



TREATMENTS & PHILOSOPHIES



the palms spa

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THE PALMS SPA

Our Philosophy. Nurture your body & soul in a spa experience influenced by Ayurvedic holistic philosophy, enhanced with high performance, natural and botanically derived products and a serene atmosphere inspired by nature. The Palms Spa is dedicated to bringing your balance back through a highly personalized experience with rituals to awaken your senses. Situated at The Palms Hotel & Spa, the spa includes access to our tropical gardens and one-of-a-kind beach and pool area. As a premier Aveda luxury lifestyle spa, we fully subscribe to the brands mission “to care for the world we live in” by offering extraordinary treatments and services in an environment where beauty works in harmony with “the greater web of life and with nature.”

Hours of Operation

9am to 8pm, 7 days per week

Reservations

305 908 5460 | spa@thepalmshotel.com



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Appointments

We recommend you make your appointment in advance to allow you to choose the times which best suit your schedule. Appointments are held with a credit card. To make an appointment, please contact 305 908 5460 or extension 5460 from your guest room.

Arrival

Please arrive at least 20 minutes prior to your appointment to allow ample time for you to check-in, change and relax prior to your spa experience. We recommend arriving even earlier to enhance your experience and enjoy our spa facilities. If you arrive later than your appointment time, your session will still end at the scheduled time as a courtesy to the next guest.

Facilities

On the day of your service, we invite you to experience our beautiful relaxation room, our aroma steam room with cool plunge shower and ice fountain ideal for chilling down between warming up. Locker rooms for both men and women are available and feature a Swiss shower, private shower, dressing area and Aveda bath amenities. All guests of The Palms Spa have access to our pool and beach and may enjoy the use of our fitness room. The spa front desk will issue pool towel cards to spa guests. Towel cards must be returned to the spa front desk or a fee of \$39 will be charged.

Steam Room

Those hotel guests who do not have a spa treatment booked are welcome to enjoy the steam room, shower and spa relaxation facilities for a \$20 charge (subject to availability).

What to wear

Along with a swimsuit for co-ed areas, we recommend you wear comfortable casual clothes for pre- and post-treatment. During treatments, you may wear undergarments (disposable available), a swimsuit or disrobe completely. Your preference and modesty will be respected. We recommend wearing no jewelry during treatment. Lockers are available for your use. We are not responsible for any lost items.

Preparing for your treatment

We recommend showering prior to using our relaxation facilities and before your treatment. Clean skin will better absorb the essential oils, scrubs and/or creams used in our massage treatments, facials and body treatments. We also recommend using the steam room before your treatment. Warming up the muscles prior to your treatment increases circulation, encourages relaxation and enhances treatment results.

Age Requirement

Guests must be 16 years of age or older to enjoy spa services and facility. Nail services are available to guests 12 years and older when accompanied by a parent or guardian.

Service Charges

For your convenience, a 20% service charge will be added to all treatments. Additional gratuities are at your discretion.

Gift Certificates

Give the gift of nature with a treatment or package from The Palms Spa available for purchase at the spa front desk. The perfect way to say thank you to friends and loved ones.

Cancellations

If your plans should change and you are unable to keep your appointment, please let us know at least 6 hours prior to your scheduled appointment so we may reschedule at a more convenient time. Services not cancelled within the cancellation period will be charged 100% including gratuity. Group reservations require a one week advanced cancellation. Packages require a 24 hour cancellation. Cancellations made after these timeframes will be charged the full amount.

Spa Cuisine

We invite you to enhance your spa experience with breakfast, lunch or dinner at Essensia Restaurant & Lounge, featuring natural gourmet cuisine and many organically based dishes that are both high in flavor and low in calories. We also offer a selection of spa dishes which you may enjoy in the spa. Please ask our Spa attendants for a menu.

Retail

We offer the full range of Aveda hair, skin and make-up products, along with the vegan nail care line SpaRitual and other selected lifestyle products to continue your spa experience post-departure.

Valet Parking

Guests of The Palms Spa receive discounted parking with their treatment. Please ask the spa front desk to validate your parking prior to departure.

All prices, services, policies and hours of operation are subject to change without notice.



MASSAGE THERAPY

Our Philosophy. We aim to restore peace and harmony to your mind and body by conducting a thorough consultation to determine which types of body work would best benefit you, and combine Ayurvedic knowledge, aroma and healing touch in a relaxed setting to leave you with positive, rejuvenating results.



PALMS SIGNATURE MASSAGE

80 min / \$175

30 min - Aqua Salt Glow Renewal Body Treatment

50 min - Elemental Nature Massage

ELEMENTAL NATURE MASSAGE

50 min / \$120 80 min / \$170

Add \$20 to in-room or poolside

Philosophy The Elemental Nature concept is grounded in the belief that everything, including the skin and body, is composed of five elements: infinity, air, fire, water and earth. Environmental and emotional factors such as lifestyle, diet or stress can cause these natural elements to shift out of balance, compromising your sense of well-being.

