



## SIGNATURE AND BODY TREATMENTS

### KERSTIN FLORIAN

#### SIGNATURE TREATMENT

##### **MOROCCAN HAMMAM RITUAL**

This Moroccan-inspired Hammam treatment combines ancient traditions with detoxifying and organic aromatherapy formulas for a cleansing, detoxifying journey with an ultimate tactile and sensory experience. Warming water, a full body exfoliation with traditional black soap, a signature scalp massage, deep moisture face treatment and a hydrating body massage all come together to create this amazing journey. *120 minutes*

#### BODY TREATMENTS

##### **AROMA RENEWAL EXPERIENCE**

Your choice... Inhale the calming and balancing benefits of wild lavender or let ginger's healing and warming properties revive and nourish in this renewing head-to-toe treatment. This experience begins with an invigorating full body scrub, a warm cocoon with pressure point ear and scalp massage, and concludes with a full body massage with warm, healing stones. *90 minutes*

##### **TURKISH SALT SCRUB**

An energizing thermal salt exfoliation is applied in a two-step treatment utilizing salt rich in mineral and trace elements mixed with lavender or ginger essential oils, followed by a loofah scrub with Thermal Mineral Shower Gel. Stimulates circulation and leaves the skin smooth and soft. *30 minutes*



## BODY TREATMENTS

### emerginC AND SCIENTIFIC ORGANICS

#### DETOX ONE-SELF HYDRATION WRAP

Our astounding body ritual that energizes and awakens, includes our finest experience. The journey begins with a warm towel back ritual to ease stress and relax muscles. Then, an invigorating ginger lime natural sugar cane body polish will gently diminish dry skin and preserve skin's moisture balance with Noni, sunflower, coconut, and pumpkin oils to reveal soft, cashmere skin. Next, warm French green clay, seaweed, and peppermint mask is applied to detox, stimulate circulation and lymphatic drainage. Warm body butter with natural white tea, grape stem cells, and organic fair trade Shea butter infuses the skin with moisture and hydration. An organic hand and foot treatment completes the journey.

90 minutes

#### SUN RELIEF HYDRATION QUENCHER

The Sun Relief Hydration Quencher is a perfect natural and organic treatment to address sunburn, sensitivity, dehydration and dryness. This treatment begins with a soothing back ritual to help calm and cool sun-parched skin. Next, our water lily recovery mask with aloe, green tea, and hyaluronic acid is slowly painted on the body to alleviate redness, repair and hydrate the skin. A nourishing body butter with grape stem cells, spirulina, Vitamin C & E, and fair trade organic Shea butter will leave the skin's thirst quenched. A hydrating eye and foot treatment is included.

60 minutes

#### ORGANIC CITRUS & HEMP BRIGHTENING BODY POLISH

Our fresh-scented citrus-kombucha wash and custom exfoliant gently cleanses and polishes dead skin cells to reveal your glow. Next, your body is wrapped with moisturizing body butter of grape stem cells, Vitamin C, hemp, jojoba, Shea butter, Vitamin E, and tea extracts to help hydrate, tone and nourish. An extraordinary treatment, rich in essential fatty acids, Omegas 3, 6 and 9, to help alleviate dry, dehydrated and pigmentation concerns. Your skin will be repaired, replenished, and radiant.

30 minutes



## ONE FABULOUS BODY

### “AS YOU LIKE IT” MASSAGE

1. Choose what massage blend suits your mood and specify your touch.
    - > Lavender > Eucalyptus > Muscle Comfort
    - > Fragrance Free
  2. Choose from:
    - > Swedish > Deep Tissue > Therapeutic
- Please specify choices at time of booking.*
3. Lay back and enjoy!

60 *minutes*

90 *minutes*

### PRENATAL MASSAGE

Excellent for easing the mind and relieving stress and strain during pregnancy, this specialized massage focuses on reducing tension in the legs and back. Please note that this treatment can only be performed after the first trimester.

