

## HEALING THERAPIES

### Abhyanga

A warm herbal oil massage performed by two therapists in synchrony. As the oil is massaged into the skin, it penetrates deep into the tissue to release toxins. The therapy is effective in enhancing immunity, increasing circulation and creating a deep relaxation in the body and mind. (60 min.)

### Cranio-Sacral Therapy

This gentle, non-invasive, hands-on therapy is used to evaluate and enhance the functioning of the body's cranio-sacral system, focusing on the membranes and cerebrospinal fluid that surrounds and protects the brain and spinal cord. This therapeutic technique brings instant relaxation. (60 min.)

### Yoga

Yoga offers a remarkable range of healing benefits from toning the muscles to balancing the body. It produces deep relaxation, reduces stress, increases cardiovascular efficiency, muscle strength and flexibility and improves respiration. In addition, it improves posture, coordination and concentration.

### Whirlpool Lavender Bath

A soak in one of our water or air propulsion system tubs is a ideal way to de-stress, re-mineralize and give your body an in-depth rebalancing effect. This hydration treatment is a therapeutic experience to sooth away tension and the perfect prelude to any massage, facial or scrub therapy. Enjoy privately or with your partner. (30 min.)



## MASSAGE THERAPIES

### Pregnancy

Pregnancy massage therapy is an extremely revitalizing treatment for all moms-to-be. Our specially trained massage therapists, using pregnancy tables and/or special cushions, will alleviate many of the common discomforts associated with pregnancies. Please note that this massage should only be booked after the first trimester (60 min.)

### Ayurvedic Therapy

Stemming from the traditional Indian Ayurveda healing system, this ancient technique can help soothe pain and relax stiff muscles. Through deep and reassuring strokes, toxins, tensions and blockages are eliminated. (60 min.)

### Four-Hand Massage

This one-of-a-kind massage involves the combined art and skill of two therapists working simultaneously to achieve a deep, relaxing and rejuvenating experience. Two pairs of hands will choreograph a rhythmic, dance-like massage that will help relieve stress, anxiety and exhaustion. (60 or 90 min.)

### Couples Massage

Experience the joy and serenity of a massage with a friend or loved one in the privacy of our couples' room. You and your partner will relax together while each receives a complete therapeutic massage in perfect synchronization. (60 or 90 min.)



## FACIALS

## SCRUBS AND WRAPS

### **Organic Facial**

With aromas that will dazzle your senses and ingredients that will impart health and beauty to your skin, our incredible, all-natural organic products prove to be a facial experience like no other. Our professional aestheticians will tailor each session to your individual skin type, while providing you with steam, exfoliation, a purifying mask and a facial massage. (60 min.)

### **Organic Pumpkin Enzyme Peel**

Designed to give you maximum results without irritation or the damage of traditional chemical peels, this all-natural treatment contains an organic pumpkin-yam active enzyme that will repair and rejuvenate your skin, leaving it deliciously soft and clear. Your complexion will shine after you exfoliate the signs of sun damage and aging.

### **Organic Pumpkin Facial**

You will be treated to a specifically tailored facial that includes steam, exfoliation and deep purifying mask and facial massage. What's more, this treatment is highlighted by a rejuvenating pumpkin and orange masque. The vitamins found in this fabulous organic product impart radiance, while nourishing, enriching and moisturizing the skin. (60 min.)

### **Organic Paprika Signature Facial**

Our signature facial will leave you with gorgeous skin that feels soft and supple. In addition to our organic facial, a paprika treatment is used to stimulate and oxygenate the skin, leaving the complexion rosy, while evening skin tones and tightening the pores. (75 min.)

### **Four-Layer Facial**

This unique facial involves four treatments that are essential for all skin types. Your experience includes a vitamin C serum application, a hydration, a facial massage, a detoxification with an invigorating seaweed mud mask and pure mineral mask. (90 min.)

### **Back Facial**

Pamper your back with this treatment that includes a deep pore cleaning to detoxify the skin, exfoliations, steam and extractions. A relaxing massage to your neck, shoulders and arms is included. (60 min.)

### **Vitamin C Facial**

This vitamin rich facial will infuse rich antioxidants and vitamins while removing surface impurities. Active ingredients stimulate the skin for cellular renewal and improving collagen reproduction. (60 min.)

