

## MANICURES

### Flowering Almond Manicure Indulgence

In our most luxurious manicure, your cuticles are softened and trimmed, nails are then cleaned, shaped, filed and buffed. Your hands receive a deeply nourishing hot oil soak, followed by a gentle exfoliation of finely milled mineral salts and sugar cane, and rinsed in a warm milk bath. Your hands are then enveloped in a lustrous, shimmering hand mask that deeply conditions and refines the skin, leaving it glowing. After your hands are cocooned in hot towels, you will be indulged in a relaxing hand massage using anti-aging lotion containing powerful antioxidants, nourishing jojoba oil and Vitamin E, followed by a flawless polish application of OPI® or Spa Ritual® nail polish.

55-minutes \$45

### Luxe Manicure

Your hands deserve some posh pampering. In our Luxe Manicure your cuticles are softened and trimmed, nails are cleaned, shaped, filed, and buffed. Your hands receive a deeply hydrating and relaxing massage, followed by a hand masque that deeply conditions and renews the skin, leaving hands with a healthy glow! Lastly, your hands are cocooned in hot towels and polished with your choice of OPI® or Spa Ritual® nail polish.

45-minutes \$35

### OPI® Gel Manicure

Enjoy a manicure that could last — up to two weeks of intense wear and shine! Cuticles are softened and trimmed, nails are shaped, filed, and buffed and then polished to perfection with your choice of OPI® Gel Polish. Your hands will also be treated to a relaxing hand massage featuring hydrating jojoba oil and Vitamin E and wrapped in a radiant, glistening hand masque that will leave your skin luminous!

45-minutes \$40

### Express Manicure

Designed for our on-the-go spa guests, in this express manicure, cuticles are softened and trimmed, hands receive a light massage and hydration, nails are then shaped, filed and buffed and polished to perfection with OPI® or Spa Rituals® nail polish.

25-minutes \$25

### Princess Manicure

Pamper your little princess! In this manicure, nails are shaped, filed, buffed, receive a light massage and hydration, followed by nails being polished to perfection with OPI® or Spa Rituals® nail polish (*age must be 10 years old or under.*)

15-minutes \$20

### Gel Polish Soak Off

30-minutes - \$15

### Polish Renewal

Touch up nails with a fresh coat of polish.

15-minutes \$15

*\*Our nail lounge features natural, botanical, organic, and vegan therapies*

## PEDICURES

### Flowering Almond Pedicure Indulgence

The ultimate in luxury for toes and soles, our signature lengthy and relaxing pedicure begins with a warm almond milk foot bath, floating petals, and features a thick luxurious scrub of mineral salts and refined sugar. Nails are then cleaned, trimmed, shaped, filed, buffed; followed by callus treatment. Then an illuminating and hydrating mask containing sweet almond oil, jojoba oil, and Vitamin E oil is caressed into the skin while your feet are enveloped in hot towels. Receive a nurturing warm stone massage using hot almond oil on the feet and legs. Includes your choice of buff, OPI® or Spa Ritual® nail polish. This pedicure is "worth the splurge!"

80-minutes \$70

### Luxe Pedicure

Begin your experience with a relaxing warm foot soak and essential oils. Nails are then cleaned, trimmed, shaped, filed, buffed; followed by callus treatment. Enjoy the enticing scents of a citrus scrub to exfoliate and restore circulation to your lower legs and feet. Your feet are then treated to a detoxifying and purifying foot mask with aloe vera and Vitamin E and wrapped in hot towels. This treatment is perfect for anyone looking for soft, healthy skin on the feet. A soothing massage and cuticle care concludes this heavenly treatment. Includes your choice of buff, OPI® or Spa Ritual® nail polish.

