



The Atlantic Hotel

SPA ATLANTIC FACT SHEET

OVERVIEW:

Spa Atlantic, situated on the fifth floor Ocean Terrace of The Atlantic Hotel in Fort Lauderdale, is consistently recognized as one of the area's leading spas. With exquisite décor and innovative services, this European inspired sanctuary offers a luxurious haven for pampering and renewal that is complemented by its prime location directly across from the Atlantic Ocean.

The 10,000-sq.-ft. facility features eight treatment rooms, including two romantic couple's suites. Additional amenities include a full-service salon, spa boutique, and dedicated men's and women's areas, complete with relaxation rooms, Jacuzzis, saunas and steam rooms. The resort's 24-hour fitness facility is adjacent to the spa and is available to all spa guests.

Spa Atlantic blends traditional rituals with a holistic approach and shares the hotel's commitment to deliver the best experience to its guests. Its mantra is to provide a rejuvenating experience that is as therapeutic to the mind and spirit as it is to the body. Many signature treatments incorporate sea and citrus ingredients indigenous to Florida, with the benefits of their purifying properties.

SIGNATURE TREATMENTS:

Guests can choose from an array of "Journeys" designed to visually and spiritually transport the mind, body and soul to the chosen locale, which include Arabia, India, the Mediterranean and the Orient. Each journey integrates the elements of air, fire, water and the earth starting with a welcoming ritual, followed by a facial, body treatment, relaxing bath, and conclude with a relaxing massage and signature tea.

Guests can choose from the following Journeys, each come with a Welcoming Ritual and Tea:

Oriental Journey (Air/Breathe):

- Oriental Aromatic Body Treatment/50 min.
A nourishing anti-stress treatment that begins with a rejuvenating Fruity Peel exfoliation and ends with skin-smoothing body wrap that leave skin hydrated.
- Oriental Body Scrub/50 min.
- Mother of Pearl powder used to exfoliate the body followed by a nourishing rich crème with karate butter packed with emollients.

Suggested Activity: Yoga

SIGNATURE TREATMENTS

(Cont'd):

- Oriental AromaSoul Massage/50 min.
Awakening treatment that uses element of Tui Na (ancient Chinese pushing and grasping technique) to work deeply with the energy channels of the body. This movement lets out negative energy, regulates organs and stimulates flow within the body.
- Oriental Absolute Pearl Facial/80 min.
Combines extracts from bearberries, licorice and pearl powder and blends with gentle form of kojic acid to bring new life to skin.
- Oriental Bath
Bath uses blend of Jojoba, Sunflower, Jasmine and Vanilla oils to provide antioxidants that protect skin from harmful elements.

Indian Journey (Fire/Replenish):

- Indian D-Age Body Treatment/50 min.
Deeply moisturizing and anti-aging body wrap that uses pH glycolic and lactic acid gel to exfoliate skin. Bitter orange extract and Asian kamani oil is then used to reduce water retention to restore skin's elasticity and firmness.
- Indian Body Scrub
Rice particles are used to exfoliate the body. Rich crème with karate butter filled with emollients is then used to nourish skin.
- Indian AromaSoul Massage/50 min.
Inspired by ancient life philosophy Ayurveda, this holistic massage releases stress and tension to help return the body to a perfect state of equilibrium.
- Indian Active Pureness Facial/80 min.
Gentle facial that uses propolis, salicylic acid and avocado oil to exfoliate, reduce impurities and bring balance to any skin type.
- Indian Bath
Detoxifying bath which relaxes and nourishes the skin. Uses awakening aromas of cardamom, bergamot, nutmeg and cedarwood.

Suggested Activity: Weights and Sculpting

Arabian Journey (Earth/Embrace):

- Arabian Body Treatment/50 min.
Uses antioxidants and organic spinach, red beets and tomato to activate microcirculation and provide perfect tone, elasticity and moisture to help balance skin.
- Arabian Body Scrub/50 min.
Scrub used from smoothing coconut particles used to exfoliate skin followed by a nourishing rich crème with karate butter filled with emollients.
- Arabian AromaSoul Massage/50 min.
The cradle of Arabian civilization is represented in a remarkable and mesmerizing treatment that cradles each guest in a unique sensory experience.

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SIGNATURE TREATMENTS

(Cont'd):

- Arabian Glorious Skin Facial/80 min.
Facial uses a low pH alphatherapy skin renewal with glycolic, malic and citric acids to exfoliate and firm the skin, greatly reducing facial lines.
- Arabian Bath
Bath uses essential oils of ginger, cinnamon, nutmeg, geranium, and cumin to help reduce muscular tension and pain.

