



SPA SERVICES

CALL TO BOOK
941-920-1591

SPA MENU

GUESTS OF THE Bali Hai Resort and Anna Maria Beach Resort get premier pricing and preferred booking access. NON-RESORT guests are always welcome, based on availability, and will receive a complimentary DAY PASS (reg. \$40-70) and PARKING PASS (reg. \$25) for the Bali Hai's private beachpool, and lounge areas.

Towels, chairs, and umbrellas included.

SIGNATURE MASSAGE

Drift into deep relaxation as our highly-skilled massage therapists intuitively customize every massage with techniques ranging from Swedish and Deep Tissue to Sports and more. Every session is uniquely crafted to your needs, drawing from a wide range of proven professional modalities.

TREATMENT TIME / RESORT GUEST / NON-GUEST

30 MINS....\$120 / \$140 60 MINS....\$145 / \$165 90 MINS....\$195 / \$215

ISLAND BAMBOO MASSAGE

Experience an innovative island massage with warmed bamboo, expertly rolling away tension. This specialized technique delivers broad, deep pressure without the sharp, “pokey” jab of thumbs.

TREATMENT TIME / RESORT GUEST / NON-GUEST

75 MINS....\$ 175 / \$195 105 MINS....\$ 225 / \$245



HOT STONE MASSAGE

Melt into a full-body hot stone massage—an advanced, deeply therapeutic treatment beyond the basic add-on. Smooth, heated stones are expertly used throughout the entire session to ease muscle tension, enhance circulation, and promote profound relaxation from head to toe. A truly elevated experience....**Add \$30 to your signature massage**

PREGNANCY MASSAGE

Rest comfortably in side-lying and supine positions designed to support your changing body while targeting tension and improving circulation. Please provide your due date when booking and check with your doctor/midwife in advance....**Add \$15**

TROPICAL TENSION TAMER FOR TWO

Share a taste of relaxation, island-style. Each guest receives their own 35-minute massage, as one agile massage therapist floats between two tables like a relaxing breeze for the entire session. A fun way to enjoy a bit of spa time together. Full-length true couples massages are also available.

TREATMENT TIME / GUEST/ NON-GUEST

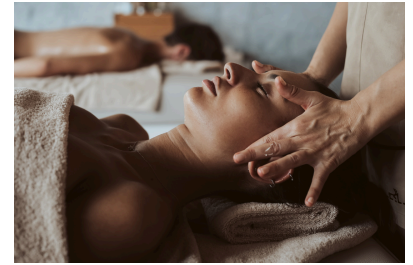
TOTAL TIME 75 MINS.... \$185 / \$225 FOR BOTH OF YOU

Add-ons \$20 each or 2 for \$30 - Included in Service Time - Options:

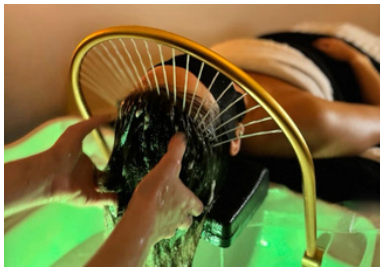
exfoliating citrus salt scrub on back or feet, target hot stones for neck and shoulders, tingling scalp massage, shea butter foot massage, CBD infused-oil, or Maui Vera sunburn soother

COUPLES, PAIRS & PARTNERS

Most of our services and packages can be enjoyed as a true couples experience—side by side in the same room, at the same time, each with your own provider. Book equal time lengths and know that prices are per person, except for the Tension Tamer.



ISLAND SCALP RITUAL



Surrender to the scalp experience everyone's talking about! Healing botanicals are massaged into your head and hair beneath our island-exclusive water halo. This beach-inspired treatment features warm water (like the Gulf), aromatherapy and the best scalp massage you've ever had. Leave with "beach hair, don't care," a wet comb, and a microfiber turban.

TREATMENT TIME / RESORT GUEST / NON-GUEST

45 MINS....\$145 / \$165

REFLEXOLOGY

Treat your feet to luscious pure shea butter for hydration, and soothing hot towels, with an ancient technique of firm pressure used on reflex points to restore and relax the entire body. Includes hot stone foot massage and foot scrub.

TREATMENT TIME / RESORT GUEST / NON-GUEST

45 MINS....\$130/ \$150



FACE GLOW



Refresh your face and spirit with a rejuvenating treatment tailored to your skin's needs, using Florida-brand Starflower Organic Skin Care. Your face is carefully cleansed, exfoliated, masked, toned, and moisturized with premium food-grade natural ingredients. Includes a face and hand massage.

