

### **Aroma Spa Ocean Wrap**

A beautiful, warm aromatic seaweed body mask is applied before you are cocooned in a therapeutic foil wrap. Let your thoughts drift away, while you enjoy a pressure point face and scalp massage. Choose from: *Musclease* to soothe sore muscles, or *Cellutox* to detoxify. 50 minutes

### **Exotic Lime and Ginger Salt Glow**

Add this invigorating body polish to a massage or simply enjoy it alone. Sea Salt, Fresh Lime, Ginger and Lemon Essential Oil are combined together in a Kukui Nut base to create the most refreshing skin treat ever! You'll be smooth all over after one treatment! 25 minutes

## timeforhandsandfeet

### **Exotic Grooming for Hands**

Cuticles and nails are super conditioned with warm therapeutic oils, while the award-winning Skin Nourishing Milk Bath lavishes its richness for soft hands that can withstand the pressure. This treatment includes a grooming manicure. 45 minutes

### **Exotic Grooming for Feet**

Expert manipulation of reflex points and warmed therapeutic oils nourish and recondition neglected feet. Extra rich hydration from Skin Nourishing Milk Bath and Exotic Frangipani Monoi Moisture Melt replenish and soften hard-working heels. This treatment includes a grooming pedicure. 60 minutes

**timetospatips** *Please see the main timetospa brochure for a complete list of spa tips. If you are having a facial or body treatment, please arrive 15 minutes before your scheduled treatment to ensure you have time to shower and change clothes. Please give us 24 hours notice before cancelling your appointments to avoid a cancellation fee of 50% of your service cost. Occasionally, for reasons beyond our control, the treatment you select may not be available. A complete range of Elemis men's products are available at [timetospa.com](http://timetospa.com) should you wish to re-order.*

[www.timetospa.com](http://www.timetospa.com)

Customer Service c/o Steiner Beauty Products, Inc., 5350 NW 35th Terrace, Suite 100, Fort Lauderdale, Florida 33309, 1-800-423-5293.

970422

timeformen



GROOMING, SHAVING AND SPA SERVICES FOR MEN

Men, it's your time to de-stress and rejuvenate at the spa. That's why Elemis created a revolutionary spa menu designed exclusively for you. Whether you want a close, relaxing shave or a facial and massage, our unique spa therapies help you rediscover your senses, rest your mind and breathe freely.

## barber on board

### **Express Shave**

This treatment includes a deep cleansing exfoliation and a double close shave to leave your skin super smooth. 30 minutes

### **Deep Cleanse Grooming Treatment with Shave**

Enjoy the Express Shave with the added benefit of a soothing face and scalp massage and deep pore cleansing mask. 45 minutes

### **Pro-Collagen Grooming Treatment with Shave**

This premium treatment includes the Express Shave, an anti-aging mini facial and luxurious face, scalp, hand and arm massage. 55 minutes

### **Beard Trim**

Allow our barber to tidy up your beard with a quick trim.

## time for hair

### **Men's Trim or Restyle and Style Dry**

### **Men's Wet Trim**

### **Frangipani Conditioning Hair and Scalp Ritual**

From the exotic shores of Tahiti, Frangipani flowers and coconut are soaked together to produce Monoi Oil, which has been used for centuries to nourish the scalp, hair and skin. After cleansing your hair, enjoy a deep scalp massage using this precious oil to ease away stress and tantalize your senses! 25 minutes

## time for face

### **Skin IQ Facial**

This facial will protect the skin against the harsh, aging effects of shaving and environmental damage. Our active ingredients will increase moisture levels by 38% and skin elasticity by 28% after just one treatment. 50 minutes

### **Urban Cleanse Facial**

This deep cleansing facial decongests the skin to help eliminate blocked pores, accelerate skin repair and neutralize impurities for a clearer complexion. Our fast-acting, revolutionary ingredients reduce sensitivity and provide long-lasting defense against the damaging effects of daily pollutants. 50 minutes

## time for body and soul

### **Total Time Out**

Select either the anti-aging *Elemis Skin IQ*, or the deep cleansing *Elemis Urban Cleanse* facial combined with the dynamic and immediate tension-relief of the prescribed *Elemis Deep Tissue Muscle Massage*. Achieve the ultimate goal of Total Time Out! 100 minutes

### **Aroma Stone Therapy**

Traditional massage is already the ultimate form of relaxation, but when combined with the penetrating heat of volcanic basalt stones placed on key energy points of your body, you will simply drift into a world of pure bliss. 75 minutes

### **Deep Tissue Muscle Massage**

This powerful, customized massage uses dynamic blends of prescribed essential oils to suit individual needs. *Stress-a-Way* to wind down and forget your worries. *Spirit Reviver* to invigorate and recharge your energy. *Muscle Melt* to relax and re-energize a tired and aching body. *Chakra Balancing* to reconnect your mind, body and soul. 50 minutes

