

THE SPA

at Wyndemere

MENU OF SERVICES



WYNDEMERE

700 Wyndemere Way Naples, FL 34105 • (239) 263-0777 • wyndemere.com



THE SPA AT WYNDEMERE

indulge your senses

The lower level of our Fitness, Wellness and Spa building is comprised of spacious locker rooms equipped with whirlpool spa and steam sauna, a Physical Therapy room, a Barber Salon, and full service Spa, featuring four beautifully appointed treatment rooms, a lake-view quiet room and retail areas showcasing a variety of top-quality skincare products.



Our comprehensive fitness, spa and barber salon offerings, use quality products and skilled practitioners, inviting our Members and guests to discover the power of self-renewal and the rewards of intentional care.

The Spa at Wyndemere is committed to providing exceptional experiences. Our team of certified professionals blend classic and contemporary techniques, to create a customized experience designed to meet your individual needs but exceed your expectations. From our signature facial to our restorative yoga class — our mission is to align the whole person, through mind, body, and spirit.

we strive to personalize every experience to meet your unique needs and offer maximum benefit to you

**TO BOOK AN APPOINTMENT,
PLEASE CALL (239) 263-0777**

MASSAGE SERVICES

recharge in a peaceful setting and focus on you

Our certified professionals offer a wide range of massage services which can be customized to meet your individual needs.

EXPRESS BACK & NECK

Melt away stress and tension held in your back and neck with this 30-minute massage.

RELAXATION MASSAGE

Classic Swedish massage that eases muscle tension using light to medium pressure and long flowing strokes. An excellent choice for those who prefer a gentle touch.

DEEP TISSUE MASSAGE

This treatment involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissue, increasing circulation, relieving muscle strain, stress, and inflammation. Suggested for anyone with localized discomfort or those who appreciate advanced therapeutic bodywork.

WYNDEMERE SIGNATURE

A medley of modalities and specialty treatments are artfully combined to provide the ultimate therapeutic experience. Dry brushing to awaken and exfoliate the skin, essential oils to calm the mind, and Warm River or Himalayan Salt Stones to aid the release of stress and deep muscular tension.

CBD SPORTS MASSAGE

A customized, medium to deep pressure, massage combining trigger-point therapy with the healing properties of CBD oil to assist in tissue recovery and protect against further injury by increasing muscular flexibility, restoring muscular balance, and improving range of motion. CBD oil has natural anti-inflammatory benefits that can effectively soothe sore muscles and joints.

HIMALAYAN SALT STONE

Himalayan salt is rich in 84 naturally occurring minerals and elements containing properties that can help detox the lungs, boost the immune system, reduce stress, and inflammation, balance the Central Nervous System, improve sleep, and release electromagnetic overload from electronic devices. Warmed Himalayan Stones gently exfoliate the skin, reduce inflammation, and assist in drawing out toxins!

MASSAGE SERVICES

elevate your indulgence and relaxation

MASSAGE ENHANCEMENTS

Add any of the following enhancements to your massage service and elevate your indulgence and relaxation to their maximum levels!

WARM RIVER OR SALT STONES

Promotes deep muscle relaxation without extra pressure.

CBD OIL OR YOGA BALM

Diminishes pain and inflammation.

HAND, FOOT, OR BACK SCRUB

Treat your selected area with this exfoliating and rejuvenating treatment, brighten your skin and relax your tense muscles.



SKINCARE SERVICES

combining science with nature

Our mission is to promote a holistic, healthy, and sustainable lifestyle, with advanced science-based solutions to visibly improve your skin.

EXPRESS DERMAPLANE

A quick dermaplaning of the face, to exfoliate the skin and remove the Vellus hair (peach fuzz). This treatment will include cleansing the skin, dermaplaning, toning the skin to balance PH, and moisturizer/SPF.

DERMAPLANE FACIAL

Dermaplaning is a painless exfoliating treatment that involves gently scraping the face to remove dead skin and unwanted facial hair. This rejuvenation facial combines a deep skin cleansing, dermaplane, mask with enhanced ultrasonic delivery to instantly reduce the appearance of fine lines and scarring and to reveal a smoother and brighter complexion.

CUSTOM FACIAL

A personalized experience that includes deep pore cleansing, exfoliation, a personalized masque, and a delightful scalp massage. It will help repair the damage caused by shaving, skin sensitivity, aging, and environmental impact, and result in a more youthful appearance.