Suggested Activity: Pilates

Mediterranean Journey (Water/Release):

- Mediterranean Morticelli Mud Wrap/50 min.
Isothermal Italian mud is applied to purify and detoxify the skin tissue, relieving joint pain and muscle soreness.
- Mediterranean Body Scrub/50 min.
Olive seeds are used to exfoliate followed by a nourishing rich crème with karate butter filled with emollients to laminate the skin.
- Mediterranean AromaSoul Massage/50 min.
Massage is a reflection of the energetic spirit and warmth of Mediterranean cultures that invoke fluidity, restoration and relaxation. Inverted wave movements stretch and loosen muscles.
- Mediterranean Hydramemory Facial/80 min.
Hydrating ingredients are combined with essential antioxidants to provide silky texture with exceptional softness.
- Mediterranean Bath
Bath uses a blend of Mandarin, Orange, Lemon, Bergamot, Anise, Basil and Thyme oils to stimulate and uplift.

Suggested Activity: Water Aerobics

Journeys can be set-up in the following ways:

- Complete Journey (5 hours and 30 minutes/4 services plus ritual bath and welcoming ritual) \$530
- Partial Journey (3 hours/2 services plus choice of ritual bath and welcoming ritual)
- Journey a la Carte (Single Service) 50 minute Massage (\$140), 50 minute Body Scrub (\$150), 50 minute Body Wrap (\$150), 80 minute Facial (\$190), Ritual Bath (\$40), Welcoming Ritual (\$20).

Marie Antoinette (female, male or couples)

Treatment begins with exfoliation in a chocolate sherbet packed with vitamin E and Jojoba oil. Following is a marshmallow body mask to awaken the body. After that, guests can enjoy a warm chocolate and strawberry bubble bath to revitalize the body. During the treatment, decadent gourmet treats prepared by the hotel are served. An application of milk and honey icing is the finishing touch to this delicious package to leave skin feeling silky smooth.

110 minutes, Single \$245, Couples \$470

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**SIGNATURE TREATMENTS
(Cont'd):**

The “me-time” Bath Ritual

The benefits of warm water, bath salts, essential oils, candle light, herbs and delightful music come together in this unique ritual in the spa’s oversized tub. Bath options include:

- Garden Ritual Bath – Lavender and chamomile for relaxation
- Grove Ritual Bath – Lemon, lime, rosemary, and grapefruit oil for purifying
- Ocean Ritual Bath – Aromatic seaweed and pine oil to replenish and invigorate

25 minutes, \$50

ADDITIONAL TREATMENTS:

Traditional Body Therapies include:

- Aromatherapy Massage
- Couple’s Massage
- Deep Tissue Massage
- Hand & Foot Massage
- Hot Stone Massage
- Mother-to-Be Massage
- On-the-go Massage
- In-room Massage
- Thai Massage/Swedish Thai

Skin Care Nourishing Treatments include:

- Atlantic Express Facial
- Atlantic Repair
- Vibrant C Grove Facial
- Gentleman’s Facial
- Clarifying Back Facial
- Absolute Pearl Facial
- Clarifying Back Facial
- Active Pureness Facial
- Glorious Skin Facial

Body Wraps include:

- De-stress Mind & Body Wrap
- D-Age Body Wrap
- Tropical Escape Wrap
- Monticelli Mud Wrap

Beautifying Body Glows include:

- Garden Botanical Glow
- Tangerine Body Gloss
- Tropical Oasis Body Gloss

SALON:

Spa Atlantic also offers a full range of services including hair cutting, highlights, lowlights, styling, manicures and pedicures. Additionally, professional make-up artists will design and apply a look suited to each person’s skin tone, bone structure and hair color.

SPA CUISINE:

If guests wish to enjoy lunch between services, they are welcome to choose a healthy entrée from the Spuma Café menu, served overlooking the Atlantic Ocean.

FACILITIES & AMENITIES:

Facilities include:

- Eight treatment rooms, including two romantic couple's suites
- Full-service salon
- Spa boutique
- Dedicated Men's and Women's areas complete with:
 - Relaxation rooms
 - Jacuzzis
 - Saunas
 - Steam Rooms
- 24-hour fitness facility
- Poolside dining at Spuma Café
- Use of the pool on the 5th floor Ocean Terrace

SPA DIRECTOR:

Norman Sarmiento

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