

SPA PACKAGES

MASSAGE

TIDELINE SIGNATURE DAY RETREAT

Tideline Oasis Massage
Ocean Jasmine Glow
Ocean Rose Manicure and Pedicure
Wash and Blow
5.5 hours

SEASIDE GARDEN JOURNEY

Aromatherapy Massage
Time Reverse Facial
Wash and Blow
3 hours

PALM BEACH GLAM

Swedish Massage
Classic Manicure
Classic Pedicure
Wash and Blow
3 hours

OCEAN BREEZE

Swedish Massage
Vital Radiance Facial
Wash and Blow
2.5 hours

SIGNATURE

TIDELINE OASIS MASSAGE

Nourish your senses with professionally selected oils infused with potent plant extracts to relieve muscle tension, and acupressure facial massage and scalp treatment for complete head to toe relaxation.
80 minutes

OCEAN JASMINE GLOW

A full body exfoliation, using light brushing strokes to buff away dull, dry skin to enhance circulation and lymphatic flow, herbal infused compresses and warm jasmine body oil treatment. 80 minutes

BOTANICAL SEA FACIAL

Customized to your skin type, this purifying facial leaves your skin bright, glowing and oxygenated.
80 minutes

SWEDISH MASSAGE

Reduces tension, increases circulation and induces relaxation.
50 minutes/80 minutes

DEEP TISSUE MASSAGE

Helps release chronic patterns of tension that create painful conditions endured from sports, office tension, computer work and every day stresses.
50 minutes/80 minutes

HOT STONE MASSAGE

Blends the use of heated stones with Swedish massage strokes to melt away knotted muscles, improve circulation and promote a deep sense of well-being.
50 minutes/80 minutes

AROMATHERAPY MASSAGE

Customized treatment to help you gain a new sense of harmony and balance, melt into tranquility and calm, or find your energy and recharge.
50 minutes/80 minutes

BEAUTIFUL BELLY

Relieves some of the aches and pains you may experience as your body changes during your pregnancy, helps you relax and care for both you and your baby. **Not offered in the 1st trimester.**
50 minutes/80 minutes

REFLEXOLOGY

Ancient acupressure points on the feet and hands to release blocked energy.
25 minutes/50 minutes

REIKI

Restores the energy flow within your body promoting improved health and relaxation.
50 minutes/80 minutes

COUPLES MASSAGE

Selected massage must be the same length of time.
50 minutes/80 minutes

TWILIGHT MASSAGE

Designed for the late night traveler who needs to unwind. Offered after 8:00pm in the spa. **Twilight fee added to massage selection.**

ENHANCEMENTS

Aromatherapy
Deep Tissue
Reflexology
Scalp Treatment

Hot Stone
Hydrating Hand
Hydrating Foot

SPA SERVICES

SKIN

VITAL RADIANCE

A botanically rich treatment which utilizes some of the best anti-pollutants and anti-oxidant ingredients that nature can provide.
50 minutes

TIME REVERSE FACIAL

Reverse the signs of aging by stimulating your skin's own natural collagen, leave your skin firm and tight with help of natural and results-oriented peptides.
80 minutes

THE HYDRAFACIAL™

A resurfacing procedure including cleansing, exfoliation, extractions, and intense hydration, including results-oriented antioxidants, peptides and hyaluronic acid.
25 minutes/50 minutes/80 minutes

For best results ask about our series packages.
25, 50 and 80 minutes

MEN'S SKIN FITNESS FACIAL

Exclusive deep pore cleansing facial for men to help eliminate impurities and restore the skin's complexion.
50 minutes

TEEN FACIAL

Helps deeply cleanse the skin while restoring natural balance.
50 minutes

ENHANCEMENTS

Contour Eye

Scalp Treatment

Specialty Mask

Hydrating Hands

Hydrating Feet

BODY

BLUE WATER BODY POLISH

A warm body scrub to loosen dull, rough skin, this deep exfoliation will buff away impurities and encourage circulation, finished with energizing Japanese Mint Body Oil.
50 minutes

