

## TREATMENTS & PHILOSOPHIES



the palms spa  
AVEDA

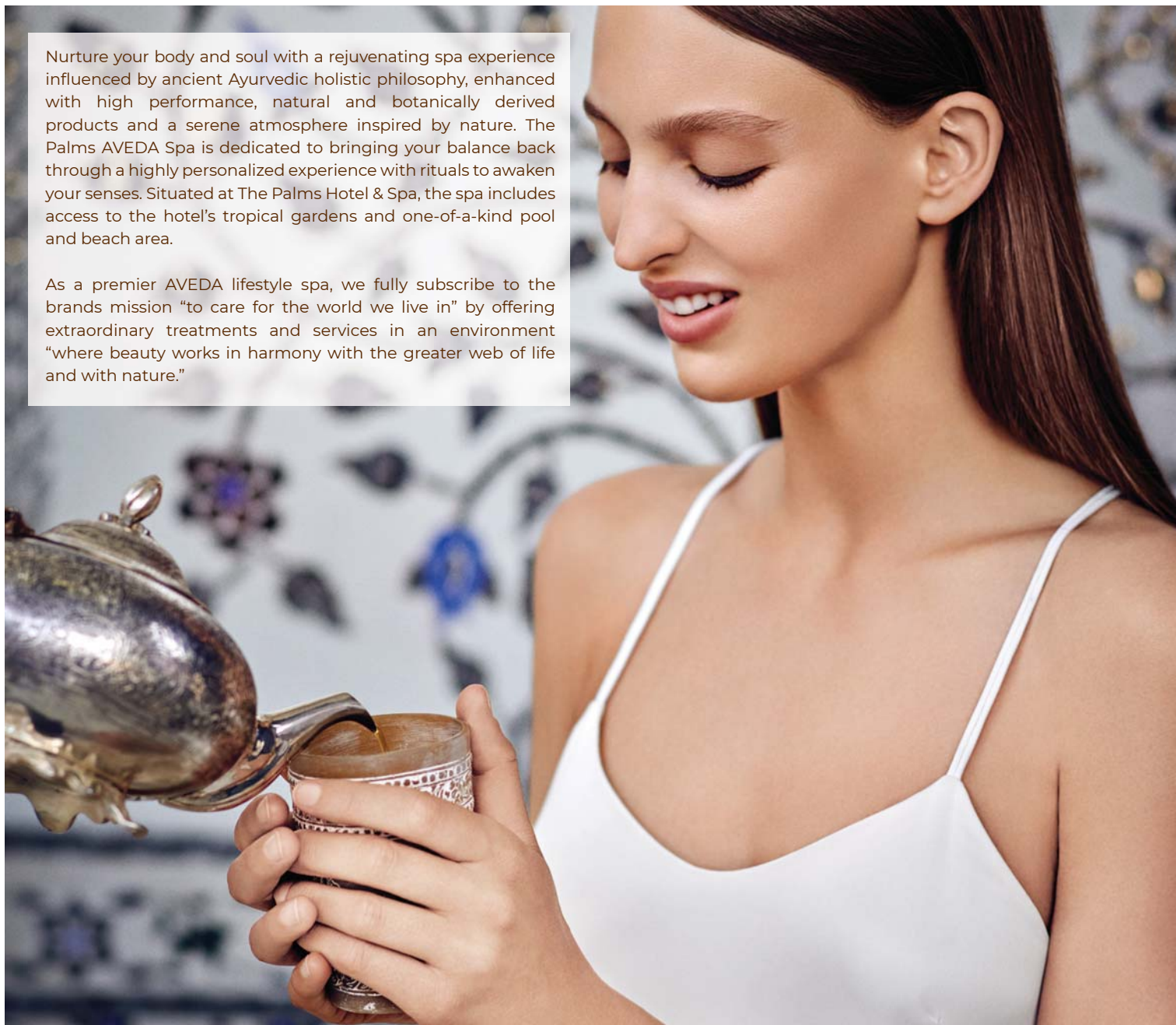
*Spa Menu*



## *Our Philosophy*

Nurture your body and 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 brand's 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."



# Massage Therapy

**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.

## AVEDA AROMA MASSAGE

This is our twist on the classic Swedish massage. Relaxing and comforting as always, but enhanced with 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.

## HOT STONE MASSAGE

Offering a unique connection with nature, this massage uses smooth heated basalt rocks of varying sizes which are massaged into key points on the body together with warm oil. Long fluid strokes will both comfort and deeply relax muscles and mind.

## CHAKRA BALANCING MASSAGE

The Chakra Balancing Massage is an innovative treatment that incorporates AVEDA's Chakra Balancing Aromatic Blend and focuses on the seven chakra energy 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, decrease muscular tension and increase energy.

## STRESS-FIX™ BODY MASSAGE

Clinically proven to reduce feelings of stress, this massage combines Swedish and deep tissue techniques, foot reflexology & acupressure along with guided meditation. The treatment features the AVEDA Stress-Fix™ aroma of lavender, lavandin and clary sage, which is proven to relieve feelings of stress.