### **Organic Coconut Sugar Scrub**

This coconut scrub gives ultimate hydration, infusing the skin with rich antioxidants while restoring your skin, leaving it soft and supple.

### **Organic Cranberry Pomegranate Sugar Scrub**

A scrumptious organic treatment using natural sugar cane in order to melt away any dryness and roughness you may have. Your skin is caressed with the vitamin-richness of cranberry and pomegranate, infusing it with nutrition and a softness that will leave your skin lustrous and radiant. (45 min.)

### **Organic Pear and Green Apple Sugar Scrub**

Get silky smooth skin with a mouth-watering blend of antioxidant-rich pear, apple and sugar cane. The sugar cane produces a natural alpha hydroxy acid to gently exfoliate and smooth the skin while pear and apple extracts impart vitamin-rich nutrition. Sweet almond oil and grape seed oil will leave your skin velvety smooth with an irresistible glow. (45 min.)

### **Body Glow Salt Scrub**

This perfect body treatment begins with your choice of peppermint, lavender or tangerine essential oils. The natural blend of oils and salts are absorbed into the skin, delivering deep hydration and relaxation. After a warm rinse, the skin is hydrated and glowing. This treatment is perfect prior to enjoying a massage. (45 min.)

### **Detox Black Moor Mud**

Gently soothing aches and pains, this body treatment will instill a state of deep relaxation and wellness into every fiber of your being. Easy on even the most delicate skin and rich in natural vitamins, minerals and enzymes, this mud therapy will rejuvenate you. (45 min.)

### **Hydrating Rose**

This pure and calming treatment includes an organic body mask that contains specifically selected herbs to assist in relaxing your muscle tissues and extracting toxins. Enjoy the natural glow of beautifully toned skin. (60 min.)

### **Cleansing Seaweed**

A great therapy to eliminate toxins in the body, this seaweed treatment will soften and smooth your skin while also offering an overall circulatory stimulation. Its high mineral content will improve the body's metabolism. (45 min.)

### **Mango Enzyme Body Wrap**

Indulge in the sweet scent of mango while the gentle fruit infuses vitamins and hydrates the skin, giving effective exfoliation, while reducing pigmentation and the signs of aging. (45min.)

## **HYDROTHERAPY SPA PEDICURES**

Our pedicures are 60 or 90 minutes in duration and include hydrotherapy, shaping, exfoliation, heel care, cuticle clean-up, lots of massage and non-toxic nail polish.

### **Pedicure**

Savor your pedicure with our exclusive aromatherapy salt-glow products, leaving your relaxed cleansed.

### **Holistic Pedicure**

This soothing and calming treatment will leave your feet feeling refreshed and delightful.

### **Holistic Chocolate Souffle Pedicure**

Enjoy this fat-free chocolate indulgence...just without any of the guilt.

### **Holistic Orange Ice Pedicure**

Relax as the fresh scents of citrus enliven the senses and hydrate the skin.

### **Hot Wax Pedicure**

Our hot wax treatments are perfect for hydrating and softening your feet.

### **Peppermint Pedicure**

It's time to cool, energize and invigorate your tired feet with the power of peppermint, a wonderfully aromatic treatment.

### **Glycolic Pedicure**

This wonderful treatment for the exfoliation of dead skin leaves the skin polished and smooth.

### **Signature Pedicure**

Includes all-natural organic pedicure and healing session of foot reflexology.

## **DAY SPA PACKAGES**

### **The Sanctuary**

Our most popular package includes a full-body massage, an organic facial, manicure and a hydrotherapy peppermint pedicure. (4.0 hours)

### **Couples Package**

This is an intimate package for you and your soul mate. You will be indulged with two relaxing full-body massages, two organic facials and a couples' whirlpool lavender bath. (2.5 hours)

### **Relax, Refresh, Renew**

Featuring a custom therapeutic massage with foot reflexology, an organic facial, a cranio-sacral therapy session, a holistic manicure, a holistic pedicure and a whirlpool lavender bath. (5.0 hours)

### **Celebrate Life**

The perfect package to celebrate any special occasion in your life, either for two, or as separate "Yin" and "Yang" packages. Included is a full-body massage with foot reflexology, a chocolate pedicure and relaxing whirlpool lavender bath. (3.5 hours)



## MASSAGE THERAPIES

### Swedish Massage

This full-body massage enhances the body's natural immune system. You will experience immediate stress relief and fine-tuning of the body's internal systems. (30, 60, 90 min.)

