



CINZIA

THE SPA AT NORTH BEACH PLANTATION

SPA SERVICES



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## WORLD CLASS COMPLIMENTARY AMENITIES:

### TURKISH HAMMAM

An authentic experience – the Turkish Hammam filled with hot steamy eucalyptus air. The Turkish Hammam does wonders for blood circulation and the elimination of all harmful toxins from your body. The basic procedure is to undress, wearing a terry cloth wrap that is provided by the Spa to cover the torso. Inside the Hammam is a basin where you mix water to your preferred temperature.

### INDOOR/OUTDOOR MEDITATION LOUNGE

As you enter the Meditation Lounge an MP3 Player with a variety of Meditation Journeys is offered to assist you as you lay back, unwind, and relax in our Lounge. The Meditation Lounge offers healthy snacks, organic herbal teas, & organic juices.

### SPA GARDEN SANCTUARY

The Spa Garden Sanctuary is surrounded by the beauty and fragrances of North Beach Plantation's tropical foliage which surrounds our Outdoor Garden Sanctuary. First, rinse off with our Signature Experience Steam and Shower. Then soak in our ten-person jetted saltwater whirlpool, which will soothe those tight tired muscles, or just relax in one of our lounge chairs. A great Spa experience for small groups to gather and relax at the end of any Spa day. Please book the Spa Garden Sanctuary for Private parties at least two weeks in advance.

*\*Private Parties \$100.00 per hour for up to eight people.*

## INTERNATIONAL EXPERIENCES

### MEDITATION JOURNEY 50 Minutes

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This is a traditional ritual; a cleansing treatment that takes place in a ceramic tiled steam chamber. The Meditation Journey unites the four fundamental elements of water, fire, earth, and air into a special experience for both body and soul. The ceremony always begins with a short cleansing shower and then a traditional cleansing ritual beginning with the self application of various therapeutic scrubs that cover the entire body and face and gently exfoliate the skin, drawing out impurities and infusing rich nutrients to restore and revive. Warm, tiled seats provide a place to relax as you take pleasure in an experience of color therapy lights that provide soft, calming and soothing background music or a guided meditation journey. You begin to feel the benefits of this treatment as you inhale steam infused essential oils. The Signature Experience Steam and Shower will massage and rinse away any tension in your body. A fabulous exfoliation leaving you feeling renewed, relaxed, revived, and your skin silky soft. The journey ends with the offering of our Signature Myrtle Body Lotion. The Journey can be enjoyed alone or with a partner.

### OWNER SUITE 70 minutes

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Enjoy our world class suite offering any two treatments: a massage, facial\* or body treatment of your choice. Before or after your treatment, enjoy the owner suite Signature Experience Steam and Shower.

*\*Does not include medical grade facials.*

## SATORI THERAPY 20 minutes or 50 minutes

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The ancient practice of kundalini (clearing the body's energy centers) meets 21st century technology in this state-of-the-art therapy, called VibrAcoustic Chakra Balancing. Your experience begins by entering the "Zen Zone," where you are placed in the Ascension VibrAcoustiCradle. The journey to the center of your soul starts by listening to harmonically layered music therapy, which gently and effortlessly guides your brain waves patterns to levels of deep meditation. While in this deeply meditative state, vibration sound frequencies move energy through your body, harmonically "tuning" your chakra centers. This ultimate mind/body experience leaves you feeling physically and emotionally refreshed, balanced, and revitalized. Perfect for first-time meditators who would like to experience the effects of deep meditation without the normally required years of practice, regular meditators who would like to boost their experiences to new levels, and even long-term practitioners who want to experience a whole new dimension of meditation.

## BATH BUTLER (Resort Guests Only)

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Allow the Spa at North Beach Plantation to create for you your own personal Spa Experience in your Resort Suite! The Spa supplies you with your own personal Bath Butler who arrives with a Signature Spa Candle, Rose Petals, Bath Salts, and Signature Hydrating Body Lotion to finish your bath experience.

# INTERNATIONAL RITUALS

## ITALIAN SIGNATURE RITUAL 120 minutes

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Signature Body Treatment that hydrates the skin with nutrients it has been longing for. The delicious infusion of Wine Extracts with the aromas of Holly, Mango, Passion Fruit, and Cinnamon Oils will delight your senses and entice you to come back for more! Soak in an aroma oil bath while you sip on a glass of our Signature wine. This is followed by a wine salt glow and a visit to our Signature Experience Steam and Shower, then a Swedish Massage fit for a King or Queen. Last, an application of a rich moisturizer ends this wonderful Italian tour.

## PASSAGE TO INDIA 120 minutes

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The Passage to India combines the best of two powerful Ayurvedic therapies, then a relaxing bath, the Herbal Bindi Body Treatment and Shirodhara. The Herbal Bindi is a treatment especially designed to accelerate the elimination of toxins improving the body's metabolism, thus restoring peace and vitality. Warm herbal paste is applied to the body to improve blood circulation. Once dried, the paste is buffed by hand and the skin is brushed to accelerate lymphatic drainage, then warm herbal-infused Dosha oil is applied to the body. A moist heat wrap and an Ayurvedic herbal mini facial finishes this treatment. The Shirodhara is an ancient therapy used for centuries to relieve mental tension and stress, restoring inner calm to the mind and balancing the emotions. The treatment begins with a massage using the corresponding Dosha herbal oil to relax body and mind. This is followed by Shirodhara, a stream of warm oil dripping lightly onto the "third eye," the root of the nervous system for Ayurvedic medicine, which quiets the mind and soothes the senses. The herb-infused oil massaged into the hair and scalp followed by Ayurvedic herbs will nourish and rejuvenate hair roots and condition the scalp.

## FIJIAN RITUAL 120 minutes

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The ritual begins with a bath of pure coconut milk from Fiji, then a deep pore exfoliation using a coconut creme scrub which hydrates, soothes, and relaxes your body and mind as you drift on an ocean of calm. A visit to our Signature Experience Steam and Shower is followed by a Fijian massage, which will leave you in a state of island bliss.

## PASSAGE TO THAILAND 120 minutes

Beginning with a Thai Herbal Bath to soothe tensions, this treatment combines the relaxing benefits of a body massage and scrub with the nourishing effects of a Thai Massage. A coconut milk scrub exfoliates and softens the body after a visit to the Signature Experience Steam and Shower. Then a blend of essential oils is massaged into the body using Thai Massage techniques to stimulate the flow of energy and release toxins. The Thai Massage followed by a traditional Thai foot massage originally designed for the royalty at Wat Po, but now yours to experience.

