

*Sunny's Spa*  
**& BEAUTY LOUNGE**



“Live in the sunshine, swim the sea, drink the wild air.”  
Ralph Waldo Emerson

Sunny's Spa and Beauty Lounge radiates positive energy through an optimistic lens that is sophisticated, comfortable, and completely easy to enjoy. From the moment you step through our yellow doors, you will feel the difference.

Timeless, light-filled interiors combined with a playful twist on beauty, wellbeing, and holistic "soul care" create a space to deliver experiences with an impeccable sense of hospitality and a healthy dose of fun.

Locally and globally sourced products provide an eclectic blend of "farm to sea", traditional, and holistic rituals inspired by the power and endless energy of the sun.

Our intention is to meet you where you are and to open the door to a path where you want to be. Sunny's invites you to relish in a joyful, lovely and happy life.

**Wake Up. Get Pure. Be Well.  
Let Go. Be Still. Sleep Tight.**

# **The Cove**

We've transformed the classic Mediterranean grotto experience to fit our modern day space, providing a much needed respite for stress relief, mood enhancement, immune and respiratory system boost.

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## **The Cove Ritual**

Each ritual combines a dry warming space, cooling mist and aromatherapy sanarium which transforms the sauna into a tropical bath. Create a ritual to get you grounded, prepared for a good night sleep or a night on the town.

A private ritual experience can be reserved for individuals, couples, family, or small group gatherings of up to 6 people. The cove can also be reserved for private yoga and custom services.

## **Self Guided Enhancements**

Enhancement upgrades are available when checking into Sunny's Spa.

Hair Mask  
Collagen Face and Décolleté Mask  
Face, Lip or Eye Treatments  
Gemstone Powder Infused Foot Soaks

## Duo in the Suites

Experiences curated specifically for couples, mom/daughter, and friends.

Each suite experience gives you the chance to relish in the moment,  
to be present, and to connect on a new level.

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### Swept Away

150 MIN

Wash away the tired and weary and reveal  
the brilliance you have within.

Deep Cleansing Facial  
The Scrub  
Target Massage

### Soothe your Soul

150 MIN

Tap into the song of your soul.  
It's been waiting for you restorative foot ritual.

Vagus Nerve Massage  
Sound Therapy

### Ocean Devotion

150 MIN

Soothing warmth for the body with hydration  
for the face, all meant to renew happily  
sun drenched skin.

Healing Salt Stone Massage  
Sun Relief Facial  
UV Damaged Hair and Scalp Treatment

### Family to Be

150 MIN

Nurture yourselves and your soon to be soulmate  
and capture the memory of the moment.

Custom or Prenatal Massage  
Custom or Baby Bump Facial  
Ocean Front Photo Session.

Turn any Sunny service into a partnered experience in our duo suite setting.  
Price and time will vary based on selected services.

# Massage and Bodywork

Gain a fresh new perspective through enhanced mobility and physical freedom.  
Personalized massage techniques will help you recover from the stresses  
of everyday life and achieve balance in your mind and body.

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## Custom Massage

60 • 75 • 90 MIN

A combination of Swedish massage techniques and therapeutic essential oils.

Decide how you want to feel:

Wake Up. Get Pure. Be Well. Let Go.

Be Still. Sleep Tight.

## Deep Tissue

60 • 75 • 90 MIN

Utilizes techniques to alleviate pain and relieve muscle tension by manipulating fascia and connective tissue. Helpful for sports injuries, tension and chronic pain.

## The Stretch

60 • 75 MIN

A Thai and shiatsu inspired massage that integrates movement and stretching techniques to realign and stretch your body.

## Sports Recovery

60 • 75 • 90 MIN

Promote increased circulation of blood and lymph fluids to break down or dissolve painful knots within the muscles. Increases range of motion of stiffened joints.

## Healing Salt Stone

60 • 75 • 90 MIN

Himalayan salt crystals hand carved into massage stones to gently soothe away an accumulation of stress, tension and pollutants, bringing the mind, body and spirit into balance.

## Pre-natal

60 MIN

The gentle touch of massage coupled with careful stretching benefits both mother and baby during this very special time. Available after the first trimester.

## Hand, Scalp and Foot Ritual

30 MIN

Hydrate and heal your dry and over washed hands, relieve your aching feet, and alleviate tension in your head and scalp.

## Target Massage

30 MIN

Relieve the everyday tension in your back, neck and shoulders or any other specific area that needs some work.

## Boosts

No additional time; must be booked in conjunction with treatment.

