

## Special Consideration

For any guest who has high blood pressure, heart condition, pregnant or any other medical complications are advised to consult their physicians before signing up for any spa services. Please inform your spa therapist of any existing medical conditions to avoid complications and health problems. All clients are required to complete a consultation form prior to your spa treatment.

\*Sessions include time for consultation & dressing.

**Remember** to drink plenty of water before and after your spa visits.

## Contraindications for any PEMF (pulsed electromagnetic field) therapy:

**Pregnancy, Epileptics, Electronic Implants.** Anyone under the age of 18 must have parental consent for any services and be accompanied by an adult.

## Payment

We accept cash and credit card payment. Prices are subject to change without prior notice.

## Valuables

We recommend that no jewelry be worn at the Spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the Spa premises.

## Etiquette

Please arrive on time to avoid reduced treatment time. A late arrival will result in a shortened treatment to accommodate other guests fairly.

## Cancellation Policy

The treatments you have selected are reserved for you. A 24-hour cancellation notice is required. Full charges will be imposed for a "No Show".

## Disclaimer

The spa treatments and services received at Be Wholistic with Paula/Drift Away Day Spa are intended for general purposes only and are not intended to be a substitute for professional medical treatment. Guests will fully indemnify and hold harmless Be Wholistic with Paula/Drift Away Day Spa, its affiliates, subsidiaries, representatives, agents, staff and suppliers from and against all liabilities, claims, expenses, damages and losses, including legal fees, arising out of or in connection with the spa treatments, services and/or facilities.



## Location

Falls at Marina Bay Club House  
2600 Marina Bay Drive East  
Fort Lauderdale, Florida 33312



## Scheduling

Phone: 954.203.8992  
Online: [wholistic.simplespa.com](http://wholistic.simplespa.com)



## E-mail

[Clickforbetterhealth@gmail.com](mailto:Clickforbetterhealth@gmail.com)



Great care and time were emphasized in selecting Dermalogica® Professional Skin Care line for retail products and professional services. Products are botanical based, gluten free, and most products are vegan. Each facial begins with a consultation and unique Face Mapping® skin analysis technique ensuring your skin care concerns are customized and addressed. Remember to drink plenty of water before and after your spa visits.

MM38660

# MENU



# Drift Away Spa



**BE WHOLISTIC**  
— with paula —



# SKIN CARE THERAPY

## Allergy & Sensitive Skin Facial

Reduce inflamed, red and or itchy skin. A must for anyone with sensitive and seasonal allergies. Products are carefully selected to help calm and soothe your skin using specific UltraCalming™ products. No extraction is performed. Skin facial massage is customized according to your skin sensitivity.

*Drift away during this facial for 60 Minutes\* \$85.00*

## Breakout Clearing & Deep Cleansing Facial

Deeply cleans to clear congestion and heal breakouts. Ideal for adults and teens. This treatment is beneficial for overactive skin by removing impurities, purifying and rebalancing to achieve improved texture. Recommended for oily and congested skin helping to prevent future breakouts.

*Drift Away during this facial for 60 Minutes\* \$95.00*

## AGE Smart® Multi-Vitamin Power Recovery Facial

This facial is ideal for those who need to replenish their skin from environmental damage caused by the sun, pollution and daily stress. Facial Treatment is fortified with carefully selected multivitamin ingredients and a multivitamin power serum ideal for prematurely aging, dry, sun-damaged skin or stressed skin that needs nourishment, regeneration and energizing. Specific age reversal touch therapy facial massage is incorporated to stimulate skin renewal and repair. Noticeably improves the skin's elasticity, tone and texture.

*Drift Away during this facial for 60 Minutes\* \$110.00*

## Skin Brightening Facial

Excellent facial for hyperpigmentation. Customized & specialized treatment featuring advanced products, techniques and technologies. This skin brightening treatment helps to balance complexion for a brighter more even skin tone.

*Drift Away during this facial for 60 Minutes\* \$95.00*

## On the Go Mini Facial

Time-tailored customized treatment based on unique Face Mapping® skin analysis addressing your top skin concern. This service is a must for clients who want to give their skin special attention but don't have a lot of time to spare. *Drift Away for 30 Minutes\* \$55.00*

# MASSAGE THERAPY

## Therapeutic Massage

Escape stress with this soothing massage technique that eases your tension to promote a deep state of relaxation. Pressure can vary from light, medium to firm. This full body massage relieves stress and increases circulation as it soothes, leaving you feeling refreshed & energized.

*Drift Away for 60 Minutes\* or 90 Minutes\**

*60 Minutes \$85.00 90 Minutes \$125.00*

## Deep Tissue Massage

Using various techniques combining pressure point therapy & deep strokes, massaging to release chronic tension, help restore muscle & joint function.

*Drift away for 60 Minutes\* or 90 Minutes\**

*60 Minutes \$110.00 90 Minutes \$160.00*

## Raindrop Aromatherapy Massage

This signature massage integrates the ancient art of using pure essential oils to balance and restore your body's natural energy. The aromatic blend creates a healing massage for the mind-body-soul. This luxurious massage combines the therapeutic benefits of touch and smell.

*Drift away for 90 Minutes\* \$135.00*

## Stress Relief Scalp Touch Massage & Recharge with Pulsed Magnetic Wave Therapy

The scalp has some of the highest concentration of nerves in the entire body! Therefore, this is a great way to relieve stress. Specific aromatherapy is selected along with massage movements and pressure point techniques are applied on your scalp, neck and shoulders to help relieve stress & tension. As a bonus you will be laying on a PEMF (pulsed electromagnetic field) mat that increases

micro-circulation in your body, helping to relieve any further aches and pains throughout; leaving you refreshed and energized. In this session you are fully clothed.

*Drift Away for 30 Minutes\* \$55.00*

**Note:** Contraindications for any PEMF therapy: Pregnancy, Epileptics, Electronic implants.

## Pulsed Magnetic Wave & Light Therapy with Full Body Massage

This powerful non-invasive and therapeutic session will help pain management and the recovery from sports injuries, lower back pain, muscle aches and pains, headaches, nervous tension and stress. Each session will be customized with an additional light therapy to enhance recovery in those specific areas that are causing discomfort. While relaxing on the PEMF mat, receive a full body massage for additional pain relief and tranquility.

*Recharge & Drift Away for 60\* or 90 Minutes\**

*60 Minutes \$110.00 90 Minutes \$160.00*

**Note:** Contraindications for any PEMF therapy: Pregnancy, Epileptics, Electronic implants. Light Therapy is proven safe. No UV light is present. Session can be adjusted accordingly to individual needs, benefits are still enhanced.

## Chakra Balancing & Color Therapy ~ Rainbow Shower

A very successful way to keep the holistic system harmonious and balanced is to expose each chakra to its relevant color. Color therapy works with the 7 main chakras which are the energy centers located on the human body. Each chakra is a pulsating vortex of energy. They are our "colored batteries". When they are fully charged, we are in a state of balance, health and well-being; if one of them is flat or empty, our whole system suffers, especially for those who spend a lot of time under artificial light. Each of the color filters will be used to activate individual chakras with a powerful effect for your body, mind and spirit.

*Recharge & Drift Away for 30 Minutes\* \$45.00*