## CINZIA SIGNATURE RITUAL 120 minutes

Tropical island music fills the suite, rose petals scatter across each massage table, and aromatherapy candles surround the duet-soaking tub as guests relax in a sensual Signature Myrtle Bath. Guests are offered a cool coconut beverage during their soak. Next, enjoy the luxurious Signature Myrtle Scrub that will softly exfoliate the body. Then a visit to our Signature Experience Steam and Shower. A soothing Lymphatic Massage ends this Ritual journey.

*\*Rituals can be shortened to 70 minutes. Includes a soaking bath and a massage.*

# MASSAGE

## NECK, BACK AND SHOULDER 25 minutes

An introduction to massage, utilizing a variety of techniques to relieve the tension of commonly overstressed areas.

## SWEDISH MASSAGE 50 minutes

A relaxing Massage using European techniques to soothe tight and aching muscles. Pressure can range from light to medium.

## DEEP TISSUE MASSAGE 50 minutes

A firmer Massage recommended for those with muscle fatigue and chronic pain. This massage incorporates deep compression, work on the joints, and some stretching. An excellent massage good after any workout, golf game, or tennis match.

## AROMATHERAPY MASSAGE 50 minutes

Balancing, soothing, relaxing, or detoxifying oils applied to the body for stress relief and purification. This unique Massage soothes the body and calms the mind.

## DUET MASSAGE 50 minutes

Nestled side by side, a couple can receive a duet Massage in our International Ritual Suite. Pressure can range from light to medium.

## ULTIMATE MASSAGE 50 minutes

Two therapists provide a synchronized full body Massage. Our therapists will incorporate Swedish Massage techniques of light to medium pressure. The “Ultimate” Massage to relieve your stress and tension.

## GOLFERS MASSAGE 50 minutes

Targeting muscles specific to golfers, this massage eases tension and increases flexibility using a combination of stretching and light-to-medium massage pressure.

### MYRTLE ROCKS 50 minutes

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Trails of heat flow deep within your body, from your feet through your legs and swirling all over your back. Radiant with heat, chase the last bit of tension from your muscles with our Myrtle Rocks.

### LOMI LOMI 50 minutes

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This unique healing Massage handed down through Hawaiian families for generations that are profoundly healing and nurturing. The Hawaiian people view all aspects of the body as one and believe that the physical, mental, emotional, and spirit are all part of the “whole self.” Thus, the intent of Lomi-Lomi is to free energy flow by releasing stress and tension in the body and restores balance and harmony to mind, body, and spirit by working deeply through these levels.

### THERAPEUTIC MASSAGE 50 minutes

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Thermal packs applied to specific areas of the body to activate circulation and release tension. To help reduce pain and stress, different techniques such as deep tissue Massage, trigger points, and stretching are used. Prossage and Bio-freeze applied to the tight areas where needed.

### PREGNANCY MASSAGE 50 minutes

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This unique treatment uses a Massage table designed for pregnancy to protect both your baby and you. The Pregnancy Massage is provided by a certified massage therapist. The Pregnancy Massage is not recommended during first trimester.

### LYMPHATIC MASSAGE 50 minutes

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Light, rhythmic strokes are used to improve the flow of lymph throughout the body. Lymphatic Massage is the most effective Massage for circulation, and especially any form of edema (swelling). It can be used for posttraumatic injury or surgery to reduce the swelling and speed up the healing time. It can also be used to help treat migraines, sinusitis, acne, tinnitus, and high blood pressure. It is helpful wherever there is poor circulation, or a need for detoxification.

### THAI HERBAL BALL MASSAGE 70 minutes

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The Thai Herbal Ball Massage originates from Thai Herbal Medicine and dates back centuries. This Massage features authentic hot herbal balls direct from Thailand, aromatherapy Massage, stretches and a stimulating scalp Massage that will soothe tired, aching muscles and leave you stress-free and on your way to paradise.

### BODY BUTTER MASSAGE 50 minutes

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Select one of the following Body Butters– Coconut, Pineapple, or Mango – the butter is applied to the body for stress relief and purification. This unique Massage hydrates the body and calms the mind.

### IN-ROOM SPA MASSAGE 50 minutes

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Enjoy a massage in the privacy of your own suite. A surcharge will be added to any regular priced 50 minute massage. This surcharge excludes the Ultimate Massage.

### CABANA MASSAGE 50 minutes

### CHAIR MASSAGE 5 minutes

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An excellent quick fix for your tight, sore muscles. Great for meeting breaks, private parties.

*\*Any Massage may be extended to 70 minutes for a surcharge with the exception of the Ultimate Massage.*

## BODY TREATMENTS

### AGE DEFYING HYDRATING BODY TREATMENT 50 minutes

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This full body treatment utilizes the powers of enzymes and intensive hydration to detoxify, cleanse and nourish inducing a deep sense of well-being. The body emerges restored, revitalized, and rejuvenated.

### TEEN PUMPKIN BODY SOUFFLE SMOOTHIE 50 minutes

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This full body treatment combines the exfoliation of our scrubs, the power of our enzymes, and the nourishment of our body creams. A technique unique to June Jacobs to restore, revitalize and rejuvenate.

### TURKISH SCRUB 50 minutes

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The body is exfoliated with the traditional Turkish Argon soap and a Loofa mitt, followed by an invigorating Vichy Shower, and completed with our hydrating Signature Myrtle Body Lotion.

### SIGNATURE MYRTLE BODY POLISH 50 minutes

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This delightful aromatic body polish extracted from the Myrtle Tree will leave your skin satiny smooth. A Vichy shower will rinse and massage your body followed by the application of our hydrating Signature Myrtle body lotion.

### TEEN COCO VANILLA BODY SCRUB 50 minutes

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Sugar Cane harvested from the sun drenched plantations of Fiji combined with exotic tropical nut oils and fruit enzymes nourish skin with vitamins A, B, C & E to create the ultimate healthy glow. Relax and enjoy as milk from the Coconut combined with macadamia and coconut oil are gently massaged into the skin followed by an application of pure cane sugar and tropical nut oils, ridding the body of dead skin, revealing new healthy skin. A Vichy shower will rinse and massage your body followed by an application of a moisturizer to strengthen the skin's elasticity and replenish moisture loss.