CBD Boost • Invigorating Scalp Boost • Rejuvenating Foot Boost • Hydrating Hand Boost  
Collagen Eye Mask • Collagen Hydragel Face Mask • Cbd Face Mask • Theragun

# The Soul (Sole) Work

Intentional therapies and body work to restore balance, energy, and inner strength offering a holistic approach to healing from the inside out.

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## Vagus Nerve Massage

90 MIN

The vagus nerve is the longest cranial nerve in the body regulating stress, rest, and digestion. Using steaming aromatic compresses, gentle neck, body, and cranial techniques along with an essential oil blend of juniper, chamomile, lavender and jojoba, helps mitigate feelings of stress while stimulating positivity and wellbeing.

## Reiki

30 • 60 MIN

A Japanese technique for stress reduction and relaxation. By “laying on hands”, reiki is based on the “life force energy” that flows through our bodies and enables us to be alive. Reiki treats the whole person including body, emotions, mind and spirit to provide relaxation and feelings of peace, security and well being.

## Sound Bathing

30 • 45 • 60 MIN

An effective and proven technique using vibrational sound to massage every cell in your body, tapping into natural rhythmic energy and vibrations. Helps to reduce stress, creating a deep and resonating sense of peace and well being.

## Reflexology

30 • 60 MIN

Areas in the feet and hands correspond to the glands, organs and systems of the body. Stimulating these reflexes addresses many health issues in a natural way providing a beneficial effect to the organs and a person's general health.

## Gemstone Therapy

30 • 45 • 60 MIN

A unique blend of soothing massage techniques and indigenous gemstones including blue quartz, dumortierite, magnesite and tourmaline radiate a pure frequency of energy leading to a more balanced, vital and healthy state of mind.

## Restorative Foot Ritual

30 MIN

Feet are massaged and wrapped in a rich and reparative coconut oil balm infused with jasmine, açai, passion fruit and citrus oils to penetrate and repair rough, dry or callused skin. Softens skin and stimulates cell repair with omega fatty acids, minerals, antioxidants and skin soothing peptides.

# The Body Rituals

Wellbeing radiates from the inside out. We wear it on our skin as a sign of health our authentic and purposeful experiences will bring your body into balance and your health into focus.

## The Soul Ritual

105 MIN

This sensory experience encompasses your whole being from your head to your toes and from your heart to your soul. Includes an exfoliating body scrub, healing wrap and full body massage with aromatherapy sound bath, breath work and special attention to your scalp, hands and feet.

Wake Up	Uplifting, energizing and refreshing. Nourishes and restores depleted energy. Promotes circulation. <i>Lemongrass. Rosemary. Peppermint.</i>
Get Pure	Gently encourages detox and lymphatic drainage. Excellent for cellulite. Helpful with water retention. <i>Grapefruit. Cypress. Fennel.</i>
Be Well	Accelerate your body’s natural immune response. Relieves aches, sinus congestion, and overall discomfort. <i>Eucalyptus. Bay laurel. Balsam fir. Tea tree.</i>
Let Go	Relief for stressed nervous system. Relaxing and sedating. Reduces stress and helps to balance the body. <i>Lavender. Bergamot. Clary sage. Chamomile.</i>
Be Still	Restores balance and well being. Calms and soothes the nerves. Helps to ease emotional and physical fatigue. <i>Lavender. Ylang ylang. Geranium.</i>
Sleep Tight	Settles nerves and calms the mind. Soothing and balancing. Aids in alleviating tension and insomnia. <i>Lavender. Cedar. Ylang ylang. Tangerine. Chamomile.</i>



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### **Sun Salutation**

90 MIN

Give sun-kissed skin a full body refresh from head to toe. A hydrating scalp, face and body mask. Mineral-rich organic sea algae, cooling aloe vera gel and antioxidant green tea extracts reduce redness and irritation while soothing and cooling sun-damaged skin.

### **Healing Cocoon**

75 MIN

A sea salt and botanical body scrub increases circulation, softens and exfoliates dull skin to prepare it for a healing marine body mask. This age defying blend is infused with algae, white tea, copper and zinc peptides to plump, firm tone and deeply moisturize your skin.

### **Beach Body**

60 MIN

Rejuvenate your body with this stimulating treatment that deeply cleanses and purifies the skin. The active ingredients of blueberry extract and hydrating bamboo are clinically proven to smooth target areas, improving the appearance of cellulite and skin texture.

