



## THE SPA AT THE ROCKAWAY HOTEL

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The Spa at the Rockaway is a transformative oasis with healing offerings for mind and body. It's your personalized escape to reset. Choose one of our carefully crafted signature treatments, indulge in our ultra-pampering amenities, and with the spa's unique oceanfront backdrop, you'll feel spoiled, relaxed, and revitalized.

# FACIAL TREATMENTS

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## HYALURONIC MARINE MOISTURE FACIAL

Replenish and strengthen your moisture barrier leaving dehydrated skin fully restored. This nourishing treatment includes a professional grade Dr. Dennis Gross Alpha Beta™ exfoliation for face and line minimizing LED red light therapy for your eyes. An Endothermic Hyaluronic Marine Mask will calm skin to regain its natural balance and instantly leave a more plump and dewy complexion.

50 MINUTES – \$155

## VITAMIN C BRIGHTENING FACIAL

This high-performance facial is the essential treatment for the ultimate glow on the go and reversing skins age. Our Vitamin C collection blends 4 different types of corrective brightening actives to improve luminosity and repair all forms of damaged skin. This facial includes a professional grade Dr Dennis Gross Alpha Beta™ exfoliation, LED light therapy and our antioxidant rich Bio-Cellulose Vitamin C Mask to energize at the cellular level leaving your skin in its best overall health.

50 MINUTES – \$170

## SCULPT & FIRM FACIAL

This experience includes LED Light therapy for face and neck with the handheld TheraFace instrument, treating your skin with microcurrents and deep cleaning effects. A 3-Step professional grade Vitamin A exfoliation for powerful wrinkle fighting results and a refining Age Erase Recovery mask combined with percussive therapy. This treatment works to relieve jaw tension, contour your skin, sculpt your face, improve circulation and leave you feeling refreshed and radiant. \*Not suitable for pregnancy

Add \$360 to take home TheraFace Pro

80 MINUTES – \$275

## RESURFACING HYDROFACIAL

Revitalize Your Skin with a Non-Invasive Treatment. Using the latest skin healing technology, hydro dermabrasion combines the famous microdermabrasion with the natural healing powers of water and oxygen to revitalize the skin for a hydrated, healthy, and youthful glow. This skin resurfacing treatment is both gentle and effective. Our treatment is designed to instantly moisturize your skin by infusing it with a nourishing blend of serums, cleanses, exfoliates, extracts, hydrates, and protects your skin, while also removing dead skin cells and environmental impurities. You'll notice improved hydration, minimized dark spots, and even a decrease in fine lines

80 MINUTES - \$350

## BODY TREATMENTS

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### SUGAR SCRUB BODY TREATMENT

This dazzling natural treatment begins with the vibrant aromas of a ginger-lime sugar scrub that helps exfoliate the skin to create a brighter, glowing complexion. Followed by a warm, nourishing coconut and argan oil infused with avocado oil, apricot oil, rose hip, and vitamin E is slowly drizzled onto the body for superior hydration, nourishment, and total body relaxation.

50 MINUTES – \$170

### ALOE AND SEAWEED WRAP

This nourishing body firming wrap includes high-performance ingredients and ocean minerals to provide full body hydration while toning and firming skin. This treatment begins with a scrub exfoliation to brighten skin and increase circulation. A light wrap with green clay and seaweed extracts draws out impurities and is removed with hot towels. Finish with a luxurious full-body hydration of sea extracts, stem cells, and calming white teas.

80 MINUTES – \$200



## MASSAGE TREATMENTS

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### ROCKAWAY SIGNATURE MASSAGE

This exquisite experience is created especially for you. Includes warm stones, steam towels and a luxurious foot treatment that will melt away tension and fully relax the body.

50/80 MINUTES – \$160/\$230

### MOTHER-TO-BE MASSAGE

Specifically designed to pamper you during this joyous time, this massage improves circulation and calms the body. Includes an organic shea butter and body oil combination gently applied to help reduce the signs of stretch marks and to ease any skin irritation.

Please inform us of your due date at time of reservation.

50/80 MINUTES – \$165/\$235

### RECOVERY MASSAGE

Awaken your senses and relax your mind with our CBD Recovery Massage. Crafted with cold-pressed hemp, marula, jojoba & olive oils, this luxury treatment clarifies the skin and boosts circulation. Warm body oils are expertly applied to the skin to help relax muscles, moisturize and nourish the body.

50/80 MINUTES – \$170/\$260

### HOT STONE MASSAGE

Relaxing and re-mineralizing massage using warm hand-carved salt stones from the Himalayan mountains to balance the central nervous system and nourish depleted cells, leaving the body in a deep state of relaxation.

50/80 MINUTES – \$170/\$260

### COUPLES MASSAGE

Share this private intimate experience together as you enjoy any two treatments side-by-side.