### ALOE SPA TREATMENT 50 minutes

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The treatment starts with our Aloe moisturizing cream with nut microspheres amid to exfoliate your skin. Then an Aloe Mask made from pure Aloe Vera Gel with a natural mineral clay. Lastly after a therapeutic Vichy shower, the process continues with the application of an Aloe moisturizing lotion. Prior to any Body Scrub or Body Treatment we recommend a 20-minute visit to the Turkish Hammam. Any Body Scrub or Treatment includes the option of the added benefits of the Vichy Shower.

## CLINICAL BODY TREATMENT

### IONITHERMIE THERAPY 70 minutes

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This world-renowned treatment to combine two forms of gentle, low-level electric stimulation with a body masque in one patented system. The treatment is clinically proven to benefit the deep layers of your skin. Optimal results occur with multiple treatments. This treatment is sold in a series at a value.

## SKIN CARE AND ANTI-AGING SKIN CARE

### TUSCANY SIGNATURE FACIAL 50 minutes

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Lavish your skin in this luxurious customized treatment! Reveal the new you as your skin is treated to toning, tightening, smoothing, and the ultimate hydration.

## LAMBRUSCO SIGNATURE MEN'S FACIAL 50 minutes

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Put your best face forward! Experience our soothing and strengthening Lambrusco Vinotherapy Facial. This ultimate treatment will leave you renewed, balanced, and your skin brilliant!

## INTENSIVE MOISTURE REPLENISHING LUXURY FACIAL 70 minutes

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This treatment is designed to energize the skin cells with a unique rejuvenating dual enzyme process and a nourishing collagen bio-matrix masque improving the overall texture of the skin. Anti-aging, prevention and curative, this treatment will firm and tone the skin for a more youthful appearance.

## ULTIMATE STONE RENEWAL FACIAL 70 minutes

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This renewing facial utilizes Lactic Acid with cool marble stones to optimize cell regeneration. The combination of natural botanicals, active anti-oxidants, AHAs and cool marble stones stimulate the skin and relieve sinus congestion producing a deep state of relaxation and well-being. A detailed grooming service is also included to put the finishing touches on your picture-perfect transformation.

## TEEN PUMPKIN ENZYME FACIAL 50 minutes

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Restoring the vitality of the skin using enzymes, this facial is active, yet relaxing. This results-oriented facial combines natural fruit enzymes to digest surface dead skin cells while a nourishing masque formulated with antioxidants revitalizes the skin.

## CLINICAL FACIAL 50 minutes

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The clinical facial treatment starts with a comprehensive cleansing followed by an Alpha Hydroxy mask that will remove the buildup of dead skin cells. Your aesthetic professional will apply the appropriate vitamins followed by an Alginate Mask. This mask will enhance the penetration of the vitamins and restore the skin to its optimal health. This treatment will reverse the signs of sun damage leaving the skin brighter, smoother, and healthier.

## INTENSIVE FACIAL 70 minutes

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The treatment provides a personalized hour and a half experience that will leave you looking flawless. Based on your specific skincare needs, your aesthetic professional will perform a comprehensive facial combining clinically-effective vitamins, antioxidants and peptides while simultaneously treating your body to a powerful and hydrating blend of essential nutrients. Areas of specific concern – such as the eye or mouth – will be further targeted for more intense treatment using iontophoresis and sonophoresis, ensuring that every inch of your skin is rejuvenated, revitalized and at its optimum condition.

## HYDRA-FACIAL 70 minutes

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The Hydra-facial is the newest breakthrough in skin resurfacing technology. This facial is a non-invasive, non-irritating exfoliation alternative to other ablative treatments, which produces comparable outcomes in skin rejuvenation, anti-aging, and acne-prone/oily skin treatment. This treatment is sold in a series at a value.

## UPGRADE ANY ABOVE FACIAL TO A GALVANIC TREATMENT

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20 minutes

Relaxing, Rejuvenating, Soothing. This Scientifically proven treatment removes impurities and then drives in synergistic nutrient gels that focus cellular energy, leaving the skin visibly younger and vibrant.

## WAXING

Brow Shaping

Lip

Chin

Underarm

Half Arm

Basic Bikini

Extended Bikini

Full Leg

Half Leg

## LASH AND BROW TINTING

Safe and natural vegetable-based tints that hide the grays or let you skip the mascara. Lasts 4-6 weeks.

Eye Lashes

Eye Brows

## LASH EXTENSIONS

A very safe way to make your eyes look beautiful.

Full set of Lash Extensions

Touch Ups

## MAKE UP SERVICES

Makeup Application

Special Occasion or Bridal Makeup

Makeup Lesson - 50 minutes

## NAIL CARE

### BASIC MANICURE

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Basic cuticle clean up and polish application.

### BASIC PEDICURE

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Basic foot care while soaking in our spa pedicure chair.

### SPA MANICURE

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Shaping, cuticle care, hand exfoliation, massage, and polish, as well as deep moisturizing through thermal activation of a warm paraffin bath.

### SPA PEDICURE

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This spa pedicure will have you in heaven as we exfoliate and massage your legs and feet. Includes cuticle care, callus removal and the use of a paraffin wrap.

## MYRTLE RITUAL MANICURE

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Transform your hands and cuticles with this healing ritual customized to meet your personal needs. This hand ritual uses a 21 mineral sea salt soak to cleanse and detoxify while hydrating with island infusions of jasmine, ginger, and papaya.

## MYRTLE RITUAL PEDICURE

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Transform your feet with this healing ritual customized to meet your personal needs. This ritual uses a 21 mineral sea salt soak to cleanse and detoxify while hydrating with island infusions of jasmine, ginger, and papaya.

## TROPICAL MANICURE AND PEDICURE

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Give your hands and feet this tropical treat. Start with a soak in pure coconut milk followed by an arm and lower leg massage. An application of pure cane sugar and therapeutic nut oils relieves muscle and joint strain. Next, a mask of coconut butter is applied and wrapped with steamed compresses. Finish with stimulation hand and foot massage. A polish application completes this pampering service.

## VENETIAN HAND TREATMENT

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Indulge yourself with the perfect manicure! Your hands immersed in a wine and passion fruit soak, and exfoliated with gentle jojoba beads. Enjoy the pleasant D'vine aromas that will deeply relax you as powerful ingredients nourish your skin, enhancing the appearance of tired hands.

## PRIMITIVO SPA FOOT TREATMENT

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Treat your tired feet to luxury! A deep cleansing, exfoliation, exhilarating massage and a detoxifying mask à la Vinotherapy! This treatment will encourage circulation and improve the appearance of legs and feet. Be sure to wear your best sandals!

