



SPA

HOW TO SPA

ONE GRAND BOULEVARD, POINT CLEAR, ALABAMA 36564-0639
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WWW.MARRIOTTGRAND.COM



TO ENSURE A MOST PLEASURABLE SPA EXPERIENCE FOR YOU, WE ARE PLEASED TO OFFER THE FOLLOWING GUIDELINES:

SPA FEATURES AND AMENITIES

20,000 square foot European style spa overlooking the marina. Nine temperature controlled treatment rooms, separate men's and women's lounge with lockers, steam and sauna rooms, whirlpools, indoor pool, state-of-the-art Fitness Center and Movement Studio, full-service Spa Salon, and Spa Boutique.

Spa guests must be at least 16 years old to use the Fitness Center, fitness classes, body therapies and massage services.

We recommend you schedule your desired spa services at least two weeks prior to your arrival.

The Spa, Spa Salon and Fitness Center are non-smoking facilities.

To preserve the Spa's tranquil environment, the use of cellular telephones and pagers is prohibited.

SPA HOURS

The Spa is open daily 7am to 8pm with the first service beginning at 8am and the last service beginning at 7pm. (Times may vary by season and holidays)

SPA FITNESS CENTER

The Spa Fitness center is open daily 6am to 8pm. (Times may vary by season and holidays)

Daily Spa and Fitness Center memberships are available.

SPA INDOOR POOL

The Spa indoor heated pool is open daily 6am to 8pm. (Times may vary by season and holidays)

The pool is not lifeguard supervised and swimming is at your own risk. Children under the age of 16 must be supervised by an adult.

SPA SALON

The Spa Salon is open 8am to 7pm Monday to Saturday; Sunday 8am to 6pm.

(Times may vary by season and holidays)

SPA BOUTIQUE

Continue your spa experience at home by shopping from a full line of skin and body care products, aromatherapy lines, candles, music and wonderful gifts to delight the senses. The Spa Boutique is open daily 8am to 8pm. (Times may vary by season and holidays)

SPA CUISINE

Delicious Spa cuisine is available in our Grand Dining Room, The Bay View Restaurant and Bucky's Birdcage Lounge. Selections vary according to market. All Spa meals are specially marked.

RESERVATIONS & RATES

Guests are encouraged to arrange Spa appointments at the time of making room reservations. Please call 251-990-6385. All Spa services are subject to availability. Please arrive a minimum of 30 minutes prior to your scheduled appointment.

GIFT CERTIFICATES

We would be delighted to assist you in selecting the perfect, personalized gift. Certificates may be purchased by the treatment or by the dollar amount for treatment services. Please see our Spa menu for full details of treatment descriptions.



CANCELLATION POLICY

Please note that cancellations for single services must be received eight hours prior to appointment time or the full service fee is charged. Multiple or package services must be cancelled 24 hours prior to appointment time. Group reservations are subject to contracted agreement. All no-shows will be charged the full value of the service.

FREQUENTLY ASKED QUESTIONS

How Early Should I Arrive for My Spa Appointment?

Please arrive a minimum of 30 to 45 minutes before your first treatment or 15 minutes before your first Salon treatment. By arriving early, you will be able to check in, relax and fully enjoy your Spa experience. You may wish to shower, use the steam, sauna or whirlpool or even work out in our Fitness Center prior to your appointment. Please remember that your appointment time has been scheduled just for you, and if you arrive late, your treatment time will be shortened. Should this happen, we will do our best to accommodate you, but out of respect to all guests, we cannot guarantee your full service.

What Do I Need To Bring?

The Spa at The Grand Hotel provides robes, Spa sandals and a private locker for your personal belongings. If you plan to work out, please bring appropriate workout attire and footwear. Swimsuits (optional) may be worn in the hydrotherapy tub or for wet treatments, and of course, in the swimming pool. We highly recommend that you do not bring jewelry or any other items of great value.

Do I Have To Disrobe Completely For My Treatment?

Our therapists have been trained to respect the privacy of our guests. During each treatment, the areas of the body not involved will be covered. If you feel more comfortable, you may wear underwear so that you can relax and enjoy your treatment.

Is It Possible To Request A Male Or Female Therapist?

The Spa at The Grand Hotel will fulfill this request whenever possible to make your visit pleasurable and relaxing.

Is It Okay To Visit The Spa If I Am Pregnant Or Have A Medical Condition?

Absolutely! Many treatments are available for the mother-to-be, and our professional staff will advise you on which treatments may not be appropriate. Please inform our staff when you make a reservation if you are pregnant, have high blood pressure, allergies or any other condition we should know about.

Is Gratuity Included In The Price Of The Treatment?

Gratuity is not included in the price of an individual treatment. In appreciation to the Staff for outstanding service, gratuities may be given at your discretion. For your convenience, a gratuity of 20% will be added to all Spa packages and group appointments.