Method After a detailed consultation, your therapist will perform a personalized massage taking your Elemental Nature into account utilizing multiple massage styles including Swedish, Deep Tissue, Sports and Reflexology, all in an effort to re-establish balance.

FUSION STONE MASSAGE

50 min / \$140 80 min / \$190

Philosophy The opposing sensations of warm and cold stones combined with massage techniques soothe and invigorate the body, creating a deeply relaxing experience.

Method Heated basalt stones are used to stimulate and re-energize the muscles, whereas cold marble stones assist with muscle recovery and allow the circulatory system to expand and contract.

CHAKRA BALANCING MASSAGE

80 min / \$175

Philosophy There are 7 energy centers (Chakras) within the body. When imbalanced, they compromise specific functions of our health. When balanced, they allow you to function positively, internally and externally.

Method Our therapist will take you on a personalized massage experience that combines Deep Tissue massage, Reflexology and energy work enhanced with aromatherapy to bring balance back to your chakras and stimulate your natural flow of energy. Our signature treatment.

OPEN-AIR ASHIATSU

50 min / \$160 80 min / \$210

Philosophy Ashiatsu is a bodywork form that applies therapeutic pressure to promote good health and well-being, heightening total physical, mental, emotional, and spiritual awareness.

Method Your body surrenders to the force from above as the skilled practitioner uses their feet to “walk through” the muscle layers to alleviate tension and stress. Performed in our outdoor Tiki Cabana, the therapist is supported by bars attached to the ceiling. Pressure can vary from light to heavy. Loose clothing should be worn.



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CHAKRAFLEXOLOGY

50 min / \$110

Philosophy Chakraflexology focuses on the energy stored in the hands and feet which stimulate the entire body, re-aligning your chakras with use of aromas and reflexology massage.

Method This reflexology treatment involves the best of pressure and aroma to invigorate the hands and feet, as well as addressing the scalp, neck and shoulders.

PRE-NATAL REPRIEVE

50 min / \$120

Philosophy During pregnancy, a woman's body undergoes an amazing transformation. Our goal is to address your specific needs, leaving you relaxed and highly nurtured while on your journey into motherhood.

Method Incorporating massage techniques most appropriate for treating the pregnant body frame, we will use a supported, side-lying positioning along with pillows for maximum comfort. Recommended only after having completed your first trimester.

AYURVEDIC REJUVENATION EXPERIENCE

150 min / \$290

Philosophy Loosely based on an Ayurvedic detox, our Rejuvenation Experience assists in the removal of toxins by increasing blood and lymphatic circulation, aids in relieving sinus congestion and thoroughly relaxes the mind and body in just two and a half hours. This truly monumental experience boosts your immune system while nurturing your soul.

Method Our signature five-step treatment held in our serene Lotus room begins with a facial and scalp massage and Inhalation Therapy with essential oils to help open up breathing. A full body exfoliation and rejuvenating body massage follows. The massage portion is completed by Shirodhara, in which aromatic oil is streamed onto the forehead integrating deep relaxation of both mind and body. After a moment of rest the experience is completed with a steam treatment in the HydroCapsule, allowing the essential oils and techniques used by your therapist to fully breakthrough with positive results.

COUPLES MASSAGE

50 min / \$280 80 min / \$380

Philosophy By experiencing a massage with a loved one, you may feel more connected as the two of you journey into bliss together.

Method Performed in our exclusive couple's room. Complete with a private shower for two, your therapists will perform personalized Elemental Nature massages while you take in the joy of having company with you.

ENHANCEMENTS

The following are available to further enrich your experience, and can be combined with any of our above massages or skin care treatments:

WARM OIL INFUSION SCALP MASSAGE

15 min / \$25

Treatment A stress-relieving scalp ritual that uses a blend of essential oils to soothe and rejuvenate your hair and scalp while energizing your senses.

NETI MASSAGE

30 min / \$45

Treatment Aromatic steam inhalation combined with a facial massage relieves sinus congestion and pressure.

SHIRODHARA WARM OIL TREATMENT

30 min / \$60

Treatment In this Ayurvedic treatment, warm oil is slowly streamed onto the forehead relieving tension and inducing deep relaxation of both body and mind.



SKIN CARE THERAPY

Our Philosophy. Our approach to treating the skin is to consider the entire body as an ecosystem. Stress, diet and daily environmental aggressors can overwork your skin and sway it out of its natural state. Our goal is to balance your skin. We will conduct a thorough consultation to determine your specific needs and address them using ancient Ayurvedic wisdom in combination with the latest scientific breakthroughs, while providing a relaxing environment to renew your skin.

Our facials are available in 30, 50 or 80 minute treatment times, and can be further customized by choosing from any of our massage and facial enhancements.