60 *minutes*

90 *minutes*

### HOT STONE MASSAGE

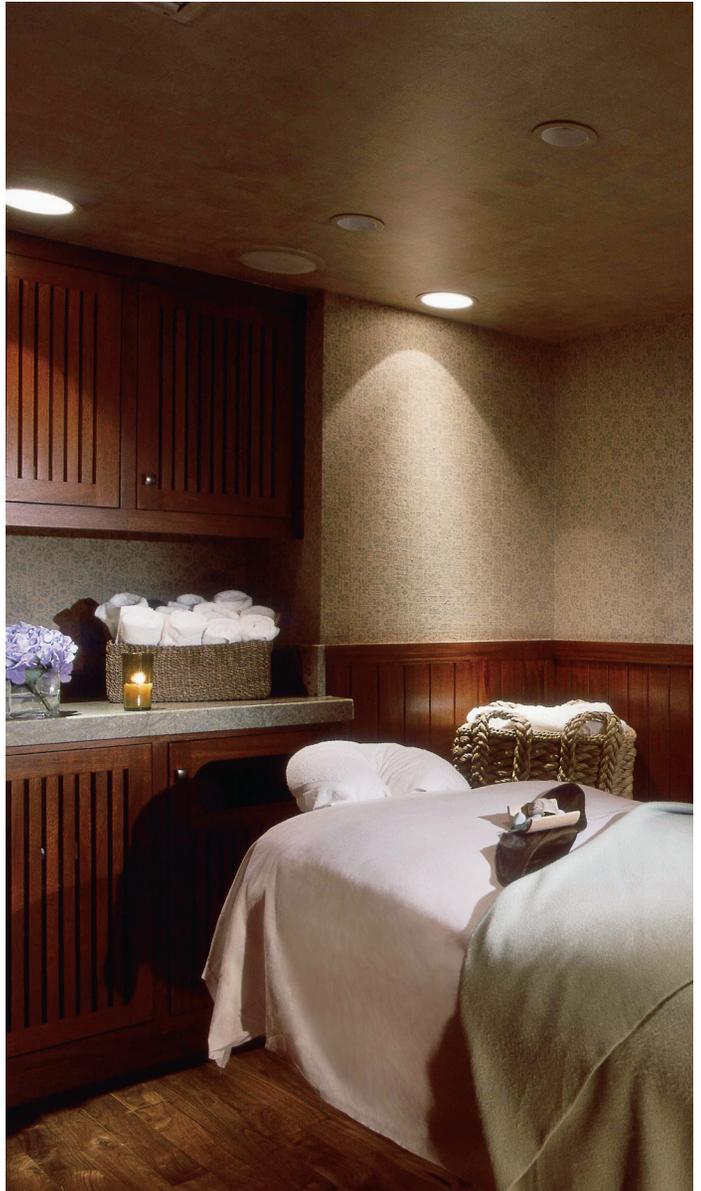
Smooth lava rocks are heated and massaged into your body with warm oil. This unique treatment involves the application and movement of heated basalt stones. The contrast of temperature assists to induce deep relaxation and an enhanced well being, while reducing inflammation and restoring balance to the body.

90 *minutes*

### THE ONE TAN

Ready, set...glow! **Chocolate Sun** is an organic, sunless tanning treatment that gives you a healthy and natural-looking tan as it hydrates and nourishes your skin with wild crafted botanicals, essential oils and antioxidants. Enjoy a sun-kissed glow that lasts up to seven days.

25 *minutes*





## ONE MIND AND BODY

### WORK OUT TO RELAX

Stimulate the mind and body with a rejuvenating full-body workout and massage. A skilled trainer will guide you through a personalized workout combining resistance, balance and functional training followed by an assisted stretch to prepare your body (and mind) for a therapeutic massage.

### ONE ON ONE

A world-class personal trainer will take you through a challenging and energizing full-body workout, helping you to achieve your individual fitness goals.

### FITNESS AL FRESCO

Become one with the ocean breeze! Let our trainer lead you through a personalized, fun and invigorating training session on the beautiful Santa Monica Beach, just outside your door.

### PRIVATE YOGA SESSION

You'll improve flexibility, balance and overall strength during a personalized yoga session with a highly qualified instructor that incorporates breathing exercises and poses.

### YOGA ON THE BEACH

Take your private yoga session outdoors to stretch in the sun and gaze at the waves.

#### PRIVATE SESSION

50 minutes

80 minutes

#### COUPLE'S SESSION

50 minutes

80 minutes



### CRANIOSACRAL UNWINDING

This form of energy work therapy optimizes the flow of cerebrospinal fluid, a vital fluid that nourishes and protects the nervous system and brain. This gentle, light touch therapy shifts the mind and body into a mode of rest and recovery – the antithesis of stress. In this service the healing potential of quiet and stillness of body and mind is explored.

Our collaboration with 21 Drops essential oils makes this treatment unique using the highest grade therapeutic oils. Blends of Equalize, De-Stress, and Calm help with the calming of the brain, equalizing specific brain rhythm, de-stressing the body and the mind. A selected blend for each individual to enhance the function of the immune system (Pain Relief, Detox and Immunity) can be selected at beginning of service.

60 minutes

75 minutes

#### ADD-ON TO FACIALS

30 minutes (adds time)

60 minutes (done within 60 minute facial)

**NOTE: WEAR YOGA OR EXERCISE ATTIRE.**



## ONE GORGEOUS FACE OMOROVICZA

### **GOLD RE-SURFACING**

Mineral-rich Hungarian Moor mud detoxifies and cleanses deeply, a copper lactic-acid peel boosts collagen, a gold serum adds healing and repairing benefits and a unique plumping massage helps to re-surface fine lines and wrinkles.

*60 minutes*

*90 minutes*

### **PORE REFINING**

Mineral-rich Hungarian Moor mud detoxifies and cleanses deeply, an aromatic mud mask application, rosemary and pineapple extracts help to minimize the pore size and a classic Hungarian facial massage instantly lifts and firms the skin.

*60 minutes*

### **GENTLEMEN'S FACIAL**

This facial is designed to cleanse and exfoliate using lightly scented natural products. A unique facial massage soothes the skin, scalp and shoulder massage relieves tension and stress.

*60 minutes*





## ONE AGELESS FACE

### HYDROPEPTIDE

#### CALMING RECOVERY FACIAL

A gentle peel refreshes skin without irritation while a nourishing mask helps to protect skin and restore hydration. Start combating sensitivity with peptides and a botanical stem cell that helps to promote an even skin tone by reducing visible signs of redness.  
*60 minutes*

#### DEEP CLEANSING FACIAL

A combination of salicylic acid and acne fighting peptides improve skin smoothness and balance oil production. Unclog pores and speed up skin cell turnover while enhancing an overall glow and revealing healthy skin.  
*60 minutes*

#### BRIGHTEN AND RENEW FACIAL

Gently exfoliate, protect, brighten and even out skin tone with apple stem cells, fruit enzymes, and a variety of antioxidants. Peptides and growth factor activators will increase elasticity and firmness of the skin, while delivering proper nourishment.  
*60 minutes*

#### HYDRATING RADIANCE FACIAL

This relaxing, “no downtime” treatment infuses skin with the restorative and uplifting benefits of peptides, growth factor activators, and proteins. Begin the treatment with a two-step peel that incorporates Vitamin C infused microdermabrasion crystals and a plumping activator to reveal fresh, glowing skin. A hybrid treatment mask hydrates while wrinkle fighting peptides leave skin firm and rejuvenated.  
*60 minutes*





## ONE RADIANT FACE

### LUZERN

#### EXPRESS FACIAL

##### PURE O2 INFUSION

Perfect express treatment for a quick pick-me-up before an important event. A powerful combination of customized organic Bio-Suisse certified extracts, firming peptides and vitamins A, C and E infused into the skin with pure, medical-grade oxygen to reveal a truly renewed complexion in just 30 minutes.  
*30 minutes*

#### ULTIMATE AGELESS

##### PURE O2 INFUSION

Instantly boost skin vitality with this next generation, age-fighting oxygen facial. Cosmeceutically active ingredients and rare Bio-Suisse alpine organics deliver customized exfoliation, supply the skin with intense hydration, and recharge skin with powerful age-fighters to help minimize fine lines, restore resiliency, suppleness and radiance.  
*60 minutes*

#### ULTIMATE AGELESS ADVANCED

##### PURE O2 INFUSION

Dramatically transform skin vitality with the Ultimate. The Ultimate delivers unparalleled cell-renewal and deep nourishment to the skin with customized resurfacing, layering skin-firming peptides, antioxidants, and high-impact pure oxygen infusion to help instantly smooth, visibly plump and fortify the skin to repair signs of aging.  
*90 minutes*



## ONE ADVANCED FACE

### **MICROCURRENT**

Improves skin tone, firmness and elasticity, and stimulates cell renewal. Reduces the appearance of fine lines and wrinkles. Adds intense hydration. Leaves skin revitalized and rejuvenated.

