



The Spa & Salon at  
**THE WESTIN**  
SARASOTA

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**A reflection of our commitment to wellness,  
renewal and serenity**

The spa is a place to recover and rejuvenate and come out feeling renewed. We want you to leave the spa not only feeling better, but having a fresh outlook on life, with new insights and a sense of clarity about where you are going, what you wish to accomplish and what you value.



Healthy  
Skin Care

# Healthy Skin Care

## HydraFacial

Only HydraFacial uses patented technology to cleanse, extract, and hydrate. HydraFacial super serums are made with nourishing ingredients that create an instantly gratifying glow in just 3 steps. Experience the magic even after one treatment. 25, 50 or 80 minutes offered

## Signature "Age Well"

This potent treatment is perfect for those looking to bring back a youthful firmness and glow. A vitamin C enzyme peel combined with a powerful mask encourages firming and brightening. Leave relaxed and radiant.

## Quench & Glow

Breathe new life into your thirsty skin and get that beautiful glow with our deeply hydrating facial. Your skin will feel soft, nourished and renewed.

## Deluxe Detox

The perfect way to recover from daily pollutants, free-radicals and blue light damage. This facial incorporates a honey tri-zyme peel combined with a Detox mask to ensure your skin functions optimally by clearing away build up. It is deeply purifying, repairing and replenishing.

## Fresh Face

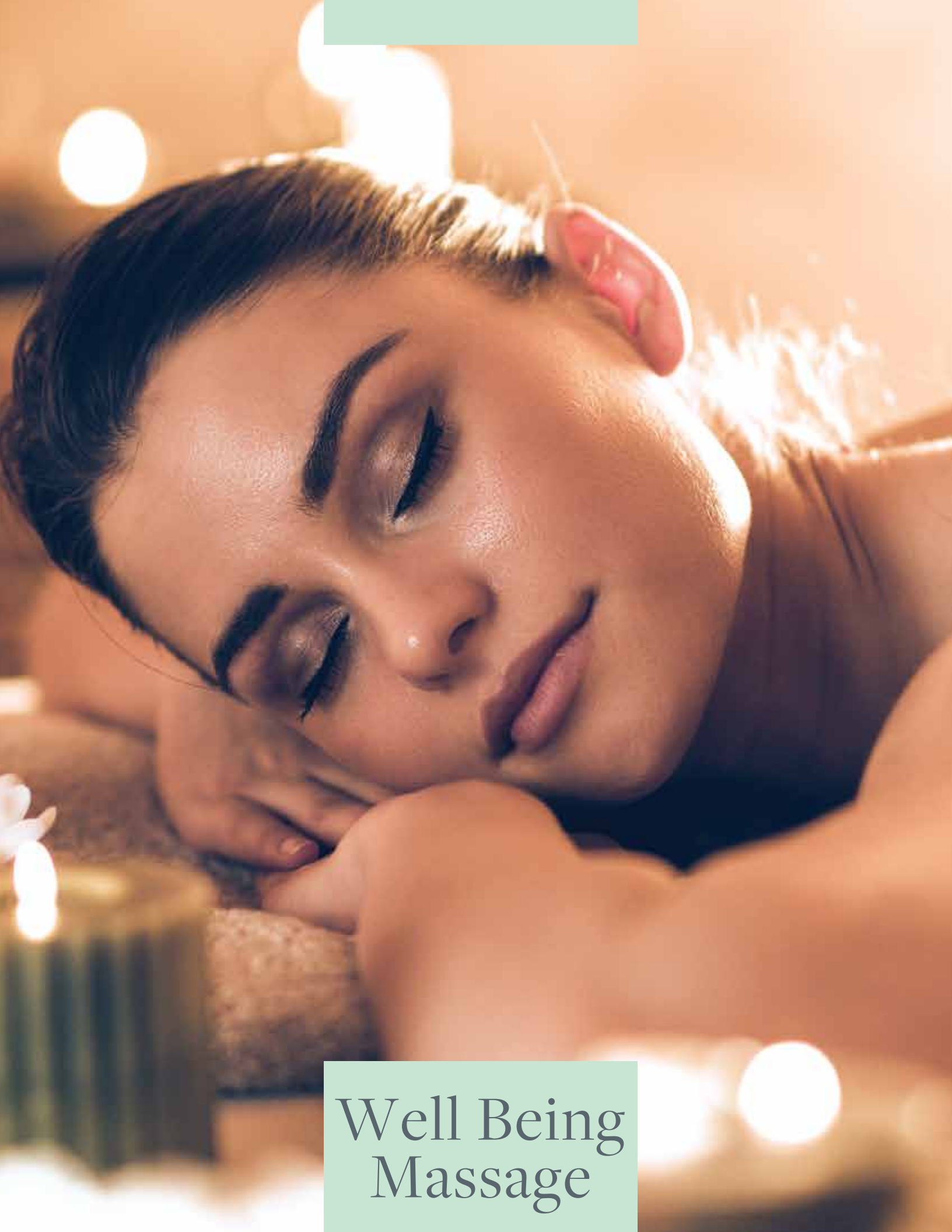
A deep cleansing, customized facial matched to your skin type and condition. This gentle yet effective treatment includes exfoliation, masking, extractions and massage. Included, a customized cleanser and toner to maintain your beautiful results at home.