## CITRUS BLOSSOM LUXURY HAND RENEWAL

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Indulge the hands with this specialized treatment that soothes and hydrates using the exfoliating powers of Lactic acid and Natural Papaya enzymes. Natural citrus botanicals of Lemon, Lime, and Neroli stimulate and condition, leaving hands invigorated and refreshed.

## CITRUS BLOSSOM LUXURY FOOT RENEWAL

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Indulge the feet with this specialized treatment that soothes and hydrates using the exfoliating powers of Sugar and Lactic acid. Natural citrus botanicals of Lemon, Lime, Mandarin, and Neroli stimulate and condition, leaving feet invigorated and refreshed.

## TEEN PEPPERMINT DELUXE LUXURY HAND RENEWAL

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A luxurious aromatherapy hand soak designed to cleanse, exfoliate, and nourish skin while providing stress relief and relaxation. A cooling peppermint hand scrub to soften skin and enliven senses followed with Lactic Acid for renewal of dead cells. An application of hydrating Peppermint Hand Therapy is massaged onto hands to relax the mind, body, and spirit.

## TEEN PEPPERMINT DELUXE LUXURY FOOT RENEWAL

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A luxurious aromatherapy foot soak designed to cleanse, exfoliate, and nourish skin while providing stress relief and relaxation. A cooling peppermint foot scrub to soften skin and enliven senses followed with Lactic Acid for renewal of dead cells. An application of hydrating Peppermint Foot Therapy is massaged onto feet to relax the mind, body, and spirit.



Celestial Skin

Dermatology & Wellness  
By Dr. Weaver

**DR. SEYMOUR M. WEAVER, III, M.D.**

CERTIFIED BY AMERICAN BOARD OF DERMATOLOGY

A MEMBER OF AMERICAN SOCIETY FOR DERMATOLOGIC SURGERY

### HEALTHY SKIN FACIAL TREATMENT 50 minutes

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*"An extra boost to maintain that healthy glow"* The Treatment maintains hydration in the skin and protects it from potential breakout. It is the perfect epidermis oxygenator and purifier. Helps eliminate formation of blackheads and renders a smooth and uniform complexion. Enjoy a paraffin dip for your hands and feet. Face: Normal skin with minimal breakout or damage. Considered skin maintenance.

## CORRECTIVE SKIN TREATMENTS

These specialized facial treatments utilize specific techniques and products to improve skin and skin conditions.

### MELASMA FACIAL TREATMENT 50 minutes

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The Advanced Treatment normalizes the Melanocyte activity responsible for brown pigmentation spots. Protects the skin's hydration balance and structure, and rebalances the skin's color. Enjoy a paraffin wrap for your hands or feet. Face: Hyper pigmentation, brown spots, and uneven complexions.

### ROSACEA FACIAL TREATMENT 50 minutes

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The Treatment decongests and balances the capillary circulation. Repairs and strengthens the capillary walls to eliminate and prevent redness on the skin's surface. Skin is soothed; complexion is lightened and evened. Enjoy a paraffin wrap for your hands or your feet. Face: Rosacea, red, sensitive skin and fragile capillaries.

### SENSITIVE SKIN FACIAL TREATMENT 50 minutes

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The Treatment soothes and calms sensitive and irritated skin. Repairs the epidermis damaged by sun exposure and other traumas. It actively prevents the appearance of redness and rebalances the epidermis. Enjoy a paraffin wrap for your hands or feet. Face: All skin-types, more specifically for sensitive and allergy prone skin.

## SKIN MOISTURIZING TREATMENTS

*"Quenching your skin's thirst"*

Nutrient enriched facials that eliminate dehydration, strengthening the intra-cellular matrix and leaving a healthy radiant glow.

### ACTIVE ADULT FACIAL TREATMENT 50 minutes

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The moisturizing Treatment replenishes and maintains the water balance in the superficial layer of the epidermis, delaying cutaneous aging. Restores natural hydration and helps reduce the appearance of wrinkles; rendering a fresh and smooth complexion. Enjoy a paraffin wrap for your hands or feet. Face: Dehydrated skin; active lifestyle dehydration and damage.

## SUN DAMAGE CORRECTION FACIAL TREATMENT 50 minutes

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The Treatment provides the perfect response to lack of skin vitality. It revitalizes and regenerates the epidermis, favoring the natural process of cellular renewal; supplying the skin with energy and vitality. Enjoy a paraffin dip for your hands and feet. Face: Devitalized, dehydrated, gray arid lifeless skin.

## COSMETIC SERVICES

### BOTOX Cosmetic®

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Maintain the smooth look for months with your relaxed appearance! This Treatment softens or erases dynamic facial creases of worry and concern. Results last for months, and if periodically repeated will help maintain your youthful visage for years. Also, proven effective for migraine headaches, muscle spasms, and Hyperhidrosis (excessive sweating). A perfect treatment to complete your resort experience.

### HYPERHIDROSIS

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Stop excessive underarm sweating for 6 to 9 months with localized injection of this product. Get relief from embarrassing staining of clothing and ruining your wardrobe.

## FACIAL FILLERS

Including Juvederm, Radiesse, or Restylane. These FDA approved pure stabilized hyaluronic crystal clear gels are used to sculpt away and smooth wrinkles and deeper creases of aging, or to enhance the lips. Results can be remarkable and last for months. You get the compliments, and we'll never give away your secret. Price based on volume of Filler required.

### DIGITAL IMAGING 20 minutes

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Captures digital photos of the face and then automatically measures the amount of wrinkles, textures, pores, and pigmentation. The system generates quantitative values for these skin features that previously could only be evaluated subjectively. The Digital system compares an individual's skin features to that of others of the same sex, age, and ethnicity.

*\*This Fee will can applied to any services that are rendered.*

### CHEMICAL PEELS

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Our agent of choice is Jessner's and TCA (trichloroacetic acid) because of their versatility, effectiveness, and safety. Strength and composition of the peel can be adjusted to meet your special needs. Several days of peeling may occur afterwards depending upon the condition of your skin. Primary indication for this treatment is pigmentation of the skin that has not responded well to prescription bleaching creams. Fine skin wrinkles may soften, and complexion tightens.