TREATMENT TIME / RESORT GUEST / NON-GUEST

45 MINS....\$145/ \$165



SEAWEED BODY WRAP

Renew your body and refresh your skin with a gentle dry exfoliation, followed by a comforting warm wrap infused with seaweed and aloe vera. Perfect for soothing sun-kissed skin. Step out with irresistibly smooth, rejuvenated skin. Includes our Tingling Scalp add-on (not the Scalp Ritual).

TREATMENT TIME / RESORT GUEST / NON-GUEST

45 MINS....\$135 / \$155

MED SPA

Enhance your spa experience with Jeuveau® by Evolus, a modern wrinkle relaxer designed to smooth fine lines with precision and a natural look. Administered by our expert nurse practitioner, who also offers Vitamin B and other wellness injections.

ASK FOR DETAILS



SPA PACKAGES

PERFECT WAVE

Ride the perfect balance of deep relaxation and essential therapy with this perfect package: a 45-minute customized massage, enhanced by warm stones across the back and shoulders to ease muscle tension and improve comfort AND a 45-minute Island Face Glow, a thorough yet gentle treatment that cleanses, nourishes, and brightens. This package delivers true rejuvenation while still leaving plenty of time for the beach.

TREATMENT TIME / RESORT GUEST / NON-GUEST
90 MINS....\$245 / \$265

CROWNING GLOW-RY

Focus entirely on your head, face, and scalp for pure tropical renewal. Our exclusive Island Scalp Ritual, enhanced by the signature Golden Water Halo, flows into the Island Face Glow for an experience that is brilliantly condensed yet richly indulgent. Warm cascades melt away scalp tension while expert touch soothes and restores. Organic botanicals cleanse, hydrate, and illuminate, leaving your complexion luminous and your spirit uplifted.

TREATMENT TIME / RESORT GUEST / NON-GUEST
60 MINS....\$175 / \$195

PAMPERED IN PARADISE

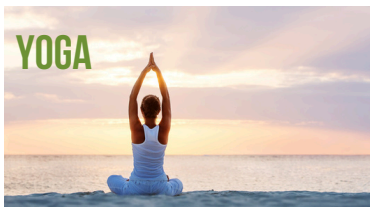
Soak up the ultimate island escape with the Bali Hai's most indulgent package: 90 minutes of massage, including a refreshing back scrub and grounding foot reflexology, paired with 90 minutes of our signature Island Scalp Ritual and Face Glow. Every element is designed to ease tension, uplift the senses, and leave your skin and soul glowing. From head to toe, paradise truly pampers.

TREATMENT TIME / RESORT GUEST / NON-GUEST
3 HOURS....\$435 / \$455

SEA & SOLES PACKAGE

Combine our nourishing seaweed wrap with our restorative foot reflexology session.

TREATMENT TIME / RESORT GUEST / NON-GUEST
75 MINS....\$200 / \$220



Private on-site sessions at your location, plus studio and beach classes nearby for solo or small groups. Your journey is guided by an authentic lifetime yogi, whose practice spans decades while inspiring your every stretch and breath regardless of your experience level.

ISLAND YOGA SPACE 941-224-0292 WWW.ISLANDYOGASPACE.COM

DETAILS

BOOK YOUR APPOINTMENT - CALL 941-920-1591

- Available daily by appointment only
- We try to accommodate same-day (even last minute) requests, but advanced notice is strongly recommended
- Treatment sessions are actual-time meaning that a one-hour massage is truly 60 minutes of hands-on time
- Credit card and email are required to book appointments

SPA LOCATION

The Spa at Bali Hai is located at the resort: **6900 Gulf Drive, Holmes Beach, FL** just a couple of blocks north of the Anna Maria Beach Resort. Premier spa access, for pricing and availability, is exclusively available for guests from these properties, so mention when booking.

Non-resort guests are also welcome and will be given a complimentary day and parking pass.

Please wait in the Bali Hai Lounge for your spa service provider, instead of going directly to the Spa. Fresh infused drinking water along with the restroom are only located in the Lounge.

CHANGE / CANCEL

- Your credit card will not be charged prior to your service, but we do have a **strict 24 hour change/cancel policy.**
- To change your appointment (day, time or service) or cancel, we require 24 hours notice. Otherwise, the credit card on file will be charged 100% of the booked service(s) amount.

PAYMENT & GIFT CERTIFICATES

- Room charge is not an option - payments go directly to the Spa
- Cash and credit card accepted
- Gratuity not included, always appreciated
- Order Gift Certificates by phone for online or resort delivery

ALL SERVICES ARE PROVIDED BY THE LICENSED, EXPERIENCED AND NURTURING ISLAND SPA PROFESSIONALS OF:

