



Flowering Almond Spa[®]

5641 Indian River Road, Virginia Beach 23464 | 757.366.5790 | 800.926.4466
www.FloweringAlmondSpa.com

MASSAGE THERAPIES



Couple's Massage

Choose from any of our massage therapies and share the experience, side by side, in one of our couple's treatment suites. Customize the experience with luxuries including chocolate covered strawberries and champagne.

Aromatherapy

Customize your massage by enjoying our natural, organic, and botanical aromatherapy oils. Benefits include reduced anxiety, induced sleep, ease of pain and more. \$15

Alpine Arnica Muscle Repair Massage

The ultimate relaxing experience that combines a deep tissue massage with steaming hot towels steeped in warming herbs and essences. Tension deep within spinal muscles is unraveled with an anti-inflammatory Arnica Muscle Gel in this powerful therapeutic treatment.

50-minutes \$120 / 80-minutes \$170

Stress Soother

Head-to-toe relaxation can be found in this extremity concentrated experience. A face, neck, scalp, and shoulder massage begin this service as your provider then works down the arms and hands to the lower legs, calves, and feet, ending the treatment with a hydrating foot treatment and foot reflexology. (note: this is not a full body massage).

50-minutes \$90

Sacred Stone Massage

Smooth, polished Basalt stones are heated and incorporated into a Swedish-Style massage to provide the ultimate relaxation technique.

50-minutes \$120 / 80-minutes \$170

Deep Tissue Massage

Perfect for muscle tension and aiding in the recovery of activity-induced soreness. This technique manipulates the deeper layers of muscle tissue and aims to release the chronic patterns of tension. Perfect for those who prefer firm or deep pressure during their massage.

50-minutes \$110 / 80-minutes \$155

Face and Scalp Massage

Relaxation massage that focuses on the face, head, neck, and scalp reducing tension and relieving stress.

25-minutes \$55

Wild Lime Scalp Treatment

An energizing scalp treatment designed to promote relaxation, ease muscle aches and rebalance over-stressed nervous systems. *Aromatic Wild Lime Scalp Oil* is gently warmed and applied vigorously to the scalp, neck, and shoulders to stimulate circulation and relieve muscle tension.

25-minutes \$60

Sports Therapy Massage

Developed to help with muscle systems used for sports; a Sports Massage uses a variety of approaches to help athletes in training before, during, or after sports events. Your Massage Therapist will work closely with you to develop a plan that will help you achieve optimal results on the field, court, or green.

50-minutes \$110 / 80-minutes \$155

Prenatal Massage

A relaxing and pampering treatment specifically designed for the specific needs of expectant mothers. This modified therapy utilizes special massage techniques to increase circulation, ease muscle discomfort, calm the nervous system, increase positive energy, and promote peaceful sleep (**offered only to expectant mothers in the second or third trimester**).

50-minutes \$110 / 80-minutes \$155

Signature Almond Swedish Massage

A timeless massage style that uses long, soothing, and relaxing strokes to encourage relaxation, lymphatic drainage, and detoxification. A brief consultation prior to your treatment will result in the perfect massage for you.

25-minutes \$50 / 50-minutes \$95 / 80-minutes \$135 / 110-minutes \$180

Reflexology

Rebalance your energy with reflexology, a natural healing art using pressure point techniques on the hands and feet. This technique is based on the principle that there are reflex points on the hands and feet that correspond to the different organs in the body.

25-minutes \$50 / 50-minutes \$90



BODY TREATMENTS



Hydrating Luxe Body Wrap

Soak your skin in luxury with our Luxe Body Wrap. This deeply moisturizing body wrap has shea butter, avocado, soy, and almond oil that will hydrate, smooth, and soften your skin. As you are bundled in your wrap, you will receive relaxing face and scalp massage ending with hot towels.

25-minutes \$60

Body Balm

Your body will be polished to perfection with a hydrating and exfoliating oil-infused sugar scrub from organic evaporated cane juice crystals and essential oil. After your skin is left polished and glowing, it will be soaked in a hydrating body butter. While you receive a face and scalp massage, it will leave your skin radiant, glowing, and soft.