## Luxe

This 100 minute experience delivers gorgeous skin with a relaxing extended neck and shoulder massage. Your circulation will be boosted with the use of Cryo-globes and Gua Sha to deliver immediate radiance. For those wanting beautiful skin and total relaxation.

**Waxing services available with facial appointments**





Well Being  
Massage

# Well Being Massage

## **Signature “Be Well”**

Rise and be well with our therapeutic blend of bodywork using medium pressure and relaxing massage techniques. This experience will reawaken your soul and enhance your well-being as we pamper you with customized essential oils and muscle melting heated stones. This total body massage will leave you feeling balanced and restored.

**50 minutes | 100 minutes**

## **Move Well**

This massage is designed to release tension and stress while providing therapeutic benefits. Your therapist will focus on your areas of concern with firm pressure that will stimulate circulation and soothe tight muscles. Designed to ensure that you leave feeling better than when you arrived!

**50 minutes | 100 minutes**

## **Sleep Well**

At the heart of feeling well is deep, restful sleep. This service will prepare you for a better night's sleep bringing your body into balance. Enjoy a soothing, full body aromatic massage with a take home gift that will enhance your sleep anywhere.

**50 minutes | 100 minutes**

## **Feel Well**

Nurturing and healing, this light pressure massage is the perfect way to totally relax after a long week of life's stressors. Healing and restoring.

**50 minutes | 100 minutes**

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## **Look Great, Live Well**

Enjoy a relaxing full body massage with a full face mask that hydrates and refreshes your look. Our professional grade mask and serum will be applied using a gemstone roller that increases circulation, decreases puffiness and rejuvenates the skin. A glass of bubbly awaits you in our relaxation area afterwards! Leave the spa looking great and feeling well.

**100 minutes**

## **Travel Well**

No matter what obstacles work, travel or life puts between you and your well-being, this massage will restore your mind, body and spirit. This custom experience includes dry brushing for exfoliation and lymphatic drainage, targeted treatment with our organic yoga balm and heated stones that will melt away your stress and relieve fatigue. This treatment will put you back on track.