GO & GLOW

Promote the production of Collagen and Elastin fibers to tighten, tone, reduce fine lines and wrinkles, in just 30 minutes! This compact Hydrofacial includes facial cleansing, exfoliation, extractions, and the hydrating power of oxygen infusion of serums.



SKINCARE SERVICES

experience visible results that improve over time

Harnessing the power of nature, we combine it with science, to deliver visible results through unique treatments and experiences.

FARMHOUSE FRESH NATURALS FACIAL

Using fresh botanicals that nourish skin with peak vitamins and phytonutrients, this delightful facial focuses on the use of natural ingredients to brighten the skin, reduce crow's feet, fine lines, and wrinkles. Elevate your Wellness with a more natural approach to achieving your skincare goals.

SIGNATURE ANTI-AGING FACIAL

A premiere experience providing ultrasonic exfoliation, customized enzyme peel, extractions, vitamin C mask, massage, cryo globes and a cocktail of nutrient rich serums enhanced by microcurrent delivery and Celluma LED. The ultimate relaxation with powerful, uplifting and firming, results.

DELUXE HYDRO FACIAL

Perfect for all skin types, this non-invasive skin care treatment combines the latest innovations and technology, to maximize results with no downtime. Hydrofacial exfoliates, extracts, and hydrates the skin. Radio Frequency Therapy increases cellular turnover, improves skin elasticity, and firms the skin. Oxygen Infusion Therapy enhances the delivery of serums targeted to your specific skin concerns and flushes free radicals. Advanced healing that leaves the skin renewed, refreshed and radiant.

DIAMOND CLUB FACIAL

The ultimate facial, specifically tailored to your skin's needs, utilizes a variety of advanced modalities to address sun damage, crow's feet, fine lines, hyperpigmentation, and large pores, to create instant and long-lasting results. This luxurious experience includes dermaplaning, Hydrofacial, a collagen mask enhanced by the Celluma LED anti-aging light, and targeted serums applied with nano infusion technology (micro channeling). Improve your skin health, and reveal a glowing, more youthful, appearance.



SKINCARE SERVICES

experience exceptional vibrancy

FACIAL ENHANCEMENTS

Add any of the following enhancements to your skincare service and elevate your indulgence and relaxation to their maximum levels!

DELUXE MASK

Reduces the appearance of fine lines, wrinkles, firms and adds hydration to the skin.

MICRODERMABRASION

Using a minimally abrasive instrument to gently sand the uneven outer layer of skin to improve tone and texture. Reduces fine lines, wrinkles, scarring, and sun damage.

SKIN FIRING TREATMENT

Radiofrequency treats skin laxity, by stimulating collagen and elastin production, and encouraging cell turnover which helps skin become tighter, thicker and healthier looking. RF is safe and painless. Reduces the appearance of wrinkles and cellulite.

NANO INFUSION EYE OR LIP TREATMENT

The Nano Pen creates microscopic pathways in the epidermis, allowing more nutrients to penetrate the lower layers of the skin. The increased absorption enhances product effectiveness and helps correct a wide range of skin conditions including wrinkles, texture, and tone. It is non-invasive, pain-free and does not wound the skin.

CELLUMA LED LIGHT THERAPY

Safe low level light energy that improves cellular health to promote the reduction wrinkles and other signs of aging, eliminate acne, and reduce pain.

OXYGEN INFUSION THERAPY

Using pressurized oxygen to deliver a moisture binding serum to the deepest layers of the skin accelerates absorption, helps stimulate elastin and collagen production, and fosters new cell growth, adding volume and suppleness to the face.







BARBER SERVICES

classic treatment in a refined setting

The Spa at Wyndemere offers a fully equipped barbershop to accommodate all of your grooming needs.

QUICK & CLEAN CUT

Sit back, relax, and enjoy a one length clipper hair cut with clean edging.

GENTLEMAN'S CLASSIC CUT

Step up your game with this fresh treatment. Enjoy a steamed towel service, hair shampooing, custom cut, and a consultation with one of our barbers.

BARBER ENHANCEMENTS

Add any of the following enhancements to your barber treatment and elevate your indulgence and relaxation to their maximum levels!

Beard Trim or Facial Waxing

FOOT HEALTH & WELLBEING

foot care with finesse

Featuring Farmhouse Fresh natural products to give your feet the love and care they deserve.

