

SKINCARE
TREATMENTS

FACIALS

TRANQUILITY

Let your week begin with this stress-release facial of soothing botanicals—natural oils and extracts—from our Golden Door Skin Care collection. Includes neck, shoulder, and facial massage.

CUSTOM DEEP-CLEANSING FACIAL

Our European-style facial begins with a cleansing steam, followed by exfoliation and manual extraction. This treatment concludes with a healing serum and masque according to your skin type.

VITAMIN K AND GINKGO BILOBA PROTEIN EYE MASQUE

First, relax with a gentle pressure-point massage around your eyes, then feel free to “drift off” during a scalp massage. Our skin-firming and hydrating Eye Gel with Vitamin K will go to work beneath soft eye pads made from Ginkgo Biloba natural protein fibers to help reduce the appearance of dark circles, fine lines, and puffiness.

BARE AND BEAUTIFUL BACK

This wonderful deep-cleansing back “facial” includes enzymes for exfoliation and gentle extraction followed by an organic masque. It concludes with botanical moisturizers for complete hydration.

OLIVE OIL AND LEAF MASQUE

Silken, aromatic olive oil is the original beauty secret—a natural, hypo-allergenic, antioxidant-rich way to moisturize, improve elasticity, and restore skin damaged by overexposure to modern-day environmental hazards. Following a thorough, gentle cleansing, extra virgin olive oil is massaged into your skin; then the feather-light olive leaf extract masque is applied to repair, restore and purify. Your skin will feel firmer, smoother, and healthier.

NATURE'S AROMATHERAPY

Essential oils extracted from flowers, herbs, and trees are used in this rejuvenating and relaxing experience. Used for centuries to cleanse, heal, and promote a feeling of well-being, this treatment includes pressure-point therapy of the face, scalp, hands, and feet.

SIGNATURE FACIAL

Experience the pleasure of a gentle exfoliating scrub suited specifically to your skin type followed by a misting with essence of orange water. An oxygen facial masque and Golden C serum treatment improve cellular circulation and promote healthier, more youthful-looking skin.

ALPHA-BETA™ PEEL

Instantly improve the texture, firmness and radiance of your skin with this patented peel developed by a leading dermatologist. All-natural Alpha & Beta Hydroxy Acids combine to produce dramatic results with acne, rosacea, large pores, fine lines and wrinkles, and dry or oily skin. This treatment may restrict certain activities, thus we recommend that you schedule this service at the end of your week.

The following treatments may be scheduled in place of a facial and will be performed by your facialist.

CUSTOM SCALP TREATMENT

Following our own Signature Citrus Blend Shampoo, a nourishing and hydrating treatment using natural herbal products will be massaged into your scalp.

FIRMING BODY GEL WRAP

Put off the signs of aging with this replenishing body wrap that improves elasticity and gives a firmed and toned appearance to the skin. Ideal for those who have achieved significant weight loss.

PEACH PARAFFIN BODY MASQUE

Gently warmed Bindi oil is massaged over the entire body, followed by a rich Vitamin E Peach Paraffin masque. Luxuriate in the warmth of enveloping blankets as your skin is hydrated, soothed and smoothed.

WAXING

Enjoy a smooth gleaming finish with full leg, underarm, and bikini-line waxing, performed by your facialist. We do not offer facial waxing during your week—it increases facial skin sensitivity at a time when you will be spending many active hours outdoors or in the pool. *If you do not wish to replace a facial, this service may also be scheduled at an additional fee.*

WHAT TO WEAR?

Just robe, shorts and shoes will be all you need for treatments, with the exception of body treatments for which you will only need robe and slippers. For Thai Massage, work-out wear is appropriate and swimwear and slippers are best for Ki-atsu Massage.

GOLDEN DOOR SIGNATURE CITRUS BLEND
SEA SALT SCRUB WITH AVOCADO

Inspired by our lush groves and verdant hillsides, this ambrosial treatment available exclusively at the Golden Door, is fresh and fragrant with the natural essences of lemon, chamomile, and lavender plus a soothing blend of avocado, sweet almond and olive oils. Begin with a gentle sea salt exfoliation using silk mitts. A warm-water wash with our richly lathering Signature Citrus Scent bath gel is followed by Signature Citrus Shea Butter moisturizer and Golden Door Botanical Body Oil. *May be scheduled in place of a facial.*

SELF-TANNING TREATMENT

The look of a healthy tan without the sun. Recommended for end-of-the-week during your skin care hour or after a body treatment.