### Deep Tissue

This therapy is common among athletes or massage enthusiasts whose bodies have built up a tolerance for regular bodywork. (60 or 90 min.)

### Aromatherapy Massage

This gentle massage blends the soothing and flowing strokes of a full-body massage with the healing powers of delightful, fragrant oils such as jasmine and lavender. The fragrances, which will linger in your memory long after the massage is complete, will renew your mind, body and spirit. (60 or 90 min.)

### Hot Stone Therapy

Smooth, heated basalt stones are placed on specific acupressure points to melt away knots, tension and stress. This deeply relaxing technique helps relieve pain and promotes healing. (60 or 90 min.)

### Thai Massage

One of the oldest forms of massage, this therapy blends acupressure and assisted stretching while providing increased flexibility. This massage also relieves muscle and joint tension, and helps balance the body's energy system. (90 min.)



## HEALING THERAPIES

### Reflexology

Reflexology, one of the most popular therapies, works on the principal that certain pressure points in the feet and hands correspond with the body's organs and systems. By applying specific pressure to those areas, balance can be restored to the body. (60 min.)

### Reiki

Performed by our certified practitioners, Reiki is a gentle healing technique to reduce stress, relieve pain and facilitate healing. Practitioners hold that the vital energy of the universe is channeled through them so that they can energize the various body systems on levels that promote health, wholeness, cleared chakras, clarity and balance. (60 min.)

### Raindrop Therapy

Bring your body into balance and harmony by combining the science of aromatherapy with the techniques of reflexology and massage therapy to restore structural and electrical alignment creating a sense of well being. Oils are dispensed like little drops of rain from a height of about six inches above the back and then massaged along the spine. (90 min.)

### Shirodhara

A form of Ayurveda, Shirodhara involves gently flowing herbal oils over the forehead (the "third eye") for 30-45 minutes, followed by a gentle scalp massage. This amazingly effective therapy has been used to treat a variety of conditions, including insomnia, stress, anxiety and depression. (60 min.)

## SPA PARTIES

Private spa parties bring people together in a soothing environment that awakens and rejuvenates the senses. At Organic Day Spa 1111, we pride ourselves in hosting unique and memorable events. No matter the function, our dedicated staff of professionals is committed to taking care of you and every member of your group.

With our **Bridal Parties** and **Baby Showers**, you can shower the bride and mommy-to-be with day spa services for her and the whole family.

The always popular **Children's Party** is a fun-filled event for kids ages 5-10 that includes children's manicures and pedicures, mini facials and hand and foot massages.

We can also host your next **Corporate Event or Meeting**.

To book a special event, please call to reserve your date as far ahead as possible. The services for your group are scheduled and staffed according to your requests. A deposit is required to secure your special event.

Once booked, our Spa Coordinator will meet with you to ensure that your special event or party is specifically designed to meet all of your needs.



## ABOUT US

We ask you to surrender to your total well-being as we enlighten your senses by putting mind, body and spirit into perfect balance. While stimulating the body's natural immune system through hands-on healing, our staff of highly trained therapists will deliver you the most peaceful state imaginable.

### THE MEDITATION ROOM

We recommend arriving early for your appointment to rest and absorb energy. Incense, essential oils and candles establish this serene and relaxing setting. The Meditation Room is a complimentary feature offered to all clients.

### TAKING CARE OF YOUR BODY

Before your treatments commence, be sure to discuss any health concerns with your therapists. Advise them of any injuries, broken or sensitive skin, rashes or allergies. If you are having a massage, let your therapist know if you prefer a lighter or deeper touch.

Additionally, do not be surprised if you are continually asked to drink water during your stay with us. Drinking water after a massage or healing therapy flushes the system of toxins, enhancing the body's natural immune system.

## DAY SPA PACKAGES

We have created a collection of specially designed spa packages for your ultimate enjoyment! Whether you're interested in a few hours of relaxation or a full day of bliss, we invite you to heal your mind and body with one or more of these spectacular packages. If you require something more customized, we will gladly accommodate you.