## PACKAGES

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### SIGNATURE ROCK & GLOW TREATMENT

Enjoy this 80-minute personalized experience. Beginning with a 30 min partial-body Ginger-Lime Sugar scrub and an ultra-hydrating body butter treatment. Followed by a 50 minute facial where the skin is cleansed, clarified, and expertly prepared for layers of high-performance concentrates for glowing skin. This facial includes the Dr. Dennis Gross Alpha Beta™ Face Peel. This is the best combination of intense hydration and exfoliation for the perfect Rockaway Glow.

80 MINUTES - \$220

### CBD CITRUS BLISS TREATMENT

Includes take home Gift CBD body scrub 16.oz jar

This Ultra-hydrating, anti-oxidant packed treatment will fight free radicals, enhance cell renewal and soften skin head-to-toe. Achieve a radiant glow with a 30 Minute invigorating citrus grapefruit exfoliation treatment followed by a 50 minute massage including an application of a deeply nourishing CBD-powered botanical body oil for deep relief and restoration.

80 MINUTES - \$260

### ULTIMATE ROCKAWAY INDULGENCE

Includes both the exquisite experience of our 50-minute Rockaway Signature Massage and our 50-minute Hyaluronic Marine Moisture Facial that will leave skin radiant, hydrated, and glowing.

2 HOURS – \$300

## GIFT CARDS

Spa Gift Cards are a wonderful way to give the gift of wellness, relaxation, and renewal. They are available for all services as well as in any dollar amount you would like to give. Please inquire at the front desk for guidance in selecting the ideal gift.



## ENHANCEMENT MENU

### HAND & FOOT TREATMENT

A relaxing indulgent experience where your feet and hands are cleansed and exfoliated then wrapped in warmth, followed by a moisturizing massage. Includes Therabody Smart Goggles to soothe headaches, relieve eye strain, and invite calmness into the body and mind. \$45

### DR. GROSS LED LIGHT THERAPY MASK

LED device for your entire face that targets the appearance of wrinkles and blemishes combining 100 light emitting diodes in red mode + 62 LED lights in blue mode working together to smooth wrinkles, diminish discoloration, and clear acne for a beautiful, youthful complexion. \$50

### SOOTHING SCALP TREATMENT

A luxurious peppermint and tea tree oil blend is drizzled over the scalp to invigorate your senses during a soothing scalp massage suitable for sensitive skin \$25

### DEEP TISSUE UPGRADE

Deep tissue offers both physical and psychological benefits by applying sustained pressure slowly to target the inner layers of your muscles to ease tension, relieve muscle pain and stiffness and provide stress-relieving relaxation. \$30

### REFLEXOLOGY

Reflexology, also known as zone therapy, is an alternative medical practice involving the application of pressure to specific points on the feet and hands. This is done using thumb, finger, and hand massage techniques helping relieve tension. \$65

### SPECIAL OCCASION UPGRADE

Mark your special occasion with a take home gift & Personalized Message \$40



# SPA POLICIES

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## APPOINTMENTS

We recommend booking your spa appointments in advance to ensure the desired time is available for you. To secure your appointment, a credit card number is required at the time of your booking. 1 Hour of Pool Access prior to your appointment time is included with any service.

## ARRIVAL

We suggest that you arrive at least 15 minutes prior to your scheduled appointment time. This will allow plenty of time to check in, change, and relax before your treatment.

## ATTIRE

Robes, slippers, personal locker, and towels are provided for all Spa Guests. Please disrobe to the level of your comfort for your treatment, undergarments are not necessary, but you may wear them if you prefer. Our licensed therapists ensure you are securely draped, assuring your privacy at all times.

## CANCELLATION

Treatment times are reserved especially for you. We kindly request that cancellations or changes to appointments be made at least 24 hours in advance for single services and 48 hours in advance for multiple treatments. Failure to comply with this policy will result in a cancellation fee amounting to the full cost of the scheduled service.

## LATE ARRIVAL

As a courtesy to all of our guests, late arrivals will only receive the remaining available appointment time and will be charged the full-service fee.

## PREGNANCY & SPECIAL HEALTH CONSIDERATIONS

Please notify us while booking your service if you have high blood pressure, allergies, any physical ailments, or special needs. If you are pregnant, please make us aware of your due date as that would affect your choice of services.

## AGE REQUIREMENT

All spa guests must be 18 or older to enjoy the spa.

## ELECTRONICS

In consideration of our other guests, we ask that you turn off your cell phone or any other electronic devices before entering the spa and leave them secured in your locker throughout your visit.

## SERVICE CHARGE

For your convenience, a 20% service charge will be automatically charged to your bill. Additional gratuities are at your discretion and should reflect your satisfaction with your service.

## VALUABLES

Please do not bring any valuables with you. We are not liable for any loss of personal property, including jewelry, even if stored in our lockers.

## MASSAGE TREATMENTS

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