



Spa Menu



*A Comprehensive Listing of
Spa Programs & Services*

~ June 2010 ~



The U-Club Spa Experience

Escape the everyday routine and travel to a place where health, relaxation and wellness are the primary focus. Enjoy the experience of a resort spa right here at home. After a warm reception from our front desk staff, your relaxation and invigoration will begin at Lansing's only true health spa. Tuck the items of your daily life away in our secure cherry lockers, and unwind in the robe and slippers we provide for you. Enjoy your steaming tea as you relax in the luxurious lounge. Gather your thoughts in the solitude of our single-gender Relaxation Rooms as you await your service. Afterwards, prolong the luxury by relaxing in our whirlpool, steam room, and sauna before re-entering the world refreshed and renewed. Also, enjoy a complimentary day pass to the Fitness Center with any Spa service.

Whether you are seeking to indulge and relax, improve your health, conduct business, or just escape, the University Club's Fitness Center & Spa offers a comprehensive menu of five-star experiences to fit every need. For appointments, call us at 353-5113. Then come see how we strive to consistently exceed the expectations of our members and guests.



Massage Therapy

Bid your stress goodbye as our highly trained and certified staff takes you where relaxation, pampering, and quality meet. Find bliss with a *Swedish Massage*, or treat your nagging back with an *Orthopedic Massage*. Pamper your feet with a *Reflexology* session that includes steamed aromatherapy towels. Get in touch with your inner energy and release blockages with a balancing *Reiki* session. Or treat the mother-to-be with a targeted *Pregnancy Massage* to relieve leg swelling and back stiffness.

Massage-on-the-Go

Treat your workplace (and yourself) to some well-deserved relaxation as our Certified Massage Therapists bring a piece of our spa to your place of business. Make your group happy and relaxed as our massage therapists deliver blissful chair massages to each employee. This is the perfect treat for Administrative Professionals Week, employee appreciation, or office parties.

Skin Services & Body Treatments

If your skin needs attention, a *SkinCeuticals*, *Phytoceane*, or *Equavie* facial is just the ticket. Have the Spa's skilled estheticians blend their knowledge of progressive skin treatments with relaxation to create a pure pampering experience. Discover the anti-aging science behind our skincare products. Then let our certified estheticians create an effective in-home program for your specific needs. For the ultimate experience, treat every inch of the body to a wondrous *Body Treatment*. Choose between exfoliating scrubs, moisturizing mud wraps, or firming and contouring gel treatments. All body treatments are customized to your needs and will leave you relaxed and your skin renewed.

Manicures & Pedicures

Experience what can happen to your nails in the hands of our perfectionists. Treat your hands and feet to a *SkinCeuticals* rejuvenating treatment—your skin has never felt so good! While you enjoy your service, savor a selection from our *Spa Cuisine* menu, or a premium beverage (additional charges apply).

Spa Packages

Can't choose? Looking for a gift for that special someone? Our spa packages are designed to combine our most popular services for maximum enjoyment, including savings to you. From a two-hour *Simple Bliss* to a full *Day at the Spa*, select the package that's perfect for you.

Child Care

Kidz Club provides a safe and nurturing environment for your children, newborn through age twelve. Childcare services are available to members and their guests while enjoying the Spa. For hours and rates, call 353-5113.

Spa Parties

If you have something specific in mind, you can create your own customized party at the Spa. By simply contacting the Fitness Center & Spa, we'll help you plan an event complete with Spa services, use of the Fitness Center, private group exercise classes, personal training, chair massages, even meeting rooms and catered meals. Make your next business or social function a memorable success at the Spa!

Spa Cuisine

The U-Club has a long-standing tradition of fine dining and delicious cuisine. The Fitness Center & Spa is proud to offer selections from the Club's regular lunch and supper menus, as well as our premium beverage menu, for order at the Spa. Just imagine treating yourself to a relaxing pedicure while sampling the finest cuisine!

Wellness Programs

Our degreed and certified personal training staff is eager to help you reach your fitness goals. They will provide the direction you need to make your fitness plan a success. Choose an affordable group program or get fast results with our personal training sessions. Have our trainers fine-tune your diet, work with our massage therapists on that nagging injury, return to health with our Club Gold (Senior Rehabilitation) program, or measure your fitness levels with state-of-the-art wellness assessments. No matter what your needs, our experienced staff will use proven methods and personalized service to help you realize your goals.

