



the palms spa

AVEDA

Our philosophy

Nurture your body & soul with a rejuvenating spa experience influenced by ancient Ayurvedic holistic philosophy, enhanced with high performance, natural and botanically derived products and a serene atmosphere inspired by nature. The Palms AVEDA 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 the hotel's tropical gardens and one-of-a-kind pool and beach area. As a premier AVEDA 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

Appointments

We recommend you make your appointment in advance to allow you to choose the times which best suits 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 treatment. We recommend arriving even earlier to enhance your experience and enjoy our facilities. If you arrive later than your scheduled appointment time, your session will still end as scheduled time as a courtesy to the next guest.

Facilities

On the day of your service, we invite you to experience our beautiful relaxation area and 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 experiencing services of 50 min or more (excluding hair and nails) 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.

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 undress to your level of comfort, either way, your modesty will be protected at all times. We recommend wearing no jewelry during treatment.

Preparing for your treatment

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



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Bridal Services

Our Philosophy

Let us relax and pamper you as you prepare to walk down the aisle on your big day. We understand how important it is for you to look and feel all-around wonderful on this special day while keeping the stress out of the process. At The Palms Aveda Spa you will experience the ultimate wedding convenience by fulfilling all of your beauty needs in one location and making us a trusted partner for this beautiful milestone.

Bridal Hair Sneak Peek

\$125

Hair Bridal Design

\$100 & up

Hair & Special Event Design.

\$85

Makeup & Special Event Design

\$95

Bridal Eyelashes

\$20

Bridal Makeup Sneak Peek

\$140

Makeup Bridal Design

\$120

Wedding Packages

For the bridal party seeking more than just a day of beauty, we offer custom wedding packages that are designed to have you looking and feeling your best leading up to your special day. Our signature wedding packages include treatments from our facial collection and body collection that will ensure your skin is looking radiant and your body feeling great.

Bride to be Retreat

- 30 min Tropical Island Glow
 - 50 min Vitamin C Complex Transforming Facial
 - 50min GelFx Manicure and Classic Pedicure
- \$310**  **\$320**

Groom's Retreat

- 80 min Deep Tissue Massage
 - 50 min Gentleman's Facial
 - Gentleman's Manicure
- \$320**  **\$330**




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Happily Ever After Retreat

- 50 min Side-by-side Tropical Journey
- 100min Side-by-side Tropical Hand or Foot Journey
- **\$500**  **\$520**

Mother of the Bride or Groom Retreat

- 50 min AVEDA Aroma Massage
- **OR**
- 50 min AVEDA Signature Facial
- 100 min Mindful Manicure and Pedicure
- **\$215**  **\$225**

Bridal Party Retreat (Party of 6)

- 50 min AVEDA Aroma Massages
 - **OR**
 - 50 min AVEDA Signature Facials
 - Classic Manicure & Pedicure
 - **\$195**  **\$205**
- Price per person for a minimum of 6 guests

 Denotes pricing Fridays, Saturdays, Sundays and Holidays