

# HOW TO SPA

A destination for guests and locals alike, designed with the modern GUYandGIRL in mind.

## SPA HOURS

11:00 A.M. to 7:00 P.M. Monday – Thursday  
10:00 A.M. to 8:00 P.M. Friday – Sunday

**SCHEDULING** To schedule an appointment and for more information on our treatments, please speak to our spa coordinators, who will be happy to assist you. Hotel guests may dial extension 1950 from their rooms. Non-hotel guests may call 305.514.1950. Advance booking is recommended to ensure availability of your preferred time and service.

**SPECIAL HEALTH CONSIDERATIONS** For your safety, at the time of reservation, please notify our Spa Coordinators if you have high blood pressure, allergies, any physical ailments, special needs or if you are pregnant.

**ARRIVAL** Please arrive 15 minutes prior to the start of your service to allow for a leisurely check in and to complete your pre-consultation forms. Should you arrive late, your treatment may be shortened. Please bring a valid form of ID. We are an adult only spa, you must be 16 to use the spa. A legal guardian's consent is required for all guests under the age of 18.

**CANCELLATION POLICY** Appointments must be held with a valid credit card. GuyandGIRL Spa has an 8hour cancellation & rescheduling policy. The treatments you schedule are reserved especially for you, so to avoid being charged the full amount of your services, please give at least 8 hours' notice from the appointment time if you need to cancel or reschedule your appointment.

**SERVICE CHARGE** GuyandGIRL Spa will add a 20% automatic service charge to the final bill based on the regular price of our treatments. This may be changed at your discretion.

**ATTIRE** We encourage you to stay a while and enjoy the facilities, and so please remember to bring a bathing suit. But don't worry, if you do forget, we have some fantastic swimwear options in our GuyandGIRL retail boutique.

**AMENITIES** Everyone is treated to a glass of Champagne. For your enjoyment, GuyandGIRL spa offers a steam shower and dry sauna in both our men's and women's thermal suites, and complete changing areas.

**VALUABLES** We ask that you please leave all valuables at home, as they must not be worn during your services or kept in our lockers. **GIFT CARDS:** We believe that you will love your experience at GuyandGIRL Spa that you will want to share the love! Gift cards are available for any amount and are redeemable for spa treatments and retail selections from our boutique.

**WELLNESS** We've partnered with Miami Beach local fitness studios to offer complimentary Weekend Wellness classes.

**MEMBERSHIP** Ask us about our GUYandGIRL Memberships

# HANDS & FEET

**KOPARI: Coconut Powered Beauty**

**COCONUT EXPRESS HANDS** | 20M \$25 FEET | 20M \$35  
Includes nail shaping and a fresh coat of polish.

**GUYandGIRL CLASSIC HANDS** | 30M \$35 FEET | 45M \$55  
An Organic Coconut Oil bath and brown sugar and Tahitian coconut shells soften dry skin and calluses. Renewed hands and feet are generously massaged with Coconut Milk to increase hydration. Includes nail shaping, cuticle tending and a fresh coat of polish.

**GUYandGIRL LUXURY HANDS** | 45M \$45 FEET | 60M \$65  
This luxurious service begins with an Organic Coconut Oil bath to soften skin followed by a brown sugar and Tahitian coconut shell exfoliating treatment. Softened hands and feet are slathered in Coconut Balm treatment mask and wrapped in warm towels for ultimate hydration. A relaxing Coconut Milk massage relieves stress and tension. Includes nail shaping, cuticle tending and a fresh coat of polish.

**GEL ENHANCEMENT** | HANDS OR FEET \$25

**POLISH CHANGE** | HANDS OR FEET 15M \$18

# PACKAGES

If you don't see your perfect package, create your own. Select any three services from our menu and save 10 percent.

