



**BEACH  
HOUSE**  
FORT LAUDERDALE  
A HILTON RESORT

**Spa Q**  
SPA MENU

# Massages

## DEEP ESCAPE

A deep tissue massage journey where firm pressure targets large muscle groups, reduces the effects of chronic muscle tension and promotes a balanced and realigned body.

**50 or 80 Minutes**

## ESSENTIAL CUSTOM MESSAGE

A customized swedish style massage that relieves muscular tension, stimulating circulation, inducing deep relaxation and decompression.

**50, 80 or 110 Minutes**

## EXPRESS MESSAGE

The Swedish classic specifically customized to your needs. *Back, neck, shoulders*

**25 Minutes**

# Enhancements

## HOT STONES

Heated basalt stones are applied to the back, opening energy pathways while melting away tension and fatigue.

## CBD OIL

Promising therapeutic benefits of anti-inflammatory properties for pain and anxiety.

## AROMA THERAPY

## BOTANIKA LIFE SUPER SOOTHING PAIN SERUM

## CRYO MASSAGE ROLLER

# Specialty Treatments

## FOUR HANDS

Two therapists working simultaneously, creating a choreographed massage to promote a deep relaxation.

**50 or 80 Minutes**

## HOT STONE RENEWAL

Warm oil and heated basalt stones for pain relief, combined to help cultivate a heightened sense of relaxation.

**50 or 80 Minutes**

## REFLEXOLOGY

Stimulate specific pressure points on the hands and feet, encouraging the body to promote internal wellness and release blockages that may be the source of pain or discomfort.

**25 or 50 Minutes**

## PRENATAL MASSAGE

A gentle specialized massage designed for a mother-to-be in her second or third trimester to ease tired muscles.

**50 Minutes**



*\*Brochure prices do not include 20% service charge.*



# Facials

## **GLOW**

Revitalize your skin with the best anti-aging technology to improve firmness and prevent premature aging.

***80 Minutes***

## **RADIANCE**

Designed to repair and restore skin fatigue and diminish the appearance of fine lines for a radiant look.

***50 Minutes***

## **ESSENTIAL CUSTOM FACIAL**

Tailored to your skin. Formulate your own customized facial with our expert therapist to focus on what your skin truly needs.

***50 or 80 Minutes***

## **EXPRESS FACIAL**

Cleanse, exfoliate, moisturize for healthier looking skin.

***25 Minutes***

# Enhancements

## **EYE Q TREATMENT**

Add to any facial treatment. Combats dark circles and puffiness.

## **LIP Q TREATMENT**

Add to any facial treatment. Hydration treatment.

## **LIP, CHIN OR BROW WAXING**

## **PORE EXTRATIONS**

# Body Treatments

## ULTIMATE BODY GLOW

Treat yourself to the ultimate body treatment featuring an invigorating exfoliation, an energetic body brushing and nourishing wrap with deeply moisturizing effects.

**50 Minutes**

## EXPRESS BODY EXFOLIATION

Buff and polish skin with a full body exfoliation to reveal a smooth and youthful appearance.

**25 Minutes**

# CBD Treatments

Enjoy the relaxation, restorative and pain-relieving benefits of CBD treatments.

## CBD CRYO TREATMENT

**50 Minutes**

## CBD RELAXATION MASSAGE

**50 Minutes**

**80 Minutes**

# Upgrades

## In-Suite Massage \*

upgrade per service

## Cabana Massage \*

upgrade per service

\*24 hours notice required for these upgrades. Based on availability.





# Spa Packages

## LAVENDER

- Essential Massage | 50 Minutes
- Essential Facial | 50 Minutes
- Express Body Exfoliation | 25 Minutes

## COUPLES ROMANCE

- Essential Couples Massage | 50 minutes
- Bottle of Champagne
- Chocolate Covered Strawberries
- Poolside Daybed

*Enhancements are available for an additional charge.*

## RESERVATIONS & CANCELLATIONS

Booking your spa reservations in advance is strongly recommended. If you must change or cancel an appointment, please advise us 24 hours in advance to avoid being charged 50% of the scheduled service cost.

## ARRIVAL TIME

Guests are advised to arrive a minimum of 15 minutes prior to the start of their service to allow ample time to check in, change and acclimate to the spa facilities. Services will begin and end on time, so the next guest is not delayed.

## PHYSICAL AILMENTS, DISABILITIES OR ALLERGIES

Please notify the spa concierge when booking your appointments and your service provider during treatment.

## GRATUITY

For your convenience, a 20% service charge will be added to all services. Service charge is based on the retail price if treatment is discounted. *Any applicable discounts or specials cannot be combined with other discounts.*

## AGE POLICY

Guests 18 years and older are welcome to enjoy the spa and its facilities. Guests 16+ may receive services with a parent/guardian present in the treatment room, but are not permitted to use the locker room areas.



# BEACH HOUSE

FORT LAUDERDALE  
A HILTON RESORT

505 NORTH FORT LAUDERDALE BEACH BOULEVARD

FORT LAUDERDALE, FLORIDA 33304

SPA RESERVATIONS: 954.414.2617 | [FLLFS\\_Spa@HiltonBeachHouse.com](mailto:FLLFS_Spa@HiltonBeachHouse.com)

MEL #MM19577