Cancellation Policy

We require 24-hour advance notice of appointment cancellations. There will be a charge of 50% of the service fee for cancellations received within 24 hours of the appointment's start time. For Spa Parties and larger events, we may request cancellation notice of 72 hours or more, depending on the size of the event.

*Attractive gift certificates
are available for all
products & services.*

*For information & assistance, call
(517) 353-5113.*

Massage Services

The U-Club Spa experience is known for its luxurious locker lounge with whirlpool, steam room, and sauna, and its fabulous massages. Have our highly trained and certified massage therapists release every bit of stress from your muscles. Our therapists can coordinate your wellness care with our personal trainers or your medical care professionals to give you the best possible outcome. Please note that massage times listed include five minutes for room preparation and cleanup.

For appointments, call 353-5113.



Traditional Massage

Swedish Massage

A relaxation standard. This traditional-style European body massage promotes relaxation, stimulates circulation, and relieves tension. 60 minutes; \$60/\$69* + 90 minutes; \$88/\$99*

Express Massage

A shortened version of our Swedish Massage, targeting one or two areas. 30 minutes; \$40/\$46*

Reflexology

Treat yourself to the ancient art of relaxation. By manipulating pressure and energy points, your therapist can stimulate the entire body, improving flow and circulation while promoting relaxation. The service starts with the use of steamed towels lightly infused with your choice of aromatherapy oils, followed by the therapist performing reflexology massage on the scalp, hands, and feet. 60 minutes; \$70/\$80*

Pregnancy Massage

Relief for expectant mothers in all stages of pregnancy. Our pillow system and specialized tables keep you comfortable so you can relax and unwind while getting relief for tight sore muscles, excess swelling, and stiff backs. 60 minutes; \$70/\$80*

Pure Relaxation

Hot Oil Massage

Find pampering relaxation with this warmed oil aromatherapy massage. This treatment not only feels like heaven, but purifies, nourishes, and rejuvenates the mind and body. 90 minutes; \$90/\$103*

Paraffin Bliss Massage

A relaxing Swedish massage with our special hydrating hand and foot treatment and a penetrating paraffin dip. 90 minutes; \$96/\$110*

Pierre et Fleur

The ultimate massage experience. Warm stones soothe muscles with penetrating heat while essential oil fragrances unwind the mind. Improve circulation and health while being taken to a new level of relaxation. 90 minutes; \$109/\$125*

Therapeutic Bodywork

Orthopedic Massage

The best of both relaxation and results. This massage helps improve soft tissue problems, such as shoulder, neck, and back pain, as well as sinus headaches, migraines, tendonitis, and tight muscles. Therapists combine stretching, myofascial release, trigger point release, and pain-relieving ointments to get the best possible treatment outcome.

60 minutes; \$66/\$76* + 90 minutes; \$92/\$106*

Advanced Therapy Massage

Feel better faster with this high tech healing system. Combine advanced massage techniques like myofascial release, deep tissue massage, trigger point release, with healing modalities such as cryotherapy, hot packs, steamed towels, heated stones, and therapeutic lotions. Complimentary injury assessment session with an exercise physiologist available to discuss active treatment options to speed recovery.

60 minutes; \$70/\$80 + 90 minutes; \$99/\$114*

Sport Massage

A great counterpart to any workout. The U-Club Spa's highly skilled massage therapists loosen muscles and release knots before or after a workout in the Fitness Center. \$1 per minute

Spa Service Enhancements

Deep Conditioning Hair Treatment

Ask for this additional service when booking your massage treatment. Peppermint cools and soothes while moisturizers deeply penetrate and nourish the hair and scalp. +\$15

Special Occasion Packages

Couples Instructional Massage

Learn the art of massage as you and your loved one share the gift of touch. Relax, unwind, and de-stress your partner as your hands are guided by a Certified Massage Therapist. Halfway through the 90-minute session, the giver will become the receiver as you switch places and share the blissful experience. Enjoy two complimentary glasses of Champagne to enjoy during your service to make this the most memorable occasion. \$99/\$114*

Massage-on-the-Go

Treat your workplace (and yourself) to well-deserved relaxation as our certified massage therapists bring a piece of our Spa to your place of business. Make your group happy and relaxed as our massage therapist delivers blissful chair massages to each employee. Perfect for Administrative Professionals Week, employee appreciation, and office parties. \$40 fee for travel and setup, plus \$1/minute.

