





## ESPA AT ACQUALINA... AN OCEAN SANCTUARY

Known throughout the world for creating a surreal sense of bliss, ESPA International now adds Miami to its list of exclusive destinations. ESPA at Acqualina – the first of its kind in the United States – sets new standards of design, spa innovation, luxury, and unforgettable experiences. Perfectly attuned to the Miami lifestyle, ESPA at Acqualina is a place of exquisite beauty and relaxation... an oasis from everyday living... a restorative and rejuvenating escape.

The tranquil journey begins along the Atlantic coast – where sugar-white sand meets undulating turquoise waves, ESPA at Acqualina is the quintessential picture of a Mediterranean paradise, with brushed teak, natural slate, peach-glass mosaics, and the gentle trickle of water that echoes throughout the entire retreat. Iridescent tiles encircling a room of steam open up to a concave glass wall and the soft cascade of ice flakes. A mother-of-pearl glass spiral shower spins itself like a seashell, a symbol of protection as well as an embrace of life. Graceful architectural curves create a pathway into life's essential forms and nature's most enlightening indulgences.

Cool compresses tantalize the skin, creating a heightened sense of awareness. Breathing becomes easier and each inhalation is infused with the intoxicating aroma of essential oils. The eyes drink in the infinite vistas of the Atlantic Ocean. Floating, adrift on a sea of euphoria... this is the ESPA at Acqualina experience.

# ESPA 'TIME'

Place yourself in our hands...

ESPA at Acqualina is a retreat where time has no meaning, where mind and body return to total harmony, and where your journey to inner peace and self-discovery can begin. With ESPA 'Time,' decisions are unnecessary. Your therapist will guide you in the choice of treatments and journeys that will provide maximum benefit for you at this moment in time. Personal time is precious and can be truly appreciated and enjoyed during these exceptional Spa experiences.

ESPA 'Time' is scheduled for a minimum of two hours – simply reserve ESPA 'Time' and we will do the rest.

## PRIVATE SPA

The Private Spa is the ultimate personal Spa experience for couples, friends, or family wishing to retreat in total privacy.

### PRIVATE SPA RETREAT 2 HOURS

- Full use of Private Spa Facilities
- Freshly prepared Spa teas and exotic fruits
- Two hours of ESPA 'Time' each
- Healthy Spa lunch

### PRIVATE SPA ESCAPE 4 HOURS

- Full use of Private Spa facilities
- Freshly prepared Spa teas and exotic fruits
- Four hours of ESPA 'Time' each
- Healthy Spa lunch

The Private Spa experiences may be extended to include additional hours of therapy or relaxation time.





# ESPA AT ACQUALINA HOLISTIC JOURNEYS

These holistic journeys, specially designed by ESPA, are intricate and sophisticated, inspired by our stunning ocean setting. The fusion and layering of European concepts with Ayurvedic philosophies, combined with contemporary treatment skills, has resulted in the creation of a whole new treatment experience. A simple yet effective approach to spa... Treatments that really work.

Commence with an in-depth consultation and a soothing foot massage to promote spiritual grounding. A salt and oil body scrub follows, before warm ESPA oils are poured onto the body for an intensive massage. Cold stones massaged on the forehead and scalp refresh the skin and restore tonicity. Herbal concentrates blended with heated body masks of Oshadi clay, marine algae, or mud are smoothed on, and the body is cocooned in natural linens. Acupressure facial massage helps renew and revitalize the skin, and the ultimate peace of mind is achieved with a luxurious head massage.



## OCEAN JOURNEY – 2 HOURS

Utilizing the ocean's cooling and calming characteristics, the Ocean Journey begins with a soothing massage, followed by a linen wrap of fresh algae or nourishing marine mud, combined with ESPA essential oils to soothe the skin and restore balance to over-active minds.

## EARTH JOURNEY – 2 HOURS

The Earth Journey uses an energizing massage to improve circulation, stimulate the mind, and bring the body back to balance. A linen wrap is placed around the body to intensify the benefits of ginger, cinnamon, and licorice in the Oshadi clay that is blended with the citrus scent of the ESPA essential oils.

## PITTA PACIFIER – 2 HOURS

To address a state of high Pitta, when stressed minds and bodies may be over-active and agitated. Exotic ESPA body oils, Bhringaraj herbal concentrate, and restorative plant extracts such as Palmaros a and Myrrh, bring calm to agitated minds, reduce muscular tension, and cool and soothe the skin.

