Lobby Desk at least 1 hour prior to your first scheduled Spa or Salon Service. This will allow time for changing and use of our facilities, including steam room, sauna, whirlpool, shower and pools.

**Age Requirements.** For your comfort and relaxation, The Spa at Doral facilities and services offered to our guests 16 year and older.

**Gratuities.** For your convenience a 20% service charge will be added to each spa service received. This service charge is dispersed to the staff members who served you during your visit.

**Our Cancellation Policy.** A 24 hour notice is required in order to prevent your account to be charged the full amount of the service.

**For Your Comfort and Convenience.** During your stay at The Spa, we will provide you a cozy robe and slippers along with a private locker. Your robe and slippers are appropriate attire for anywhere in The Spa, including lunch in the Spa Restaurant and Spa Pool.

**What Do I Wear?** The quick answer is: whatever makes you feel most comfortable and relaxed. Most Spa guest wear nothing under their robes. Whatever you choose, our therapists respect your privacy and are trained to keep you properly and modestly covered throughout your treatment.

**We'd Like to Know About Any Health Issues.** Please advise our staff if you are pregnant, recovering from recent surgery, or have any existing medical concerns.

### Destination: The Spa at Doral and Pritikin Longevity Center.

As both a celebrated day spa and renowned destination spa within the 650-acre Marriott Doral Golf Resort and Spa, we provide the perfect getaway for a day or more of relaxation and renewal. If you do get the urge to roam, we're ideally located just 10 minutes west of Miami International Airport and a quick 20 minutes from the exotic adventure of world-famous Miami Beach. Please call or go online for easy directions.

### Spa Facility Hours

Everyday 8 am to 8 pm

### Spa Reservations

Monday – Saturday 8 am to 6 pm  
Sunday 8 am to 4 pm



## THE SPA AT DORAL

8755 NW 36TH Street,  
Miami, Florida 33178

800.71.DORAL doralspa.com

From within the Resort, dial ext. 4724

For Group rates, dial 305.717.6303