50-minutes \$55

### Gentleman's Arnica Pedicure

Feet are soaked in a therapeutic hot mineral bath. Nails are then cleaned, trimmed, shaped, filed, and buffed, followed by callus work. Your lower legs and feet receive a deep exfoliation with a refreshing and invigorating Peppermint & Rosemary Salt Scrub. Once removed with steaming towels, your lower legs and feet receive a relaxing Hot Stone Massage with our powerful Arnica Muscle Gel, great for aches and pains. An athlete's favorite!

45-minutes \$50

### Express Pedicure

Designed for our on-the-go spa guests. In this express pedicure, cuticles are softened and trimmed, feet receive a light massage and hydration, nails are then shaped, filed, buffed and polished to perfection with OPI® or Spa Rituals® nail polish.

35-minutes \$25

### Princess Pedicure

Pamper your little princess! In this pedicure, nails are shaped, filed, buffed, receive a light massage and hydration, followed by nails being polished to perfection with OPI® or Spa Rituals® nail polish (*age must be 10 years old or under.*)

20-minutes \$40

### French Tip Polish Add-On

15-minutes - \$10

### Polish Renewal

Touch up nails with a fresh coat of polish.

15-minutes \$15

*\*Our nail lounge features natural, botanical, organic, and vegan therapies*

## NAIL THERAPIES

### Almond Deep Conditioning Therapy

This hydrating and conditioning treatment will leave your hands and feet deeply moisturized and relaxed. While your feet are enjoying an aromatic hot soak, your hands will receive our Eco-fin heated hand treatment — a rich blend of palm, soy, jojoba, and organic coconut oils, plus shea butter, Vitamin E, and essential oils that moisturize and leave your skin soft and supple. After your foot soak, your feet will be wrapped in a deeply conditioning masque of sweet almond oil, jojoba oils, and Vitamin E, covered in hot towels and heated booties, followed by a relaxing foot massage.

25-minutes \$40

### Peppermint Hand & Foot Therapy

Try our refreshing and energizing Peppermint Hand & Foot Therapy to soothe your tired, achy feet! You begin with a revitalizing foot bath, followed by our Eco-fin hand and foot treatment in heated mittens and booties. Eco-fin is a rich blend of palm, soy, jojoba and organic coconut oils, plus shea butter, Vitamin E, and essential oils that will moisturize and leave your skin soft and supple. Calves and feet receive a relaxing heated stone massage, and then cocooned in steaming hot towels to awaken tired feet.

25-minutes \$50

## NAIL ENHANCEMENTS

French Tip Add On..... \$10

Buff and Polish..... \$15

Trim and Shape Hands ..... \$10

Heel Therapy Add On ..... \$20

Eco-fin (Paraffin) Add On..... \$15

Gel Soak Off ..... \$10

Trim and Shape Feet ..... \$15

## WAXING

Basic Bikini..... \$50 and Up

Deep Line Bikini..... \$60 and Up

Brazilian ..... \$75 and Up

Full Leg..... \$75 and Up

Upper/Lower Leg..... \$40 and Up

Back or Chest ..... \$50 and Up

Upper/Lower Arm ..... \$35 and Up

Full Arm..... \$50 and Up

Underarm..... \$25 and Up

Brow Design ..... \$20

Brow Maintenance..... \$15

Full Face ..... \$45

Chin..... \$15

Hairline ..... \$15

Upper/Lower Lip ..... \$15

Neck ..... \$20

Stomach ..... \$35 and Up

## FREQUENTLY ASKED QUESTIONS

### When should I make my appointment?

Appointments are available Monday through Sunday. Hours vary by season. We recommend making appointments as far in advance as possible to accommodate preferred services and times. A credit card number will be required to hold appointments for all guests. Hotel guests are encouraged to make spa appointments at the time of reservation.

Visit us online at [www.FloweringAlmondSpa.com](http://www.FloweringAlmondSpa.com).

### When should I arrive for my appointment?

Arrive 20 minutes prior to your service. This will allow you time to change into a robe and slippers and relax in our conservatory.