*Pricing is stated for U-Club Members/Guests, and is subject to change without notice.

Skin Services

The U-Club Spa is the place where relaxation and pampering meet skincare science. A quality facial should not only de-stress, but provide progressive results as well. We are proud of our highly trained staff, and of our complete line of **SkinCeuticals**, **Phytoceane**, and **Equavie** skincare lines that we carry. **SkinCeuticals** is known for its patented use of anti-oxidants, respected scientific studies, and advancements in the science and practice of skin care (especially in the area of anti-aging). **Phytoceane** is a marine-based line, deriving its healing ingredients from the sea. **Equavie** is an organic and environmentally-conscious skincare line inspired by both the richness of Mediterranean gardens and the exceptional properties of fruits and grains. These product lines offer gentle skin-balancing cleansers, re-mineralizing moisturizers, and a full line of body-care products. Enjoy them in all of our facials or schedule a complimentary skin assessment with our experienced esthetics staff, who will customize a guided in-home program just for you. For appointments, call 353-5113.

SkinCeutical Facials

Express Spa Facial

Great skin therapy for those on the go. Get the essentials of our Spa Facial with this express service. \$40/\$46*

Calming Facial

This facial is designed to help calm and soothe irritated skin. The Vitamin C Firming Masque will aid in reducing erythema caused by rosacea. The Phyto Corrective Gel acts as a hydrator, without leaving the skin oily, and its anti-septic properties help heal and calm the skin. \$66/\$76*

Deep Pore Cleansing Facial

Perfect combination of product to help reduce oil without drying and give the skin the hydration it needs. Botanicals in the Phyto Corrective Gel help to heal blemishes, while the Clarifying Clay Masque draws out impurities and oils that can be harmful to the skin. \$66/\$76*

Acneic Skin Treatment

Designed for the treatment of inflamed, irritated, and acneic skin types. This treatment includes a detoxifying masque and soothing corrective and protective products. \$66/\$76*

Gentleman's Skin Treatment

A man's skin has specific needs. Try the Phytoceane Homme—the skincare line made specifically for men. This customized skin treatment will deeply cleanse, exfoliate, and moisturize the skin, leaving your skin feeling refreshed and rejuvenated. \$66/\$76*

Firming Facial

Ideal for the client who seeks luminous, hydrated, and firmer skin. Your skin is left feeling and looking healthier with a radiant, firmer complexion. Perfect for all occasions when clients desire a glowing appearance. \$70/\$80*

Spa Back Facial

A treatment by itself or combined with an express facial. This results driven, pampering experience includes deep cleansing, exfoliation, light massage, hydrating or antioxidant mask, and a moisturizing treatment. Perfect for those with dry skin, acne, or other special needs. \$40/\$46*

Express Facial & Back Facial Combo: \$70/\$80*

Equavie Facial

Equavie De-Polluting Organic Facial

Equavie professional products are certified by Ecocert and bear the Cosmebio label. They contain maximum organic and 100% natural ingredients to restore nature in its best and most authentic form. Everyday, the skin is subject to many harsh elements that weaken it: pollution, stress, cigarette smoke, urban lifestyle, etc. This treatment will combat the consequences of these factors and protect the skin from environmental damage. \$70/\$80*

Phytoceane Facials

Phytoceane Facial

Phytoceane products are perfect for all skin types, and use re-mineralizing elements from the sea to balance the skin and improve hydration. This facial removes impurities from the skin, resulting in a smoother and brighter complexion. \$66/\$76*

Phytoceane Hydracea Moisturizing Mask Facial

This fabulous treatment restores and maintains optimum moisture levels in the epidermis while soothing tightness, leaving the skin feeling comfortable, soft, supple, and invigorated. \$70/\$80*

Eye and Lip Contour Treatment

Using Phytoceane products, this treatment will reduce dark circles, puffiness, wrinkles, and fine lines, and increase the smoothness and softness of the delicate areas in the eye and lip contour areas. 30 minutes; \$40/ \$46*

Skin Therapy

Pigment Balancing Masque Treatment

This customizable chemical peel targets hyperpigmentation to dramatically improve the uneven appearance of photo-damaged, mottled skin after a series of 4-6 treatments. The masque combines high performance brightening and anti-inflammatory agents with a powerful exfoliating acid solution to accelerate cell renewal and diminish, diffuse, and localize hyperpigmentation.