**ESSENTIALS ONLY** | 1.5 HOURS \$220  
30M GUYandGIRL GLOW  
30M TARGET MASSAGE  
25M APOTHECARY EXPRESS FACIAL

**THE SIGNATURE** | 2.5 HOURS \$340  
80M DETOX RITUAL  
50M GUYandGIRL SIGNATURE MASSAGE

**EQUALLY YOKED COUPLES MASSAGE** | 1.5 HOURS \$225PP  
Our couples ritual rejuvenates and reinvigorates you in a private, romantic setting. The experience includes a 30 min full body exfoliation followed by a 50-minute traditional Swe-thai massage with stretching, effleurage, and light to medium pressure point techniques. A complimentary glass of champagne and chocolate covered strawberries at the completion of your service will be served in our couples lounge

# BOUTIQUE

**SPF & SKINCARE PRODUCTS**  
MEN'S & WOMEN'S BATHING SUITS  
SWIMSUIT COVER-UPS  
ACTIVEWEAR  
JEWELRY  
TOTES & BAGS  
SUNGLASSES  
ACCESSORIES

# SPA MENU

# GUYandGIRL SPA

**PLEASE DIRECT DIAL EXT. 1950  
TO BOOK YOUR SPA SERVICE**

MONDAY-THURSDAY | 11AM-7PM  
FRIDAY-SUNDAY | 10AM-8PM  
LOCATED ON THE 3RD FLOOR

1100 WEST AVENUE | MIAMI BEACH, FLORIDA 33139  
GUYANDGIRLSPA.COM  
305.514.1950

# MASSAGE

## RELAXATION

### **GUYandGIRL SIGNATURE** | 30M \$85 | 50M \$135 | 80M \$205

Our signature full body massage promotes relaxation and tension relief with classic techniques and light to medium pressure. Your service is customizable to focus on desired areas.

### **MEET ME IN KOPARI** | 50M \$145 | 80M \$215

Melt into paradise as Kopari Organic Coconut is worked into sore, tired muscles for a total body glow. Our skilled therapist will deliver the perfect amount of pressure to target your body's specific needs. This luxurious treatment concludes with a lavish Coconut Milk foot massage to soothe and soften your soles.

### **MOM TO BE** | 50M \$145 | 80M \$215

A safe yet effective massage designed for you and your baby that focuses on relaxing tense muscles and easing sore spots traditionally associated with pregnancy whilst also helping to improve circulation and mobility. (Treatment available after first Trimester of pregnancy).

### **STONE THERAPY** | 50M \$175 | 80M \$250

The ancient art of hot stone healing brings relief to tense muscles, aching joints, and stressed minds. Warmed basalt stones deliver heat therapy and deep relaxation as they gently manipulate your muscles.

## WELLNESS

### **EARTH ELEMENTS SALT STONE** | 50M \$175 | 80M \$250

Warmed Salt Stones from the Himalayan Mountains are used to target muscle tension, soothe stress, balance the mind, and stabilize the body's electromagnetic field. This deeply therapeutic massage is a must-have treatment to help you relax, recharge, and restore.

### **RESTORATIVE RITUAL** | 80M \$205

Relax and Restore both mind and body with our therapeutic wellness ritual massage. Achieve the ultimate Zen with a custom tailored full body massage with aromatic botanical oils and our signature mind-melting scalp therapy.

### **DEEP SLEEP** | 80M \$245

Combat insomnia and encourage restful sleep with this dream inducing treatment that includes a guided breathing meditation, tension melting Lavender balms, and an acupressure point sequence designed to promote relaxation. This treatment is best scheduled in the evening before bedtime.

### **CHAKRA HARMONY** | 50M \$175

Achieve optimal energetic and body health as you restore balance within your Chakras. Unique energy massage techniques increase Chakra energy flow to balance the body's natural rhythms. This ultimate restorative experience is designed to promote harmony of mind, body, and soul.

### **REFLEXOLOGY** | 30M \$85 | 50M \$160

An ancient Chinese wellness technique that stimulates specific pressure points on the feet to encourage the body to release blockages for natural healing.

## THERAPEUTIC

### **DEEP TISSUE** | 30M \$115 | 50M \$165 | 80M \$245

A powerful therapy for those with contracted and chronically tense muscle conditions to ease pain, release deep adhesions and enhance range of motion by realigning the deeper layers of muscle and connective tissue.

