



the palms spa

AVEDA

## SPA MENU

Limited Edition

To ensure the health and safety of both guests and team members, we have adjusted our spa operations in accordance with the regulations and guidelines put forth by the CDC and the Florida Department of Health. No guest or team member with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, will be permitted in the establishment.

### Hours of Operation

Every day from 11:00am – 6:00pm

### Restricted Scheduling

Appointment times will be staggered, and we will only allow a maximum of 4 treatments to be scheduled at one time to allow for adequate sterilization and disinfecting procedures between guests and services. No group bookings of more than four guests allowed at one time based on availability.

### Limited Treatment Services

The Palms Aveda Spa has revised its treatment menu to include low-touch treatments, as well as a simplified selection of traditional treatments.

### Limited Amenities

Spa Guests will be asked to change in the Treatment Rooms. Steam Room, Showers and Locker rooms are mandated to be closed at this time. Access to the pool and beach remains available.

### Handwashing Guidelines

Spa guests will be welcomed with a warm towel ritual and sanitizer and will be asked to wash their hands at the starting of each treatment. Team Members will be required to wash their hands in front of their guest before and after every treatment.

### Personal Protections Equipment

All Team Members will wear the necessary protective gear as required and outlined by the service protocol they are performing, which includes facemasks, gloves, disposable aprons and face shields.

### Cancellations

If your plans 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 a more convenient time for your treatment. Cancellations made after this time will be charged the full amount.

### Service Charges

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

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



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## MASSAGE THERAPY

### TROPICAL ISLAND SIGNATURE MASSAGE

Renew your skin and relieve your soul with this uniquely customizable massage experience enhanced with delicate tropical aromas. Breathe deeply while a hydrating Mälie Organics body polish is worked onto your back smoothing the most neglected area of your body and revealing new skin beneath. Integrate up to three massage modalities with an 80 min service, or two modalities with a 50 min service based on your needs or your therapist's recommendation.

### MASSAGE MODALITY CHOICES

#### SWEDISH

Gently flowing relaxation massage

#### DEEP TISSUE

Muscle specific massage to deeply relieve and rejuvenate

#### REFLEXOLOGY

Energy points on the feet are massaged to stimulate healing in different parts of the body

#### STRETCHING

Assisted stretching uses specific techniques to increase mobility and flexibility

50 min \$175 <b>Mon-Thurs</b>	\$185 <b>Fri-Sun &amp; Holidays</b>
80 min \$220 <b>Mon-Thurs</b>	\$230 <b>Fri-Sun &amp; Holidays</b>

### AVEDA AROMA MASSAGE

This is our twist on the classic Swedish massage. Relaxing and comforting as always, but with the accomplished touch of personalized AVEDA aromas and massage techniques. Our therapists use an abundance of hydrating oils with long flowing strokes that unwind even the tightest of muscles.

50 min \$140 <b>Mon-Thurs</b>	\$150 <b>Fri-Sun &amp; Holidays</b>
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### MASSAGE FOR TWO

Performed in our exclusive duet suite complete with a private shower for two, your therapists will perform a personalized AVEDA Aroma Massage while you take in the joy of having company with you.

50 min \$320 <b>Mon-Thurs</b>	\$330 <b>Fri-Sun &amp; Holidays</b>
80 min \$420 <b>Mon-Thurs</b>	\$430 <b>Fri-Sun &amp; Holidays</b>

### OUTDOOR TIKI CABANA MASSAGE

Relax and unwind with an AVEDA Aroma Massage in the peaceful outdoor setting of our soothing and tropical garden. Let the sound of the breeze fully revitalize your body and relax your mind.

50 min \$160 <b>Mon-Thurs</b>	\$170 <b>Fri-Sun &amp; Holidays</b>
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### CHAKRA™ BALANCING MASSAGE

The Chakra™ Balancing Massage is an innovative treatment that incorporates AVEDA's Chakra™ Balancing Blend Aromas and focuses on the seven chakra centers in the body, using a variety of massage techniques and energy work. The massage concludes with a guided meditation to help enhance the benefits of stress-relief, decreased muscular tension and increased energy.

80 min \$200 **Mon-Thurs**    \$210 **Fri-Sun & Holidays**

### MASSAGE ENHANCEMENTS

The following are available to further enrich your experience without additional time and can be combined with any of the above massages.

**\$20 Each**

#### **WARM OIL SCALP MASSAGE**

A combination of hair-renewing botanical aromatic oils are applied to scalp and hair to replenish, moisturize, and condition. Good for relieving stress, tension, fatigue, headaches and migraines.

#### **MOISTURIZING FOOT SCRUB**

Your feet will be gently scrubbed with a unique sugar/salt blend fortified with powerful all-natural organic and botanical oils. Hot steamy towels will be wrapped around the feet, followed by a foot massage using AVEDA's peppermint foot cream.

#### **ECO-FIN™ HYDRATION TREATMENT**

An all-natural hydrating treatment for your hands or feet, wrapped in warm booties and mittens while rich moisturizers such as soy, jojoba, shea butter, vitamin E, & essential oils will leave your skin soft and supple.



