

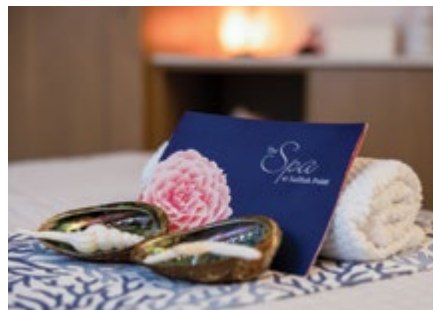
Ah-h-h

the Spa at Sailfish Point



Where tranquility meets treatment

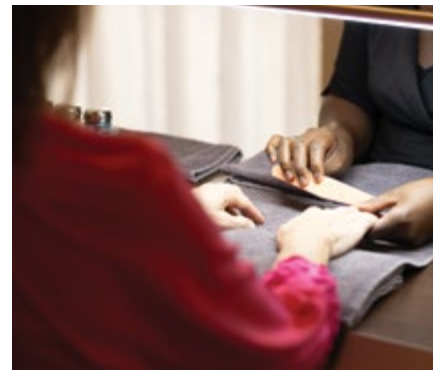
Spas invariably reflect and complement their locations and communities. So, what makes sense when you're already surrounded by the healing powers of the sea and nearly endless activities? A fusion of calming relaxation and holistic treatments that address everything from overworked muscles to hair color.



Recognizing that downtime and deep relaxation are amongst the greatest luxuries of all, The Spa at Sailfish Point allows members to have a spa-cation right in their own backyard. But it's not just an oasis for repose. Nearly every stellar service combines luxe touches with a sophisticated treatment component that detoxifies, stimulates collagen, increases circulation, and protects the skin's DNA. Aromatherapy and the innovative salt therapy room relieve the body and recalibrates your energy chakras. You can even opt for a deep tissue massage or an acupuncture treatment.

Naturally, a full menu of hair, skin, and nail services allows members to leave looking as amazing as they feel.

Facials, teeth whitening, waxing, and tinting services help you feel healthier



and look more radiant. No matter how you choose to spend your day, the Spa Professionals at Sailfish Point will ensure that every aspect of your experience is as personal, relaxing, and comforting as possible.

A HEALTHY MINDSET

When health and wellness are a priority, there are no boundaries.

The 13,000 sq. ft., two-story Fitness Center at Sailfish Point is the epicenter of a healthy lifestyle. Ample state-of-the-art strength training, cardio machines, and free weights ensure there's never any waiting to get in a workout. Private studios for Pilates and spinning, and access to Peloton apps are a given. But what's unexpected is the spectacular view of the ocean, as well as windows that overlook the community pool. Now we're talking next level.

Personal trainers are at every beck and call, from a fitness evaluation, a customized workout regimen, or experimenting with the new Pilates-for-Golf and Pilates-for-Tennis programs. The new InBody machine provides a personal reading of body fat percentage and body mass index. Trainers will interpret the readings and make personalized fitness recommendations.

A team of physical therapists from the nearby Cleveland Clinic Martin Health are also on-hand to provide best-in-class service. Whether you're recovering from an injury or working to improve flexibility, the therapist will work closely with personal trainers to develop a tailored program that keeps members strong and motivated to achieve their fitness goals.

Perhaps the best option among the many is that you're never alone—unless you want to be. A full calendar of classes in Pilates, yoga, spinning, Egoscue, water workouts, cardio drum, barre fit, TRX, dance aerobics, simple stretching, and general fitness keep residents having fun. Virtual classes allow a healthy lifestyle to extend well past the center's confines to the beach, the pool, the Rebound Wall, or anywhere you want to get active.

