



NAPLES BAY CLUB

Est. 2007

Spa & Fitness





MASSAGE

SIGNATURE

\$155/\$195

A soothing and gentle full-body massage using light to medium pressure to promote relaxation and stimulate your senses. Clear your mind and reduce tension and stress while reviving tired and sore muscles. 50/80 minutes.

ANCHORED

\$165/\$205

Deep tissue techniques and concentrated pressure are applied to this rejuvenation, one-of-a-kind massage experience. A firmer massage than the Signature, this treatment reaches the deep levels of the muscles and joints to relieve tension, stress, and muscle pain. 50/80 minutes.

MARINE STONE

\$175/\$215

A combination of hand technique and stone massage is used to create this invigorating and peaceful massage experience. Feel the tension and stress melt away as warm hot stones and massage oil are used to deeply penetrate overworked muscles. Heat and massage combined may reduce pain, inflammation and promote improved circulation. 50/80 minutes

BALANCE AND RENEWAL

\$155

This soothing massage offers a delicate combination of reflexology of the hands and feet, combined with a gentle scalp massage using warm, drizzling, aromatic oil. Gentle stretching techniques and a few touches of light compressions provide relief to stressed and over-used muscles, to leave you feeling relaxed and renewed. 50 minutes

COUPLES MASSAGE

Relax and unwind in a shared massage experience. Each guest may choose their own individual massage from our array of treatments listed above. When booking, simply specify your wish to reserve the couple's room.

MOTHER-TO-BE

\$165/\$205

Expectant mothers will feel pampered and nurtured to relieve the common discomforts associated with pregnancy. Suitable for expectant mothers in their second and third trimesters only. 50/80 min.

ENHANCEMENTS

Available with any 50/80 minute treatment

Additional time is required for the following treatments

SCALP MASSAGE REFRESHER \$40

A soothing addition to any treatment using a warm blend of essential oils drizzled along the hairline and massaged into the scalp. Provides focused release of tension, while also conditioning the scalp and leaving hair glossy and nourished. 20 minutes.

REFLEXOLOGY \$50

Applied pressure to specific points of the hands or feet that correspond to different areas of the body. 20 minutes.

BATH RITUAL \$50

A relaxing, private bath with one of our aqua infusion soak selections. 20 minutes

No additional time is required for the following treatments

AROMATHERAPY \$15

Enhance relaxation and mindfulness with our aromatherapy options, featuring natural essential oils like Peppermint, Lavender, Eucalyptus, and Grapefruit, each offering specific benefits such as stress relief, improved focus, restful sleep, and elevated mood and energy.

THERAPEUTIC RELIEF BALM \$15

This soothing massage balm with deeply penetrating pure oils coupled with massage add an extra level of relief to sore muscles, aches and pains.

CUPPING \$15

Improve circulation and blood flow with this "suction" technique used to promote muscle relaxation. Produces an analgesic effect to calm certain aches and minor injuries.
*This technique may leave some temporary redness following service.



Give the gift of relaxation.
A gift that is sure to please.



SPA
GIFT CERTIFICATES

Gift cards can be redeemed on property at the Spa at Naples Bay Club for treatments including massages, body treatments, and more.

For more information on Spa Gift Certificates
visit the Spa Front Desk or Call (239) 530-5113



Personal Training



with



DREW STEWART or ALYSSA ELIZABETH

Embarking on a journey to look and feel your best begins with a personal commitment to yourself. When you choose to kickstart your fitness adventure with one of our dedicated personal trainers, you're taking a significant step toward achieving your goals and embracing a healthier lifestyle tailored just for you. Our trainers go beyond the gym, addressing not only your exercise routines but also delving into your dietary choices, sleep patterns, and stress levels. They recognize that true fitness is interconnected with overall well-being, making your fitness journey not just a pastime, but a holistic lifestyle transformation.

Please call the Club Front Desk (239) 530-5113
for questions, inquires, pricing or to schedule an appointment.

Spa Information

**Masseuses: Ninette Marin
Nasleydis Perez**

Open Daily from: 10 am to 6 pm

Reservations: (239) 530-5113

Spa Etiquette

RESERVATIONS: Advanced reservations are highly recommended and bookable up to 30 days in advance. Last appointment is scheduled one hour prior to closing. All prices, services and hours of operation are subject to change without notification

CANCELLATIONS We require 24-hour notice for all appointment cancellations and changes. A 100%, non-refundable, charge will be assessed for appointments reflecting a no-show status. The Spa is not responsible for the cancellation of resort room reservations.

SPA ARRIVAL Please plan to arrive 15 minutes before your scheduled service. In the event of a late arrival, service may be reduced to accommodate the next scheduled appointment.

HEALTH ISSUES Kindly notify the Spa staff, at time of booking, of any allergy, medical, and/or pregnancy related issues. The Spa reserves the right to decline treatment to pregnant women in the first trimester of their pregnancy.

GRATUITIES For your convenience, a 20% gratuity based on the full value of service is added to all services. Gratuities are not included in published pricing or on the Spa services menu.

PERSONAL POSSESSIONS The Spa is not responsible for loss of or damages to personal possessions. It is recommended that personal items or possessions are confined to safe areas outside of the boundaries of the Spa.

YOUNG ADULT SPA GUESTS Spa services available for persons 13 years of age and older. Those aged 13-15 require adult supervision while receiving spa services. For safety reasons, children under 13 not receiving spa services cannot be left unattended.



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WHERE HEALTH, RELAXATION AND
CONNECTION THRIVE