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## FACIAL SERVICES

### AVEDA SIGNATURE FACIAL

Dry, oily, aging, uneven, sensitive and acneic skin conditions as well as eye concerns can all be addressed with a customized Tulasāra™ facial treatment. Your skin therapist will provide the best combination of products for you, with personalized AVEDA aromas and techniques, as well as design a customized treatment that will move your skin toward balance while revealing its natural beauty.

50 min \$140 **Mon-Thurs**    \$150 **Fri-Sun & Holidays**

### VITAMIN C COMPLEX TRANSFORMING

This highly therapeutic custom facial features the use of Jade quartz to calm your mind and sooth your skin. This transforming experience features a five-phase Ayurvedic facial massage that increases microcirculation and improves hydration, moisture, radiance and the appearance of fine, dry lines.

50 min \$160 **Mon-Thurs**    \$170 **Fri-Sun & Holidays**

### GENTLEMEN'S FACIAL

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 a daily skincare regimen. We will customize your treatment considering your specific needs while taking into account that men require a deeper cleaning to remove the impurities that cause breakouts, blackheads and ingrown hairs. We will enhance your facial experience with a scalp, face, neck and shoulder massage to relieve everyday tension.

50 min \$130 **Mon-Thurs**    \$140 **Fri-Sun & Holidays**

### FACIAL ENHANCEMENTS

The following are available to further enrich your facial experience without additional time:  
**\$30 each**

#### GLOW PERFECTING PLANT

This express peel is AVEDA's plant-based alternative to a 30% glycolic peel that smooths and softens skin and provides instant exfoliation and radiance benefits.

#### ENERGIZE EYE TREATMENT

This eye treatment helps reduce the appearance of under-eye circles and puffiness while enhancing the look of skin around the eyes.

#### RESTORE EYE TREATMENT

This eye treatment features Tulasāra™ Wedding Masque Eye and the AVEDA Marma Eye Massage to renew and firm the look of skin around the eyes



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## SALON SERVICES

### STYLE

Shampoo & Blow-out	from \$60
Shampoo, Cut & Style	from \$90
Men's Cut & Style	from \$50
Child's Cut (under 12 yrs.)	from \$40

### COLOR

Touch-Up Color	from \$70
Full Length Color	from \$100
Highlights Half Head	from \$175
Highlights Full Head	from \$250
Toner/Glaze	\$50
Balayage, Highlights & Lowlights	Price upon consultation



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## NAIL SERVICES

### MEDITATIVE MANICURE & PEDICURE

Merging the beauty ritual of the manicure and pedicure with the ancient practice of meditation, this service offers a unique spa experience for a holistic experience for you to enjoy. Enjoy a guided audio meditation, delivered by one of the world's most renowned meditation gurus, while your fingers and/or toes are pampered through cuticle care, exfoliation, hydration, nail shaping, buffing and beautifully finished with a nourishing vegan SPARITUAL nail color.

**Meditative Manicure** \$40

**Meditative Pedicure** \$60

### TROPICAL ISLAND MANICURE & PEDICURE

Capture the essence of the tropics with this luxurious spa manicure and/or pedicure service featuring Mālie Organics all-natural products with delicate floral and tropical fruit essences. The pedicure includes a soothing foot soak, exfoliating scrub, mask, hydrating botanical butters, expertly groomed cuticles and calluses removal. The manicure includes trimming, filing, buffing, shaping, cuticle care, an exfoliating scrub, soothing massage and moisture-rich hydration. Warm towels and your nourishing vegan SPARITUAL color of choice finish off both services.

**Tropical Manicure** \$45

**Tropical Pedicure** \$65

### CLASSIC MANICURE AND PEDICURE

For a thorough but not too lengthy nail treatment including a soak, nail shaping & cuticle maintenance plus a finish with a buff or your SPARITUAL polish color of choice.

**Classic Manicure** \$30

**Classic Pedicure** \$45

### GELFX NAIL CARE

A revolutionary gel color and care! GELFX is power packed with vitamins and is no ordinary gel system. Antioxidant vitamins A and E help to promote healthy nails while pro-vitamin B5 protects the structure of the natural nail. This revolutionary formula never fades – you'll love the shine – and dries in an instant under a special safe LED light. GELFX gives long lasting color, stays chip free for up to two weeks, is a healthier option for your nails and is removed easily in minutes!

**GELFX Manicure** \$55



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## SPA PACKAGES

### THE DAY TRIPPER

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

- 50 min Aveda Aroma Massage
- 30 min Aveda Signature Facial
- Classic Pedicure

120min \$232 **Mon-Thurs**    \$242 **Fri-Sun & Holidays**

### JET LAG REVIVAL

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

- 30 min Aqua Salt Glow
- 30 min Aveda Signature Facial
- Classic Pedicure

90min \$200 **Mon-Thurs**    \$210 **Fri-Sun & Holidays**

### INTO THE GROOVE

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

- 50 min Aveda Aroma Massage
- Classic Manicure
- Shampoo and Blow-out

120min \$200 **Mon-Thurs**    \$210 **Fri-Sun & Holidays**

Massage Establishment License Number MM23009