



FOUNDATION MIND AND BODY SPA  
111 W WATER STREET  
NEW BUFFALO, MICHIGAN  
269.469.5318

## Treatments — Face

### BLOOM

RESTORATIVE FACIAL  
SEAWEED + BOTANICALS  
80 MINUTES | 260

Organic antioxidant algae complex and a restorative blend of aromatherapy oils stimulate collagen production, reducing the appearance of fine lines and wrinkles while firming and brightening for radiant results.

### BREEZE

RESURFACING FACIAL  
PINEAPPLE AHA  
50 MINUTES | 165

Pineapple enzymes and marine botanicals with naturally derived glycolic and lactic acids gently revitalize dull skin, diminishing fine lines and restoring a natural glow.

### COVE

REVITALIZING FACIAL  
MARINE ENZYMES  
50 MINUTES | 165

Organic marine enzymes and facial massage combine to resurface, repair, and revitalize. Customized to your skin's unique profile, this water-inspired facial will leave your complexion enriched and resilient.

### LUSH

PLUMPING FACIAL  
PEPTIDE INFUSED COLLAGENS  
50 MINUTES | 165

Collagen-activating peptides, antioxidants, phyto-retinol, and microbiome-boosting active cultures improve elasticity and firmness, even skin tone, and reduce the appearance of fine lines for a more youthful complexion.

### ARBOR

ENERGIZING FACIAL FOR MEN  
BAMBOO  
50 MINUTES | 165

Bamboo spines exfoliate for a deep clean in this restorative facial, beneficial for shaving rash and ingrown hairs. Relaxing face and scalp massage are followed by organic moisturizing botanicals for a healthy, hydrated finish.

## Treatments — Body

### SHORE

SUGAR GLOW SCRUB  
LAVENDER  
50 MINUTES | 165

Organic lavender oil, marine extracts, and sugar gently exfoliate and heal tired skin while aromatherapy quiets and balances the mind.

### MARINE

DETOXIFYING WRAP  
MARINE BOTANICALS  
80 MINUTES | 260

Organic, nutrient-rich bladderwrack awakens and exfoliates skin, preparing the body for a detoxifying laminaria wrap. This purifying treatment finishes with a Softly Does It massage to quiet mind and body.

### DRIFT

NOURISHING WRAP  
LAVENDER + ROSEMARY  
80 MINUTES | 260

Rich shea and cocoa seed butters combine with the soothing, stress-relieving properties of lavender and rosemary essential oils to nourish the skin and clear the mind.

### DAWN

BRIGHTENING WRAP  
SEAWEED, RICE + BOTANICALS  
50 MINUTES | 165

Organic elements of land and sea come together in this silky treatment benefiting body and mind. A dry brush exfoliation is followed by a soothing rice-enhanced alpine botanical body mask, leaving skin deeply hydrated, toned, and visibly radiant.

## Treatments — Massage

### COAST

AROMATHERAPY MASSAGE  
THERAPEUTIC OILS  
80 MINUTES | 260

Echoing the natural flow of water, this luxurious treatment combines relaxation and stimulation to relieve tension and pain from head to toe. Enhance and complement the massage experience with your choice of aromatherapies.

### GLOW

ANTI-INFLAMMATORY MASSAGE  
EVENING PRIMROSE  
50 MINUTES | 165

Fatigue-busting antioxidant evening primrose, hemp, and rosehip oils combine with nourishing marine botanicals and therapeutic massage to soothe and release tensions while arnica-infused Feel the Heat Muscle Warming Gel speeds targeted relief to active bodies.

### HAVEN

FOUNDATION CUSTOM MASSAGE  
THERAPEUTIC OILS  
50 / 80 MINUTES | 165 / 260

A sensory treat for mind and body, choose from our collection of aromatic VOYA essential oils to compliment your massage—from traditional Swedish to deep-tissue. In consultation with your therapist, this luxury experience is entirely customized to your specific needs.

### NEST

MATERNAL MASSAGE  
MARINE BOTANICALS  
80 MINUTES | 260

Nourishing botanicals and organic essential oils are at the center of this supportive treatment for bump and body. Relaxing, gentle massage, stretch mark minimizing belly mask, and a circulation-boosting foot wrap help to repair and sustain body resilience.