## VATA COMFORTER – 2 HOURS

Dry skin, anxiety, hyper-activity, and coldness are present when Vata is out of balance. Vata personality seeks warmth, nourishment, hydration, comfort, and healing. Oshadi clay, marine muds, and warming oils are blended with Brahmi (a concentrate of ancient Indian herbs), to restore balance to the rational mind, peace to chronically stressed bodies, and comfort to the skin.

## KAPHA STIMULATOR – 2 HOURS

In a state of Kapha the skin may be dull or oily and there is a tendency towards puffiness and weight gain and a negative reaction to humidity and damp environments. Balance is achieved through purification and stimulation to improve circulation. ESPA Detoxifying Body Oils are blended with Ashwaganda (an Indian herbal concentrate) and marine algae to warm the body.

## LIFE DANCE – 2 HOURS

This Life Dance is a unique and powerful massage with a vigorous, free-flowing joint release technique, which replaces stressful tension with immense calm and tranquility. The softening body scrub and cleansing facial with mind-clearing head massage leads into body-stretching polarity balancing. Body rocking and rotational movements ground and center body and mind as the powerful massage with hot stones and warm ESPA body oils de-stress and calm.





# ESPA AYURVEDIC INFLUENCE – BODY FOCUS

A truly personal experience, each journey is created to meet the specific needs of the moment. Cultural echoes of ancient Ayurvedic healing disciplines and western practices are linked together to nurture and rebalance the body in times of change, pressure, and stress.

## AMA RELEASING ABHYANGA – 2 HOURS

A salt and oil total body scrub stimulates and exfoliates in preparation for a gentle, hydrating facial to cleanse and soothe skin. Then, an Ayurvedic marma point massage with warm herb-infused oils focuses on key energy points to eliminate toxins and negative energies. Treatment concludes with a Shirodhara head massage with warm oil poured onto the third-eye and through the scalp.

## PURVA KARMA FOUR HAND MASSAGE – 2 HOURS

Paradise is achieved with an advanced combination of stretching, rolling movements, and long deep strokes using ESPA body oils enriched with Ayurvedic herbal concentrates such as Bhringaraj, Ashwaganda, or Brahmi. Polarity balancing and soothing movements ground and de-stress and the mind switches off as two therapists work in synchronized harmony. Mentally cleansing, this treatment delivers the ultimate in tension releasing and nurturing to achieve mental and spiritual bliss.

## CHAKRA BALANCING WITH HOT STONES – 2 HOURS

Chakra balancing is an intensive total body experience. Skin brushing, exfoliation, and an ESPA facial cleanse begin the treatment. Specific placement of volcanic stones on the energy centers and at vital energy points on hands and feet achieve new balance and grounding. A total body massage with ESPA-blended aromatherapy oils and Ayurvedic herbal concentrates, combined with the heat and pressure from the stones, will rebalance and re-energize. Tension is lifted with an acupressure head massage to calm and soothe the mind and spirit.

# ESPA ADVANCED FACIALS

Stress, anxiety, pressure of daily life, and pollution are visibly reflected in the condition of the skin. These specialized treatments take facials beyond cleansing, toning, and moisturizing and bring in progressive manual facial massage and holistic de-stressing. Totally tension relieving, the result is clear, naturally healthy skin, rejuvenated, refreshed, and renewed.

## ESPA SKIN BRIGHTENER – 90 MINUTES

City pollution, environmental stress, travel, business pressures, or lack of sleep is reflected in dull, lifeless skin. Face, neck, and décolleté benefit from skin cleansing, exfoliating, the ESPA Intensive Eye treatment, and a stress-defying Shiatsu pressure point facial massage. A deeply hydrating face mask is combined with ESPA Skin Brightener, rich in Hawaiian Algae, to smooth and brighten; cell boosting Wild Sea Fennel; and a botanical cocktail of Mulberry, Bearberry, and Grapefruit to help resolve irregular pigmentation and uneven skin tone. Combined with rich anti-oxidants, this facial helps minimize fine lines; counteract the effects of flying; and leaves the skin visibly bright and illuminated, hydrated, and vibrant.