50-minutes \$100

Detoxifying Seaweed Wrap

A mineral-rich treatment with potent extracts to help remove toxins from the skin. Eliminating lymphatic sluggishness and restoring healthy body tone. As you are cocooned in this deeply detoxifying seaweed wrap, drift away with a relaxing face and scalp massage.

50-minutes \$100

BODY SCRUBS

Exfoliate and moisturize your skin with your choice of our most favorite body scrubs. A perfect add on to any massage or facial!

25-minutes \$60

Brown Sugar Scrub

Our most exfoliating scrub features organic brown sugar, essential oils of vanilla and orange, a unique blend of six different deeply hydrating oils and is the perfect way to get rid of dead and dull skin.

Hot Salt Lavender Body Scrub

Our lovely lavender scrub exfoliates your skin using a blend of dead sea salts, lavender essential oil, and a unique blend of six different oils that is sure to leave your skin super smooth.

Hot Herbal Salt Scrub

This invigorating hot salt scrub is a favorite, especially with our male spa guests. Herbally infused with arnica, juniper berry, thyme leaf, and nine different essential oils. This scrub will help to moisturize your skin while soothing your sore muscles. Perfect for men!

Hydrating Shea Butter Scrub

Our most hydrating scrub is formulated with organic shea butter, sunflower seed oil, and evaporated cane juice crystals; the scrub goes on smooth as the fine sugar crystals exfoliate your body and the hot shea butter melts into your skin providing deep moisture.

Lemon Verbena Body Polish

This gentle creamy exfoliating polish combines bright citrus notes of lemon verbena with the delicate sweet floral essence of lavender to smooth and hydrate the skin.



MINI EXPERIENCES

Flowering Almond Journey

Two spa professionals will work in tandem — one performing a customized Pure Results Signature Facial and the other therapist performing Reflexology — to leave you rejuvenated from head-to-toe and having experienced what is sure to be one of your best spa experiences!

50-minutes \$200

Spa Sampler

This spa sampler includes a little taste of everything — enjoy a 50-minute Swedish Style Massage with your choice of aromatherapy, a 25-minute Brown Sugar Scrub, and our 25-minute Pure Results Express Facial!

Approximately 2 hours \$230



Espresso Mud Full Body Treatment

This rich mud scrub combines sweet, earthy notes of *Coffee Arabica* and *Sarsaparilla* with volcanic pumice and black silt clay to exfoliate the skin, stimulate circulation, and remove impurities. This treatment concludes with a Signature Swedish Massage.

80-minutes \$180 / 110-minutes \$220

Lavender Dreams Escape

Relax, breathe deep, and inhale the calming benefits of lavender in this uplifting and rejuvenating spa experience. An invigorating body scrub, a lush hydrating body wrap, and finally a soothing aromatherapy Swedish Massage.

80-minutes \$180 / 110-minutes \$220

Lemon Verbena Body Ritual

Invigorate and revitalize the skin with this nourishing body treatment. Fresh lemon and gentle buffing grains are blended with stimulating extracts which soften the skin. This treatment concludes with a full body Swedish massage.

80-minutes \$180 / 110-minutes \$220

Deep Forest Detox

Cleanse and rebalance your body with our Deep Forest Detox, which begins with a soothing 80-minute Hot Stone Massage using a very detoxifying oil infused with intoxicating evergreen notes of balsam, fir, pine, juniper, and laced with Sicilian Bergamot. Your Hot Stone Massage is then followed by a deeply exfoliating and invigorating scrub and removed with hot towels.

110-minutes \$220

SKIN CARE

Pure Results Signature Facial

Our experts will tailor this treatment to address your skin care needs and concerns. Our Pure Results Signature Facial includes a deep cleanse with steam, a professional exfoliation, a face, neck, and shoulder massage; followed by a mask and rehydration.

