

MANICURES

Signature Almond Manicure

Indulge in our signature manicure. Included in this popular manicure is nail shaping, cuticle refinement, hydration, a soothing hand massage, followed by polish.

50-minutes \$40

Spa Therapy Manicure

This soothing manicure includes cuticle refinement, shaping, hydration and polish.

50-minutes \$30

Classic Manicure

Designed for our on the go spa guests, this manicure includes; shaping, hydration and polish.

25-minutes \$20

Gel Manicure

Perfect for the busy professional woman, this manicure features gel nail polish great for any occasion that demands long lasting color with simple between service maintenance. Gel polish soaks off in 15-30 minutes.

45-minutes \$40

Princess Manicure

Pamper your pre-teen with a manicure fit for a princess including shaping, hydration and polish.

20-minutes \$15

PEDICURES

Signature Almond Pedicure

Our most popular almond scented pedicure hydrating, exfoliating includes, a hot stone foot and leg massage nail shaping, cuticle refinement, hydration, followed by polish.

75-minutes \$55

Spa Therapy Pedicure

This soothing hydrating, exfoliating pedicure includes cuticle refinement, heel treatment, leg and foot massage, hydrating masque with steam towels, shaping, and polish.

50-minutes \$45

Classic Pedicure

This hydrating pedicure includes cuticle refinement, heel treatment, light leg and foot massage, shaping, and polish.

45-minutes \$35

Princess Pedicure

Pamper your pre-teen with a pedicure fit for a princess including shaping, hydration and polish.

20-minutes \$15



NAIL THERAPIES

Cucumber Heel Therapy

Cool and renew the feet, with this moisture intensive treatment. Includes callous removal, cucumber therapy cream, foot massage and hot towels.

25-minutes \$39

Arnica Gel Therapy

Soothing and relaxing, this treatment includes hot stones, arnica oil, lower leg and foot massage.

25-minutes \$39

Peppermint Foot Therapy

This revitalizing foot and lower leg treatment is designed to reinvigorate the whole body. Calves and feet are massaged with a stimulating Peppermint balm and then cocooned in steaming hot towels to wake up tired feet.

25-minutes \$39

NAIL ENHANCEMENTS

| | | | |
|-----------------------|------|-------------------------|------|
| French Tip..... | \$12 | Ecofin (Paraffin) | \$12 |
| Polish Change..... | \$10 | Gel Soak Off..... | \$12 |
| Buff and Polish | \$15 | | |

WAXING

| | | | |
|------------------------|------------|------------------------|------|
| Basic Bikini..... | \$37 | Brow Design..... | \$22 |
| Deep Line Bikini | \$52 | Brow Maintenance | \$17 |
| Brazilian..... | \$72 | Full Face..... | \$42 |
| Full Leg..... | \$72 Et Up | Chin..... | \$12 |
| Upper/Lower Leg | \$37 Et Up | Hairline..... | \$12 |
| Back or Chest | \$47 Et Up | Upper/Lower Lip..... | \$12 |
| Upper/Lower Arm | \$27 Et Up | Neck | \$17 |
| Full Arm | \$52 Et Up | Stomach..... | \$37 |
| Underarm..... | \$22 | | |



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 advanced as possible to accommodate preferred services and time. 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.

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 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.