Single Treatment: \$80/\$90*

Six Treatment Package: \$415/\$480* (Save \$60+)

Light Chemical Peel

Gain a more youthful appearance with little to no discomfort and no recovery time using this alpha/beta hydroxy acid treatment. It's comfortable, simple, and does not dehydrate the skin. It lightly exfoliates the surface of the skin, smoothing out fine lines and wrinkles, lifting sun damage, improving clarity, and strengthening collagen and elastin cells to rejuvenate from the inside out.

Single Treatment: \$70/\$80*

Six Treatment Package: \$365/\$415* (Save \$60+)

Skin Services (cont'd)

Regenerating Combo Treatment

This facial/peel combination treatment is designed to give all skin types that special, pampered experience they deserve. The combination of SkinCeuticals products helps leave skin hydrated, refreshed, and ready to take on environmental ravages of the day. It is the perfect antidote for skin that needs a circulation boost from air travel, illness, medications, or stress.

Single Treatment: \$100/\$115*

Six Treatment Package: \$520/\$600* (Save \$80+)

Crystal Resurfacing

This gentle effective exfoliation treatment uses aluminum oxide crystals to remove dry, dull, flaky skin revealing a smooth, even surface. It also smoothes out premature wrinkles and lightens age spots with no recovery time, unlike extreme medical procedures. Your skin will be light and rejuvenated instantly.

60 minutes; Single Treatment: \$100/\$115*

Six Treatment Package: \$520/\$600* (Save \$80+)

Crystal Resurfacing with Peel

Pairing the manual microdermabrasion of Crystal Resurfacing with a light chemical peel intensifies the skin-smoothing results, offers even greater exfoliation, better hyper-pigmentation treatment, and faster results.

60 minutes; Single Treatment: \$120/\$138*

Six Treatment Package: \$625/\$720* (Save \$95+)

Body Waxing

A gentle and effective method for removal of body hair.

Brow.....	\$15	Upper Legs.....	\$35
Lip.....	\$15	Full Legs.....	\$60
Chin.....	\$15	Bikini.....	\$35+
Full Face.....	\$35	Upper Legs & Bikini.....	\$50+
Underarms.....	\$20	Full Legs & Bikini.....	\$85+
Arms.....	\$35	Back.....	\$30+
Lower Legs.....	\$40+	Chest.....	\$20+

Additions for Skin Services

To enhance your spa experience, ask for these supplemental services when booking your spa treatment.

Facial Bronzing

As a finishing touch to your facial, add the sun-kissed glow of a sunless tan to your face, neck, and chest without the damaging effects of the sun. +\$5

Deep Conditioning Hair Treatment

A complement to any massage, facial or body treatment. Peppermint cools and soothes while moisturizers deeply penetrate and nourish the hair and scalp. +\$15

Eye and Lip Express - Facial Add-On

The perfect addition to any Phytoceane facial! This express service will reduce fine lines and increase smoothness to the eyes and lips. +\$25

Mist-On Sunless Tanning

Initial Application

Your first session begins with a full body exfoliating scrub, followed by an application (by the technician) of mist-on sunless tan. Bring your bathing suit for a beach-ready tan! \$60/\$69*

Follow-Up Appointments

After the initial application, follow-up appointments exclude the exfoliating scrub. \$40/\$46*

Spa Princesses

Princess Facial

Pamper your princess with squeaky clean skin for her peaches-and-cream complexion. Experience a gentle cleansing, a relaxing neck and shoulder massage, a mask and a moisturizing treatment to keep young skin fresh and glowing. Includes a complimentary smoothie. \$34/\$39*

Perfect for ages 6-13; parents are welcome to attend. Please note that children under the age of 18 are not allowed in the adult-only locker rooms.

