



The Spa

5300 Williams Island Boulevard, Williams Island, FL 33160
(305-937-7860) • Fax (305-937-7809)
www.williamsislandclub.com

General Information

SPA OPERATING HOURS

Monday thru Friday
5:30 am-9:00 pm
Saturday and Sunday
7:00 am-7:00 pm

PERSONAL SERVICE HOURS

Monday thru Friday
8:00 am-8:00 pm
Saturday and Sunday
8:00 am-6:00 pm

AMENITIES

Luxurious private treatment rooms, relaxation lounge, full service amenity locker rooms with steam, sauna, whirlpool and cold plunge. Fluffy robes, slippers, towels, fruit, coffee, and tea are provided upon check in.

CHECK IN PROCEDURE

All members must present their card to the front desk when entering the Spa. All guests are to be accompanied by a member, with exception to those guests receiving spa package treatments. Please arrive 30 minutes prior to your scheduled spa service to shower and prepare. Arriving late will deprive you of valuable treatment time. To avoid inconveniencing the next guest, your treatment must end at the scheduled time.

CANCELLATION POLICY

Because your Spa services are reserved for you we ask that you notify us at least 4 hours in advance if you need to cancel or reschedule. Fifty percent of the value of your service will be charged for cancellations within 4 hours. Package cancellation requires 24hrs notice. All no shows are charged at full value.

AGE REQUIREMENT

Use of the facilities is restricted to guests 16 years of age and older.

GIFT CERTIFICATES

May we suggest our beautifully packaged gift certificates as an ideal year round gift for any special occasion or thank you. Gift certificates are available for all personal services and personal training sessions.

- ◆ Gift certificates are non-refundable and non-transferable and will not be reissued if lost.
- ◆ Guests may only use personal training gift certificates not series tickets.

SPA RESERVATIONS

Please reserve appointments in advance by calling during Spa operating hours at {305} 937-7860.

YOUR SPA VISIT

- ◆ We suggest that you arrive at least 30 minutes prior to your appointment. This will allow you time to check in, receive your locker, robe and slippers, prepare and relax for your service.
- ◆ What can you expect at Williams Island Spa? You will be welcomed by Spa personnel and led to the private locker area where you will change into a robe and slippers, and then asked to wait in the relaxation lounge for your Spa therapist. You will be then led to a private treatment room designed for your comfort and relaxation. The therapist will leave the room and you will then disrobe. For a full body massage, most people undress completely, although you may choose to wear undergarments. During a massage, you will be warmly draped at all times. Only the specific body area worked upon is exposed.
- ◆ You may wish to bring a bathing suit in order to enjoy the indoor swimming pool, and / or workout attire to enjoy the fitness area. Drink plenty of water two hours before and after exercise or heat treatments. Wait one hour after meals before a heat treatment or before strenuous exercise.
- ◆ We ask that you please shower before any body services.
- ◆ Time in the sauna, steam or whirlpool should not exceed 10-15 minutes at a time. Please do not go from one heat room to another without taking a cold plunge or waiting 15 minutes in-between.
- ◆ Our Spa packages are designed so that the services complement each other. Please consult the Spa Program Coordinator for spa package suggestions.

WELLNESS

Exercise Classes

We have an array of classes taught by certified instructors including spinning, step, yoga, body sculpting, and Latin dance taught on a non resistant wooden floor specifically designed to absorb the body shock to the legs. Another option for you is to join our indoor pool for invigorating aqua aerobics classes.

We suggest the following when attending a fitness class.

- ◆ Please bring a bottle of water.
- ◆ Please arrive 10 minutes before class.
- ◆ When attending a Spinning Class, please allow extra time in order to set your bike up properly.
- ◆ Members arriving 5 minutes late will not be permitted in class.

STATE- OF- THE- ART EXERCISE FACILITY

Our exercise center features the most up to date cardiovascular and strength training equipment. Our knowledgeable fitness staff is available at any time to assist you with any of your fitness needs.

PERSONAL TRAINING

Our nationally certified and experienced personal trainers can maximize your workout and help you achieve remarkable results. Regardless of your fitness level, our trainers will tailor a fitness program specifically designed for you to achieve your goals.