### **SWE-THAI** | 50M \$175 | 80M \$245

This innovative style of massage is a magical blend of ancient Eastern knowledge and highly effective Western techniques. Advanced soft tissue therapies are combined with passive yoga-style stretching to relieve pain, increase flexibility, and induce a deep sense of relaxation.

### **MUSCLE RECOVERY** | 50M \$175 | 80M \$250

Relax and recuperate your aching muscles with this sports-inspired therapy. Drain away fatigue, relieve swelling and reduce muscle tension to promote flexibility and prevent injury. Includes a blend of classic Swedish strokes, cross-fiber friction, pressure-point work, and joint mobilization. Muscle recovery has never felt so good.

### **COUPLES TREATMENT ADD-ON \$35**

Add champagne and chocolate covered strawberries to your couples massage for that extra special touch.

# BODY

### **GUYandGIRL GLOW** | 30M \$85 | 50M \$155

Glowing Skin is always in. Our custom blended buff scrub smooths skin and boosts radiance. Your treatment is completed with a relaxing application of antioxidant-rich body butter for the ultimate summertime glow. Choose from a focus area or full body treatment.

### **DETOX RITUAL** | 80M \$245 | 110M \$275

Discover tranquility with our signature ritual. Skin texture is revived with dry brushing techniques, and our custom aroma blended buff scrub. Melt away with a customized massage that will address all your body's concerns. The service is concluded with a warm oil scalp massage that will leave you in euphoria.

### **COCONUT CRUSH BODY RENEWAL** | 80M \$250

This full body, coconut powered service is love at first scrub. Exfoliating brown sugar and Tahitian coconut shells buff away tired skin cells and allow hydration to penetrate deep into the skin. After a warm rain shower, Organic Coconut is massaged into sore, tired muscles to lock in vitamins and essential fatty acids for total body radiance. Includes a nourishing coconut oil scalp treatment and hydrating foot massage that will feel like pure paradise. This body renewal experience will leave your entire body soft, supple and completely glowing.

### **RAINSHOWER RITUAL** | 100M \$290

Delight and detox with the ultimate skin treatment, focusing on exfoliation, re-mineralization, and hydration. Incorporating a full-body dry brushing, detoxifying body wrap, delectable foot massage, and our Vichy Rainshower bar to cleanse and target muscle tension. A full body massage with aromatic botanical oils completes this cannot-miss treatment.

# FACIALS

### **EMINENCE ORGANIC SKIN CARE**

We proudly use Eminence Organic Skin Care which are free of parabens, animal by-products, propylene glycol, sodium lauryl sulfates, harmful colorants and fragrances, mineral oils, petroleum, and other harsh cosmetic chemicals.

### **GUYandGIRL ORGANIC FACIAL** | 50M \$145 | 80M \$185

Experience the beautiful results of using plant based organic ingredients. This facial is custom tailored to your needs to address a variety of skin concerns such as premature aging, sun damage, acne, loss of vitality, tone and radiance yet gentle enough to soothe the most sensitive of skin. This facial is specifically created to suit your skin needs and let the active ingredients impart health and beauty to your skin.

### **LIGHTandBRIGHT** | 50M \$175 | 80M \$205

Reveal naturally luminous skin with this brightening facial. This relaxing facial tones, exfoliates and hydrates to target sun damage, dark spots and hyperpigmentation to leave the skin soft and glowing.

### **CLEARandBALANCED** | 50M \$175 | 80M \$205

Say goodbye to problem skin and hello to a radiantly clear complexion. Balance excess oil, clear breakouts and discoloration and soothe redness and inflammation.

### **HYDRATEandFIRM** | 50M \$175 | 80M \$205

Experience the perfect marriage of science and nature with this highly effective organic facial. Boost collagen, deeply hydrate and strengthen for skin that appears and acts naturally ageless.

## ENHANCEMENTS

### **ROSE QUARTZ STONE MASSAGE** | \$20

### **MARINE MERMAID MASK** | \$20

### **EXFOLIATE AND HEAL PEEL** | \$40