## Enrichments

KEY **F** WITH FACIAL **M** WITH MASSAGE

### **F** MARINE EYE COMPRESS

Organic seaweed compresses rejuvenate tired eyes while gentle lymphatic massage banishes dark shadows and puffiness. This results-orientated therapy decongests the eye area and reduces the appearance of fine lines.  
FACE | 30

### **F** LAVENDER SUGAR LIP

Organic lavender and sugar gently remove dry skin, preparing the lips for a hydrating botanical infusion. This targeted therapy finishes with a detoxifying lymphatic massage and Balmicious Lip Balm to seal in moisture.  
FACE | 30

### **F** MICROCURRENT LIFT

Sub-sensory electrical current mimics the body's own healing to target, tighten, contour, and tone.  
FACE | 50

### **F** LED RED LIGHT THERAPY

Non-invasive wavelengths boost collagen production, reducing the appearance of wrinkles, scars, and stretch marks. Red light also banishes bacteria, decreases cellular inflammation, and shrinks oil glands, benefiting acne break-outs.  
FACE | 50

### **F** DERMAPLANING

Therapeutic resurfacing gently removes dead skin cells and vellus hair to reveal a smoother, naturally radiant complexion.  
FACE | 30

## Saltwater Pool

A gentle transition before treatment, make time for a soothing soak in The Harbor Grand's saltwater pool and jacuzzi, or simply lounge and admire the water views. Check in up to 90 minutes prior to your scheduled service to enjoy the hotel facilities and premier location, steps from New Buffalo Beach.

*Always complimentary to hotel guests, spa patrons are invited to enjoy The Harbor Grand's indoor saltwater pool and harborside sun deck prior to their scheduled service.*

### **M** ONDA CBD BALM

Anti-inflammatory turmeric and arnica combine with the power of CBD to deliver gentle warming and soothing relief where you need it most.  
MASSAGE | 35

### **M** HOT STONE THERAPY

Heated basalt river rocks loosen and relax tense muscles, boost metabolism, and improve circulation to promote deep relaxation.  
MASSAGE | 30

### **M** WARM BAMBOO

Gently heated bamboo rods roll away tension and release stiff muscles, easing body and mind.  
MASSAGE | 30



FOUNDATION

MIND AND BODY SPA

LEARN MORE

BOOK ONLINE



## YOUR FOUNDATION EXPERIENCE

### UPON ARRIVAL

Please check-in at spa reception 15–20 minutes prior to your service. To ensure the privacy and relaxation of all guests, please silence and store electronic devices in your locker or guest room.

### GOOD TO KNOW

Robe, spa slippers, and locker are provided for your comfort and convenience. Check in up to 90 minutes before your appointment to enjoy The Harbor Grand's saltwater pool and jacuzzi, sun deck, fireside lounge, or nearby New Buffalo Beach. Pool area is complimentary to hotel guests and spa patrons with scheduled treatments.

### LATE ARRIVALS + CANCELLATIONS

To provide timely service to all spa guests, arrivals up to 15 minutes late will be accommodated with time deducted from the scheduled treatment. Arrivals more than 15 minutes late will be considered a late cancellation. Cancellations received less than 48 hours prior to an appointment will be charged 100% of the cost of the treatment, plus a 20% service charge.

### SPA POLICIES

Foundation spa services are available to guests 18 and over. Major credit cards are accepted. Harbor Grand Hotel and Marina Grand Resort guests may pay via room charge. For your convenience, a 20% gratuity will be added to your bill.

## Individualized Care

We want your spa experience to transform and inspire. Foundation's Spa Director, Jonathon Richards, is here to answer questions, address concerns, customize your experience, and ensure your visit is exceptional. Phone 269.469.5318 or email [jonathonr@harborgrand.com](mailto:jonathonr@harborgrand.com).

111 W WATER ST  
NEW BUFFALO  
MICHIGAN

FOUNDATION  
MIND AND BODY SPA