Brow & Cash Tinting

Enhance the look of your brows and lashes. This service will gently blend shades of color to help you coordinate your look. \$30 for brow and lash; \$18 each individually.

Body Treatments

Treat yourself to one of our luxurious body treatments! Indulge in our specialty products, a relaxing shower, steam sauna, and a hydration treatment with your choice of aromatherapy scents.

Salt Glow Body Scrub

Unveil a silken complexion with this effective and gentle body exfoliant. This treatment will refine rough areas without irritation, attract and lock in moisture, accelerate cell renewal, and lift away surface dryness to leave skin smooth. Oils of jojoba, avocado, peach, and sunflower nourish, protect, and soften. \$85/\$98*

Mud Wrap Body Treatment

Our mud wrap body treatments hydrate, detoxify, and pamper. Begin with a full body exfoliation followed by a warm body mud mask to promote skin renewal and relaxation. Aromatherapy will heighten your bliss as you are wrapped in a cocoon of warmth. After a warm shower, you'll receive a luxurious and moisturizing veil of hydrating lotion. Your spa technician will help customize the treatment based on your individual needs. \$85/\$98*

Rejuvenating Body Treatment

Pull out all the stops...from head to toe. Enjoy our Salt Glow Body Scrub and then a Mud Wrap Body Treatment, enhanced with a deep conditioning hair treatment, a soothing hand and foot paraffin treatment, and a face cleansing and massage...pure heaven. \$110/\$126*

*Pricing is stated for U-Club Members/Guests, and is subject to change without notice.

Skin Services (cont'd)

Phytoceane OceaMass Firming Treatment

This firming treatment features a refreshing body wrap that revitalizes the tissues and improves microcirculation. The sculpting treatment provides an immediate sensation of well-being and heightens the restructuring of the skin, which is firmer and better toned. \$88/\$101*

Phytoceane Contouring Lipo-Active Treatment

This body treatment enhances general contouring, boosts metabolism, and improves microcirculation to help drain excess fluid. Your body is enveloped in a gentle warmth, which promotes the penetration of the marine active ingredients and stimulates the elimination of toxins. Your figure slims down and your body is reenergized. \$88/101*

Equavie Organic Body Treatment

This treatment uses a delicious sugar scrub to gently exfoliate the body followed by a nourishing hydrating oil application. This relaxing service will leave your skin soft and revitalized. Equavie's Moisturizing Body Oil and Exfoliating Balm are 100% natural and certified organic. \$85/\$98*

Skin Therapy Programs

Our *Skin Therapy Programs* will give you radiant skin while protecting your pocket book. For appointments and more information, call 353-5113.



Skin Therapy Programs—For the Face

A skin therapy program is an intensive course of treatments that focus on achieving specific skincare goals, such as fighting fine lines and wrinkles, hyper-pigmentation, or acne conditions. We achieve these results with the latest in spa techniques, at-home products, and personalized service. Select from:

- **Anti-Aging Program**—helps reduce fine lines and wrinkles
- **Skin Lightening Program**—addresses stubborn sun damage, red/brown spots due to acne scarring or skin trauma
- **Adolescent Skin Program**—addresses acne treatment and prevention, sunscreen use, and developing good skincare habits that will keep skin looking great for life
- **Customized Program**—to address your special concerns

Included in the programs are skin assessments, six treatments, a customized at-home program, and follow-up care offering ongoing support and consultation.

Light Chemical Peel Package:	\$365/\$415* (Save \$60+)
Regenerating Combo Package:	\$520/\$600* (Save \$80+)
Crystal Resurfacing Package:	\$520/\$600* (Save \$80+)
Crystal Resurfacing with Peel Package:	\$625/\$720* (Save \$95+)
Pigment Balancing Package:	\$415/\$480* (Save \$60+)

Skin Therapy Programs—For the Body

Phytoceane Body Contouring/Firming Package

If you are wanting to focus on your body, this package will work for you! Choose between the Contouring or Firming Body Treatments, or select a combination of both! This package includes skin assessments, six treatments, a customized at-home program, and follow-up care offering ongoing support and consultation.