30 minute treatments include Aveda welcoming rituals, consultation, cleansing, exfoliation, toning, moisturizing & explanation of home care rituals to restore your skin's balance.

50 minute treatments include the above plus customized masque application, facial massage & corrective techniques.

80 minute treatments include all of the above along with a truly enhanced massage to further relax the skin & increase product penetration.

ELEMENTAL NATURE FACIAL

30 min / \$75 50 min / \$120 80 min / \$170

Philosophy The Elemental Nature concept is grounded in the belief that everything, including the skin and body, is composed of five elements: infinity, air, fire, water and earth. Environmental and emotional factors can cause these natural elements to shift out of balance, compromising your sense of well-being.

Method Upon consultation, your therapist will determine where your skin's imbalance lies. Customized product protocols and masque formulations will then be chosen specific to your individual concerns to promote better skin health and wellbeing.

GREEN SCIENCE ANTI-AGING TREATMENT

30 min / \$90 50 min / \$160 80 min / \$210

Series of 4 (50 min) Treatments \$575

Philosophy Aging is inevitable. Through time, environmental stressors and biochemical events cause changes in the appearance and function of our skin which can age us prematurely. With targeted treatments that support the skin's natural rejuvenating abilities, it is possible to embrace our years and look our best at every age.

Method This unique facial experience harnesses the powerful plant technology of Green Science and combines it with high-touch skin therapy to renew, repair and regenerate your skin. Overall, skin's texture, tone and clarity will improve.

ENBRIGHTENMENT DISCOLORATION TREATMENT

50 min / \$160 80 min / \$210

Series of 4 (50 min) Treatments \$575

Philosophy Age spots, freckles, dark spots, sunspots can creep up when we least expect them. Such telltale signs of sun damage, hormonal influence and exposure to the elements take their toll on our complexion- even as early as our twenties- making our skin look tired, dull and older than it really is.

Method A truly unique approach to a facial by way of incorporating Asian-inspired massage techniques. Enbrightenment Brightening skin care offers a multi-pronged approach to brighter, more even looking skin tone giving skin luminosity and clarity without the use of harsh ingredients.



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OUTER PEACE ACNE RELIEF

50 min / \$160 80 min / \$210

Series of 4 (50 min) Treatments \$575

Philosophy The skin is an outer reflection of your physical and mental state of well-being. The symptoms of acne indicate something is out of balance internally. Aveda's holistic approach reflects both the treatment and prevention of acne. Through consultation, we will get to the root of your concerns treating them today and providing guidance on how to treat it tomorrow.

Method Increase outer peace with this multi-faceted approach to clear the skin without over drying or irritating effects. With a special focus on skin exfoliation and visible redness reduction, the skin's appearance will improve, helping to correct as well as prevent future blemishes. A truly calming and peaceful solution to an aggravating problem.

We recommend starting with an 80 minute Outer Peace Acne Relief treatment and 50 minute follow-up treatments for corrective touch-ups and irritation control.

BOTANICAL SKIN RESURFACING

50 min / \$160 80 min / \$210

Philosophy Microdermabrasion is one of the most popular non-surgical cosmetic procedures addressing skin aging. By using Aveda's natural alternative, skin will be visibly improved, appearing more radiant overall without irritation and inflammation, giving you the results you are looking for without jeopardizing the integrity of the skin or your own personal comfort.

Method The Botanical Skin Resurfacing Treatment features Tourmaline Charged skin care. Unlike its aggressive alternative, we are able to achieve similar results through mechanical manipulation of the skin's using the esthetician's hands. We will refine its texture, reduce the appearance of fine lines and diminish pore size using energizing minerals in a powerful hands-on approach.

Not recommended for highly sensitive skin.

BACK FACIAL

50 min / \$140

Philosophy The skin on the body is different from the skin on the face and requires proper maintenance too. The skin on the back is often neglected due to lack of accessibility & proper daily care.

Method Our therapists will provide a deep cleaning treatment on the back to boost circulation and open pores for proper cleaning and exfoliation. Pressure points and deep massage strokes make this back facial much more than just a "pampering" treatment.

FACIAL ENHANCEMENTS

The following are available to further enrich your experience.

THE PERFECTING PLANT PEEL™

15 min / \$50

Philosophy Our alternative to chemical peels, this treatment actively smoothes and re-texturizes skin with the instant exfoliation and radiance benefits of a 30% glycolic peel without the associated redness & irritation. It will warm the skin & open up the pores, smoothing out your skin's texture. This is highly effective for all skin types but especially those with sun damage & aging spots.

Method The Perfecting Plant Peel is a two-step system that re-texturizes skin by exfoliating dulling skin cells, smoothing lines and wrinkles, evening skin tone and refining pores to restore youthful radiance. The result is smooth, refined and even-toned skin- skin that looks perfected by nature.