LEMON BLOSSOM WRAP

A gentle body scrub and a rich clay mask wrap finished with a massage of warm lemon body oil to hydrate the skin and recharge the senses.
80 minutes

AFTER SUN RELIEF

Comforts the skin with potent extracts of Calendula and Cucumber, followed by a cooling acupressure facial massage, finished with a nourishing and deeply hydrating dose of antioxidants and natural plant oils that will provide long lasting hydration to dry, damaged skin.
50 minutes

SUN-KISSED GLOW

A rose body cleanse and gentle exfoliation followed by a sunless tanner that provides a safe alternative in creating the effect of a gradual golden suntan without the exposure to the harmful UV rays of the sun.
50 minutes

SPA SERVICES

NAILS

OCEAN ROSE SIGNATURE MANICURE AND PEDICURE

An indulgent rose oil soak followed by a gentle exfoliation to soothe hands or feet, finished with an application of warm Rose Body Oil, leaving legs and feet feeling smooth, hydrated, and balanced.
Manicure 50 minutes/Pedicure 60 minutes

CLASSIC MANICURE AND PEDICURE

Classic manicure and pedicure including nail grooming, massage and polish application.
Manicure 30 minutes/Pedicure 50 minutes

ENHANCEMENTS

Gel Polish	French Polish
Gel Polish Removal	Hydrating Hands
Polish Change	Hydrating Feet

HAIR

SHAMPOO BLOWOUT

WOMEN'S HAIRCUT & STYLE

MEN'S HAIRCUT & SYTLE

CHILD'S CUT (12 & UNDER)

UP DO

WEDDING TRIAL UP DO

WEDDING UP DO

WAXING

EYEBROW

LIP

CHIN

HALF ARM

FULL ARM

UNDERARM

HALF LEG

FULL LEG

FULL FACE

WITH BROW

WITHOUT BROW

CHEST

BACK

BRAZILIAN

BIKINI

NECK

HOW TO SPA

RESERVATIONS

We recommend that you make your spa reservations well in advance as space is limited. Reservations can be made by calling the Spa Concierge at 561.540.6459. A credit card is required to secure your appointment. If you have any special physical or medical considerations, please notify the spa so that we can best prepare for your treatment.

ARRIVAL

Please arrive at least 30 minutes prior to your treatment to allow time for check-in and preparation for your service. If you are delayed in your arrival, please remember that your service will end at its original time to avoid inconveniencing other guests.

Unfortunately, late arrivals may not receive an extension of scheduled treatments so as not to inconvenience other spa guests.

AMENITIES

As a guest at Tideline Spa and Salon, we invite you to enjoy our outdoor pool, hot tub, sauna, fitness center, sun deck and beach access.

SERVICE CHARGES

As a convenience, an automatic 20% service charge is added to all services and packages.

CANCELLATIONS & LATE ARRIVAL POLICY

Because your spa appointments are reserved specifically for you, a 24-hour notice is required for cancellations and changes. Cancellations not made within 24-hours of your treatment time will be charged 50% of the treatment rate, while no-shows are charged 100%. These fees will be assessed on the credit card used to secure your appointment.

DRESS

Special attention to draping is practiced during all treatments for your comfort and privacy. During your visit you will be provided with a robe and slippers. Lockers are available in the dressing room for your personal belongings. Please do not bring jewelry or other valuables to the spa. The Tideline Spa and Salon does not assume any liability for the loss of personal items.

SPA GROUP EVENTS

Groups are invited to spend a relaxing day at the spa. Catered lunch is available. Great for bridal or baby showers, birthdays, bachelorettes, or just a relaxing get together. Contact our Spa Concierge at 561.540.6459 for ideas on how to personalize your spa party.

GIFTS

Tideline Ocean Resort and Spa Gift Cards are a wonderful way to extend gratitude. Gift Cards are beautifully packaged and are available in any denomination. Corporate gift packages are also available.

SPA HOURS OF OPERATION

9:00am-8:00pm Monday-Saturday, 9:00am -7:00pm Sunday.
Spa Hours may change seasonally. Additional hours are available upon request at 561.540.6459.

MESSAGE LICENSE NUMBER MM31168

SALON SERVICES