50-minutes \$115 / 80-minutes \$170

Organic Facial

A deep cleaning facial for sensitive skin using natural ingredients like soy, oats, and honey for the perfect facial experience for green beauties.

50-minutes \$110

Detoxifying Acne Facial

Made for oily or congested skin, this relaxing treatment exfoliates, detoxifies, and clarifies dull congested skin. After a deep cleansing and double exfoliation, extractions are performed, and your skin is soothed with a cucumber and thyme serum.

50-minutes \$125

Sensitive Skin Facial

This treatment is perfect for those with Rosacea or Sensitive Skin types and is designed to promote the general health and appearance of skin by calming irritation, replenishing lost nutrients, and improving the skin's natural immune response to free radical damage.

50-minutes \$115

Pure Results Express Facial

Great for those on the go! This facial is customized for your skin and includes a deep cleanse, professional exfoliation, and mask.

*Add extractions for a deeper cleanse for just \$10

25-minutes \$65

Head to Toe Glow

Receive a deep cleansing Custom Facial while being wrapped in our Lush Body Wrap. Your skin will soak up the nourishing and hydrating benefits of our wrap while our skin experts tailor the facial session to address your skin care needs and concerns. The results ... you will glow from head to toe.

80-minutes \$180

ADVANCED SKIN CARE

Dermaplaning Facial

Freshen and revitalize your skin! Combined with our signature 25-minute Pure Results Facial, this treatment includes dermaplaning. Dermaplaning sloughs away dead skin cells and can help reduce the visibility of acne scarring and slight wrinkling.

50-minutes \$160 / Package of 5 - \$640 / Dermaplaning without facial 25-minutes \$85

Micro Facial

This facial incorporates microdermabrasion, a non-surgical professional exfoliation technique, that will leave your skin glowing. Fine diamond chips and gentle suction are used to remove the outermost layer of skin in order to produce a healthier more youthful appearance.

50-minutes \$130 / Package of 5 - \$520 / Decollate \$40 / Hands \$40

Chemical Peel

Professionally applied peel solutions exfoliate dead skin cells and help healthy skin cells rise to the surface. These treatments allow deeper layers of fresh and untouched skin to be revealed. The result of monthly treatments can even skin tone, clear acne, improve the appearance of aging skin, and make dull complexions glow.

25-minutes \$100

FACIAL ENHANCEMENTS

(Must be added to Facial Service)

15% Glycolic Peel Enhancement to Facial

This powerful exfoliating treatment combines Alpha Hydroxy Acids derived from natural sugarcane to retexturize fine lines and wrinkles. \$25

Age Defense Hand Treatment

Transform weathered hands giving them the attention they deserve. Powerful antioxidants and rejuvenating botanicals leave hands looking and feeling revitalized. \$25

Eye Contour

Designed to reduce puffiness, fine lines, and under eye discoloration. \$20

Hydrating Lip Treatment

An intensive treatment designed to gently exfoliate dry, flaky skin, and leaves lips smooth and supple. \$20

Anti-Aging Neck Treatment

This nutrient-infused bio-cellulose application is ideal for normal to dry skin types and is specifically formulated to reduce the appearance of fine lines and wrinkles on the neck. \$20

SPA PACKAGES

Half Day Spa Package

50-minute Swedish Massage
50-minute Pure Results Facial
45-minute Luxe Pedicure
45-minute Luxe Manicure

Half Day Package \$295 plus gratuity

Includes a glass of champagne

Full Day Spa Package

110-minute Lavender Dreams Escape,
Lemon Verbena Body Ritual,
or Deep Forest Detox
50-minute Pure Results Facial
50-minute Luxe Pedicure
45-minute Luxe Manicure

Full Day Package \$425 plus gratuity

Includes a healthy Spa lunch



SUGGESTED TREATMENTS FOR MEN

Back Facial

A deeply detoxifying and relaxing treatment for the back; offering deep pore cleansing and customized mask treatment to rebalance the skin. Ideal for all skin types.