**100 minutes**



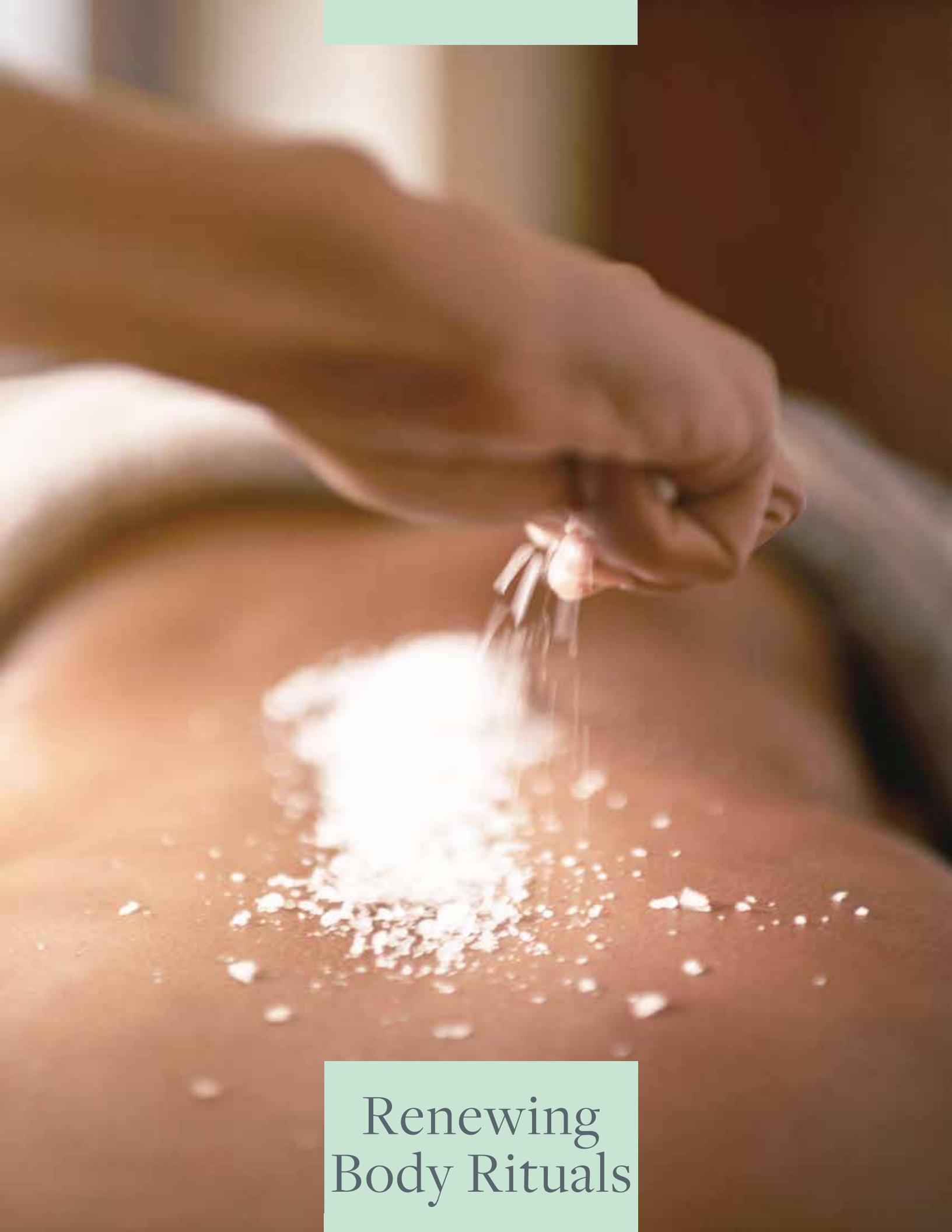


## Couples Renewal

Reconnect with your partner. “We set the mood by lighting an organic candle infused with softly stimulating ginger and coconut wax that is incorporated into your Swedish massage strokes as you lie side by side. The harmonious honey fragrance promotes the balance between body and mind. Complete your treatment with a champagne toast in our relaxation area afterwards. The perfect way to share some uninterrupted time together.

**50 minutes | 100 minutes**





Renewing  
Body Rituals

# Renewing Body Rituals

## **Signature “Westin Wellness Journey”**

For a “Better You”, this restorative treatment includes a full body scrub using a blend of mineral salts from the Himalayas, France and the Dead Sea that will leave your skin feeling soft and velvety smooth. Followed by a deeply relaxing massage incorporating warm stones and essential oils all performed atop our healing Amethyst Crystal Bio Mat which delivers infrared technology and negative ions. Select this extended experience for the ultimate in relaxation.

## **Balanced & Beautiful**

Energizing, Instinctive and Personal.

We use a customized gommage with sea salts and natural sugar grains personalized with your selection of a fragrant essence to reveal glowing, youthful skin, followed by a nourishing massage.

We finish with our stimulating Argan oil scalp treatment. Perfect for sensitive skin.