*25 minutes*

*60 minutes*

### **HYDRADERMABRASION**

Deep exfoliation, increases collagen production, tones and brightens skin complexion. Leaves skin soft, smooth and revitalized.

*25 minutes*

*60 minutes*

### **PERFECT DUO**

Perfect marriage of two technologies. Our Esthetician will custom tailor the facial toward your skin condition with a choice of 2 technologies out of 3: Hydrodermabrasion, Microcurrent or Oxygen Infusion.

*90 minutes*

### **RED CARPET 3 IN ONE FACIAL**

This facial gives anyone red carpet results; this is the ultimate anti-aging treatment. We incorporate three “state-of-the-art” pieces of equipment. The facial will start with diamond wet abrasions to get rid of the dead skin and pigmentation, followed by the firming and lifting Microcurrent technology, and finally, we finish with the oxygen system. This calms, infuses antioxidants, and binds deep hydration to the skin, instant Red Carpet results!

*90 minutes.*



## ONE PERFECTED FACE

### LIGHTSTIM™ ANTI-AGING

The LightStim® Anti-Aging combines amber, red and infrared lights to stimulate collagen and elastin, reduce inflammation, promote circulation and encourage deeper product absorption. A targeted combination of enzymatic exfoliation, extractions and advanced LED technology leaves skin firmer, tighter and smoother. This facial therapy is designed to help treat and combat the deeper signs of aging.

#### PERFECTED EXPRESS

*30 minutes*

#### PERFECTED DELUXE

*60 minutes*

#### PERFECTED ULTIMATE

*90 minutes*

#### PERFECTED ADD ON

*20 minutes*





## OTHER SERVICES

### WAXING

ARCH	BIKINI LINE
LIP	FULL LEG
CHIN	FULL LEG & BIKINI LINE
UNDERARM	HALF LEG
HALF ARM	BACK
FULL ARM	CHEST
STOMACH	LOWER BACK
HAND	SHOULDER

### TINTING

**EYELASH TINT**  
**EYEBROW TINT**

### ONE VERY SPECIAL DAY

**MY ONE AND ONLY**  
**BEACH HONEYMOON**

> Two "As You Like It Massages"

> His and Hers Facials

*approximately two hours of treatments each*





## ONE PERFECT PAIR OF HANDS AND FEET

### MANICURES

#### LIGHT TOUCH MANICURE

Refresh your hands with an invigorating eucalyptus soak and comforting shea butter massage. This complete nail care service includes nail polish application.

*45 minutes*

#### AROMA MANICURE

A healthy twist to a regular manicure. This deluxe treatment incorporates a mineral scrub for hand exfoliation, moisturizing Myrrh Nail Oil, a hand soak in muscle-relieving minerals and essential oils, hydrating algae masque and a massage based on Geranium, Grapefruit and Lavender Essences.

*60 minutes*

#### GEL MANICURE

This no-chip, long-lasting manicure is the latest breakthrough in nail technology, offering incredible shine that lasts up to two weeks – perfect for busy schedules, those on extended holiday or any occasion that demands long-lasting color.

*60 minutes*

### ADD ONS

#### SPECIALTY POLISH

Luxurious and long lasting, indulge yourself with a luxurious gel-like nail service. LVX is a luxury, vegan and 7-toxin free brand. The ultra creamy and smooth lacquers offer the healthiest alternative to a long lasting manicure and pedicure. This unique and exclusive service allows you to choose and keep your LVX color for future bookings.