## ESPA TRI-ACTIVE LIFTING AND FIRMING – 90 MINUTES

Created to diminish the visible signs of aging; excellent for mature, dry, dehydrated skin. A detailed ESPA skin analysis is conducted using advanced techniques with a highly trained professional to detect the extent of premature ageing or sun damage, often not visible to the naked eye. Careful attention is paid to delicate areas around the eyes, neck, lips, and jaw line, combined with the seriously effective ESPA moisturizing products, rich in natural anti oxidants and scientifically advanced natural ingredients to hydrate and protect. Enjoy a deeply relaxing scalp massage during the lifting and firming ESPA face mask.

## ESPA RELAXING BACK, FACE, AND SCALP MASSAGE – 90 MINUTES

This sophisticated yet holistic therapy is an outstanding treatment experience for body and face. It includes a stimulating and deep-cleansing back exfoliation and an intensive back massage using volcanic hot stones and aromatic oils. The personalized ESPA facial cleanse follows, concluding with a tension-relieving scalp massage. The result is re-hydrated skin, a cleansed and powerfully massaged back, and a sense of deep relaxation.



# ESPA HOLISTIC FACIALS

Designed to naturally improve the condition of the skin and enhance its appearance. Each facial includes specialized triple-cleansing techniques, gentle exfoliation, acupressure facial massage, an intensive face mask, and hydration. Skin analysis will be given by experienced therapists to determine the ideal facial for each individual's skin.

## ESPA RADIANCE – 1 HOUR

Pollution-damaged skin, lack of sleep, and stress can leave you with dull, lifeless, sallow skin. This facial includes a special application of Skin Brightener with Meadowsweet, rich in natural AHAs and BHAs, to smooth and brighten the skin, and organic Red Mandarin oil to give a natural glow. Suitable for all skin types. Repeat regularly for maximum effect.

## ESPA PURIFY – 1 HOUR

Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance. This deep-cleansing, oil-controlling facial helps to regulate oil secretions while refining open pores. Essential oils of Tea Tree and White Thyme, naturally decongesting and anti-inflammatory, are used to clear and calm the skin.

## ESPA NOURISHING – 1 HOUR

A regenerating boost for dry, dehydrated, flaky skin requiring moisture and hydration. Gentle cleansing, soft exfoliation, and specialized facial oils and creams with Botanical Rescue are specifically used for their deeply re-hydrating, soothing, and healing properties. Perfect after long flights.

## ESPA SENSITIVE SKIN – 1 HOUR

A gentle facial for sensitive, fragile skin prone to redness and irritation. Soothing, de-sensitizing, natural plant extracts and aromatherapy oils are used to gently cleanse, nourish, and hydrate fragile skin, helping to reduce sensitivity and minimize redness.

# ESPA HOLISTIC BODY MASSAGE

Choose from our luxurious selection of holistic massages. Therapist analysis will ensure that you receive a personalized treatment to suit your individual and specific needs.

## AROMATHERAPY – 90 MINUTES

A deeply therapeutic, holistic massage using blends of essential oils whose aromatic appeal is a personal response to each individual's needs. Choose from:

- **ESPA DETOX**  
ESPA Detox body oil is a cleansing blend of citrus oil, which has natural diuretic properties to flush away toxins.
- **ESPA RELAX**  
Specially blended Soothing aromatherapy oils, which have relaxing and calming properties to de-stress.
- **ESPA JET LAG**  
Rebalance your energy level by lifting your spirits with Energizing Oil or relax into untroubled sleep with Soothing Oil.
- **ESPA RESTORE**  
A powerful blend of Tea Tree and Eucalyptus oil, well known for their natural anti-viral, anti-bacterial, and soothing properties.

## DEEP-TISSUE BODY MASSAGE – 90 MINUTES

Hot stones are used with this sophisticated massage, along with elbows and forearms, to achieve a truly effective deep-tissue massage. Ideal for experienced massage clients who suffer from deep-seated tension.

## BALINESE MASSAGE – 90 MINUTES

Warm aromatherapy oils are poured onto the center of the body and massaged into the skin using long, stretching, sweeping movements for deep relaxation. A sophisticated, soothing, and indulgent massage.

## MATERNITY MASSAGE – 90 MINUTES

This special massage is designed for moms-to-be after the first trimester. Gentle yet effective techniques will relieve tension in areas under particular stress, such as lower back and hips, while ESPA oils are used to nourish and protect the skin.