Phytoceane Body Contouring/Firming Package: \$460/\$530*
(A savings of \$68+)

All participants in Skin Therapy Programs also receive 10% off their initial product purchase!*

**This discount applies to list price, and may not be combined with any other offer or promotion.*

**Pricing is stated for U-Club Members/Guests, and is subject to change without notice.*

Manicures & Pedicures

Soothe the senses with aromatherapy scents, relaxing music, and peaceful solitude in our private Nail Suite. Soak your worries away in our beautiful copper foot bowls as our nail technicians treat your hands and feet to a U-Club Spa experience.

Choose from our "Express" selections for quality service on a schedule. If pampering is what you seek, explore our "SkinCeuticals Rejuvenation" selections to find how a true technician can restore and revitalize your nails and skin.

To satisfy your more basic needs, order from the U-Club's fabulous Spa Cuisine or premium beverage menus during your spa service. What a great way to spend your lunch hour or start your evening off right. For appointments, call 353-5113.



Pedicures

Polish

Change your color to freshen your look. \$10

Express Pedicure

Short on time? Let us treat you to a relaxing foot soak in our beautiful copper bowls, make quick work of those nails, and get you back on the move. \$35/\$40*

Traditional Pedicure

Treat yourself to pedicure perfection with a luxurious soak in our beautiful copper bowls, massage, callus buff, nail and cuticle care, and polish. \$40/\$46*

Phytoceane Paraffin Pedicure

Enjoy extra attention to calluses and cuticles, and enliven tired feet and legs. This service includes an exfoliation, a paraffin treatment, a cooling leg massage, and polish. \$52/\$59*

SkinCeuticals Foot Rejuvenation

Leave tired, dry feet a step behind with this ultimate foot treatment. In addition to a complete Traditional Pedicure, our SkinCeuticals Clay Masque, Body Scrub, Vitamin C, and Alpha Hydroxy Acids will have feet rejuvenated, soft, and healthy again. \$58/\$67*

French Pedicure

A glamorous addition to any pedicure; **please request this service when booking your appointment.** +\$15

Detox Foot Treatment

Eliminate toxins and help to balance your body with this relaxing detox foot treatment. A stress releasing 30-minute detox session is followed by a 15-minute soothing foot massage. 45 minutes; Single Service: \$40/\$46* → 4 Service Series: \$120/\$138*

Pedicure for Two

You and a friend can now enjoy a pedicure together! This new signature side-by-side service includes a special exfoliation, soothing paraffin treatment, a cooling mint gel foot and leg massage, and polish...for two! \$98/\$112* for two

*Pricing is stated for U-Club Members/Guests, and is subject to change without notice.

Manicures

Polish

Change your color to freshen your look. \$10

Express Manicure

In a hurry? Enjoy a quick soak, nail care, polish, and you're out the door! \$20/\$23*

Traditional Manicure

Indulge in a relaxing hand soak, massage, light exfoliant, aromatherapy moisturizer, basic cuticle treatment, nail shaping, and polish. \$27/\$31*

Phytoceane Paraffin Manicure

This is the perfect treatment for rougher hands, and includes detailed cuticle attention, nail grooming, a relaxing hand massage, a paraffin treatment, and polish. \$35/\$40*

SkinCeuticals Hand Rejuvenation

Turn back the hands of time with this age-defying treatment. Enjoy a Traditional Manicure with a SkinCeuticals purifying Clay Masque and rejuvenating Vitamin C and Alpha Hydroxy Acid application. Your hands will never look better or feel smoother. \$38/\$44*

French Manicure

A glamorous addition to any manicure; **please request this service when booking your appointment.** +\$15

For Men

Gentlemen's Manicure

The perfect treatment for a man's hands. Includes a paraffin treatment to soften, cuticle treatment, nail grooming, and a relaxing hand massage (excludes polish). \$30/\$35*

Gentlemen's Pedicure

Enjoy a *Traditional Pedicure*, with extra attention to callus removal and cuticles (excludes polish). \$40/\$46*

Spa Princesses

Princess Manicure and Pedicure

The royal treatment for young spa goers. Luxurious soak, grooming and polish for feet and hands, plus a complimentary smoothie. \$40/\$46*

Perfect for ages 6-13; parents are welcome to attend. Please note that children under the age of 18 are not allowed in the adult-only locker rooms.