### INTENSE PULSED LIGHT (IPL)

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Diminishes fine lines, pore size, redness, broken capillaries, sun damage, and pigmentation problems. While some lasers are better suited to improving the appearance by resurfacing the skin, IPL targets pigment below the skin surface to reverse signs of aging and sun damage with Intense Pulsed Light Therapy. Also reduces redness caused by rosacea. Four to six sessions are usually needed to achieve the optimal results.

## LASER HAIR REMOVAL Consultation Required

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Our highly qualified, experienced, and gentle certified staff use the best available technology for painless depilation. You will see improvement after the first treatment, but four to six sessions recommended for the most complete and long lasting result.

## LASER PEELS AND WRINKLE REMOVAL Consultation Required

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Part of the “Fountain of Youth.” Choose between one session with fractioned erbium light laser with two weeks for healing and dramatic results, and several sessions with the laser four to six weeks apart, also with dramatic results, but less time off required for healing. The fractioned erbium light laser treatment is truly state of the art, involves minimal or no discomfort, and all areas of the face, neck, and hands can be safely treated. An indication that this treatment is needed is fine wrinkles, aging skin texture, pigment spots, large pores, stretch marks, and/or acne scars.

## LASER TREATMENT OF SKIN IMPERFECTIONS

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Our Laser light is used for ablation removal of fine blood vessels and pigment spots on the face or body.

## FACE, SKIN AND BODY ENHANCEMENT

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Many treatment options exist depending on your situation, including your unique aging process, risk tolerance, budget, available recovery time, and other factors. Meet with Dr. Seymour Weaver’s team for a private information exchange. Your needs will be carefully considered, and a personal plan formulated to create the beautiful natural result you desire. Dr. Seymour M. Weaver III, MD is certified by the American Board of Dermatology, and is a member of the American Society for Dermatologic Surgery. Dr. Seymour Weaver is talented and highly experienced in medical, surgical, and esthetic dermatology.

# BODY SHAPING AND CONTOURING

## GLYCOLIC TREATMENT 50 minutes

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This treatment application accelerates the elimination of lifeless outer layers of the skin. The organic Alpha Hydroxyl acids used are designed to even skin pigmentation damage done to the skin, as well as soften fine lines. This service includes a paraffin hand treatment, facial cleansing, application of fruit acid gel, extractions (if necessary), and therapeutic massage. The treatment ends with the application of a body moisturizer and sun block.

## LIPODISSOLVE® Consultation Required

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A non-surgical cosmetic medical treatment that proves to eliminate unwanted fat for good! LipoDissolve® is a treatment utilizing a combination of naturally occurring compounds administered through a series of micro-injections for the purpose of subcutaneous fat reduction. LipoDissolve™ injections reduce the size of localized fat deposits and cause skin retraction in body regions where treated. It is an excellent non-surgical alternative for those patients seeking minimally invasive techniques to improve body contour. It is not a treatment for weight reduction but rather a procedure for improving shape and reducing targeted fat.

## TUMESCENT LIPOSUCTION Consultation Required

This procedure revolutionized Liposuction and made it possible for you to have this procedure on a walk in and walk out basis. The areas targeted for fat removal are infiltrated and the undesired fat removed with minimal discomfort. Dermatologists have been using this technique for at least 15-20 years with excellent results and excellent safety. Should you need surgical fat removal instead of a non-surgical procedure, we can provide advice on the most appropriate steps to take.

## ORAL INGESTIBLE HUMAN GROWTH HORMONE REGIMEN

### Medical Consultation Required

Oral Ingestible Human Growth dietary supplement schedules for the administration of ingestible growth hormone. Includes spraying the compound under the tongue twice a day.

## MEDICAL AND SURGICAL DERMATOLOGY

Diagnose and prescribed treatment for skin, hair, and nail disorders. Mole evaluation and removal. Biopsy for skin cancer detection.

# LIFE ENHANCEMENTS AND WELLNESS

## EXERCISE PHYSIOLOGIST Consultation Required

## ORIENTAL MEDICINE

### FACIAL REJUVENATION ACUPUNCTURE FACIAL 100 minutes

Allow your face to glow, fine lines and wrinkles fade, while your whole body begins to relax. Uses a holistic east west perspective, ancient principles and methods of Oriental Medicine to treat signs of aging and imbalance on the face and their underlying causes. Twelve session protocol for best results.

### ACUTONICS 20 minutes or 50 minutes

Soothe your body and elevate your mood and consciousness through the gentle, quiet vibration of tuning forks. Your body's natural frequencies will be supported, and you will be brought into alignment, into your true self, by breaking through energy blockages.

### ACUPUNCTURE PLUS ACUTONICS 50 minutes or 70 minutes

Enjoy the ancient wisdom and benefits of acupuncture plus the mood elevating and consciousness raising effects of acutonics. Whole body/mind energy clearing empowers you to transform your life.

### INITIAL ACUPUNCTURE TREATMENT 70 minutes

Enjoy a comprehensive initial consultation and treatment. Questions on bodily functions will be discussed with special emphasis on areas of concern. A diagnosis is made based on symptoms and Chinese medical observation of the tongue and pulses. Relax while the needles are balancing your body, clearing obstructions and strengthening your body's weaknesses.

### ACUPUNCTURE 50 minutes

Ancient healing wisdom is yours to enjoy in this gentle treatment that will focus on balancing your meridians for optimal health and well-being.

## GROUP ACUPUNCTURE 20 minutes or 50 minutes

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Benefit from the ancient wisdom of acupuncture at a reduced rate in our group sessions. After having an initial acupuncture session, group sessions are offered with a few other patients, in our relaxing atmosphere.

## CUPPING 20 minutes

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Relax and discover true tension relief as this Oriental Medical modality soothes tight shoulders and back pain, while tonifying your meridians.

## HERBOLOGIST CONSULTATION Consultation Required

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Information on the patient's health concerns and physical symptoms is gathered during a 1/2 hour intake session. With the formation of a diagnosis, an appropriate herbal formula is suggested.

# HOLISTIC AND TRADITIONAL CHIROPRACTIC SERVICES

## CHIROPRACTIC SERVICES 50 minutes

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Offering swift, effective recovery for acute headaches, back and neck pain and chronic neuromuscular-joint injuries via joint manipulation, muscle reeducation, and micro current.

## ADDITIONAL THERAPIES 25 minutes

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## GOLFER RELEASE TECHNIQUE 25 minutes

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Muscle elongation and joint release for a better swing and a lower score.

## FOOT REFLEXOLOGY 25 minutes or 50 minutes

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Powerful therapy to eliminate stress and reset the body's homeostasis.