Massages

WILLIAMS ISLAND SIGNATURE MASSAGE – An aromatic full body massage that alleviates tension and stress, soothes tired sore muscles and promotes a general state of well being. Customize your massage by choosing from a selection of balms that will either, promote relaxation, remove toxins from the body, improve the firmness of the skin or improve blood and lymphatic circulation. *60 & 90 Mins.*

QUICK FIX – This 30-minute massage is for the person on the go. This is the most time efficient way to relieve stress build up in the back, neck and shoulder areas. *30 Mins.*

HOT STONE MASSAGE – An ancient Native American healing therapy. The use of stones aids the therapist to work deeper, giving relief to deep-seated muscle tension. Stones are known generators of energy, creating a sense of balance and calm. *90 Mins.*

SHIATSU MASSAGE – One of the oldest forms of massage. This Japanese method of bodywork uses the hands, elbows and knees to release muscle tension, stimulate and unlock the body's energy flow. Designed to promote health through relaxation and by influencing your natural equilibrium of Chi. *60 Mins.*

THAI MASSAGE – A massage that blends gentle rocking, rhythmic acupressure and assisted stretching to deeply relax and revitalize body and mind. Loose clothing is suggested, as you remain fully dressed for this treatment that takes place on an Asian mat. *60 & 90 Mins.*

REFLEXOLOGY – This therapeutic massage technique focuses on releasing tension and stress via massaging pressure points on your hands and feet that correspond to individual parts of the body. Activating these reflexes may help normalize health problems, improve circulation and leave you with an overall feeling of well being. *30 & 60 Mins.*

EXPECTANT MOTHER MASSAGE – Restore your energy by pampering yourself to a massage tailored to meet the needs of expectant mothers. Please note: Treatment can be done on mothers in their 2nd and 3rd trimesters only. *60 Mins.*

DEEP TISSUE MASSAGE – A deep pressure massage that releases toxins from the muscle tissue and stimulates the circulatory system. *30, 60 & 90 Mins.*

DOUBLES DELIGHT – In this sanctuary for the senses, the two of you will escape into the hands of your therapists. With two treatment tables, you will find it the perfect environment for you and your partner or friend to enjoy simultaneous treatments. *60 Mins.*

TRANQUILITY SCALP TREATMENT – Our scalp massage is a blend of various techniques from eastern philosophies that guarantee instant relaxation. Warm aromatic oils are applied to the head, neck, and shoulders and scalp, comforting the skin and soothing the senses. A luxurious addition to any service or a perfect pleasure by itself. *30 Mins.*

Here at Williams Island, one of the product lines that we carry is Decléor. It is a unique aromatic Spa Mosaic that features 4 themes in 4 types of body treatments.

The four themes are:

Relax – to destress, unwind and rebalance. Flow – to activate and stimulate the body's circulation. Detox – to promote drainage and eliminate toxins from the body. Tonic – to tone, firm and promote regeneration.

Talk to any of our Spa personnel today to see how we can customize an aromatic massage, a body envelopment, hydrotherapy treatment or a localized, targeted treatment for you.

Body Therapies

PERFECT LEGS – an anti-fatigue leg treatment. This ultra-refreshing treatment is the perfect remedy for legs that feel heavy, tired and achy. Reduces swelling and produces an amazing feeling of liberation and lightness. *45 Mins.*

PERFECT CONTOURS – the best spot reducing and circulation improving body treatment that just says “no” to cellulite. This treatment combines a contouring and firming seaweed pack with a deep tissue, anti-cellulite massage. *60 Mins.* Recommended in a series of treatments.

FRENCH BODY POLISH – begin with an exfoliation of the entire body using a wonderful exfoliating cream that lightens and purifies the top layer of the skin. An application of moisturizing body emulsion follows, leaving your skin feeling silky and smooth to the touch. *30 Mins.*

MOSAIC SCRUB – Gentle but effective exfoliating action thanks to different-sized grains of plant powders that smooth away unevenness and refines skin. This scrub energizes the entire body and leaves the skin incredibly soft. *30 Mins.*

BODY ENVELOPMENTS – purely exotic treatments from around the world customized to leave your skin feeling soft, smooth, and enriched with nature's abundant goodness. Cocoon yourself in one of our full body experiences. All envelopments include exfoliation, wrap and scalp massage. Choose from Relax, Flow, Detox or Tonic. (Not recommended for expectant mothers.) *60 Mins.*

WARM COCONUT SURRENDER – A concentrated deep massage using a medley of pressure and tiger clam shells, hot towels, and coconut oil. Drizzled and massaged into back and legs, the coconut oil is massaged into the skin with heated shells while the aroma transports you to the tropics.