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



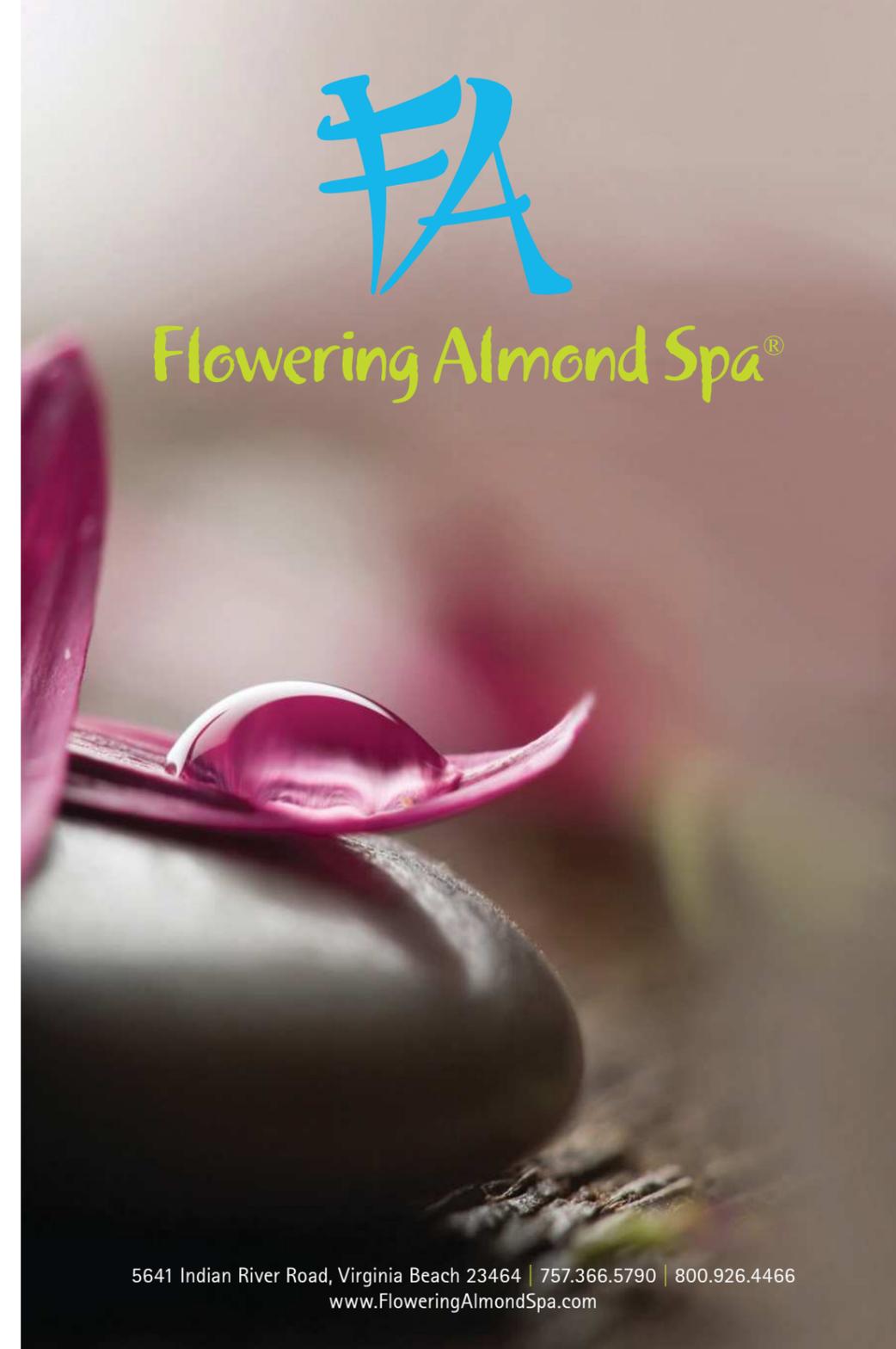
Flowering Almond Spa®

5641 Indian River Road, Virginia Beach 23464 | 757.366.5790 | 800.926.4466
www.FloweringAlmondSpa.com

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FLOWERING ALMOND SIGNATURE TREATMENTS

Flowering Almond Journey

Two service providers will work in tandem performing a customized Pure Results Signature Facial and Reflexology to leave you rejuvenated from head to toe.

50-minutes - \$195

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 such as basil, rosemary, and bay laurel. Tension deep within spinal muscles is unraveled with an anti-inflammatory Arnica Muscle Gel in this powerful therapeutic treatment.