# LIFE COACHING

## LIFE COACHING 50 minutes

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## CONSULTATION 30 minutes

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Wellness coaches are like personal trainers for your life! You already have the skills to perform within you, but may need a life coach to assist you in creating an excellent playbook to excel in the pursuit of your life goals and dreams. A certified, experienced life coach who will listen fully, give feedback, assist you in generating new possibilities, and empower you to bring your dreams and life goals to fruition.

### Wellness coaches can help you to:

- Discover your passions
- Expand your vision
- Uncover your natural talents
- Inspire your creativity
- Create a more balanced and harmonious lifestyle
- Identify and overcome obstacles and any underlying objections to success
- Discover, create, and execute a simple, powerful, plan to get what you want or need out of life and keep it!

# HYPNOTHERAPY

## CERTIFIED CLINICAL HYPNOTHERAPY 70 minutes

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Hypnosis is a trance-like state that arises when your conscious mind takes a back seat to your subconscious with the help of hypnosis techniques and relaxing guided imagery.

*Fast... Easy... Safe Results for:* Deep relaxation, eliminating insomnia, increasing self-esteem, connecting with spiritual guidance, relationship healing, and much more! Change old beliefs that keep you from your dreams and from using the 'law of attraction' effectively.

## SOUND THERAPY WITH QUARTZ CRYSTAL SINGING BOWLS

50 minutes and 20 minutes (follow up booster)

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Seven Quartz Crystal Singing Bowls, different in size and tone are used to balance, heal, and align the Seven Chakras (spiritual centers) in the human body. These phenomenal sounds are astounding and immediately uplifting! Each Chakra, when out of balance, has associated symptoms that manifest in the physical, mental, emotional, and spiritual life. Your session is designed specifically for your personal upliftment and attunement.

## EMPOWERMENT JOURNEYS 50 minutes

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Take a relaxing journey within and find your power by contacting archetypal resources. Based on the dynamic elements of alchemy these journeys are delightful and powerful. Leave with new vibrancy! Choose which inner resource that fulfills your need, such as: JOURNEY TO 'Awakening Inner Beauty.' Also, Inner Healer, Inner Athlete, Inner Mate, Inner Wisdom, etc.

ALL SESSIONS RECORDED FOR YOU ON COMPACT DISC

*With the help of your personally recorded CD your journey can keep on giving.*

# THE SATORI THERAPY

## WEIGHT LOSS, SLEEP AND SMOKING CESSATION

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We know that changing the way we process the thoughts that become our habits is the key to making behavioral changes that last. Natural Wellness Therapy's Thin Within, Learn How to Sleep and Free From Smoking programs combine the vibrational meditation experience of the Satori Space with specific meditative programs that strengthen your resolve to change unhealthy habits.

The experience begins when you enter a deep, meditative state with the help of the Satori Room's vibrational technology. Then, a guided meditative journey combines spoken and subliminal affirmations that speak to both your conscious and sub-conscious thought processes. This combination of therapies has been proven very effective in promoting long-lasting behavioral changes. While either program can be used ala carte, the recommended program is the Satori Package, which includes 5 consecutive sessions (multiple daily immersion is fine). The best news is that your treatment does not stop when you leave the Spa at North Beach Plantation. Your purchase of the Satori Package includes your very own wAv digital player, pre-loaded with the Thin Within or Free From Smoking program for continued at-home reinforcement of your new way of life!

THIN WITHIN SATORI SESSION ala carte 25 minutes

FREE FROM SMOKING SATORI SESSION ala cart 25 minutes

THIN WITHIN SATORI PACKAGE (5 sessions plus take home therapy)

FREE FROM SMOKING SATORI PACKAGE (5 sessions plus take home therapy)

*\*Pricing for Satori Package should include 5 session price, plus cost for take home player.*

*\*\*Seven Night Sleep Package Available.*

## IRIDOLOGY

### IRIDOLOGY 60 minutes or 90 minutes

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Non-surgical in nature, Iridology has been traditionally practiced over the past three millennia in recorded history. The “iris,” a relatively circular, pigmented membrane is composed by layers of nerve tissue that surround the pupil and hundreds of vascular systems fully infiltrating the entire body; the eye is the most complex external structure of human anatomy. It is connected to every organ and tissue of the body by way of the nervous system. The “irides,” (the colored circle of the eye), comprise a map of our genetic make-up, and reflect the strengths, as well as the weaknesses we are born with, or may have developed. They are open windows that hold a view to our personal growth in health along a spiritual journey. An in-depth analysis will be taken and questionnaire on life-style, relationships, stress, diet, passion, mental thinking, and exercise will be shared with you. Education and unique-to-you coaching will inspire and motivate helping you to re-build all areas of your life.

## NUTRITION SERVICES

*Ask about our discount program.*

### GROUP-PRESENTATION

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Weekly Weigh-In, Menu Planning, Question/Answer Time

### CERTIFIED NUTRITIONIST CLINICAL HOMEPATH “IT’S REALLY ALL ABOUT YOU”

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A 28-Day Program, this Individual-Customized Detoxification and Nutrition includes Menu and Recipe Planning. This program is a holistic approach to optimal wellness.

#### Program targets:

- Detoxification
- Weight Issues
- Cravings
- Energy

#### The program has been used with great success by persons suffering from:

- Arthritis/Fibromyalgia and other pain related diseases and disorders
- Gastro-Intestinal Disorders
- Addictions and Chemical Dependencies
- Insomnia and Other Sleep Disorders

## DENTISTRY

### TEETH WHITENING SYSTEM

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Enhance your smile today with instant results. Choose from 1, 2, and 3 fifth teen-minute sessions with our state-of-the-art Premium L.E.D. Whitening Light, Dual Action Hydrating Gel, and Custom Comfort Silicone Mouthpiece. Maintain your results with the White Expression TOGO pen or the Home Edition Kit. Look years younger and be the envy of your friends with a whiter, more radiant smile.

# Awaremed Institute: DR. Dalal Akoury, M.D.

A MEMBER OF AMERICAN ASSOCIATION OF ANTI - AGING MEDICINE

## NATURAL HORMONE BALANCE AND DISEASE REGRESSION COMPREHENSIVE MEDICAL EVALUATION

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These consultations consist of an intensive review of the patient's past medical history, current medical issues, and desired outcomes. Dr. Akoury can then give recommendations and assist the patient in choosing how to integrate Customized therapies and treatments into their lives.