THE GREEN SCIENCE™ SKIN-RENEWING EYE AREA TREATMENT

15 min / \$50

Treatment The eye area typically starts to show the first signs of aging. This unique "lifting and rolling" massage technique combined with targeted treatment products helps increase the release of excess fluids built-up around the eyes and visibly diminishes dark circles.

THE GREEN SCIENCE™ SKIN-RENEWING LIP TREATMENT

15 min / \$40

Treatment Premature aging around the lip area is due to smoking and repeated pursing of the lips. This treatment will help minimize visible fine lines and wrinkles around the mouth and increase circulation to the lips making them appear fuller and plumper.

THE GREEN SCIENCE™ SKIN-RENEWING NECK & DÉCOLLETÉ

15 min / \$60

Treatment The neck and décolleté show early signs of aging due to constant exposure to the damaging effects of the sun. With the relaxing and rejuvenating effects of massage using warm and cool stones, circulation will improve as this delicate area is nourished.



BODY TREATMENTS

Our Philosophy. Our body treatments will leave your mind and body renewed with the application of botanical ingredients, nurturing touch and the use of the HydroCapsule, a personal pod-like chamber which allows body treatments to be self contained for privacy and cleanliness. No need to stand up in a shower to wash off your scrubs, creams and essential oils. The HydroCapsule features a Vichy shower along with steam and light therapy. For ultimate relaxation, we highly recommend pairing your body treatment with a massage.

MASKS

CARIBBEAN NOURISHING BODY TREATMENT

30 min / \$70

50 min / \$95 Scrub + Scalp Massage

Philosophy The Caribbean represents the sun, the sea, warmth, relaxation and the spirit of a slower pace of life. The Caribbean Therapy products and treatments are designed to elicit these feelings through the senses. Our desire is to ground and reconnect you with yourself and others through plant energy and human touch.

Method Rich plant ingredients improve circulation and reduce negative effects of daily stress, creating inner calm. Your body will be treated to a detoxifying body masque. With the warmth of the HydroCapsule, the masque penetrates your skin.

Not recommended for sensitive skin



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SKIN REMEDY BODY MASQUE

30 min / \$70

50 min / \$95 Add Scrub + Scalp Massage

Philosophy Time to hide away in our unique Hydrocapsule and revel in a herbal experience that detoxifies and relaxes the entire body and soothes the mind. Experience intensive cleansing activated by natural astringents balanced with a mixture of calming herbs.

Method Utilizes a blend of specific plant and flower ingredients that deep clean pores while sea minerals energize. Ideal for sluggish skin that has a tendency toward oiliness, or can be customized to calm and rehydrate parched skins. Your skin emerges renewed, silky, hydrated and better prepared to receive the beneficial aspects of all post treatment products applied.

SCRUBS

AQUA SALT GLOW RENEWAL

30 min / \$70

50 min / \$95 Add Warm oil + Scalp Massage

Philosophy Replenish your skin with a customized salt scrub from the Dead Sea blended with personalized aroma to detoxify, soften and condition your entire body. This treatment focuses on removing dead skin cells from the surface of your skin leaving you feeling soft and smooth.

Method Your body will be completely exfoliated and treated to an aromatic steam bath inside our HydroCapsule. Once product is removed, a customized body moisturizer will be provided for self-application post treatment. Highly effective pre-sunbathing and prior to self-tanner application.

WALNUT BODY POLISH

30 min / \$70

50 min / \$95 Add Warm oil + Scalp Massage

Philosophy Gently polish away skin dulling debris to reveal smoother, softer skin. Often the most visibly dramatic part of a spa treatment, exfoliation improves skin color and clarity, unclogging follicles and pores, allowing skin to breathe better.

Method Experience Aveda's smoothing body exfoliation using a blend of finely ground walnut shells, kelp, aloe and lavender along with a gentle cleansing agent. Ideal for sensitive skin, the formulation can be adjusted to achieve a gentler or more aggressive result, according to your preferences.



JUST FOR HIM

Our Philosophy. Most of our treatments at The Palms Spa are unisex yet we have carefully selected treatments that address the areas men neglect the most. Typically the man's face, back, hands and feet are put at risk from daily wear and tear, sun exposure and heavy sports activity. Like our entire menu, our male-specific treatments aim to renew your mental and physical well-being.

GENTLEMEN'S FACIAL

50 min / \$120 80 min / \$170

Philosophy Men's skin, specifically the face, is different than that of women. It tends to be thicker, oilier and sensitive due to daily shaving, continuous exposure to the sun and lack of daily skin care regimen.