### **The Scrub**

60 MIN

A custom blended scrub of sea salt, magnesium or sugar combined with therapeutic essential oils to exfoliate your skin and satisfy your soul. Decide how you want to feel: Wake Up. Get Pure. Be Well. Let Go. Be Still. Sleep Tight.

### **The Wrap**

60 MIN

A customized wrap or hydrating shea butter and coconut oil combined with therapeutic essential oils. Infrared light assists in penetrating the essential oils deeper into your skin to leave you transformed and renewed. Decide how you want to feel: wake up. Get pure. Be well. Let go. Be still. Sleep tight.

### **CBD Releaf Body Wrap**

60 MIN

Enjoy the added benefits of CBD which is known for regulating your immune system, reducing inflammation in muscle tissue, quieting your nervous system, and healing your skin as you are cocooned in a warm wrap with infra-red lamps for a deeper penetration of CBD into your body.

# The Face

Take a step back from life's stressors to immerse yourself in an oasis of calm  
with a prescribed facial regimen curated from science and nature –  
to give you the results you are seeking.

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## Deep Sea Anti-Aging Facial 90 MIN

Restore your skin's glow. Using the purest ingredients of white algae, white wine, white tea, and copper peptides blended with hyaluronic acid, vitamin C, probiotics, and an intense marine-based oxygen serum to give your skin an anti-aging boost. Visibly smooths fine lines, brightens dark spots, deeply hydrates, releases facial tension, and stimulates collagen production.

## Sculpt and Lift Gua Sha Facial 75 MIN

A relaxing, sculpting, and detoxifying facial designed to lift and tighten facial contours. The ancient technique of gua sha helps to increase collagen production, plump lines, and reduce facial tension for an immediate radiant glow. A jade stone is combined with ingredients from land and sea to include mineral-dense seaweeds and antioxidant-rich plant botanicals to nourish your skin.

## The Classic Facial 60 • 75 • 90 MIN

Allow our expert estheticians to analyze your skin and curate a facial experience that addresses your specific needs. Tailored specifically for you.

## Sun Relief 60 MIN

When sun damage has taken its toll, or you simply want to brighten your complexion naturally, this restorative facial delivers a radiant all-over glow. Gentle resurfacing whisks away dry, damaged skin and a customized mask targets dark spots and speeds up healthy skin regeneration.

## Beach Repair for Men 60 MIN

Helps to protect and restore skin damaged by the hands of time, sun exposure and razor burn. The face is deep-cleansed and exfoliated then treated with a mask tailored to the skin's specific needs. Drift away with a relaxing face, shoulder, neck and head massage.

## Baby Bump Facial 60 MIN

A facial for your stomach, perfect for helping to heal and prevent stretch marks. Includes a gentle massage of the face, head, shoulders and neck designed to ease the stress of pregnancy.

## Teen Facial 45 • 60 MIN

Give young skin the support it needs. Designed to address the hormonal challenges of this age group. Includes a deep pore cleanse, an enzyme exfoliation to clarify acneic skin, followed by a soothing green tea mask to pull out impurities and brighten the surface.

## Back Facial 60 MIN

Pamper your back with a deep cleansing, exfoliation and nourishing mask. Customized to correct acne, pigmentation or aged and tired skin.

## Express Facial 30 MIN

Provides the essentials for those on the go. Includes a deep pore cleanse, exfoliation, a custom circadia mask and is completed with a firming eye serum, peptide moisturizer and sun protection.



“In every person there is a sun.  
Just let them shine.”  
Socrates

# **Sunny's Beauty Lounge**

Celebrating beauty, relaxed luxury and sophisticated fun.

More than a nail and hair salon, we're your inspiration team.  
Our warm natured stylists will help bring your vision of beauty to life.

Embracing the spirit and history of the oceanside beauty pageants from  
the 40's to present day, Sunny's is playful, casual and fun - and we are eager  
to add your story to ours. We are here to make you shine...

# The Mani Pedi

A great pedicure can be as soothing to the soul as it is...well, to the sole. The dazzle dry nail system is natural, nontoxic (no formaldehyde, DHP, toluene or camphor), vegan, high gloss, cruelty-free, paraben-free, and uses essential oils to deliver advanced performance and aromatherapy benefits.

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## Deep Sea Manicure

50 MIN

Begins with a nourishing seaweed soak followed by a brightening hand mask to lighten hyperpigmentation. Includes organic cuticle care and a hand and arm massage. Finishing touches with a fortifying dazzle dry lacquer application.