### What is your cancellation/late arrival policy?

We kindly ask that cancellations be made 24 hours prior to your scheduled appointment time. Late cancellations will be charged 50% of the treatment total. Package cancellations with less than 24 hours' notice will be charged 100% of the treatment total. Unfortunately, arriving late for scheduled appointments will require us to shorten the length of the treatment with full charges applied.

### Do I have to be a hotel guest to enjoy the spa?

The Flowering Almond Spa is open to day guests, as well as hotel guests for a nominal fee.

### What should I wear and bring to the spa?

Casual and comfortable clothes are recommended. Spa guests also receive access to our fitness center, indoor pool and hot tub for the day, therefore, we recommend bringing workout clothes and a bathing suit!

### Is there a service charge?

A 20% service charge will be automatically added to your treatment(s).

## SPA HOURS

Sunday	9:00 am to 5:00 pm
Monday-Thursday	10:00 am to 7:00 pm
Friday & Saturday	9:00 am to 8:00 pm
Closed Christmas Day	
Hours May Change Seasonally	



Flowering Almond Spa®

5641 Indian River Road, Virginia Beach 23464 | 757.366.5790 | 800.926.4466

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

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## MASSAGE THERAPIES

### Couples Massage

Choose from any of our massage therapies and share the experience, side by side, in one of our couple's treatment suites, customize the experience with luxuries like strawberries and champagne.

### Aromatherapy

Customize your massage by enjoying our natural, organic, and botanical aromatherapy oils. Benefits include reduced anxiety, induced sleep, ease of pain and more. \$15

### Alpine Arnica Muscle Repair Massage

The ultimate relaxing experience that combines a deep tissue massage, with steaming hot towels steeped in warming herbs and essences. Tension deep within spinal muscles is unraveled with an anti-inflammatory Arnica Muscle Gel in this powerful therapeutic treatment.

50-minutes \$120 / 80-minutes \$170

### Stress Soother

Head-to-toe relaxation can be found in this extremity concentrated experience. A face, neck, scalp, and shoulder massage begin this service as your provider then works down the arms and hands to the lower legs, calves and feet, ending the treatment with a hydrating foot treatment and foot reflexology. (note: this is not a full body massage)

50-minutes \$90

### Sacred Stone Massage

Smooth, polished Basalt stones, are heated and incorporated into a Swedish-style massage to provide the ultimate relaxation treatment.

50-minutes \$120 / 80-minutes \$170

### Deep Tissue Massage

Perfect for muscle tension and aiding in the recovery of activity induced soreness. This technique manipulates the deeper layers of muscle tissue and aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas. Perfect for those who prefer a firm or deep pressure during their massage.

50-minutes \$110 / 80-minutes \$155

### Face and Scalp Massage

Relaxation massage that focuses on the face, head, neck and scalp reducing tension and relieving stress.

25-minutes \$55

### Wild Lime Scalp Treatment

An energizing scalp treatment designed to promote relaxation, ease muscle aches and rebalance over-stressed nervous systems. *Aromatic Wild Lime Scalp Oil* is gently warmed and applied vigorously to the scalp, neck and shoulders to stimulate circulation and relieve muscle tension.

25-minutes \$60

### Sports Therapy Massage

Developed to help with muscle systems used for a particular sport, a Sports Massage uses a variety of approaches to help athletes in training before, during, or after sports events. This type of massage helps promote flexibility and helps prevent injuries and involves a lot of stretching. It also helps with muscle strains, aiding healing after a sports injury. Your Massage Therapist will work closely with you in order to develop a plan that will help you achieve optimal results on the field, court, or green.

50-minutes \$110 / 80-minutes \$155

### Prenatal Massage

A relaxing and pampering treatment specifically designed for the particular needs of expectant mothers. This modified therapy utilizes special massage techniques to increase circulation, eases muscle discomfort, calms the nervous system, increases positive energy, and promotes peaceful sleep **(offered only to expectant mothers in the second or third trimester.)**

50-minutes \$110 / 80-minutes \$155

### Signature Almond Swedish Massage

A timeless massage style that uses long, soothing, and relaxing strokes to encourage relaxation, lymphatic drainage, and detoxification. A brief consultation prior to your treatment will result in the perfect massage for you.