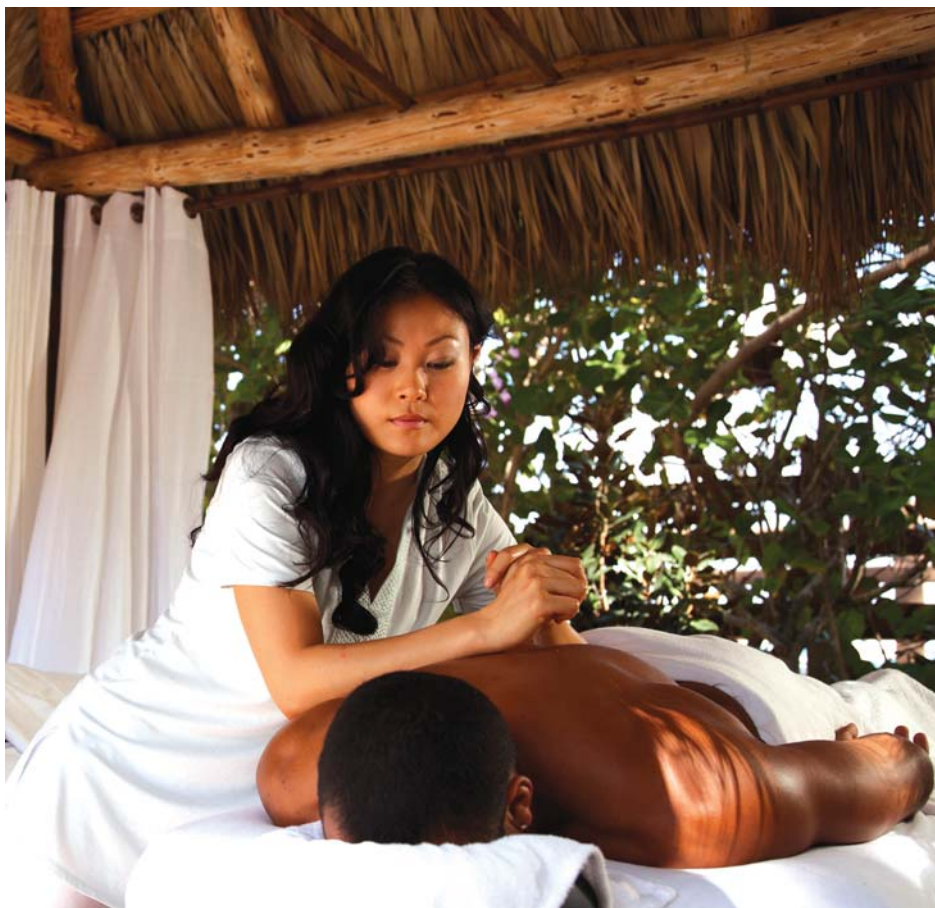
Method We will customize your treatment considering your specific needs, taking special care to remove the impurities that cause breakouts, blackheads and ingrown hairs. We will enhance your facial experience with scalp, face, neck and shoulder massage to further relieve everyday tension.

GENTLEMEN'S BACK FACIAL

50 min / \$140

Philosophy Just as the skin on the face is different from women, the skin on the body of men requires proper maintenance too. The skin on the back is often neglected due to lack of accessibility & proper daily care.

Method Our therapists will provide a deep cleaning treatment on the back to boost circulation and open pores for proper cleaning and exfoliation. Pressure points and deep massage strokes make this back facial much more than just a "pampering" treatment.



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HIS HANDS AND FEET THERAPY

Manicure 30 min / \$30 Pedicure 50 min / \$50

Philosophy Men's hands and feet suffer from daily wear and tear. We will nourish and invigorate your hands and feet with a therapeutic experience featuring a heavy focus on removing calluses and dead skin and restoring moisture.

Method We will treat your nails and cuticles to proper maintenance, hand and forearm or foot and lower leg massage, exfoliation and your choice of buff or clear polish. Our spa pedicure will revive tired feet and legs while giving attention to the common problem feet encounter – dry and rough skin.

OPEN-AIR ASHIATSU

50 min / \$160 80 min / \$210

Philosophy Ashiatsu is a bodywork form that applies therapeutic pressure to promote good health and well-being, heightening total physical, mental, emotional, and spiritual awareness.

Method Your body surrenders to the force from above as the skilled practitioner uses their feet to "walk through" the muscle layers to alleviate tension and stress. Performed in our outdoor Tiki Cabanas, the therapist is supported by bars attached to the ceiling. Pressure can vary from light to heavy. Loose clothing should be worn.

MEN'S RETREATS

Men require special attention too. Most of our journeys and retreats are ideal for both men and women but we've created a couple more tailored to men's specific needs but with the same goal – to leave them feeling relaxed and looking good.

