



BITTER END YACHT CLUB TREATMENT PORTFOLIO

OCEAN ESCAPE

Breathe deeply and unwind with the gentle inhalation of aromatherapy oils. A harmonious blend of deeply relaxing massage techniques from around the world melts away tension and stress, restoring balance and serenity throughout the body. *This treatment can be beautifully adapted to create the perfect prenatal massage.

60 OR 90 MIN \$220|\$295

RELEASE THE KNOTS - DEEP TISSUE

A deeply restorative massage using advanced techniques such as compression to alleviate muscle tension, reduce swelling and improve circulation. Neuromuscular movements to help ease soreness, enhance flexibility, and restore the body's natural range of motion. Rhythmic vibrations and percussion calm the nervous system for total relaxation and repair.

60 OR 90 MIN \$240|\$320

DRIFT & DETOX

An invigorating organic body ritual designed to stimulate lymphatic flow, eliminate toxins, and leave the skin radiant. We begin with an energizing dry body brush to boost circulation and smooth the skin. This is followed by a flowing lymphatic drainage massage, encouraging detoxification and deep relaxation. In harmony with the body's meridians, this treatment restores balance and renews vitality.

Spa Gift: The body brush used during your treatment will be yours to take home and continue your self-care ritual.

Drift & Detox can be beautifully adapted as the perfect prenatal treatment.

60 OR 90 MIN \$230|\$315

ILLUMINATING PRESCRIPTION FACIAL

A results-driven facial that visibly brightens, firms, and refines the skin. Enriched with vitamin C, botanical extracts, power peptides, and hyaluronic acid, this treatment deeply hydrates while plumping and smoothing fine lines and wrinkles. Skin is left luminous, even-toned and youthfully radiant, a true glow-giving experience for sun-stressed or dehydrated skin.

60 MIN \$220

YOGA & MEDITATION

Private classes can be booked for up to 10 people Tailored to all levels. Options include Intro to Yoga, Intermediate, Advanced, Post-Kiting/Sport Yoga, Restorative flow, Hatha, or Yin Yoga.

60 MINUTE PRIVATE CLASS \$200 FOR UP TO 6 PEOPLE, \$25 PER ADDITIONAL PERSON

60 MINUTE GROUP SESSION \$35 PER PERSON

*Please note we ask for a minimum of three people to hold the class.



Alternative treatments available upon request, such as hair, nails and makeup. Advanced notice will be needed for these services.