## The Classic Manicure

45 MIN

Polish removal, nail shaping, cuticle grooming and conditioning with nutrient-rich oils and moisturizing shea butter massage. Finishing touches with a fortifying dazzle dry lacquer application.

## Express Refresh Manicure

30 MIN

Revive nails with a fortifying dazzle dry lacquer refresh. Polish is removed, nails are re-shaped and lightly buffed. Finishing touches with a fortifying dazzle dry lacquer application.

## Little Mermaid/Man Manicure

20 MIN

A soak, buff and polish to make your inner mermaid shine.

## Deep Sea Pedicure

75 MIN

Includes a mineral-rich foot soak, seaweed scrub, organic cuticle care, hot stones and reflexology foot massage. Finishing touches with a fortifying dazzle dry lacquer application.

## The Classic Pedicure

60 MIN

Foot soak, nail shaping, cuticle detail, callus reduction and moisturizing massage. Finishing touches with a fortifying dazzle dry lacquer application.

## Energizing Pedicure

45 MIN

Designed to energize and invigorate legs and feet with a stimulating caffeine and mint deep tissue massage, aromatic exfoliation and mineral soak. Finishing touches with a fortifying dazzle dry lacquer application.

## Little Mermaid/Man Pedicure

20 MIN

A soak, buff and polish to make your inner mermaid shine.

No UV lamp needed and dries rock hard in 5 minutes.

# The Hair

Like the davines products that inspire them, each service is born from intuition and processed with an artisan spirit using the most advanced cosmetic technologies. At the end of the day, it doesn't matter if your life is perfect, as long as your hair is.

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## Style

Wash and blow dry  
Cuts and style for all  
Thermal styling  
Special event style

## Color

All color processing includes blow-dry and style.  
Pricing for color does not include cut, and varies by  
hair length, thickness and texture.

Root Touch  
All Over Color  
Balayage  
Restorative Color  
Highlights/Lowlights  
Ombre

## Multi-Masking

From scalp care to split end repair,  
masking options from davines, save me  
from and knesko - offer a natural and sustainable  
remedy for every need and want.

Finishing Touch  
Lash and Brow Bar  
Local Iconic Barber Services  
Make Up

# Menu of Experiences

For our special guest or for those with little time to spare.

## Express Menu

30 MIN

Hand, scalp and foot ritual  
Target massage  
Sound bathing  
Gemstone therapy  
Reiki  
Reflexology  
Restorative foot ritual  
Express facial  
Express refresh manicure  
Mommy/daddy and me massage

## The Kids (6 - 12)

Little mermaid pedicure	20 MIN
Little mermaid manicure	20 MIN
Hair art	30 MIN
Mommy/daddy and me massage	30 MIN

## The Teen Scene (12 - 16)

Duo get connected massage	45 • 60 MIN
Duo get connected facial	45 • 60 MIN
The classic pedicure	60 MIN
The classic manicure	45 MIN
Temporary hair paint	20 MIN

## Chillax

30 MIN

Customized relaxing session designed for your child to unwind and experience what it “feels” like to relax and be still. Chocolate mask, hand and foot treatments, a scalp massage and deep breathing exercises will leave them relaxed and ready for a good night’s sleep. Up to six children per group.

## Digital Detox

30 MIN

Disconnect from it all and spend 30 minutes just being still; pausing; breathing – and doing nothing at all. We’ll provide a safe and quiet space to experience peace and quiet.



#### **RESERVATIONS**

We encourage guests to reserve their spa services in advance to ensure desired appointment times. A credit card is required to secure appointments.

Prices are subject to change without notice to our best available rate. Please inquire upon making a reservation.

#### **HELPFUL SUGGESTIONS**

Allow time in advance of your scheduled treatment to enjoy Spa and Resort amenities. Swimsuits are required in these spaces. Please leave valuables at home; Sunny's Spa provides the option of custom pajamas or robe as well as slippers for your comfort. In order to enhance your relaxation, and that of other guests, cell phone use is not permitted.

#### **CANCELLATION POLICY**

Reservations must be canceled within a 12-hour time period or the total amount of the services scheduled will be charged in full for guests who do not show or fail to cancel in time.

Day of reservation changes are subject to availability and a re-booking fee of \$50 will be applied.

#### **QUESTIONS**

In an effort to provide you with the best experience possible, we ask that you advise of any special needs, requests, or health concerns that might effect your treatment, in advance. If you are unsure about receiving a specific service, please consult with a physician prior to your visit.

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at The Seabird Resort

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