Relax HIM

\$310

50-Minute Fusion Stone Massage
Gentlemen's Facial
Haircut or Feet Therapy
2-course Spa Lunch at Essensia Restaurant

Revitalize HIM

\$215

50-Minute Elemental Nature Massage
Aqua Salt Glow Treatment in HydroCapsule
Haircut or Feet Therapy



JOURNEYS

Our Philosophy. With time on your side, allow us to take you on a sensory journey to rejuvenate all aspects of your mind, body and soul. The following combine various spa practices into half-day packages to bring balance back to the areas you most need renewed.



JOURNEY TO THE ISLANDS

\$270

A nourishing trip to the Caribbean for your body, hands and feet including:

50-Minute Elemental Nature Massage
30-Minute Caribbean Nourishing Body Treatment
Caribbean Hand & Foot Retreat
Bento Box Spa Lunch

JOURNEY INTO HARMONY

\$270

Bring harmony and energy back to your chakras and nourish your palate with an anti-oxidant rich spa lunch:

Chakra Balancing Massage
Chakra Balancing Hand & Foot Experience
2-course Spa Lunch at Essensia Restaurant

JOURNEY TO THE GARDEN OF YOUTH

\$360

Age is just a number with our use of Aveda's advanced line of age-defying skin care:

50-Minute Elemental Nature Massage
Green Science Anti-Aging Facial Treatment
Green Science Manicure
Spa Pedicure
Bento Box Spa Lunch

JOURNEY INTO LOVE & FRIENDSHIP

\$385

A bond so strong, you can't stand to be apart for even a minute? If so, indulge together:

50-Minute Side by Side Massage also available outdoors
Spa Manicure per person
2-course Spa Lunch at Essensia Restaurant,
including a Pleasure Champagne cocktail per person

JOURNEY INTO MARITAL BLISS

\$300

The wedding preparations took over and now it's your chance to kick back and relax before the festivities begin:

50-Minute Elemental Nature Massage
Spa Manicure & Pedicure
Bridal Make-up Application
Shampoo & Blow-out
Bento Box Spa Lunch

JOURNEY INTO MOTHERHOOD

\$225

It's a delicate yet exciting time in your life, allow us to nurture you before your baby arrives:

Pre-Natal Reprieve Massage
Au Natural Hands & Feet Treatment
Your choice of Make-up Application or Shampoo & Blow-out
2-course Spa Lunch at Essensia Restaurant



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MINI RETREATS

Our Philosophy. For those with a shorter amount of time on their hands, our mini retreats will relax and leave you feeling beautiful. The following combine select spa practices into approximately 2 hour packages to get your soul re-energized but take the ticking clock into account.

THE DAY TRIPPER

\$135

Perfect for a quick getaway from the office or from lounging in the sun:

*50-Minute Elemental Nature Facial or Massage
Spa Manicure*

JET LAG REVIVAL

\$170

In the rush to get here, your mind and body took a back seat, now it's time to replenish them:

*30-Minute Aqua Salt Glow Treatment in HydroCapsule
30-Minute Skin Remedy Body Masque
Spa Pedicure*

AFTERNOON DELIGHT

\$150

The perfect end to your day that will relax the muscles and get you ready for your night on the town:

*50-Minute Elemental Nature Massage
Shampoo & Blow-out*

MEN'S RETREATS

Our Philosophy. Men require special attention, too. Most of our journeys and retreats are ideal for both men and women but we've created a couple more tailored to men's specific needs but with the same goal – to leave them feeling relaxed and looking good.

RELAX HIM

\$310

*50-Minute Fusion Stone Massage
Gentlemen's Facial
Haircut or Feet Therapy
2-course Spa Lunch at Essensia Restaurant*

REVITALIZE HIM

\$215

*50-Minute Elemental Nature Massage
Aqua Salt Glow Treatment in HydroCapsule
Haircut or Feet Therapy*



BEACHSIDE SPA TREATMENTS

Our Philosophy. You've been day dreaming about the warm Miami sun for months, leaving your lounge chair for a spa treatment is not on your vacation schedule. Our Beachside Spa Treatments, conducted in our Tiki Cabana, have been created just for you – the guest looking to enjoy both the tropical climate and a spa experience.

SEATED CHAIR MASSAGE

15 min / \$25

Take a relaxing break from poolside play with this al fresco therapeutic mini-massage focusing on the shoulders, back, neck and hands.

SUNFLEXOLOGY

15 min / \$25

30 min / \$60

Utilizing one of the most ancient forms of massage, Reflexology, our therapist focuses on relaxing the whole body by massaging key points of the feet while you bask in the sun. The service begins with an exfoliating and refreshing foot ritual to properly prepare your feet.

CALM & COOL SUN MASK

30 min / \$60

Protect your body's most sensitive spot, the face, with this hydrating mask treatment, performed poolside. Freshly sliced cucumbers in conjunction with Aveda's intensive hydrating mask act to protect and moisturize the skin from the sun. Your choice of scalp, hand or foot massage will accompany this treatment. Cold, moist towels are used to remove the mask in a refreshing manner while Aveda's Dual-Nature SPF 15 is applied to protect your skin from the sun's harmful rays.



