



GOOD SPA



AT THE GOODLAND

MASSAGE THERAPY

Our Services are available in the following time increments:

Just a Dip- 25 Minutes

Hang 5 - 50 Minutes

Hang 10 - 80 Minutes

GoodSpa Massage

Our signature spa treatment is a delightful, relaxing massage treatment. This massage incorporates the use of hot stones and aromatherapy, providing a perfect combination. Warm Stones are used to massage the back and shoulders, melting away tension and stress.

Hang 5 - \$135 Hang 10 - \$190

Custom Deep Muscle Massage

Your therapist will customize your massage session with a variety of massage techniques including Swedish, Deep Tissue, Sports and Reflexology, gearing to your specific needs. Each treatment is enhanced with your choice of aromatherapy massage oils infused with blends of essential oils.

Just a dip - \$75 Hang 5 - \$125 Hang 10 - \$180

Beachcomber Sole Soother

The ancient art of reflexology uses reflex points on the feet corresponding to parts of the body to ease tension and re-establish the body's energy flow. Perfect relief for sand-scraped feet.

Just a dip - \$75 Hang 5 - \$125

Aroma Ocean Stone Massage

Small and large tide-smoothed stones are heated and used to massage the body, creating a soothing and relaxing massage. The stones warm the muscles for ultimate relaxation. Frangipani Oil in a moisturizing coconut oil base is used to create a heavenly sensory experience.

Hang 5 - \$160 Hang 10 - \$240

Wahini-to-Be Massage

Tried and tested pregnancy safe massage techniques are combined to adapt for Surfer Moms-to-Be in most stages of pregnancy. Soothes lower back and reduces swelling in hands and feet. Japanese Camilla Oil is used to help elasticity and prevent stretch marks.

Hang 5 - \$135 Hang 10 - \$190

In Room and Poolside massages available for a \$25 surcharge

FACIAL TREATMENTS

Pro Intense Contouring and Lifting Facial

This amazing Age Reversing Facial provides immediate and dramatic results. Powerful lifting techniques target jawline, cheeks and chin. Plant stem cell technology reshapes and rejuvenates elasticity. This advanced technology also reduces puffiness and fluid retention.

Hang 5 - \$175

Tri Enzyme Facial

Our Tri Enzyme Facial is perfect for out of balance skin. Non-abrasive peeling enzymes resurface and detoxify skin, drawing out impurities and restoring hydration. Deep exfoliation targets lines and sun damage. Leaves skin smooth and rejuvenated. Ideal for Surfer Guys and Girls.

Hang 5 - \$150

Visible Brilliance Facial

This rejuvenating facial firms and tones the skin. Amino acids increase hydration and elasticity. Vitamins and minerals instantly tighten and rejuvenate the complexion. Plant extracts work to slow down the ageing process.

Hang 5 - \$125

Express Facial

Maximum results in minimal time. Deep pore cleansing and exfoliation brighten the complexion. A hydrating mask improves texture and tone. Perfect for a quick fix to put skin back in balance.

Just a Dip - \$75

BODY TREATMENTS

Frangipani Salt Glow

Full Body Exfoliation using a sea salt mask infused with essential oils leaves the skin polished and softened to perfection. While wrapped in the salt scrub, your therapist will perform a relaxing scalp and foot massage.

Hang 5 - \$125

Sunless Tanning Treatment

Your skin is dry brushed to exfoliate and prepare the skin. Elemis Total Glow Self Tanning Creme is applied to the body and face with mitts, quickly creating an even, and natural sun kissed glow. Includes a tube of Total Glow Self Tanning Crème to take with you for an Endless Summer look.

Just a Dip - \$ 125

WAXING – BE BEACH-READY FROM HEAD TO TOE!

Eyebrow	\$30
Lip	\$15
Chin	\$25
Face	\$30+
Back	\$40+
Bikini Line	\$45
Partial Brazilian	\$55
Full Brazilian	\$65
Fore Arm	\$30
Full Arm	\$65
Half Leg	\$65
Full Leg	\$95
Under Arm	\$30

TSA Restriction Relief

Your purchases of Elemis retail products can be shipped to you at no charge. Please ask for details

GoodSpa Treatments feature products from



HOW TO SPA

Prepare yourself for your spa journey. The more relaxed you are, the more your treatments will enhance your well-being.

APPOINTMENTS AND RESERVATIONS

We strongly recommend that you schedule spa appointments prior to your arrival at GoodSpa. Reservations are subject to availability and must be guaranteed with a credit card.

SPECIAL EVENTS

Ask us about reserving the spa for your event – bridal shower, birthday or girls' night out.

CANCELLATION

Treatment times are reserved especially for you. We kindly request that cancellations or changes to appointments be made at least 4 business hours in advance. Appointments starting before noon must be changed or canceled by 9 PM the evening prior. A full service charge will apply to all no-shows and untimely cancellations.

ARRIVAL

We suggest that you arrive 10 minutes before your appointment time to fill out your personal care guide where you can explain your special health considerations or specific needs.

LATE ARRIVAL

As a courtesy to clients booked after you, late arrivals will only receive the remaining available appointment time and will be charged the full service fee.

WHAT SHOULD YOU WEAR?

For your treatment, disrobe to the level of your comfort. Undergarments are not necessary, but you may wear them during your treatment if you prefer. Our licensed therapists are trained to drape a sheet or towel over your body in a discrete manner, assuring your privacy at all times.

SHOULD YOU SHAVE BEFORE A TREATMENT?

Shaving is not recommended prior to any treatment, but if you wish to shave we recommend doing so two hours before any facial or body exfoliation treatments.

IS THERE AN AGE REQUIREMENT TO USE THE SPA?

All spa guests must be 16 or older to schedule a treatment.

CELLULAR PHONES

In consideration of our other guests, we ask that you turn off your cell phone and/or pager before entering the spa.

PAYMENT AND SERVICE CHARGES

We accept all major credit cards. Guests of the Goodland may charge the service to their room accounts.

VALUABLES

GoodSpa is not responsible for damage to or loss of personal belongings. Our recommendation is to not bring valuables to the spa.

Thank you, and we look forward to your visit!

TO SCHEDULE AN APPOINTMENT

Call 805-964-6246 or Press the SPA button from your hotel room phone.

HOURS OF OPERATION

9 AM-9 PM Sunday-Saturday

Services before and after hours are available by special request, and are subject to availability and a \$25 surcharge.



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