FOOT HEALTH PEDICURE

This treatment begins by soaking the feet in a special blend of magnesium, Epsom salts, and herbs that increase circulation, and reduce swelling and inflammation. Exfoliations will remove dead skin and soften your soles. Next, we will focus on your toes; cuticle care, nails trimmed, shaped, and buffed till smooth, finishing with a relaxing foot massage that will leave your feet feeling refreshed and renewed.

DELUXE FOOT HEALTH PEDICURE

An upgraded service that incorporates a hydrating foot mask and or Magnesium CBD lotion. Your feet will look and feel like new!





HALOTHERAPY SALT TREATMENT

invigorating salt treatment

Halotherapy, also known as Salt therapy, is a relaxing and comfortable way to improve your health and enhance respiratory function.

HOW DOES IT WORK?

Dry pharmaceutical grade salt is heated and then ground and crushed into very tiny microparticles. This dry aerosol of microparticles of salt are dispersed into the salt room and inhaled, penetrating the respiratory system. As the salt is inhaled, it travels through the sinuses and respiratory tract absorbing moisture, cleansing, clearing mucus and killing bacteria. Salt has long been known for its anti-inflammatory and anti-bacterial properties as well as helping to loosen mucus build up and phlegm.

WHO SHOULD USE HALOTHERAPY?

Many people who visit salt rooms on a regular basis may find relief from a variety of respiratory conditions such as asthma, allergies, common cold, bronchitis, COPD, cystic fibrosis, and more. However, even without a specific medical condition, we are exposed daily to pollutants, airborne diseases, bacteria, allergens, and other irritating and harmful factors. Halotherapy can be beneficial for us all as it assists the body in removing toxicity from the respiratory system and encourages increased lung capacity and oxygen intake.

WHAT IS THE EXPERIENCE LIKE?

Our private salt room is dimly lit, and the temperature is comfortable. You will be invited to sit back with your feet up on a luxurious lounger, to relax, and focus on slow, deep breathing deeply. As the halo generator pumps the tiny salt particles into the room, your breath will carry the salty air into your sinuses and lungs. Some may notice a mild taste of salt on their lips, while others may experience a mild tickle in their throat, which can be easily treated by sipping warm water after the session. It is natural and safe and there are no side effects. We recommend bringing tissues to a session to cough into. We can provide you with some tissues if you forget.

It is peaceful and relaxing but if you feel uncomfortable or stressed at any time, please exit the room and let the attendant assist you.

WHAT DO I WEAR?

We suggest removing jewelry and wearing comfortable clothing and/or one of our spa robes. A slight dusting of salt will remain on your robe/clothing, exposed skin and eyeglasses if worn. We have special eye glass cleaner available after your session. Leave jewelry at home.

Please do not smoke, wear sunscreen or use heavily scented body sprays or lotions prior to a session.

WHAT CAN I BRING IN TO THE SALT ROOM?

You may bring a water bottle with a lid into the salt room and suggest drinking before and after your session. No food or other fluids are allowed in the room to prevent contamination of the salt floor. The salt room is a dry environment.

You are welcome to bring your own music or reading material. Electronic devices can be used in the room but must be on silent or used with earphones. Wyndemere will not accept any responsibility for any damage to your devices. Please note that salt particles can have a corrosive effect on some materials.

WHEN AND HOW OFTEN SHOULD I VISIT?

If adding Halotherapy to a Spa service, we suggest scheduling it after a massage but before a facial.

For general respiratory hygiene, visiting once or twice a week for 20 minutes is believed to enhance the lung capacity, boost the immune system, reduce stress, and aid better sleep.

For more chronic and acute respiratory conditions halo experts suggest a frequency of three to seven sessions per week for a period of 14 to 21 days (about 3 weeks) to help manage symptoms and provide relief over time.

IS IT SANITARY?

The salt room is a sterile environment because the salt itself is anti-bacterial, anti-viral, and anti-fungal. The furnishings are cleaned with cleansing wipes after each session.

WHEN SHOULD SALT THERAPY BE AVOIDED?

Although Salt therapy is 100% natural, safe, and a drug free treatment that has no known associated negative side effects, the treatment is not suitable if you are suffering from any of the following: Emphysema of the third stage, cardiac insufficiency, kidney disease, lung cancer, active tuberculosis-lung abscess, Influenza/ARVI with fever-hemoptysis or any conditions while contagious.