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TIKI CABANA MASSAGE

30 min / \$95 50 min / \$140 80 min / \$190

Our experienced therapist will work with you to develop a customized massage treatment based on your needs and time selected. Therapists will tailor your personal massage utilizing the following styles: Swedish, Deep Tissue, Sports or Reflexology. Conducted in our unique Tiki Cabana, situated right next to the ocean.

OPEN-AIR ASHIATSU

50 min / \$160 80 min / \$210

Philosophy *Ashiatsu is a bodywork form that applies therapeutic pressure to promote good health and well-being, heightening total physical, mental, emotional, and spiritual awareness.*

Method *Your body surrenders to the force from above as the skilled practitioner uses their feet to “walk through” the muscle layers to alleviate tension and stress. Performed in our outdoor Tiki Cabana, the therapist is supported by bars attached to the ceiling. Pressure can vary from light to heavy. Loose clothing should be worn.*



HAND & FOOT THERAPY

Our Philosophy. Day in and day out, your hands and feet are at work and often times we neglect them despite their daily wear and tear. We understand the need to treat these particularly special body parts with extra love and care to leave them both healthy and beautiful and have carefully customized treatments combining Aveda products and the eco-friendly nail care line SpaRitual to achieve this purpose.

SPA MANICURE & PEDICURE

Manicure 45 min / \$30 Pedicure 50 min / \$50

Philosophy We take the traditional manicure & pedicure to another level by incorporating nourishing and invigorating spa techniques to give your hands and feet a therapeutic experience that will leave these most prized body parts relaxed, gorgeous and lovely to touch.

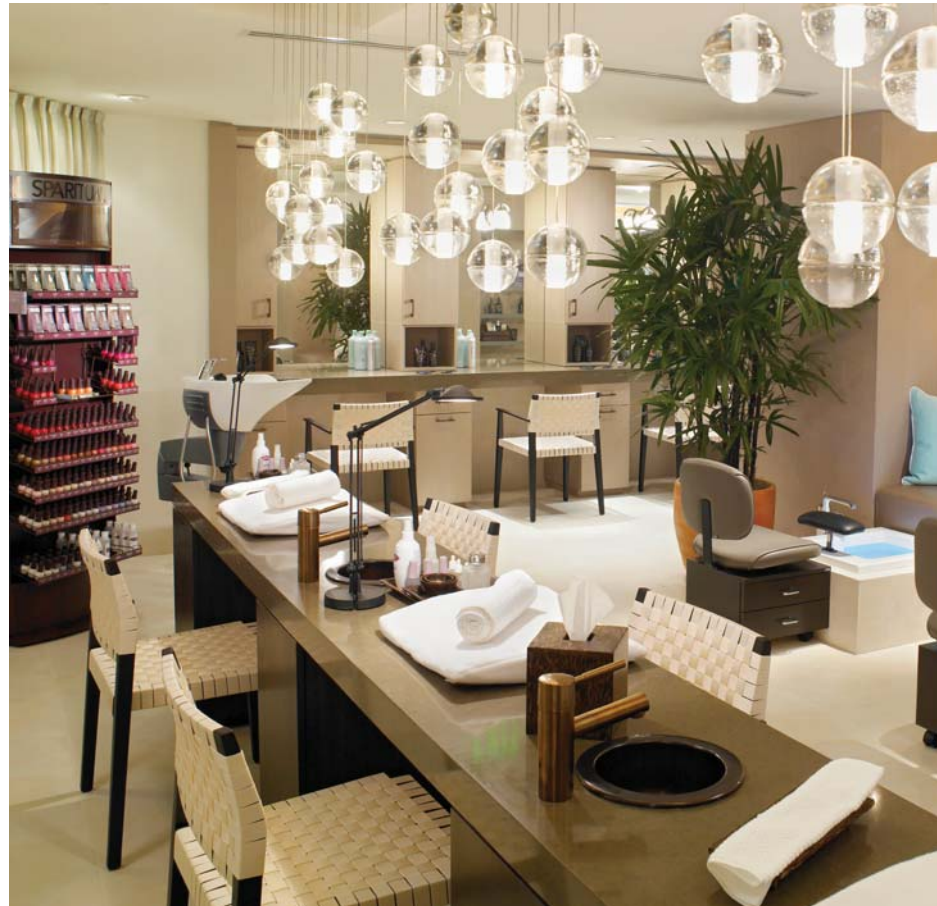
Method During the manicure, our nail technicians will treat your nails and cuticles to proper maintenance, hand and forearm massage and your choice of buff or polish. The spa pedicure will revive tired feet and legs while giving attention to the common problem feet encounter – dry and rough skin.

