

PERSONAL SERVICES and Specialty Treatments



Welcome to a week
of pampering you will
never forget...

At your first meeting, your personal esthetician will answer your questions and explain the treatments listed here. She can help you create a personalized beauty program that meshes gracefully with your week's activities. Consult her as well regarding a Golden Door Skin Care beauty plan to continue at home.

We recommend frequent generous use of Golden Door Sunblock Moisturizers throughout your stay. You'll find them always available by the pool, near the Wisteria Lounge.

Fulfilling your wishes with utmost attention to detail is our great pleasure. Please do not hesitate to call us at extension 4109, 10 a.m. to 6 p.m. Monday through Friday.

WHAT TO WEAR?

Just robe, shorts and shoes will be all you need for treatments, with the exception of body treatments for which you will only need robe and slippers. For Thai Massage, work-out wear is appropriate and swimwear and slippers are best for Ki-atsu Massage.

BATHHOUSE TREATMENTS

GOLDEN DOOR SIGNATURE CITRUS BLEND SEA SALT SCRUB WITH AVOCADO

Inspired by our lush groves and verdant hillsides, this ambrosial treatment available exclusively at the Golden Door, is fresh and fragrant with the natural essences of lemon, chamomile, and lavender plus a soothing blend of avocado, sweet almond and olive oils. Begin with a gentle sea salt exfoliation using silk mitts. A warm-water wash with our richly lathering Signature Citrus Scent bath gel is followed by Signature Citrus Shea Butter moisturizer and Golden Door Botanical Body Oil. May be scheduled in place of a facial.

SELF-TANNING TREATMENT

The look of a healthy tan without the sun. Recommended for end-of-the-week during your skin care hour or after a body treatment.

GOLDEN DOOR PINEAPPLE SCRUB

See the glow return when our Golden Door Pineapple Scrub is applied with a silk mitt, followed by a soothing application of Pineapple Gel, Botanical Body Oil, and Botanical Body Moisturizer.

WARM HONEY WRAP & ORANGE BLOSSOM MILK SOAK

After pure, fresh honey is massaged into your entire body, nestle in a skin-softening wrap of thermal blankets and hot towels, while a heavenly foot massage transports you to an even deeper level of relaxation. Then, into the hydrotherapy tub to soak luxuriously in a warm milk bath infused with fragrant orange blossom essential oils. This lush treatment is concluded with the application of an orange-blossom scented lotion.

LAVENDER, LEMONGRASS & SALT SCRUB SOUFFLE

Such a creamy, fragrant treatment, it's the crème de la crème of exfoliating scrubs. A combination of detoxifying salts, minerals, and clay from the Dead Sea exposes fresh new skin. Your body then soaks up a whipped delight of lemongrass, shea butter, Brazil and macadamia nut oils and olive oil loaded with antioxidants and multi-vitamins. Finally, a spritz of Body Oil Spray helps maintain your skin's new silky, supple texture.

BALANCING ENERGY THROUGH COLOR

Cocooned in your choice of one of our five, richly colored silken clays, you are invited to relax in this luxurious wrap before slipping into a hydrotherapy bath infused with aromatherapy and light. Each color, including our most popular, lavender, is synergistically formulated to balance, energize, calm, cool and regulate or detoxify.

BOTANICAL BODY SCRUB

Golden Door Botanical Enzyme Scrub applied with a silk mitt provides full body exfoliation. Lavish application of the Golden Door essential trio—Botanical Bath & Shower Gel, Botanical Body Oil, and Botanical Body Moisturizer—complete the treatment.

SKIN CARE TREATMENTS

FACIALS

VITAMIN K AND GINKGO BILOBA PROTEIN EYE MASQUE

First, relax with a gentle pressure-point massage around your eyes, then feel free to “drift off” during a scalp massage. Our skin-firming and hydrating Eye Gel with Vitamin K will go to work beneath soft eye pads made from Ginkgo Biloba natural protein fibers to help reduce the appearance of dark circles, fine lines, and puffiness.

ALPHA-BETA™ PEEL

Instantly improve the texture, firmness and radiance of your skin with this patented peel developed by a leading dermatologist. All-natural Alpha & Beta Hydroxy Acids combine to produce dramatic results with acne, rosacea, large pores, fine lines and wrinkles, and dry or oily skin. This treatment may restrict certain activities, thus we recommend that you schedule this service at the end of your week.

BARE AND BEAUTIFUL BACK

This wonderful deep-cleansing back “facial” includes enzymes for exfoliation and gentle extraction followed by an organic masque. It concludes with botanical moisturizers for complete hydration.

CUSTOM DEEP-CLEANSING FACIAL

Our European-style facial begins with a cleansing steam, followed by exfoliation and manual extraction. This treatment concludes with a healing serum and masque according to your skin type.

NATURE'S AROMATHERAPY

Essential oils extracted from flowers, herbs, and trees are used in this rejuvenating and relaxing experience. Used for centuries to cleanse, heal, and promote a feeling of well-being, this treatment includes pressure-point therapy of the face, scalp, hands, and feet.

SIGNATURE FACIAL

Experience the pleasure of a gentle exfoliating scrub suited specifically to your skin type followed by a misting with essence of orange water. An oxygen facial masque and Golden C serum treatment improve cellular circulation and promote healthier, more youthful-looking skin.

TRANQUILITY

Let the week begin with this stress-release facial of soothing botanicals—natural oils and extracts—from our Golden Door Skin Care collection. Includes neck, shoulder, and facial massage.

The following treatments may be scheduled in place of a facial and will be performed by your esthetician.