GOLDEN DOOR PINEAPPLE SCRUB

See the glow return when our Golden Door Pineapple Scrub is applied with a silk mitt, followed by a soothing application of Pineapple Gel, Botanical Body Oil, and Botanical Body Moisturizer.

WARM HONEY WRAP & ORANGE BLOSSOM MILK SOAK

After pure, fresh honey is massaged into your entire body, nestle in a skin-softening wrap of thermal blankets and hot towels, while a heavenly foot massage transports you to an even deeper level of relaxation. Then, into the hydrotherapy tub to soak luxuriously in a warm milk bath infused with fragrant orange blossom essential oils. This lush treatment is concluded with the application of an orange-blossom scented lotion.

LAVENDER, LEMONGRASS & SALT SCRUB SOUFFLE

Such a creamy, fragrant treatment, it's the crème de la crème of exfoliating scrubs. A combination of detoxifying salts, minerals, and clay from the Dead Sea exposes fresh new skin. Your body then soaks up a whipped delight of lemongrass, shea butter, Brazil and macadamia nut oils and olive oil loaded with antioxidants and multi-vitamins. Finally, a spritz of Body Oil Spray helps maintain your skin's new silky, supple texture.

BALANCING ENERGY THROUGH COLOR

Cocooned in your choice of one of our five, richly colored silken clays, you are invited to relax in this luxurious wrap before slipping into a hydrotherapy bath infused with aromatherapy and light. Each color, including our most popular, lavender, is synergistically formulated to balance, energize, calm, cool and regulate or detoxify.

BOTANICAL BODY SCRUB

Golden Door Botanical Enzyme Scrub applied with a silk mitt provides full body exfoliation. Lavish application of the Golden Door essential trio—Botanical Bath & Shower Gel, Botanical Body Oil, and Botanical Body Moisturizer—complete the treatment.

HAIR, NAILS & MAKEUP

MAKE-UP LESSON

Your lesson begins with a color selection suited to your skin tone and facial features; followed by a simple and efficient do-it-yourself skin-cleansing routine. Learn proper application of cosmetics so you can, with ease, always look your best.

GOLDEN DOOR PEDICURE

Your pedicure begins with a relaxing Sea Rock soak, followed by an energizing scrub. Finally, feet and legs are gently massaged using Golden Door Foot and Leg Therapy Cream. *Depending on your schedule, you may wish to have toe polish applied later in the week at the time of your manicure.*

GOLDEN DOOR MANICURE

Your hands will be treated to a manicure that includes our botanical moisturizer, followed by a soothing hand massage and the application of polish in your choice of color.

SATURDAY HAIR

Choose a deep-conditioning treatment or a wash and blow-dry.

SALON SERVICES *at an additional charge**

BODY SUGARING

The removal of unwanted hair by your facialist will be gentler and safer with our sugaring method. Containing only the most natural ingredients, the sugaring mixture lubricates the hair follicles to ensure comfortable and complete extraction.

DESIGNER NAILS

Request an appointment for a full set (or fills) of fiberglass nail wraps or gels. Out of concern for our guests and the environment, we do not offer acrylic nails.

HAIR DESIGN

A new look including haircut, coloring, deep conditioning, and gloss treatment can be yours. Let us schedule a complimentary consultation for you at which time an appointment with our stylist may be made.

LASH & BROW TINT

You may have your lashes & brows tinted and/or brows tweezed as part of a facial hour, or schedule them separately for an additional fee.

**Ask your facialist for current rates*



SPECIALTY TREATMENTS

IN-ROOM SWEDISH MASSAGE

A traditional full body massage using long, soothing strokes to promote relaxation, increase circulation, and relieve muscle tension.

60 minutes \$145

90 minutes \$195

2 hours \$240

DEEP TISSUE MASSAGE

A massage focusing on specific areas in the deeper layers of muscle tissue. Slow strokes and deep direct pressure release chronic patterns of tension, reducing pain and tightness.

60 minutes \$155

90 minutes \$205

IN-ROOM THAI MASSAGE

Performed while you are fully clothed and relaxing on a Thai floor mat, this massage adjusts the body through deep stretches, rhythmic compression, and gentle rocking. These movements allow energy to flow freely and tension to be released. You will be both relaxed and energized.