# ESPA SPECIALTY TREATMENTS

These specialty treatments have been designed with specific targets in mind.

## PRE-NATAL TREATMENT – 90 MINUTES

This nourishing body treatment has been carefully designed for pregnant and nursing mothers to aid in relaxation and improving tonicity of the skin during this very special time. The treatment uses natural Calendula infused oil, muds, creams, and advanced massage techniques to safe areas. Indulgent, relaxing, and nurturing.

## CONTOUR AND FIRM BODY TREATMENT – 2 HOURS

A specialized treatment to stimulate the circulation and lymphatic systems, concentrating on problem areas that are prone to cellulite, fluid retention, and uneven skin texture. After exfoliation comes a vigorous detoxifying massage and application of warm marine algae. Reflex pressure points on the feet are activated and lymphatic drainage massage is undertaken to the eye area, gently helping to reduce puffiness and dark circles.

# FINISHING TOUCHES

## HOLISTIC HAND AND NAIL TREATMENT – 45 MINUTES

A holistic arm, hand, and nail treatment including a gentle skin refiner and a therapeutic massage incorporating hot stone therapy with the appropriate aromatherapy massage oil chosen for your individual needs. Hands and nails are dipped in a warm envelopment of paraffin wax, to nourish and condition, and wrapped in warm mitts.

## HOLISTIC FOOT AND NAIL TREATMENT – 1 HOUR

A holistic foot and nail treatment including gentle skin softening exfoliation and a relaxing acupressure point massage with the appropriate aromatherapy massage oil prescribed for your individual needs. The feet are then enveloped in warm paraffin wax to deeply nourish and condition the skin, leaving the feet soft and smooth.

# ESPA FULL-DAY SPA JOURNEYS

Day Spa Journeys include use of the Fitness Facilities and Spa Cuisine Lunch. You are encouraged to arrive at the Spa 60 minutes prior to your treatment time in order to make use of the amenities, including the Relaxation Lounge, Thermal Areas with Crystal Steam, Ice Fountain, Experience Shower, Spa Pool, Jacuzzi, and Sun Deck.



## ESPA JET LAG – 4 HOURS

- ESPA Jet Lag Eliminator Wrap combined with ESPA Jet Lag Eliminator Massage
- ESPA Advanced Facial

This Massage and Wrap combination can be tailored to soothe body and mind and induce sleep, or to uplift, energize, and clear the mind. Both options target areas of stress and tension to restore balance to mind and body. The advanced ESPA Facial helps to combat the adverse effects of environmental stress caused by flying and lack of sleep, leaving the skin visibly bright and luminous.

## ESPA DETOX AND RENEW – 4 HOURS

- Contour and Firm Body Treatment
- ESPA Relaxing Back, Face, and Scalp Massage with Hot Stones

Specific Deep Tissue and Lymphatic Drainage Massage techniques concentrating on the hip and thigh area combine with ESPA Detox Body Oil and the purifying properties of marine algae to stimulate circulation and flush away toxins from the body. United with the sophisticated yet holistic back, face, and scalp treatment, this Journey is an outstanding experience for body and face.

## ESPA AYURVEDIC EXPERIENCE – 4 HOURS

- ESPA Chakra Balancing with Hot Stones
- Ayurvedic Head Massage with Shirodhara
- ESPA Advanced Facial

An intensive total body experience, Chakra Balancing incorporates refreshing body exfoliation and body massage using volcanic hot stones with ESPA oils and Ayurvedic herbal blends to calm, soothe, and balance. This regenerating facial helps to deeply hydrate, soothe, and heal the skin and the Ayurvedic marma point. The head massage and pouring of warm oil onto the forehead induces deep relaxation and mind clearing.

## ESPA OCEAN AND EARTH – 4 HOURS

- Ocean and Earth Wrap and Massage
- ESPA Advanced Facial

These nature-inspired treatment Journeys combine ESPA oils and herbal blends with sophisticated volcanic hot stone and cool gem stone massage and wrap techniques to restore equilibrium to body and mind. A choice of ESPA advanced facials will be tailored to address the needs of the skin.