50-minutes \$100

Deep Forest Detox

Cleanse and rebalance your body with our Deep Forest Detox which begins with a soothing 80-minute Hot Stone Massage using a very detoxifying oil infused with intoxicating evergreen notes of balsam, fir, pine, juniper, and laced with Sicilian Bergamot. Your Hot Stone Massage is then followed by a deeply exfoliating and invigorating scrub and removed with hot towels.

110-minutes \$220

Men's Rebalancing Facial

A relaxing and deep cleansing treatment uniquely designed for men. This facial will rejuvenate the skin as well as counteract irritants from shaving and an active lifestyle.

50-minutes \$115 / 80-minutes \$170

Gentlemen's Arnica Pedicure

Feet are soaked in a therapeutic hot mineral bath. Nails are then cleaned, trimmed, shaped, filed, and buffed followed by callus work. Your lower legs and feet receive a deep exfoliation with a refreshing and invigorating Peppermint & Rosemary Salt Scrub.

45-minutes \$50

MANICURES

Flowering Almond Manicure Indulgence

In our most luxurious manicure, your cuticles are softened and trimmed; nails are then cleaned, shaped, filed, and buffed. Your hands receive a deeply nourishing hot oil soak, followed by a gentle exfoliation of finely milled mineral salts and sugar cane, and rinsed in a warm milk bath. Your hands are then enveloped in a lustrous, shimmering hand mask that deeply conditions and refines the skin, leaving it glowing.

55-minutes \$45

Luxe Manicure

Your hands deserve some posh pampering. In our Luxe Manicure, your cuticles are softened and trimmed, nails are cleaned, shaped, filed, and buffed. Your hands receive a deeply hydrating and relaxing massage, followed by a hand masque. Lastly, your hands are cocooned in hot towels and polished with your choice of OPI® or Spa Ritual® nail polish.

45-minutes \$35

OPI® Gel Manicure

Enjoy a manicure that could last — up to two weeks of intense wear and shine! Cuticles are softened and trimmed, nails are shaped, filed, buffed, and then polished to perfection with your choice of OPI® Gel Polish.

45-minutes \$40

Express Manicure

Designed for our on-the-go spa guests, in this express manicure, cuticles are softened and trimmed, hands receive a light massage and hydration, nails are then shaped, filed, buffed, and polished to perfection with OPI® or Spa Rituals® nail polish.

25-minutes \$25

Princess Manicure

Pamper your little princess! In this manicure, nails are shaped, filed, buffed, and receive a light massage and hydration, followed by nails, being polished to perfection with OPI® or Spa Rituals® nail polish (*age must be 10 years or under*).

15-minutes \$20

Gel Polish Soak Off

30-minutes \$15

French Tip Polish Add-On

15-minutes \$10

Polish Renewal

Touch up nails with a fresh coat of polish.

15-minutes \$15

**Our nail lounge features natural, botanical organic, and vegan therapies.*

PEDICURES

Flowering Almond Pedicure Indulgence

Our signature lengthy and relaxing pedicure begins with a warm almond milk foot bath, floating petals, and features a thick luxurious scrub of mineral salts and refined sugar. Nails are then cleaned, trimmed, shaped, filed, buffed; followed by callus treatment. Then an illuminating and hydrating mask containing sweet almond oil, jojoba oil, and Vitamin E oil is caressed into the skin while your feet are enveloped in hot towels. Includes a heated stone massage.

80-minutes \$70

Luxe Pedicure

Begin your experience with a relaxing warm foot soak and essential oils. Nails are then cleaned, shaped, filed, buffed; followed by callus treatment. Enjoy the enticing scents of a citrus scrub to exfoliate and restore circulation to your lower legs and feet. Your feet are then treated to a detoxifying and purifying foot mask with aloe vera and Vitamin E and wrapped in hot towels.

50-minutes \$55

Express Pedicure

This pedicure is designed for our on-the-go spa guests. It includes a warm soak, cuticle work, light massage, and hydration, then nails are polished to perfection.