Facial Treatments

WILLIAMS ISLAND SIGNATURE FACIAL

This luxurious facial was created to transform your skin as well as your spirit. Prepare yourself for a warm welcome with our eye contour and renewal hand treatment with our Acu point massage. We will pamper, cleanse, refine and tone your skin while the captivating aroma promotes a sense of balance and well-being. Our signature facial is an elixir for your complexion and a symphony for your soul. *90 min*

ESSENTIAL FACIAL

After an analysis of your skin, products are prescribed based on your particular skin type. Our essential facial cleanses, refines and tones with 100% natural essential oil blends, hydrosol and antioxidant complex of Japanese green tea, white tea and DL Alpha Tocopherol. *60 min*

AROMATHERAPY FACIAL

We bring you the best that nature has to offer with 100% pure essential oil therapy, concentrated healing balms, and phyto skincare. A collaboration of healing massage techniques focused on the vital energy points of the face, provide deep cleansing and purification leaving the skin completely replenished and revitalized. *60 min*

AGELESS FACIAL

When skin is shielded from constant attack, it gets out of reactive mode, so skin can become its best. Our ageless facial includes idebedone, a super antioxidant peel, skin smoother and brightener in one. Skin is allowed to regenerate itself and younger-looking skin results as lines and other signs of aging disappear. Uneven pigment vanishes for an even, ideal look. For best results a series of six peels performed in intervals of 7 to 10 days is recommended. *60 min*

PURIFYING BACK TREATMENT

This treatment follows the same techniques we use for the face but applies these principles for the skin of the back. It includes exfoliation, massage and a mask. Benefits are to soften, refine and nourish the skin. *30 Min*

Spa Packages

Expanding life through health, well-being and relaxation. This is our goal and to achieve this we have carefully designed our packages to suit your every need. Whether you're taking an afternoon break, escaping from the family for a few hours, or just want to spend a day in heaven, we have a package that's right for you. Each one offers something a little different, but they all promise this... well deserved relaxation and guaranteed pleasure. So come along, get away and indulge yourself. We promise to take care of you.

Pure Indulgence

Williams Island Signature Massage – 60 min
Williams Island Signature Facial
French Body Polish
Manicure & Pedicure
Spa Lunch

Mini Spa Day

Essential Facial
Mosaic Scrub
Quick Fix Massage
Spa Lunch

Rest & Relaxation

Choice of 60 Min
Hot Stone Massage or Warm Coconut Surrender
Essential Facial

Essential Touch

Essential Facial
WI Signature Massage – 60 Min

Price List

Massages

WI Signature Massage – 60 min	\$78
WI Signature Massage – 90 min	\$105
Quick Fix – 30 min	\$45
Hot Stone Massage – 60 Min	\$105
Hot Stone Massage – 90 Min	\$145
Shiatsu Massage	\$87
Thai Massage – 60 Min	\$87
Thai Massage – 90 Min	\$117
Reflexology – 30 Min	\$65
Reflexology – 60 Min	\$85
Expectant Mother Massage	\$78
Deep Tissue Massage – 30 Min	\$60
Deep Tissue Massage – 60 Min	\$87
Deep Tissue Massage – 90 Min	\$117
Double Delight – 60 Min	\$156
Tranquility Scalpt Massage – 30 Min	\$45
Sports Massage	\$90
Reiki Energy Healing – 60 Min	\$90

Body Treatments

Perfect Legs	\$45
Perfect Contour	\$50
French Body Polish – 30 Min	\$60
Mosaic Scrub – 30 Min	\$60
Body Envelopments – 60 Min	\$99
Warm Coconut Surrender – 60 Min	\$105

Facials

WI Signature Facial – 90 min	\$120
Essential Facial – 60 Min	\$90
Aromatherapy Facial – 60 Min	\$90
Ageless Facial – 60 Min	\$120
Purifying Back Treatment – 30 Min	\$50

Packages

Pure Indulgence	\$320
Mini Spa Day	\$205
Rest & Relaxation	\$195
Essential Touch	\$163

Prices listed are for members only. A non-member fee will be added to each service or package for non-members or members guests. In addition, a 10% gratuity, based on the a la carte price of the services, will be added to your final bill. Appointments not cancelled 4 hours in advance will require a 50% no-show charge.