FREQUENTLY ASKED QUESTIONS

general information

IS THERE A MINIMUM AGE FOR TREATMENTS?

- Children under age 14 are not permitted within the Fitness, Spa, and Locker Room Areas.
- Children ages 14-16 must have a parent/guardian seated in the room while receiving services.
- A parent/guardian of any child under 18 must complete and sign a Parental Permission Form prior to the minor receiving services.

WHAT IS THE CANCELLATION POLICY?

Please provide at least 24-hours notice for appointment cancellations or changes. Cancellation notices received less than 24-hours in advance will result in an account charge of 50% of the scheduled service. Failure to give notice, a no-show, will result in 100% of the scheduled service price being charged to your account. If you are experiencing any symptoms of illness, please call to reschedule your service.

WHAT IF I AM LATE FOR MY APPOINTMENT?

Arriving late will simply limit the time for your treatment, as your treatment will end on time so that the next guest will not be delayed. The full value of your treatment will be applied, regardless of late arrivals.

WHAT ABOUT PAYMENT FOR SPA SERVICES?

Your Member account number or a valid credit card number is required at the time of reservation. Wyndemere is a cash free facility and cannot accept cash payments. For your convenience, payment is accepted prior to treatments at the time of check-in. Please present discounts, gift vouchers and gift certificates at the time services are rendered.

WHAT ABOUT GRATUITIES?

It is appropriate to tip 18% - 25% of the service cost. Gratuities are at your discretion and may be given in cash or applied to your service total.

ARE GIFT CERTIFICATES AVAILABLE FROM THE SPA?

Absolutely. You may purchase Gift Certificates in specific dollar amounts, which are redeemable towards spa and fitness services or purchases.

FREQUENTLY ASKED QUESTIONS

health questions

WHAT IF I AM PREGNANT?

While there are a few services that should be avoided during pregnancy, there are many beneficial treatments that can be enjoyed. If you are pregnant, please notify the spa reservation agent when you make your appointments so that they can offer guidance. Please note, that pregnancy massage is only available during the second or third trimester.

WHAT IF I HAVE SPECIAL HEALTH CONSIDERATIONS?

Please notify the spa reservation agent if you have high blood pressure, allergies, or any other physical ailments or disabilities requiring special consideration or assistance, or if you are pregnant. If you have any concerns at all, please let us know. Health concerns may cause your service to be altered and/or canceled for your safety. If at any time during your services you experience discomfort, please alert your therapist immediately.



PRIOR TO YOUR ARRIVAL

preparing for your service

HOW CAN I MAKE A RESERVATION?

Reservations can be made by calling (239) 263-0777 or by requesting a service through the Wyndemere Mobile App. We encourage you to reserve treatments at least one week in advance.

WHEN SHOULD I ARRIVE?

We request that you arrive at least 10 minutes prior to your appointment but suggest arriving 30 minutes prior to enhance your enjoyment with a sauna our quiet room.

SHOULD I SHAVE BEFORE A TREATMENT?

Shaving is not necessary for men prior to a facial. If you do choose to shave prior to your facial, be sure to do so at least four hours prior to your scheduled appointment. In addition, we recommend that you limit your sun exposure before and after the facial.

WHAT SHOULD I WEAR DURING MY TREATMENT?

- Most body treatments are enjoyed without clothing. However, please wear whatever is comfortable for you.
- During all treatments, the body is fully draped, except for the area being worked on.
- It is highly recommended that all makeup be removed prior to all spa services.
- Robes and slippers are provided for your comfort and use.
- Lockers are available for your personal items.
- Swimsuits are required in our whirlpools. Swimsuits or towel wrap in steam saunas.
- We suggest wearing comfortable clothing during Halotherapy in our Salt Room (a fine mist of salt will remain on your clothes), or you may opt for robe service.

WHAT ABOUT MY JEWELRY AND VALUABLES?

We urge Members and guests to leave all valuables at home. Day lockers are available for your personal items in the locker rooms. For your comfort, please do not wear any jewelry during your spa treatments. Wyndemere Country Club is not responsible for any lost or stolen items belonging to Members or their guests.

WHO CAN GUIDE ME IN CHOOSING MY TREATMENTS?

Our Spa Manager and Concierge will help you plan the perfect experience, including the best order in which to enjoy our services and amenities.

WHERE DO I GO?

Please check in at the Spa Concierge desk located on the lower level of the Fitness, Wellness, and Spa building.