## MOTHER TO BE MASSAGE

Incorporating the modalities most appropriate for treating the ever-changing silhouette, you will be nurtured in a supported side-lying position along with pregnancy massage pillows for maximum comfort. Recommended after completing your first trimester.





# Massage Therapy

## 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.

## 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 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 minute service, or two modalities with a 50 minute 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



## MASSAGE UPGRADES

### SHIRODHARA WARM OIL TREATMENT

Warm oil is poured on the forehead to calm the nervous system and allow life energy, oxygen and other nutrients to flow more freely. The result is better brain function, mood stability and improved stress handling ability. This service may be booked as a 20 minute add-on to any massage therapy experience.

### AQUA SALT RENEWAL

Replenish your skin with a customized Dead Sea salt scrub blended with your favorite Aveda body care aroma. Choose from: uplifting Beautifying™, invigorating Rosemary Mint™, calming Shampure™ or tension-relieving Stress-Fix™ to detoxify, soften and condition your entire body.

# Massage Therapy

## MASSAGE ENHANCEMENTS

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

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### 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.

### SKIN RENEWING BACK SCRUB

A back exfoliation with a perfect balance of organic sugar/salt and tropical oil blends will scrub dry skin away and leave your skin hydrated and soft.

### REFRESHING EYE TREATMENT

Refresh your delicate eye area in an instant with this hydrating patch technology eye treatment, which accelerates the delivery of essential ingredients such as caffeine and hydrolyzed collagen while smoothing, refreshing and brightening.

### ECO-FIN™ HYDRATION TREATMENT

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

### HOT STONE THERAPY

Ease muscle aches and soreness with warm stones targeted for a specific area of tension, finish off with an application of Aveda's cooling oil to melt away stress.

### SMOOTHING LIP TREATMENT

Hydrating lip gels provide deep hydration to soften, smooth and diminish the appearance of vertical lip lines. For more youthful looking lips.

### DETOX EXFOLIATION

Improve appearance in the tone, texture, and feel of the skin through this vigorous, manual exfoliation performed by rubbing the skin with a dry, natural-bristled brush (which is a take-home gift for continuing self-treatment).

### HYDRATING FACE MASQUE

Whether it's the dead of winter or height of summer, the elements don't always play well with our skin. Our hydration masks provide a much-needed surge of moisture to ease the tension while essential ingredients such as hyaluronic acid and vitamin B5 improve elasticity and smooth your skin.

### AFTER-SUN RESCUE TREATMENT

Cool down agitated skin with a soothing and replenishing treatment using cold stones and Aveda's hydrating lotion to decrease your skin's temperature and the discomfort resulting from sunburned, sensitive, or stressed skin while restoring and moisturizing the skin from the sun.

# *Blended Body Therapy*

**Philosophy** Our body treatments will leave your mind and body renewed with products lovingly crafted from natural and organic ingredients, incorporating tropical beauty secrets passed down through generations. Made to exfoliate, nourish and hydrate skin, giving you a beautiful golden glow.

## **TROPICAL ISLAND GLOW**

Nurture your skin and revive your senses with this indulgent tropical escape. Enjoy the nourishing powers of a lovingly crafted body polish with a powerful blend of all-natural, botanical oils and sugars that gently, yet effectively, exfoliate your body. This is followed by a scalp massage and an organic clay body mask and body butter leaving your skin fully nourished and hydrated, making it silky-smooth and glowing.

## **AYURVEDIC REJUVENATION EXPERIENCE**

This 5 step treatment begins with a face massage, scalp massage and inhalation therapy with essential oils. A full-body exfoliation and rejuvenating body massage follow and are completed by Shirodhara, whereby aromatic oil streams onto the forehead for deep relaxation. A one-of-a-kind experience that will leave you feeling refreshed and rejuvenated!

## **TROPICAL ISLAND RETREAT FOR TWO**

This personalized aromatic tropical 80-minute retreat, featuring Mālie Organics, is the perfect escape to enjoy together in our exclusive duet suite. Indulge in a full-body massage, followed by a hydrating body mask and a nourishing hair and scalp treatment. Conclude this ritual in our private rainfall shower and with a sparkling wine toast.



# *Skin Care Therapy*

**Philosophy** We consider the entire body as an ecosystem, where stress, diet and daily environmental aggressors can overwork your skin and unbalance its natural state. Our goal is to rebalance through a consultation to determine your specific needs and address them using ancient Ayurvedic wisdom, the latest scientific breakthroughs, and a relaxing environment to fully renew your skin.

## **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.

## **PLANT STEM CELL + PLANT ACID FACIAL TREATMENTS**

Using custom blends and therapeutic elements of aroma, heat and cold, energy balancing and massage techniques, your skin therapist will choose the plant-powered facial that best targets your skin concern.

### **Intense Hydrating Facial with Cactus Fruit + Hyaluronic Acid**

Restores skin's optimal moisture levels and minimizes the appearance of fine, dry lines.

### **Instant Luminizing Facial with Snow Lotus + Alpha Hydroxy Acids**

Brightens and reveals a glowing, even-looking complexion.