25-minutes \$50 / 50-minutes \$90 / 80-minutes \$135 / 110-minutes \$180

### Reflexology

Rebalance your energy with reflexology, a natural healing art using pressure point techniques on the hands and feet. this technique is based on the principle that there are reflex points on the hands and feet that correspond to the different organs in the body.

25-minutes \$50 / 50-minutes \$90

### Hydrating Luxe Body Wrap

Soak your skin in luxury with our Luxe Body Wrap. This deeply moisturizing body wrap has shea butter, avocado, soy, and almond oil that will hydrate, smooth, and soften your skin. As you are bundled in your wrap, you will receive a relaxing face and scalp massage, ending with hot towels.

25-minutes \$60

### Body Balm

Your body will be polished to perfection with a hydrating and exfoliating oil-infused sugar scrub from organic evaporated cane juice crystals and sweet orange essential oil. Organic sugar cane contains glycolic acid to naturally exfoliate and smooth skin, and orange oil helps to decrease inflammation, detoxify, and support collagen formation. After your skin is left polished and glowing, it will be soaked in a hydrating body butter, while you receive a face and scalp massage, leaving your skin radiant, glowing, and soft.

50-minutes \$100

### Detoxifying Seaweed Wrap

A mineral-rich treatment with potent extracts to help remove toxins from the skin, eliminating lymphatic sluggishness and restoring healthy body tone. As you are cocooned in this deeply detoxifying seaweed wrap, drift away with a relaxing face and scalp massage.

50-minutes \$100

## BODY SCRUBS

Exfoliate and moisturize your skin with your choice of our most favorite body scrubs, perfect to add onto any massage or facial!

25-minutes - \$60

### Brown Sugar Scrub

Our most exfoliating scrub features organic brown sugar, essential oils of vanilla and orange, a unique blend of six different deeply hydrating oils and is the perfect way to get rid of dead and dull skin.

### Hot Salt Lavender Body Scrub

Our lovely lavender scrub exfoliates your skin using a blend of dead sea salts, lavender essential oil, and a unique blend of six different oils that is sure to leave your skin super smooth.

### Hot Herbal Salt Scrub

This invigorating hot salt scrub is a favorite, especially with our male spa guests. Herbally infused with arnica, juniper berry, thyme leaf and nine different essential oils, this scrub will help to moisturize your skin while soothing your sore muscles. Perfect for men!

### Hydrating Shea Butter Scrub

Our most hydrating scrub is formulated with organic shea butter, sunflower seed oil, and evaporated can juice crystals; the scrub goes on smooth as the fine sugar crystals exfoliate your body and the hot shea butter melts into your skin providing deep moisture.

### Lemon Verbena Body Polish

This gentle, creamy exfoliating polish combines bright citrus notes of lemon verbena with the delicate sweet floral essence of lavender to smooth and hydrate the skin.

## MINI EXPERIENCES

### Flowering Almond Journey

Two service providers will work in tandem — one performing a customized Pure Results Signature Facial and the other therapist performing Reflexology — to leave you rejuvenated from head-to-toe and having experienced what is sure to be one of your spa favorites!

50-minutes \$200

### Spa Sampler

This spa sampler includes a little taste of everything — enjoy a 50-minute Swedish Style Massage with your choice of aromatherapy, a 25-minute Hot Brown Sugar Scrub, and our 25-minute Pure Results Express Facial!

Approximately 2 hours \$230

### Espresso Mud Full Body Treatment

This full body espresso mud scrub and massage is one of our most popular treatments. This rich mud scrub combines sweet, earthy notes of *Coffee Arabica* and *Sarsaparilla* with volcanic pumice and black silt clay to exfoliate the skin, stimulate circulation, and remove impurities. This treatment concludes with a Signature Swedish Massage.