60 minutes \$160

90 minutes \$210

2 hours \$260

LA STONE MASSAGE

A precise pattern of heated stones is placed on and under the body to balance energies while your therapist uses the deep penetrating heat of smooth stones to massage away stress and tension. Cool marble stones may be used therapeutically for chronic or acute problem areas. The result is a state of blissful tranquility.

60 minutes \$175

90 minutes \$240

2 hours \$325

IN-ROOM REFLEXOLOGY

This ancient eastern technique is based on the belief that specific energy points on the feet, hands, and ears correspond to organs and structures of the body. Stimulating these areas allows energy to flow freely, creating a sense of renewed balance.

60 minutes \$160

REIKI MASSAGE

This method of energy healing involves placing the hands on or just above the body to balance energy centers and bring a sense of peace and well-being.

60 minutes \$145

90 minutes \$195

LYMPH DRAINAGE

A precise technique of gentle, slow, rhythmic movements designed to stimulate the immune system, aid in the transport of fluid and toxins, regenerate tissues and balance the body's chemistry. This detoxifying treatment may not be suitable for those guests with existing medical conditions.

60 minutes \$155

90 minutes \$205

THAI HERBAL POULTICE

Gently steamed to release the medicinal properties of the herbs, this poultice opens pores and brings a deep penetrating heat to muscles, releasing all tension. Further relax with a massage accompanied by traditional aromatherapy of peppermint and mandarin essential oils.

90 minutes \$225

(continued on other side)

KI-ATSU (WATSU) WATER THERAPY

The buoyancy, warmth and resistance of water allows the body to seek its own balance in a nurturing, deeply relaxing experience not possible on land. You are gently stretched and swirled in dance-like movements, each flowing smoothly into the next, helping to relieve pain while increasing mobility and range of motion.

60 minutes \$175

90 minutes \$235

SUNLESS SPRAY TAN

Our all-natural tanning spray gives you instant color that lasts up to ten days without risking harmful UVA and UVB rays. Made with purified water and natural Mineral Salt Bronzers, this full-body tan darkens only to your own natural tanning shade. A thorough exfoliation, earlier in the week or right before your spray, prepares your skin to receive an even, flattering tan. Make your appointment at the beginning of your week for this end-of-the-week treat.

Tan only (1/2 hour) \$ 90.00

Exfoliation & Tan (1 hour) \$135.00

SABAI THAI FOOT RITUAL

To understand the meaning of Sabai (relaxed & comfortable), slip your feet into warm water in a beautiful bowl. The aromas of lime and lemongrass waft upward as your feet and calves are skillfully washed, exfoliated, cooled, and smoothed with fresh-cut limes dipped in Din Saw Pong (soft Thai White Dirt). A sensuous "waterfall" rinse and pat dry, is followed by a massage combining gentle acupressure with muscle-relaxing stretches. Completely Sabai.

60 minutes \$155

ISLAND PARADISE SEASHELL MASSAGE

Imagine a sun-warmed tropical beach where you float on waves of relaxation. Beautiful Tiger Clam shells gathered by Philippine divers from the ocean floor, perfectly polished to a smooth and glossy sheen, become nurturing tools in your therapist hands. Within each shell, salt water combines with natural minerals, black lava, and sea kelp to generate a blissfully soothing, continuous heat. The size and shape of these shells make them perfect for delivering deep, penetrating warmth to specific areas of stress and muscle tension. Each silken stroke of the shell is pure paradise.

60 minutes \$175

90 minutes \$240

HEALING WATERS HYDROTHERAPY BATH & WARMING MASSAGE

Your body is working hard for you this week. Return the favor. Help your weary, aching muscles to recover by submerging yourself in the warm, healing waters of the hydrotherapy tub as its soothing, swirling currents loosen and ease tense muscles during an utterly relaxing twenty-minute bath. Select a Juniper bath for optimum relief of tightness and soreness or, to ensure truly restorative sleep, choose a Lavender-infused bath. Following your bath, surrender to a full-hour-long massage using the natural warming properties of Arnica blossom, ginger and almond oil, a nurturing blend chosen specifically to ease muscle strains. We guarantee this treatment will totally relax every muscle except those that make you smile!

90 minutes \$225

All fees subject to change without notice.

CANCELLATION POLICY. All treatments and evening massages are subject to availability. We will do our best to accommodate all requests. If you must cancel your massage and do so before 12 noon the day of your appointment, there will be no charge. Cancellations received after 12 noon will be charged to your bill unless the time can be filled. All massages and rates are subject to change without notice.