#### NAIL REPAIR

#### POLISH CHANGE



### PEDICURES

#### LOW TIDE PEDICURE

Recharge your feet with this therapeutic treatment which includes a thorough shaping and cleansing of toe nails, cuticles and heels, all while soaking in a soothing, nutrient rich bath of salts and essential oil. A hydrating foot massage tops this treatment.

*60 minutes*

#### AROMA PEDICURE

This pedicure helps to stimulate circulation as well as revitalize and remineralize tired feet. Using eucalyptus essential oil and Turkish salts, the feet are exfoliated followed by a rejuvenating eucalyptus footbath. An invigorating alpine herb and Spirulina masque and massage with invigorating Fuß.

*75 minutes*

#### GEL PEDICURE

This no-chip, long-lasting pedicure is the latest breakthrough in nail technology, offering incredible shine that lasts up to two weeks – perfect for busy schedules, those on extended holiday or any occasion that demands long-lasting color.

*75 minutes*



## ONE EXECUTIVE INDULGENCE

### CLASSIC GENTLEMEN'S MAINTENANCE

#### SKINCARE

##### FACE TIME

There's no time like the present to start investing in your Face 401(K). Research indicates starting a grooming routine by age 25 dramatically prolongs the life of your skin, and it is never too late. Steaming towels, relaxing neck and shoulder massage and a uniquely cocktailed skin treatment combine to rebalance environmentally stressed male skin and deliver immediate and noticeable results.

*60 minutes*

##### BACK FACIAL

The Back Facial is an exfoliating and deep pore cleansing treatment for one of the most neglected areas of the body: the back. The back facial includes a deep cleansing, steaming, and extractions as necessary.

*60 minutes*

#### MUSCLECARE

##### STRESS RELIEF MASSAGE

This deeply relaxing massage gently releases tension, soothes aching muscles, eliminates toxins and calms the mind and body.

*60 minutes*

*90 minutes*



#### HAND DETAILING

##### MEN'S HAND TREATMENT

This classic men's manicure revitalizes busy hands with invigorating mint and cool lime. Nail grooming, callus removal, a brisk exfoliating rub, hot towel hydration, and relaxing hand and arm massage round out this uniquely male experience.

*30 minutes*

#### FOOT DETAILING

##### MEN'S FOOT TREATMENT

This classic men's pedicure revitalizes tired feet with invigorating mint and cool lime. Nail grooming, callus removal, a brisk exfoliating rub, hot towel hydration, and relaxing foot and leg massage round out this uniquely male experience. Take a load off and treat your often neglected "soles" to some well-deserved attention.

*45 minutes*

#### ADD ON

##### AROMATHERAPY UPGRADE

Choose between Revive: Muscle Energizing, Cleansing and Hydrating  
Or Rest: Stress Reduction, Cleansing and Hydrating



## SUGGESTIONS TO ENHANCE YOUR SPA EXPERIENCE

### HOURS OF OPERATION

FITNESS CENTER 24 HOURS (HOTEL GUESTS ONLY)  
SPA SERVICES BEGIN AT 8:30 AM AND LAST APPOINTMENT ENDS AT 8:00 PM  
SEVEN DAYS A WEEK

### RESERVATIONS

We recommend scheduling your spa appointments prior to visiting Shutters for the greatest availability of services and appointment times. Our spa services must be guaranteed with a credit card.

### CANCELLATIONS

Because your spa services are reserved for you, we ask that you notify us 12 hours in advance should you need to cancel or change a scheduled appointment. The full amount of your service will be charged for cancellation and changes with less than a 12-hour notice with our Spa Concierge. No-shows are charged the full treatment value. Group reservations may require contracted agreement.

### ARRIVAL

Please arrive at least 15 minutes prior to your scheduled spa treatment. Arriving early allows time to change and relax. As a courtesy to other guests, arriving late will shorten the precious minutes of your spa treatment.

### WHILE YOU RELAX

- > Cell phones and pagers must be turned off or on silent mode and are not permitted to be used in the spa.
- > Locker rooms, steam rooms, and spa amenities are available for the enhancement of your spa experience.
- > Guests of Shutters on the Beach Spa and Fitness Center must be at least 16 years of age. Children under 16 are allowed only if a parent is present in the treatment room throughout the service.
- > Service prices do not include taxes or gratuities.