80-minutes \$180 / 110-minutes \$220

### Lavender Dreams Escape

Relax, breathe deep, and inhale the calming benefits of lavender in this uplifting and rejuvenating spa experience. An invigorating body scrub, a lush hydrating body wrap and finally a soothing aromatherapy Swedish Massage.

80-minutes \$180 / 110-minutes \$220

### Lemon Verbena Body Ritual

Invigorate and revitalize the skin with this nourishing body treatment. Fresh lemon and gentle buffing grains are blended with stimulating extracts which soften the skin. This treatment concludes with a full body Swedish massage.

80-minutes \$180 / 110-minutes \$220

### Deep Forest Detox

Cleanse and rebalance your body with our Deep Forest Detox, which begins with a soothing 80-minute Hot Stone Massage using a very detoxifying oil infused with intoxicating evergreen notes of Balsam, Fir, Pine, Juniper and laced with Sicilian Bergamot. Your Hot Stone Massage is then followed by a deeply exfoliating and invigorating scrub and removed with hot towels. This evergreen blend greets the mind like a walk through and Alpine Forest.

110-minutes \$220

## SKIN CARE

### Pure Results Signature Facial

This custom, deep cleansing facial gives you results, and a relaxing sensorial experience. Our experts will tailor your session to address you skin care needs and concerns. Our Pure Results Signature Facial include a deep cleanse with steam, a professional exfoliation, extractions if necessary, a face, neck, shoulder massage, followed by a mask and rehydration.

50-minutes \$115 / 80-minutes \$170

### Glowgetter Facial

For those looking to give their skin the full pampering it deserves! This 80-minute customized facial features a professional double exfoliation with enzymes, a double mask for maximum skin benefit, a specialty eye and lip treatment, hand and foot reflexology, and an ultra-relaxing face, neck and shoulder massage! You and your skin are sure to love this treatment!

80-minutes \$170

### Organic Facial

A deep cleaning facial for sensitive skin using natural ingredients like soy, oatmeal and honey for the perfect facial experience.

50-minutes \$110

### Detoxifying Acne Facial

Made for oily or congested skin, this relaxing treatment exfoliates, detoxifies, and clarifies dull, congested skin. After a deep cleansing and double exfoliation, extraction are performed and your skin is soothed with a cucumber and thyme serum. next, we use a finishing mask loaded with powerful antioxidants to strengthen and clarify your pores.

50-minutes \$115

### Sensitive Skin Facial

This treatment is perfect for those with Rosacea or Sensitive Skin types and is designed to promote the general health and appearance of skin by calming irritation, replenishing lost nutrients, and improving the skin's natural immune response to free radical damage.

50-minutes \$115

### Pure Results Express Facial

Great for those on the go! This facial is customized for your skin and includes a deep cleanse, professional exfoliation and mask.

25-minutes \$65

### Head to Toe Glow

Receive a deep cleansing Custom Facial while being wrapped in our Lush Body Wrap. Your skin will soak up the nourishing and hydrating benefits of our wrap while our skin experts tailor your facial session to address your skin care needs and concerns. The results... you will glow head to toe.

80-minutes \$180

### Men's Rebalancing Facial

A relaxing and deep cleansing treatment uniquely designed for men. This facial will rejuvenate the skin as well as counteract irritants from shaving and an active lifestyle.

50-minutes \$115 / 80-minutes \$170

### Dermaplaning Facial

Freshen and revitalize your skin! Combined with our signature 25-minute Pure Results Facial, this treatment includes dermaplaning. Dermaplaning sloughs away dead skin cells, and can help reduce the visibility of acne scarring and slight wrinkling, as well as do away with extraneous translucent hairs on the face. We recommend a treatment every 3 to 4 weeks. Facial also includes a glycolic treatment for glowing skin

50-minutes \$160 / Package of 5 \$640 / Dermaplaning without facial 25-minutes \$85

### MicroFacial

This facial incorporates microdermabrasion, a non-surgical professional exfoliation technique that will leave your skin glowing. Fine diamond chips and gentle suction are used to remove the outermost layer of skin in order to produce a healthier, more youthful appearance.