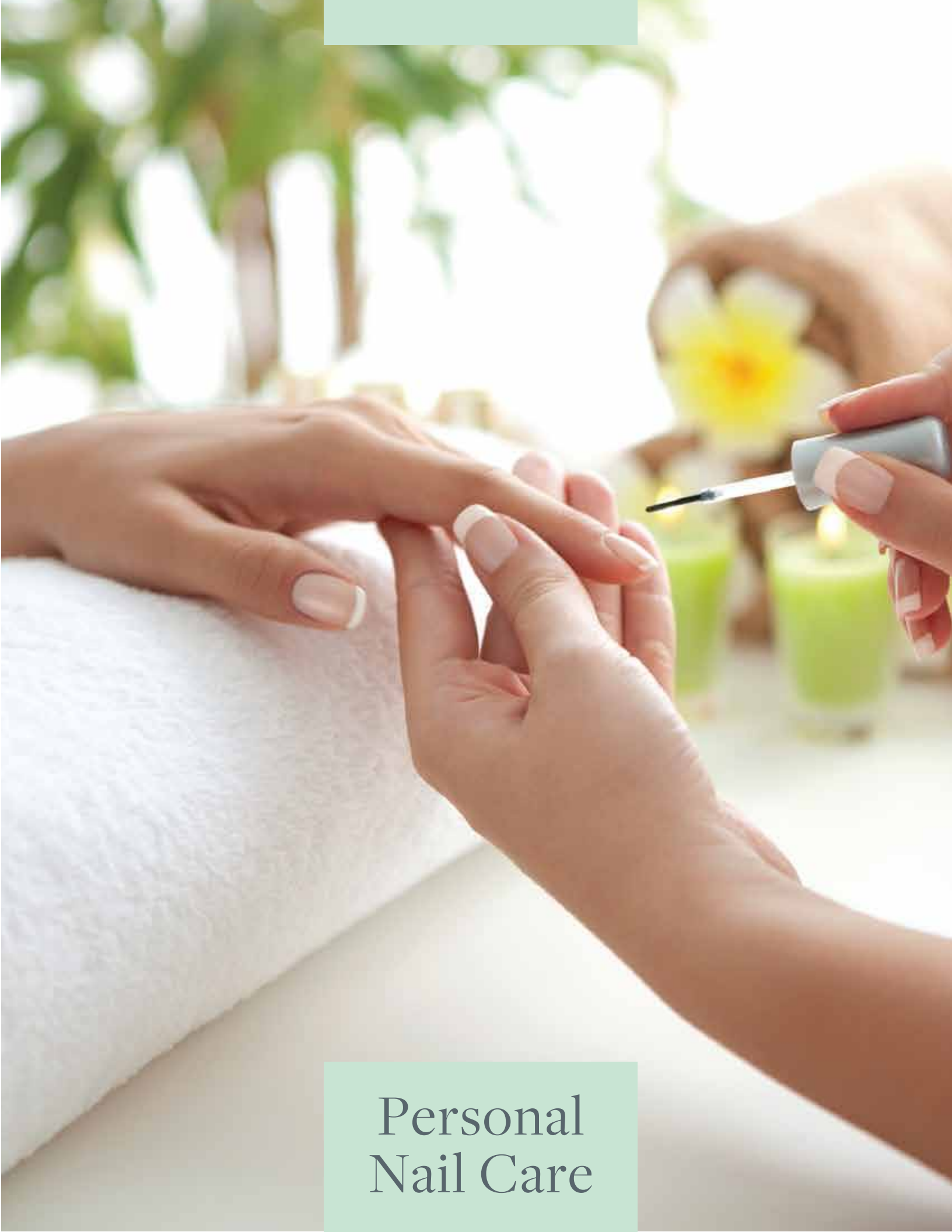
## **Let’s Rise**

In the spirit of renewal, this treatment takes its inspiration from nature, inducing vitality and energy.

Our harmonizing treatment begins with a full body dry brushing to increase circulation, detox and exfoliate. To boost the immune system and create a deep relaxation state we melt a natural Bees Wax Honey Pad on the back and hydrate the entire body with our honey ginger relaxing massage. A hydrating full face mask will be applied with a gemstone roller increasing absorption of precious serums. Let us help you overcome life’s obstacles by enhancing your well-being.







Personal  
Nail Care

# Personal Nail Care

## **Westin Signature**

Give your hands and feet the attention they deserve in our private nail area where attention to sanitation is our priority.

Enjoy all of the benefits of our essential manicure or pedicure service with added detailed exfoliation, callus elimination and rehydration. We include an aromatherapy experience with our paraffin treatment and a luxurious massage. Indulge in a glass of bubbly while you drift away in privacy.

**Manicure or Pedicure**

## **Essentials**

Maintain beautiful nails with our essential services that include aromatic soaks, professional nail grooming, special attention to cuticles and deeply hydrating moisturizers. Choose one of our long lasting polishes for impeccable and timeless nails.

**Manicure or Pedicure**

**Gel removal or polish offered for an additional charge**



Exclusively  
Selected  
Enhancements



# Enhancements

**Elevate your experience**

## **Amethyst Crystal Bio Mat**

This FDA approved device delivers Infrared & Negative Ion technology that detoxes and relieves joint pain while reducing stress and fatigue to the entire body.

