

MIND AND BODY SPA

# Treatments - Face

#### AURORA

THERMAL FACIAL
HEAT + COLD THERAPY
50 MINUTES | 260

Inspired by nature's rhythms, this facial uses alternating heat and cold to restore balance, reduce inflammation, and re-energize tired skin. This treatment leaves your complexion radiant, toned, and deeply revitalized after just one session.

#### 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 tacial 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 OR 80 MINUTES | 165 OR 260

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.

# 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.

# TERRA

SENSORY MASSAGE
ORANGE, CLOVE + GINGER

A soothing experience, warm steamed bags of orange, clove, ginger, and fucus serratus seaweed are gently massaged into the body, releasing nourishing oils. This treatment soothes the body, gently exfoliates, and nourishes your skin.

# 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 OR 80 MINUTES | 165 OR 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 | ENRICHMENT AVAILABLE WITH:

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#### 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.

ADD-ON | 30

#### F B M

#### LED RED LIGHT THERAPY FACE

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.

ADD-ON | 50

#### (F) (B) (N

#### COLLAGEN INTENSIVE HYDROGEL MASK

Brighten, plump, and lift skin with a richly-hydrating collagen treatment from Venn.

ADD-ON | 30

#### F

#### MICROCURRENT LIFT FACE

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

ADD-ON | 50

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#### DERMAFLASHINGTM

Therapeutic resurfacing gently removes dead skin cells and peach fuzz to reveal a smoother, naturally radiant complexion.

ADD-ON | 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 Balmalicious Lip Balm to seal in moisture.

ADD-ON | 30

# 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.

ADD-ON | 35



# WARM BAMBOO

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

ADD-ON | 30

# M

# hot stone therapy

metabolism, and improve circulation to promote deep relaxation.

ADD-ON | 30

# B (M

# MICROCURRENT LIFT BODY

to target, tighten, contour, and tone.

ADD-ON | 50

# 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.



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# YOUR FOUNDATION EXPERIENCE

# Considerations

#### UPON ARRIVAL

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

#### GOOD TO KNOW

Robe, spa slippers, and locker are provided for your comfort and convenience. If you've chosen to include our saltwater spa pool in your experience, please plan to arrive one hour before your treatment.

#### LATE ARRIVALS AND CANCELLATION POLICY

In order 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, is here to answer questions, address concerns, customize your experience, and ensure your visit is exceptional.

#### CONTACT

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FOUNDATION MIND AND BODY SPA

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