50-minutes \$130 / Package of 5 - \$520 / Decollete \$40 / Hands \$40

### Chemical Peel

Professionally applied peel solutions exfoliate dead skin cells and help healthy skin cells rise to the surface. These treatments allow deeper layers of fresh and untouched skin to be revealed. The result of monthly treatments can even skin tone, clear acne, improve the appearance of aging skin and make dull complexions glow.

25-minutes \$100

### Back Facial

A deeply detoxifying and relaxing treatment for the back, offering deep pore cleansing and customized mask treatment to rebalance the skin. Ideal for all skin types.

50-minutes \$100

## FACIAL ENHANCEMENTS (Must be add-ons to a facial service)

### 15% Glycolic Peel Enhancement to Facial

This powerful exfoliating treatment combines Alpha Hydroxy Acids derived from natural sugarcane to retexturize fine lines and wrinkles. \$25

### Age Defense Hand Treatment

Transform weathered hands, giving them the attention they deserve. Powerful antioxidants and rejuvenating botanicals leave hands looking and feeling revitalized. \$25

### Eye Contour

Designed to reduce puffiness, fine lines and under eye discoloration. \$20

### Hydrating Lip Treatment

An intensive treatment designed to gently exfoliate dry, flaky skin, and leaves lips smooth and supple. \$20

### Anti-Aging Neck Treatment

This nutrient-infused bio-cellulose application is ideal for normal to dry skin types and is specifically formulated to reduce the appearance of fine lines and wrinkles on the neck. \$20

\* See online for men's or prenatal packages

## SPA PACKAGES

### Full Day Spa Package

50-minute Pure Results Facial

45-minute Luxe Manicure

50-minute Luxe Pedicure

1 Hour Spa Lunch

110-minute Lavender Dreams Escape, Lemon Verbena Body Ritual, or Deep Forest Detox

Half Day Package - \$295 plus gratuity

### Half Day Spa Package

50-minute Pure Results Facial

45-minute Luxe Manicure

45-minute Luxe Pedicure

50-minute Swedish Massage

Full Day Package - \$425 plus gratuity

## LASH SERVICES

Eyelash Tint \$30

Eyebrow Tint \$25

### Xtreme Eyelash Extensions®

An application of Xtreme Lashes® begins with an in-depth consultation to design the perfect set of lashes to enhance your eyes. Eyelash extensions will increase the length, volume, curvature, and darkness of your own lashes, giving you the lashes you have always dreamed of! Xtreme Lashes® are the global leader in quality eyelash extensions and training, and our lash stylist will design the perfect set of lashes for your eyes. The eyelash extensions are bonded, one-by-one to your own natural lashes, using tweezers and a water resistant surgical quality adhesive. Xtreme Lashes® are semi-permanent and can be worn indefinitely by maintaining re-lash appointments. *\*Please arrive for appointment with clean skin and absolutely no eye makeup on. Be prepared to not get lashes wet for 24 hours following service.*

Full Set - 3 hours \$250 / Two Week Re-Lash \$60 / Three Week Re-Lash \$75

### Elleebana Lash Lift & Tint®

This popular service curls, lifts, and darkens your own natural lashes that will last 6-8, even up to 12 weeks! Our Elleebana Lash Lift® technicians use a unique technique combining a lifting lotion and silicone rods to lift your natural lashes, making them appear fuller and longer, and your eyes more awake and youthful. A Lash Lift is a fantastic alternative to eyelash extensions and there's virtually no after-care required. Just wake up and get going with your beautiful lashes! *\*Please arrive with no eye makeup on and clean lashes, with your contact case and/or glasses. Be prepared to not get your lashes wet or apply mascara for 24 hours following service.*

50-minutes \$150