50-minutes \$122 / 80-minutes \$152



MASSAGE

Massage has been used throughout the ages to improve general health and is an important part of the spa experience. The many benefits of massage include stress reduction, better circulation and body functioning, increased elasticity and softened skin, shortened recover time from athletics and a general sense of well-being.

Deep Tissue Massage

Perfect for muscle tension and aiding in the recovery of activity induced soreness, this technique manipulates the deep tissue, stimulating circulation and regenerating lymphatic flow.

50-minutes \$100 / 80-minutes \$140

Signature Almond Swedish Massage

Soothe sore muscles and stimulate circulation helping to revitalize and invigorate your body, mind and spirit.

25-minutes \$50 / 50-minutes \$85 / 80-minutes \$115 / 110-minutes \$150

Pre-natal Massage

Special massage techniques are adapted to each stage of your journey. Your massage will be customized to ensure your safety and comfort at all times. (Massage may not be done in 1st trimester.)

50-minutes \$110 / 80-minutes \$150

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 \$85

Sports Therapy Massage

Great for athletes of every kind. This sports specific massage focuses on areas of the body that are overused and stressed from repetitive and often aggressive movements.

50-minutes \$110 / 80-minutes \$150

Couples Massage

Choose from any of our massage therapies and share the experience, side by side, in one of our couple's treatment rooms.

Aromatherapy

Add Aromatherapy to any massage for an additional \$10.

BODY THERAPIES

Specialty therapies and techniques used for relaxation, healing and rejuvenating the human body.

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 \$57

Lavender or Lemon Verbena Body Scrub 25-minutes \$57

Lavender or Lemon Verbena Body Wrap 25-minutes \$57

Lavender or Lemon Verbena Scrub/Wrap Combo 50-minutes \$92



Detoxifying Seaweed Wrap

A mineral-rich treatment with potent herbal extracts to help remove toxins from the skin, eliminating lymphatic sluggishness and restoring healthy body tone.

50-minutes \$92

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 \$182 / 110-minutes \$222

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 \$182 / 110-minutes \$222

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 \$182 / 110-minutes \$222

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 your 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 \$117 / 80-minutes \$182

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 \$182

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.

50-minutes \$140 / Package of 5 \$595 / Dermaplaning without facial 30-minutes \$80

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 \$117 / 80-minutes \$182

Natural Face Lift featuring the BT-Micro

High performance serums combined with ultrasonic and microcurrent technologies are used to gently exfoliate, deliver deep hydration, and help erase fine lines and wrinkles for visibly firmer, more toned skin.

50-minutes \$120

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 outmost layer of skin in order to produce a healthier, more youthful appearance.

50-minutes \$127 / Package of 5 - \$585

Add-ons: 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 nourishing and relaxing treatment for the back, offering deep pore cleansing and a mud wrap treatment to replenish and nourish the skin. Ideal for all skin types.

50-minutes \$92

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 \$67



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 re-texturize fine lines and wrinkles.

20-minutes \$27

Age Defense Hand Treatment featuring the BT-Micro

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

20-minutes \$42

Eye Contour featuring the BT-Micro

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

20-minutes \$37

Hydrating Lip Treatment featuring the BT-Micro

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

20-minutes \$37

SPA PACKAGES

Full Day Spa Package

50-minute Pure Results Facial

50-minute Swedish Massage

45-minute Spa Therapy Manicure

50-minute Spa Therapy Pedicure

25-minute Lavender or Lemon Verbena Body Wrap

1 Hour Spa Lunch

Approximately 6 hours - \$475

Half Day Spa Package

50-minute Pure Results Facial

45-minute Spa Therapy Manicure

45-minute Spa Therapy Pedicure

50-minute Swedish Massage

Approximately 4 hours - \$320

TINTING

Eyelash.....\$27

Eyebrow.....\$17