HEALING STONE HAND & FOOT EXPERIENCE

100 min / \$90

Philosophy Hot basalt stones open up circulation and allow us to deeply penetrate muscle tension in your hands and feet. When combined with the essence of rosemary and mint, which also improve circulation and refresh the skin and senses, hands and feet will be re-energized.

Method This deeply relaxing and restoring treatment begins with nail and cuticle maintenance, exfoliation and massage to hands, forearms and lower legs with the use of basalt stones and beautifying oil, leaving hands ultra smooth. Treatment is completed with your choice of buff or polish.



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GREEN SCIENCE SKIN RENEWING MANICURE

50 min / \$50

Philosophy Just like the face, hands are especially susceptible to the signs of aging. Often times, hands lack adequate protection from the harmful effects of the sun and other environmental factors. With this in mind, your hands will be renewed and repaired with this specialized manicure which uses powerful plant ingredients, including those from the Argan Tree, Cactus and Plai, found in Aveda's Green Science product line.

Method We will target age spots and wrinkles and firm skin in this enhanced nail treatment that includes thorough exfoliation with the use of the Perfecting Plant Peel, our alternative to strong glycolic peels, and a thermal masque for conditioning, leaving the hands smooth and youthful. Treatment also includes extended hand and forearm massage and your choice of buff or polish.

CHAKRA BALANCING HAND AND FOOT EXPERIENCE

100 min / \$90

Philosophy There are 7 energy centers (Chakras) within the body. When imbalanced, they jeopardize specific functions of our health. When balanced, they allow you to function positively, internally and externally.

Method Our nail technician will take you on an aroma sensory journey to determine which of your Chakras is imbalanced and select the aroma needed to bring you back to balance. This enhanced treatment will relieve tension in hands, forearms and lower legs with exfoliation and Reflexology massage. It is completed with nail and cuticle maintenance and grooming and your choice of buff or polish.

CARIBBEAN HAND & FOOT RETREAT

100 min / \$90

Philosophy Rich Caribbean plant ingredients combined with nurturing touch will improve circulation and leave your hands and feet nourished and renewed. Designed for extra dry hands and feet in need of intense hydration.

Method Our nail technician will work to rejuvenate and nurture your hands and feet to improve the condition of nails, cuticles and hands. Treatment includes a special exfoliation, warm seaweed masque, extended hand, forearm and lower leg massage and your choice of buff or polish.

POLISH CHANGE

Hands 15 min / \$15 Feet 15 min / \$20

FRENCH MANICURE POLISH

Add \$10 to any hand treatment

FRENCH PEDICURE POLISH

Add \$10 to any foot treatment

SOYAFFIN (PARAFFIN ALTERNATIVE)

Add \$14 to any hand or foot treatment



HAIR CARE, MAKE UP & TANNING

HAIR CARE

STYLE

Shampoo & Blow Dry/Iron	from \$40
Shampoo, Cut & Dry	from \$65
Men's Cut & Style	from \$35
Child's Cut (under 12 yrs)	from \$30
Up-Do Styling	\$75
Trial Up-Do	\$115
Bridal Up-Do	from \$95
Child's Up-Do (under 12 yrs)	from \$60
In-Room Blow-outs	from \$50
In-Room Up-Do	add \$20

COLOR

Touch Up Color	from \$65
Full Length Color	from \$85
Partial Highlights	from \$75
Full Highlights	from \$150
Toner/Glaze	\$50
Highlights & Lowlights	priced upon consultation
Corrective Color	priced upon consultation
Lash Tint	\$25
Brow Tint	\$20



TREATMENTS

Damage Remedy™ Intensive Restructuring Treatment.....from \$25

Strengthens and repairs damaged hair while sealing in moisture.

Color Conserve™ Strengthening Treatment.....from \$25

Illuminates color with shine and aids in breakage control.

Dry Remedy™ Moisturizing

Treatment Masque.....from \$25

Helps seal in long-lasting moisture benefiting dry, brittle hair.

Keratin Treatment.....from \$350

WAXING

Eye Brows	\$25
Bikini	from \$45
Chin/Lip	\$15
Back	\$65
Upper Leg	\$30
Lower Leg	\$30
Full Leg	\$50
Under Arm	\$20
Full Arm	\$40

MAKE-UP

Make-up Application	from \$65
Trial Make-up Application	from \$55
Eyelash Application	from \$15
In-Room	add \$20

TANNING

Sunless Tanning by Sun Laboratories
30 min / \$45

Philosophy *The active ingredient in the tanning solution reacts with the bodies amino acids in the outer layer of the skin. This reaction develops a beautiful golden tan that will intensify within 3 to 4 hours and looks as natural as if it comes from the sun.*

Method *Self-tanning solution is applied to the body with an airbrush system. The safest, healthiest, and best looking tan possible that can last 7 to 10 days.*



the palms spa

AVEDA

Inspired by Nature

305 908 5460



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