This Corridor to Wellness Pathways evaluates the following:

- Adrenal Function and Cortisol Production
- Cardiovascular Health
- Environmental Impacts
- Blood sugar and Insulin Balance
- Intestinal Health (Yeast)
- Hyper-Immunity
- Liver Function and Detoxification
- Lowered Immune Function
- Stomach Acid (High)
- Stomach Acid (Low)
- Thyroid Function

## LIFESTYLE A1

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*Lifestyle A1* will empower you with all the tools you'll need to embrace wellness. You'll experience the benefits of healthy living first-hand. Our initial program lasts six weeks with shared learning and support. Groups of 10 to 16 people will engage in four-hour sessions twice a week, in a stress-free setting with Spa treatment and exercise facilities. What makes *Lifestyle A1* stand out is its blend of evidence-based medicine and a group wellness experience. Dr. Akoury, our medical wellness expert will guide you on setting specific, achievable goals for your personal health and well-being. You'll benefit from important feedback provided on your progress.

*\*Entire Program includes unlimited use of the Spa facility during the first 6 weeks and anytime you are participating in the program.*

Lifestyle A1 addresses the three components of a healthy lifestyle:  
Nutrition, Exercise and Stress Management

### Nutrition/Cooking

A Certified Nutritionist will offer nutrition education. You'll take a group field trip to the store to learn to make healthy selections. In hands-on kitchen skills sessions, the Certified Nutritionist and Dr. Akoury will guide you and teach you how to keep the taste in while keeping unhealthy ingredients out. You'll learn that healthful cooking can – and must – taste delicious!

## Exercise

Our Cinzia Spa Exercise Physiologists will customize workouts for you involving walking, resistance training or other physical activities. You'll learn exercises that you can easily continue at home with hand weights, exercise balls and stretch bands.

## Stress Management

You'll learn and practice stress management techniques with Cinzia Spa experts until you master them. The Spa certified Yoga instructor will teach you simple postures and breathing exercises to help you unwind.

After you complete 12 four-hour sessions, you'll participate in five follow-up sessions over the following year. You'll then be eligible for additional sessions in subsequent years.

We invite you to share in this experience that will have a lasting impact on your life. You deserve it! And we promise that learning how to take care of your body will be fun. While not yet covered by many insurance programs, this program will offset increasingly high co-pays for doctor visits and medications.

## LIFESTYLE M W

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Reach weight loss goals with energy and ease.

### Secret 1: Detox + Cleanse

Free your body of toxins and cravings, improve your skin's appearance, increase your energy, prevent overeating, and control appetite.

### Secret 2: Hormonal Balance

Start on the road to health: Balance your blood sugars, achieve better health and hormonal harmony, improve your concentration, lose fat, and transform your body.

### Secret 3: Increase Metabolism

Set the foundation for a healthier tomorrow: Boost your metabolic rate, maximize your energy levels, achieve your target weight, and improve your libido.

## COMPREHENSIVE MEDICAL EVALUATION

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Initial consultation includes detailed history, examination and an individualized plan of anti-aging (not including laboratory or DNA testing). First follow up visit will generally occur between 1 and 3 months after your initial consultation, depending on your symptoms.

These consultations consist of an intensive review of the patient's past medical history, current medical issues, and desired outcomes. Dr. Akoury can then give recommendations and assist the patient in choosing how to integrate Customized therapies and treatments into their lives. Dr. Akoury will spend about 30 minutes with you either on site or remotely together reviewing your lab results and determining the "fine-tuning" necessary to reach your optimal maximal wellness.

## INTRAVENOUS THERAPIES

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IV therapy allows for rapid infusion of vitamins, minerals, antioxidants, amino acids and other compounds by bypassing the digestive system. Using specific combinations of specially compounded nutrients, IV therapy can restore and improve health performance, circulation, metabolism and immune function. IV therapy is used as an aid for patients with various conditions, and may be included in a personalized treatment plan.

### GLUTATHIONE 10 minutes

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Glutathione is the body's most powerful antioxidant. Glutathione is required for the proper function of the Phase II enzyme glutathione peroxidase. Low levels of glutathione have been linked to cataracts, macular degeneration, cancer, asthma, allergies, chronic obstructive pulmonary diseases, pulmonary fibrosis, pancreatitis, lupus erythematosus, rheumatoid arthritis, ulcerative colitis, type II diabetes, myocardial infarctions (heart attacks), liver disease, schizophrenia, chronic fatigue syndrome, and neurodegenerative diseases such as multiple sclerosis, Parkinson's disease and Alzheimer's disease, decreased sperm motility, and variable immunodeficiency. Glutathione has also been proven to be effective as an adjunct to chemotherapies to reduce side effects. Glutathione levels have also been shown to decrease with age and are therefore widely used as a general anti-aging treatment.

### THE MYERS COCKTAIL 20 minutes

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The Myers Cocktail is a high dose multi-nutrient blend to improve immune function, adrenal function, energy, and mood.

### HIGH DOSE MAGNESIUM PUSH 15-20 minutes

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Magnesium is essential for many enzymatic reactions in the body and is required for muscle and vascular relaxation. Magnesium can have dramatic impact on many types of pain syndromes.

### HIGH DOSE VITAMIN C 1-3 hours (25 gram treatment)

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High doses of Vitamin C are primarily used for the treatment of Cancer and certain types of immune deficiency and infections. Many additional nutrients may be added based on the patient's individual needs.

### PRE-MENSTRUAL SYNDROME PUSH 15 minutes

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Using a combination of intravenous nutrients, this treatment can dramatically reduce pains associated with menstrual cramping.

### MIGRAINE PUSH 15 minutes

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This treatment has been very effective at reducing and reversing the pain associated with migraine and other types of headaches.

## TESTOSTERONE THERAPY

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If you are diagnosed with andropause (testosterone deficiency) then the physician may recommend a testosterone program. Our testosterone program includes hormones, all auxiliary medications such as estrogen blockers and HCG, one follow up lab test to ensure the dosage is correct, follow up consultations and physical exams.

## HUMAN GROWTH HORMONE THERAPY

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Human Growth Hormone is only prescribed if lab work and the physical exam indicate a growth hormone deficiency. The price of HGH depends on the brand and the dosage. Our growth hormone programs include follow up lab work, follow up consultations and physical exams.