FIRMING BODY GEL WRAP

Put off the signs of aging with this replenishing body wrap that improves elasticity and gives a firmed and toned appearance to the skin. Ideal for those who have achieved significant weight loss.

PEACH PARAFFIN BODY MASQUE

Gently warmed Bindi oil is massaged over the entire body, followed by a rich Vitamin E Peach Paraffin masque. Luxuriate in the warmth of enveloping blankets as your skin is hydrated, soothed and smoothed.

PEPPERMINT BODY SHAPING WRAP

Cool, invigorating peppermint oil combined with freshly harvested seaweed stimulates circulation, purifies skin, reduces water retention, works to eliminate cellulite, and relieves sore, aching muscles. Wrapped from abs to ankles, this treatment firms and contours.

WAXING

Enjoy a smooth gleaming finish with full leg, underarm, and bikini-line waxing, performed by your esthetician. We do not offer facial waxing during your week—it increases facial skin sensitivity at a time when you will be spending many active hours outdoors or in the pool. *If you do not wish to replace a facial, this service may also be scheduled at an additional fee.*

HAIR, NAILS & MAKEUP

CUSTOM SCALP TREATMENT

Starting with our own Signature Citrus Blend Shampoo, a nourishing and hydrating treatment using natural herbal products is followed by soothing scalp massage.

MAKE-UP LESSON

Begins with color analysis, followed by a simple and efficient do-it-yourself skin-cleansing routine. Learn proper application of cosmetics so you can, with ease, always look your best.

GOLDEN DOOR MANICURE / PEDICURE

Your hands will be treated to a manicure that includes our Signature Citrus Blend moisturizer, followed by a soothing hand massage with our Citrus Blend Shea Butter and the application of polish in your choice of color. Your pedicure begins with a relaxing Sea Rock soak, followed by an energizing mint scrub. Finally, feet and legs are gently massaged using Golden Door Foot and Leg Therapy Cream.

SALON SERVICES *at an additional charge**

BODY SUGARING

The removal of unwanted hair by your esthetician will be gentler and safer with our sugaring method. Containing only the most natural ingredients, the sugaring mixture lubricates the hair follicles to ensure comfortable and complete extraction.

DESIGNER NAILS

Request an appointment for a full set (or fills) of fiberglass nail wraps or gels. Out of concern for our guests and the environment, we do not offer acrylic nails.

HAIR DESIGN

A new look including haircut, coloring, deep conditioning, and gloss treatment can be yours. Let us schedule a complimentary consultation for you at which time an appointment with our stylist may be made.

LASH & BROW TINT

You may have your lashes & brows tinted and/or brows tweezed as part of a facial hour, or schedule them separately for an additional fee.

**Ask your esthetician for current rates*



SPECIALTY TREATMENTS

HEALING WATERS HYDROTHERAPY BATH AND WARMING MASSAGE

Your body is working hard for you this week. Return the favor. Help your weary, aching muscles to recover by submerging yourself in the warm, healing waters of the hydrotherapy tub as its soothing, swirling currents loosen and ease tense muscles during an utterly relaxing twenty-minute bath. Select a Juniper bath for optimum relief of tightness and soreness or, to ensure truly restorative sleep, choose a Lavender-infused bath. Following your bath, surrender to a full-hour-long massage using the natural warming properties of Arnica blossom, ginger and almond oil; a nurturing blend chosen specifically to ease muscle strains. We guarantee this treatment will totally relax every muscle except those that make you smile!

90 minutes \$225.00

ISLAND PARADISE SEASHELL MASSAGE

Imagine a sun-warmed tropical beach where you float on waves of relaxation. Beautiful Tiger Clam shells gathered by Philippine divers from the ocean floor, perfectly polished to a smooth and glossy sheen, become nurturing tools in your therapist's hands. Within each shell, salt water combines with natural minerals, black lava, and sea kelp to generate a blissfully soothing, continuous heat. The size and shape of these shells make them perfect for delivering deep, penetrating warmth to specific areas of stress and muscle tension. Each silken stroke of the shell is pure paradise.

60 minutes \$155

90 minutes \$225

IN-ROOM SWEDISH MASSAGE

A traditional full body massage using long, soothing strokes to promote relaxation, increase circulation, and relieve muscle tension.

60 minutes \$135

90 minutes \$185

2 hours \$235

DEEP TISSUE MASSAGE

A massage focusing on specific areas in the deeper layers of muscle tissue. Slow strokes and deep direct pressure release chronic patterns of tension, reducing pain and tightness.

60 minutes \$145

90 minutes \$195

IN-ROOM THAI MASSAGE

Performed while you are fully clothed and relaxing on a Thai floor mat, this massage adjusts the body through deep stretches, rhythmic compression, and gentle rocking. These movements allow energy to flow freely and tension to be released. You will be both relaxed and energized.

60 minutes	\$145
90 minutes	\$195
2 hours	\$245

LA STONE MASSAGE

A precise pattern of heated stones is placed on and under the body to balance energies while your therapist uses the deep penetrating heat of smooth stones to massage away stress and tension. Cool marble stones may be used therapeutically for chronic or acute problem areas. The result is a state of blissful tranquility.

60 minutes	\$155
90 minutes	\$225
2 hours	\$325

IN-ROOM REFLEXOLOGY

This ancient eastern technique is based on the belief that specific energy points on the feet, hands, and ears correspond to organs and structures of the body. Stimulating these areas allows energy to flow freely, creating a sense of renewed balance.

60 minutes	\$135
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REIKI MASSAGE

This method of energy healing involves placing the hands on or just above the body to balance energy centers and bring a sense of peace and well-being.

60 minutes	\$135
90 minutes	\$185
2 hours	\$225