

An aerial photograph of a boat's wake in dark teal water. The wake is a turbulent trail of white foam and churning water that starts from the bottom left and moves towards the top right. The water is a deep, dark teal color, and the overall scene is captured from a high angle, looking down at the boat's path.

**FORTH**

**SPA SERVICES**

## OUR PHILOSOPHY

The Spa at FORTH is founded on the same principle as our hotel and club: to create the ideal conditions for human flourishing. Located in FORTH's 20,000-square-foot wellness center, our state-of-the-art spa offers a wide range of treatments designed to help every body find balance.

We believe flourishing should spread far beyond our walls. On behalf of our staff of wellness experts, we invite every guest and member to take the energy you find here and go forth in the world.





# TREATMENTS

# SWEDISH MASSAGE

## **RENEW**

Let go of whatever holds you.

Our signature RENEW Swedish Massage, performed by an expert massage therapist, is a somatic experience designed to gently knead your muscles, release stress in your joints, stimulate your nerves, and recalibrate your mind and body.

Available as a 50-minute or 80-minute treatment.

*50min/\$175 | 80 min/\$250*

# DEEP TISSUE MASSAGE

## **RELIEVE**

Bring your body back to balance.

Dig deeper with our RELIEVE Deep Tissue Massage, a treatment focused on using firm, consistent pressure to activate hard to reach muscles and connective tissue.

With the guidance and care of an expert massage therapist, you'll release knots, loosen stiffness, and invigorate the body holistically.

Available as a 50-minute or 80-minute treatment.

*50min/\$175 | 80 min/\$250*



# SPORTS MASSAGE

## **RECOVER**

Heal with the motivation to go even further.

Applying the principles of sports medicine, our RECOVER Sports Massage targets specific muscle groups with deep pressure and stretching to attend to the needs of an active lifestyle. The treatment, performed by an expert massage therapist, can be tailored to your specific recovery needs, so you can find restoration and keep moving.

Available as a 50-minute or 80-minute treatment.

*50min/\$175 | 80 min/\$250*

The background of the left half of the image is a close-up, high-angle shot of dark blue ocean waves. The water is textured with small, rhythmic ripples and crests, creating a sense of movement and depth. The lighting is soft, highlighting the texture of the water.

# PRENATAL MASSAGE

## **NOURISH**

Take care. You've earned it.

You are nurturing new life. Attend to your strength with the NOURISH Prenatal Massage. This treatment uses gentle pressure to reduce muscle tension and alleviate the bodily aches common in pregnancy. Our expert massage therapists approach your safety and comfort with utmost care, so you can truly relax.

Available as a 50-minute treatment at the FORTH Spa.

*50min/\$175*

SUPPLEMENTAL TREATMENT

## HOT STONES

### **REKINDLE**

Feel the heat of the Earth.

Give your experience an added warmth with the REKINDLE Supplemental Hot Stones Treatment. The flat, rounded basalt stones are placed gently across your body, interacting with your natural temperature to further increase circulation in focus areas of your massage.

Available with any massage treatment.

+\$20

SUPPLEMENTAL TREATMENT

## TOPICAL CBD

### **FLOW**

Access botanical bliss.

Maximize your relaxation with the FLOW Supplemental CBD Treatment. A topical CBD lotion is applied across the massage area, helping to address pain and inflammation through the natural power of hemp.

Available to be added to any massage treatment.

+\$20

# SPA POLICIES

## **ARRIVAL**

Please arrive 30 minutes prior to your appointment time to use the steam room or sauna and enjoy some tea or infused water. Regardless of your arrival time, treatments will end as scheduled, and fees can not be prorated.

## **ACCESSIBILITY**

Our facilities are ADA accessible, including an accessible, private restroom near our reception desk.

## **HEALTH**

Prior to service, please let our staff know about conditions that may affect your treatment, such as pregnancy, high blood pressure, or allergies.

## **EXPERIENCE**

Services are only available to guests 18 and older, so children are not permitted in the spa area. Please kindly silence all mobile phones and laptops upon arrival.

## **COUPLES MESSAGES**

Please ask the front desk about our couples massage offerings.

## **GRATUITY**

Gratuities won't be added automatically, but we recommend a customary 20%.

## **CANCELLATION**

Please cancel your reservation 24 hours in advance to avoid being charged for the service. Simply cancel via the booking platform or call the Fitness Center desk.