*Dr. Akoury recommends that you have a family physician that you will see for all your medical problems and for health exams such as PAP tests, breast and prostate exams.*

## MEMBERSHIPS AVAILABLE

### SPA MEMBERSHIP

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North Beach Plantation Spa prides itself in customizing treatments specific to the Members' needs. As a Spa Member, your monthly dues include one spa service per month (valued up to \$120) and unlimited access to The Spa Amenities. You will also receive a 10% discount on your second service and 15% off any additional services scheduled within the same month. There is a one-time Enrollment Fee. Discounts are not available on Medical Spa Services or Life Enhancement Programs.

#### SPA MEMBERSHIPS include:

- Membership Card
- Monthly Member Appreciation Day
- Weekly Wellness Lecture Series
- Complimentary use of Hammam
- Complimentary use of the Indoor/Outdoor Meditation Lounge
- Complimentary use of the Spa Garden Sanctuary
- Complimentary use of Full Service Locker Rooms
- Complimentary use of North Beach Plantation Pools
- 10% Discount on Spa Retail Products
- Members E-Newsletter

### BEACH FIT CLUB MEMBERSHIP

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North Beach Plantation prides itself in customizing Membership Programs to meet the Members' specific needs. With our Beach Fit Club Membership, we provide World Class Cardio & Strength Equipment from Techno Gym. The Beach Fit Club will feature the top Personal Trainers on the Grand Strand. To enhance your fitness experience, we offer daily fitness classes to meet every fitness level. A stretching area will be available also. A Private Pilates Studio is available for one-on-one instruction or Semi-private Pilates instruction. Personal Trainers will be available to assist you with creating a program that suits you. There will be an additional fee for private and semi-private instruction.

#### BEACH FIT CLUB MEMBERSHIP includes:

- Membership Card
- Three One-Week Guest Passes
- Basic Aerobic Classes
- Members E-Newsletter
- 10% off on Fitness Retail

### YOGA FIT CLUB MEMBERSHIP includes:

- Membership Card
- Access to Beach Fit
- Three One-Week Guest Passes
- Unlimited Yoga Classes
- Members E-Newsletter
- 10% off on Fitness Retail

### PILATES FIT CLUB MEMBERSHIP includes:

- Membership Card
- Access to Beach Fit
- Three One-Week Guest Passes
- Unlimited Pilates Classes
- Members E-Newsletter
- 10% off on Fitness Retail

### STARR PERSONAL TRAINING 30 minutes or 60 minutes

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### PRIVATE TRAINING WITH DENNY STARR 30 minutes or 60 minutes

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*Personal Training Packages Available Upon Request.*

## MEMBERSHIP CATEGORIES

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### Individual Membership

The applicant will be the only person on the Membership. No other person shall have access to the club under this membership category.

### Couples Membership

The term “family” shall mean the Primary Member, the Primary Member’s Spouse or Spousal Designee. Those persons having the right to the same privileges as the Primary Member shall be collectively referred to as “Member(s).”

### Corporate Membership

A Corporate Membership must be held by a firm in a bonafide ongoing business.

*Day Passes will be available.*

## SPA DAY PACKAGES

### EXPRESS DIVA

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*Select either:* One 20 minute Neck, Back & Shoulder *or* One 20 minute Express Facial

*Select either:* One Basic Manicure *or* One Basic Pedicure

### PRE OR POST GOLFER

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*Owners Suite includes:* Signature Experience Steam and Shower and Golfer's Massage

### SPA SAMPLER

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Select one 50 minute Massage of your choice

Select one 50 minute Facial of your choice\*

Basic Pedicure

*\*Medical or clinical facials not included.*

### CINZIA SIGNATURE SAMPLER

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One Satori Therapy

One Turkish Scrub

One Body Butter Massage

One Clinical Facial

One Basic Manicure

One Basic Pedicure

### ALL PACKAGES INCLUDE:

Use of the Indoor/Outdoor Meditation Lounge with healthy snacks offered and a complimentary choice of organic tea or a glass of wine. As you unwind in our lounge we offer an MP3 player with downloaded meditation guided journeys with instruction on how to relax. Also included in the Spa Packages are the use of the Spa Garden Sanctuary with a ten person saltwater whirlpool, our Turkish Hammam, and our full service Locker Room.

*\*Gratuities not included.*

## POLICIES

### SPA HOURS:

MONDAY-SATURDAY 9:00am-6:00pm

SUNDAY 8:00am-4:00pm

(Hours subject to change)

### SPA FITNESS:

MONDAY-SATURDAY 6:00am-8:00pm

SUNDAY 8:00am-4:00pm

(Hours subject to change)

### SPA APPOINTMENTS:

So we can accommodate your individual scheduling needs, we recommend that you book your spa appointments well in advance. When booking your spa appointments, a credit card will be requested to hold your reservation.

### FITNESS CENTER:

You must be 16 years of age or older to use the Fitness Facility. Proper athletic attire is required. No boots, flip flops, open toed shoes, half shirts, cut-off shirts, etc.

### CHECK-IN:

It is recommended that you check in thirty minutes prior to your treatment. Enjoy any of our pretreatment relaxation and meditation areas.

### WHAT IF I AM LATE FOR MY APPOINTMENT:

Arriving late will unfortunately limit the time allocated for your treatment; it will lessen the effectiveness and more importantly your pleasure & enjoyment. As a courtesy to all our clients, all treatments are completed as scheduled.

### CANCELLATION POLICY:

We strive to do our best to accommodate you and all of our guests' scheduling needs. If a cancellation is inevitable, we understand. However kindly provide a minimum of 24 hours notice to avoid being charged. Any appointment for the Medical Spa services not cancelled 24 hours in advanced is subject to a full charge.

### GRATUITY:

A 20% gratuity is added for your convenience for each treatment provided.

### ATTIRE:

Robes and slippers provided during your visit.

### SPA GIFT CARDS:

Available for all occasions; please inquire at the Spa Reception Desk. The Spa Gift Card and Spa Brochure are placed in an envelope and placed inside a gift bag. A wonderful way to let someone know how "special" they are.

## CELLULAR PHONES:

To preserve our relaxing environment, please turn off your cellular phone while visiting the Spa & Fitness center.

## PREGNANT WOMEN:

We “recommend” the following services for expecting mothers:

- Spa Facials
- Manicures
- Pedicures
- Massages

We “do not recommend” Spa packages longer than two hours because it may not be comfortable for you to remain lying down for a prolonged period. We do not recommend spa wraps or spa scrubs because of their stimulating nature. Always check with your doctor before booking in for a service.





# CINZIA

THE SPA AT NORTH BEACH PLANTATION

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