### Clear the Mind

Designed for those who yearn for relaxation and tranquility when time is a luxury, this package is for you. Begin with a full-body massage, followed by a manicure, finishing with a hydrotherapy pedicure. (2.5 hours)

### Men's Tranquility

This package is designed especially for gentlemen looking to escape the pressures of the day. Unwind with a deep tissue massage, relieving tension in your muscles, while allowing your mind to let go. Afterwards, you can enjoy an energizing organic stone crop facial. (2.0 hours)

### Road to Enlightenment

This package includes a full-body massage, an organic facial and a whirlpool lavender bath. (2.5hours)

### Zen Temple

Our family of therapists will pamper you into oblivion as you indulge with this package of signature treatments. It includes a full body massage, organic facial, a manicure and hydrotherapy pedicure. (3.5 hours)

### Prenatal

Pregnancy is a time of change as the body transforms into a nurturing vessel for the child within. We offer a special package to help the mind, body and spirit make these adjustments. This series of treatments includes a prenatal massage, an organic facial and a hydrotherapy peppermint pedicure. (3.5 hours)

## MANICURES

All our manicures include soaking, shaping, cuticle clean-up, lots of massage and polish.

### Manicure

Our signature manicure will leave your nails and hands feeling like new.

### Holistic Manicure

Relax with soothing scents of lavender.

### Holistic Chocolate Souffle Manicure

Satisfy your deepest craving with this manicure for the chocolate lover in all of us.

### Holistic Orange Ice Manicure

The citrus elements of this manicure pamper the skin.

### Hot Wax Manicure

A dip in hot wax will leave your hands silky smooth.

## Waxing Services

We strive to make your waxing experience as pleasant and gentle as possible. Our professional staff is highly trained, and we are proud to use one of the finest, most sensitive waxing products available.

## Eye and Lip Treatments

### Eye Quattro Intensive Eye Treatment

This organic bio-complex contains all the natural ingredients and vitamins needed to fight crow's feet, target dark circles and puffiness, combat aging, and stimulate collagen production, leaving the eye area hydrated, smooth and revitalized.

### Intensive Lip Treatment

This three step treatment exfoliates and fights fine lines and wrinkles, stimulating collagen production, plumping the lips. This delicious mix of citrus and mint, leaves the lips silky smooth, with a satin finish.

## WELCOME TO

# Organic Day Spa 1111

We are sure your experience with us will surpass your expectations! We invite you to...

## **R**elax -

You will feel relaxed as soon as you walk through our door

## **R**efresh -

Our many spa and healing therapies will leave you feeling refreshed

## **R**enew -

You'll feel renewed after your visit with us



## POINTS OF CONSIDERATION

### **Dress Code**

We recommend that our clients wear comfortable clothing during their therapies. You are welcome to slip into one of our warm robes. Personal items may be locked and secured in an assigned locker.

### **Appointments**

Although appointments are preferred, we also welcome walk-ins based on availability. Some appointments may require a valid credit card to hold a reservation.

### **Cancellation Policy**

Please be mindful of our 24-hour cancellation policy. "No Shows" may be charged a cancellation fee. Arriving late for an appointment may result in a shortened therapy session.

### **Gift Certificates**

An Organic Day Spa 1111 gift certificate is the perfect gift for any occasion and a wonderful way to express gratitude. Gift certificates are available at our front desk or on our web site.

### **Our Family of Therapists**

Our phenomenal therapists are highly qualified, licensed professionals. If you have questions regarding a therapist's background of expertise, please do not hesitate to ask.

### **Client Confidentiality**

Clients reserving appointments are required to provide certain personal information. All personal information obtained is secured and considered strictly confidential.

# Organic Day Spa 1111

## Spa and Healing Center

[www.OrganicDaySpa1111.com](http://www.OrganicDaySpa1111.com)

### Spa Hours

Monday 10am - 6pm      Thursday 10am - 9pm

Tuesday 10am - 8pm      Friday 10am - 9pm

Wednesday 10am – 8pm      Saturday 10am – 6pm

Sunday 10am – 6pm

**1111 East Broward Boulevard  
Fort Lauderdale, Florida 33301**

**954-463-5554**

**Relax@OrganicDaySpa1111.com**

**On the north side of Broward Boulevard  
approximately five blocks east of South  
Federal Highway**

# Organic Day Spa 1111

## Spa and Healing Center

### Relax, Refresh, Renew



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