# SPA INFORMATION

For scheduling appointments or for further information, please contact us:  
305.918.6844 • 17875 COLLINS AVENUE, SUNNY ISLES BEACH, FL 33160 • WWW.ACQUALINA.COM

## SPA ARRIVAL

You are encouraged to arrive at least 60 minutes prior to your appointment to enjoy the exclusive facilities at the Spa. These include the changing areas and the heat and water facilities, consisting of Crystal Steam Rooms, Ice Fountains, Lifestyle Shower, Saunas, outdoor Pools, and Relaxation Areas. Robes, towels, slippers, and amenities are provided for your personal use during your Spa experience.

## CANCELLATION POLICY

Please allow 24-hours' notice for cancellation or rescheduling of treatments to avoid a 100% charge.

## GIFT CERTIFICATES

Beautifully presented ESPA at Acqualina gift certificates are the perfect gift for any occasion and can be delivered to you or purchased as a special gift at any time for use during your stay.

## SPA ETIQUETTE

Our Spa environment is one of tranquility and relaxation. Please respect other guests' right to privacy and serenity by not using mobile phones or pagers within the Spa. Smoking is prohibited throughout the Spa.

## AGE REQUIREMENT

Young adults over the age of 16 are welcome to visit the Spa.

## HEALTH CONDITIONS

Please advise us of any health conditions, allergies, or injuries that could affect your treatment or use of the Spa facility.

## PREGNANCY

We have specially designed treatments for expectant mothers. Please allow the Spa receptionist to assist you in selecting suitable pre- or post-natal treatments for this special time.

## LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage to personal articles and valuables during your visit to ESPA.

# PRICE SHEET

## ESPA 'TIME'

2 HOURS	\$295
3 HOURS	\$445
4 HOURS	\$590

## PRIVATE SPA RETREAT

2 HOURS	\$700
2 hours of ESPA 'Time' for each guest	

## PRIVATE SPA ESCAPE

4 HOURS	\$1400
4 hours of ESPA 'Time' for each guest	

## ESPA AT ACQUALINA HOLISTIC JOURNEYS

(2 HOURS)

OCEAN JOURNEY	\$295
EARTH JOURNEY	\$295
PITTA PACIFIER	\$295
VATA COMFORTER	\$295
KAPHA STIMULATOR	\$295
LIFE DANCE	\$295

## ESPA AYURVEDIC INFLUENCE – BODY FOCUS

(2 HOURS)

AMA RELEASING ABHYANGA	\$295
PURVA KARMA FOUR HAND MASSAGE	\$445
CHAKRA BALANCING WITH HOT STONES	\$295

## ESPA ADVANCED FACIALS (90 MINUTES)

ESPA SKIN BRIGHTENER	\$235
ESPA TRI-ACTIVE LIFTING AND FIRMING	\$235
ESPA RELAXING BACK, FACE, AND SCALP MASSAGE	(2 HOURS) \$295

## ESPA HOLISTIC FACIALS

(1 HOUR)

ESPA RADIANCE	\$150
ESPA PURIFY	\$150
ESPA NOURISHING	\$150
ESPA SENSITIVE SKIN	\$150
ESPA MEN'S FACIAL	\$150

## ESPA HOLISTIC BODY MASSAGE

(90 MINUTES)

AROMATHERAPY	\$225
DEEP-TISSUE MASSAGE	\$235
BALINESE MASSAGE	\$225
MATERNITY MASSAGE	\$225

## ESPA SPECIALTY TREATMENTS

PRE-NATAL TREATMENT	(90 MINUTES) \$250
CONTOUR AND FIRM BODY TREATMENT	(2 HOURS) \$295

## FINISHING TOUCHES

HOLISTIC HAND AND NAIL TREATMENT	(45 MINUTES) \$80
HOLISTIC FOOT AND NAIL TREATMENT	(1 HOUR) \$120

## ESPA FULL-DAY SPA JOURNEYS (4 HOURS)

ESPA JET LAG	\$590
ESPA DETOX AND RENEW	\$590
ESPA AYURVEDIC EXPERIENCE	\$590
ESPA OCEAN AND EARTH	\$590

## TIME SAVERS OPTIONS

AROMATHERAPY	(60 MINUTES) \$150
DEEP TISSUE MASSAGE	(60 MINUTES) \$160
MATERNITY MASSAGE	(60 MINUTES) \$150
HOT STONE	(60 MINUTES) \$150
MANICURE & PEDICURE	(90 MINUTES) \$150

TREATMENT SERIES AVAILABLE. PLEASE CALL  
305.918.6844 FOR MORE INFORMATION.