## **Aromatherapy**

Customized essential oils to revive the body and spirit.

## **Stone Therapy**

Melt your muscle tension away with our warm stones in your areas of need.

## **Dry Brushing**

Exfoliate and boost lymphatic drainage. Receive your own personal Luxury Dry Brush to take home. Feels like a “juice cleanse” for the skin.

## **Full Face Mask Treatment**

Hydrate & illuminate with our power packed facial mask applied with a gemstone roller for instant results.

## **Bubbly by the glass or bottle**

Why not?

## **Luxury Argan Oil Scalp Massage**

Rebalance your scalp and hair with a luxurious massage.

## **NuFace**

The instant face lift with our professional grade micro-current.



### **Targeted Treatment**

Slow firm pressure to release tension with our famous “yoga balm” blended with organic Frankincense, Peppermint and St. Johns Wort.

### **Red Carpet Ready**

Look fabulous tonight with our hydrogel patch technology. Plump, firm and brighten in all the right places. Choose lip, eyes or both!

### **Magnesium Magic**

Add this stress busting, anti-inflammatory mineral to your massage. It aids cell regeneration and helps maintain emotional balance.

### **Timeless Hands**

Enjoy a customized scrub, warm cuticle mask and massage with our luxury peptide hand cream.

### **Fabulous Feet**

Get on the right foot with a custom scrub, warm heel mask and soothing massage.

## Extended Experiences

### **Energizing Legs**

A lymphatic leg massage is enhanced with arnica, menthol and camphor to restore heavy, tired legs and aching feet. Perfect for those who travel or on their feet all day.

### **Beautiful Back**

Let us restore your back with our organic coconut rose scrub and age defying power serum for luminous radiant skin.

### **Additional Massage Time**

15 more minutes of bliss, why not?

### **Spa More & Save**

when you choose 2 or more enhancements



# Appointments and Reservations

## Appointments and Reservations

**We strongly recommend that you schedule spa appointments prior to your arrival at the Spa. Reservations are subject to availability and must be guaranteed with a Hotel Confirmation Number or Credit Card.**

### **Cancellation**

Treatment times are reserved especially for you. We kindly request that cancellations or changes to appointments be made at least 48 hours in advance. Failure to give advance notice will result in the full charge of the service to the credit card or room.

### **Do You Have Special Health Considerations?**

Please notify the spa if you have high blood pressure, allergies, any physical ailments or special needs that would affect your choice of services, or if you are pregnant.

### **Arrival**

We suggest that you arrive 30 minutes before your appointment time to complete any paperwork and prepare for your service.

### **Late Show**

As a courtesy to following clients, late arrivals will only receive the remaining available appointment time and will be charged the full service fee.

### **Do You Need Help Choosing Your Treatment?**

Our spa reservation experts will help you plan the perfect spa experience based on your specific needs.

### **Should You Shave Before A Treatment?**

Shaving is not recommended prior to any body exfoliation treatments or hair removal services. We do, however, recommend that MEN PLEASE SHAVE 2 HOURS PRIOR to their scheduled facial treatment.



**Is There An Age Requirement To Use The Spa?**

All spa guests must be 16 or older to schedule a treatment.

**Electronic Devices**

To protect the privacy of our guests and enhance the experience please silence your phone.  
Use of cameras is prohibited.

**Payment**

We accept most major credit cards and hotel guests may also charge the service to their room.  
We do not accept cash or checks.

**Service Charge**

For your convenience a 20% service charge will be added to each spa service.  
This includes compensation for spa staff gratuities.

**Food & Beverage**

Guests may not bring in outside food or alcohol. Beverage service is available in the spa.

**Are Gift Cards Available?**

Spa Gift Cards are a wonderful way to give the gift of wellness and relaxation to the special people in your life. Gift Cards may be purchased in the spa or online at [WestinSarasota.com](http://WestinSarasota.com) They may not be redeemed for cash; only for product and services please. They are non-refundable and never expire.

**Personal Property / Valuables**

Please do not bring or leave valuables in the facility or lockers. We are not responsible for any theft or loss of personal property, including jewelry or other personal items.

**Thank you and we look forward to your visit.**

**(941) 217-4777**

**100 Marina View Dr, Sarasota, FL 34236**