45-minutes \$30

(For heel treatment try our Buff & Callus Heel Treatment add-on)

Princess Pedicure

Pamper your little princess! In this pedicure, nails are shaped, filed, buffed, and receive a light massage and hydration, followed by nails, being polished to perfection.

20-minutes \$25

French Tip Polish Add-On

15-minutes \$10

Buff & Callus Heel Treatment

(Perfect add-on to Express Pedicure) \$15

Polish Renewal

Touch up nails with a fresh coat of polish.

15-minutes \$15



**Our nail lounge features natural, botanical organic, and vegan therapies.*

NAIL THERAPIES

Almond Deep Conditioning Therapy

This hydrating and conditioning treatment will leave your hands and feet deeply moisturized and relaxed. While your feet are enjoying an aromatic hot soak, your hands will receive our Eco-fin heated hand treatment — a rich blend of palm soy, jojoba, and organic coconut oils, plus shea butter, Vitamin E, and essential oils that moisturize and leave your skin soft and supple.

25-minutes \$40

Peppermint Hand & Foot Therapy

Try our refreshing and energizing Peppermint Hand & Foot Therapy to soothe your tired, achy feet! You begin with a revitalizing foot bath, followed by our Eco-fin hand and foot treatment in heated mittens and booties. Eco-fin is a rich blend of palm, soy, jojoba and organic coconut oils, plus shea butter, Vitamin E, and essential oils that will moisturize and leave your skin soft and supple. Includes a heated stone massage.

25-minutes \$50



NAIL ENHANCEMENTS

French Tip Add On.....	\$10
Buff and Polish	\$15
Trim and Shape Hands	\$10
Heel Therapy Add On	\$20
Eco-fin (Paraffin) Add On.....	\$15
Gel Soak Off	\$10
Trim and Shape Feet.....	\$15

WAXING

Basic Bikini	\$50 and Up
Deep Line Bikini	\$60 and Up
Brazilian.....	\$75 and Up
Full Leg.....	\$75 and Up
Upper/Lower Leg	\$40 and Up
Back or Chest.....	\$50 and Up
Upper/Lower Arm	\$35 and Up
Full Arm.....	\$50 and Up
Underarm.....	\$25 and Up
Brow Design.....	\$20
Brow Maintenance	\$15
Full Face	\$45
Chin	\$15
Hairline.....	\$15
Upper/Lower Lip.....	\$15
Neck.....	\$20
Stomach.....	\$35 and Up



FREQUENTLY ASKED QUESTIONS

When should I make my appointment?

Appointments are available Monday through Sunday.

We recommend making appointments as far in advance as possible to accommodate preferred services and times. A credit card number will be required to hold appointments for all guests. Hotel guests are encouraged to make spa appointments at the time of making their overnight reservation.

When should I arrive for my appointment?

Arrive 20 minutes prior to your service. This will allow you time to change into a robe and slippers and relax in our conservatory.

Spa parties should arrive 30 minutes prior to treatments.

What is your cancellation/late arrival policy?

Cancellations should be made 24 hours prior to your scheduled appointment time. Late cancellations will be charged 50% of the treatment total. Package cancellations with less than 24 hours notice will be charged 100% of the treatment total. Unfortunately, arriving late for scheduled appointments may require us to shorten the length of the treatment.

Do I have to be a hotel guest to enjoy the spa?

The Flowering Almond Spa is open to day guests as well as hotel guests.

What should I wear and bring to the spa?

Casual and comfortable clothes are recommended. Spa guests also receive access to our fitness center, indoor pool and hot tub for the day; therefore, we recommend bringing workout clothes and a bathing suit!

Is there a service charge?

A 20% service charge will be automatically added to your treatment(s).



Flowering Almond Spa®

SPA HOURS

Sunday 9:00 am to 7:00 pm

Monday-Thursday 10:00 am to 7:00 pm

Friday & Saturday 9:00 am to 8:00 pm

Closed Christmas Day & Thanksgiving Day Annually

Hours May Change Seasonally

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