Spa Packages & Spa Parties

Spa Parties

No matter what the occasion, the U-Club Fitness Center & Spa can provide a customized experience for any group of three or more people. Select from our extensive à la Carte menu to create an unforgettable experience for your office staff, friends, or family. Combine relaxing **spa services**, invigorating **fitness services**, **catering services**, **private meeting rooms**, and even **overnight accommodations** at the adjoining Candlewood Suites to create the perfect experience for your group.

Spa Services

Spa services are at the heart of any relaxing retreat. Select from our 30- or 60-minute massages and skin services, our Express and Traditional Manicures and Pedicures.

Health & Fitness

To enhance the group experience, a party may add a private exercise class such as Yoga, Pilates, Spinning, Body Sculpting, Step Aerobics, or Circuit Training classes, at a rate of \$1 per minute, with a limit of eight persons per class. For larger groups, multiple classes may be scheduled (based on studio and instructor availability). Our personal training staff is also available to meet with individual participants to conduct one-on-one training. In addition, your group may work out in the Fitness Center for a nominal day fee (waived if your group purchases a private group exercise class or spa treatment).

Chair Massage

To accommodate larger groups or events on a schedule, we offer chair massages for any number of participants. Each individual in your group may indulge in a relaxing massage provided onsite by our massage therapists for \$1 per minute of booked time.

Spa Cuisine

Our *Spa Cuisine* includes lunch and supper selections from the University Club's fabulous menu. Lighter refreshments, such as meal replacement bars or our Specialty Smoothies, can be purchased from our front desk at anytime.

Additional Amenities

Our luxurious locker lounge, steam room, whirlpool, dry sauna, and five-star amenities are available on a complimentary basis for the day for Spa Parties. Overnight accommodations can be arranged with Candlewood Suites adjacent to the Fitness Center.

Cancellation Policy

We require 24-hour advance notice of appointment cancellations. There will be a charge of 50% of the service fee for cancellations received within 24 hours of the appointment's start time. For Spa Parties and larger events, we may request cancellation notice of 72 hours or more, depending on the size of the event.

Spa Packages

Bundle your spa services together for great gifts and greater savings. We'll help you create the perfect spa package for everyone on your list. For appointments, call 353-5113.

Simple Bliss—\$129/\$148*

- Swedish Massage (60-minute)
- SkinCeuticals Facial with Brow Wax
- Selection from our Premium Beverage Menu

—A savings of up to \$20!

Gentlemen's Spa Experience—\$134/\$154*

- Orthopedic Massage (60-minute)
- Gentleman's Facial with Choice of Waxing
- A selection from our Premium Beverage Menu

—A savings of up to \$23!

Fresh Start—\$169/\$194*

- SkinCeuticals Facial with Brow Wax
- Rejuvenating Hand Treatment
- Rejuvenating Foot Treatment
- A choice from the Spa Cuisine menu

—A savings of up to \$26!

Spa Makeover—\$229/\$263*

- Swedish Massage (60-minute)
- Skin Assessment
- SkinCeuticals Facial with Brow Wax
- Rejuvenating Hand Treatment
- Rejuvenating Foot Treatment
- A choice from the Spa Cuisine & Premium Beverage Menus

—A savings of up to \$32!

Day at the Spa—\$315/\$362*

- A choice of Salt Glow or Mud Wrap Body Treatments with Deep Conditioning Hair Treatment
- Swedish Massage (60-minute)
- Skin Assessment
- SkinCeuticals Facial with Brow Wax
- Rejuvenating Hand Treatment
- Rejuvenating Foot Treatment
- A choice from the Spa Cuisine & Premium Beverage Menus

—A savings of up to \$48!

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To visit the University Club's Fitness Center & Spa:

- From the intersection of Collins Road and Forest Road, go west on Forest Road, following the south side of Forest Akers West Golf Course.
- Turn right (north) into the Candlewood Suites parking lot.
- Follow along the east (right) side of the hotel to the golf course.
- Park in the parking lot at the back of the Candlewood Suites.
- Enter the double doors next to the Fitness Center & Spa sign on the windows.



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