### **Pore Refining Facial with Sweet Clover + Beta Hydroxy Acid**

Gently resurfaces the skin's texture to reveal a smooth complexion with minimized pores.

## **VITAMIN C COMPLEX TRANSFORMING FACIAL**

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, and radiance while reducing the appearance of fine, dry lines.

## **BOTANICAL SKIN RESURFACING FACIAL**

AVEDA's botanical alternative to microdermabrasion uses the power of bamboo to smooth skin texture & minimize the appearance of pores, fine lines and wrinkles to reveal a truly radiant complexion and smoother skin.

## **BACK FACIAL**

A deep cleansing back treatment to boost circulation and open pores for proper cleaning and exfoliation while deep massage strokes and a focus on pressure points make this more than just a pampering treatment.

## **FACIAL ENHANCEMENTS**

The following are available to further enrich your facial experience without additional time:

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### **GLOW PERFECTING PLANT PEEL**

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

### **ENERGIZE EYE TREATMENT**

Combining the benefits of a cool Jade roller with AVEDA's energizing eye cream this treatment will reduce the appearance of under-eye circles and puffiness while enhancing the look of skin around the eyes.

### **RESTORE EYE TREATMENT**

Featuring Tulasāra™ Wedding Masque Eye and the AVEDA Marma Eye Massage to renew and firm the look of skin around the eyes.

### **AFTER-SUN RESTORATIVE FACE TREATMENT**

Protect your body's most sensitive spot, the face, with this hydrating mask treatment. Freshly diced cucumbers in conjunction with AVEDA's intensive hydrating mask act to protect and moisturize the skin from the sun.



# Teen Spa Therapy

**Philosophy** These therapies are designed for the up and coming spa-goer. We have selected our most popular Aveda spa services suitable for older teens, sure to leave them feeling pampered and relaxed. These services can also be booked as parent-teen experiences, or to be shared with a group of close friends.

## AVEDA TEEN AROMA MASSAGE

Our signature massage, recommended for hyperactive, over-achieving or over-scheduled teens, is customized with the massage technique and Aveda aroma of their choice. During this 50 minute service, the therapist will combine calming massage strokes, gentle rocking and compressions to enhance the experience.

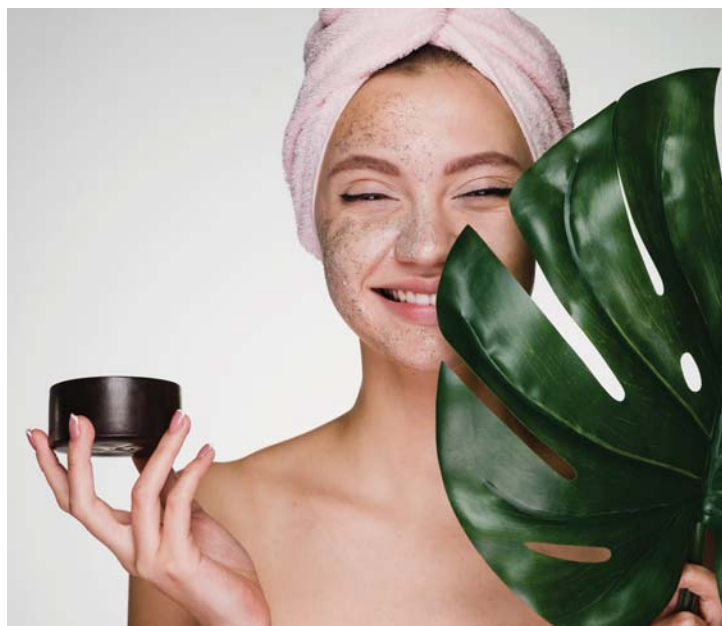
## AVEDA TEEN FACIAL

It's important to learn good habits early. Our teen facial introduces teens to good skincare techniques and helps build confidence through good preparation. Our skincare professionals will give a facial while answering questions and providing instruction for proper skincare for the years to come.

## TEEN EXPRESS MANICURE & PEDICURE

This introductory nail treatment includes a soothing foot soak, nail filing, trimming and a nourishing vegan Sparitual nail color finish.

*\*Guests between the ages of 16 and 18 will be scheduled with a therapist of the same gender and must have a guardian present throughout spa visit.*





# Hand and Foot Therapy

**Philosophy** Day in and day out, your hands and feet are at work and often times are neglected 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. In order to best achieve this, we have carefully customized treatments combining AVEDA and other organic products with the luxury vegan nail care line SPARITUAL.

## EXPRESS 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.

## MEDITATIVE MANICURE & PEDICURE

Merging the beauty ritual of the manicure and pedicure with the ancient practice of meditation, this service offers a unique holistic spa experience. 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 application of the nourishing vegan SPARITUAL nail color.

## TROPICAL ISLAND MANICURE & PEDICURE

Capture the essence of the tropics with this luxurious spa manicure and/or pedicure service featuring 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.

## 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 doesn't fade – 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!

## NAIL SERVICE UPGRADES

Gel Removal

French Add-on

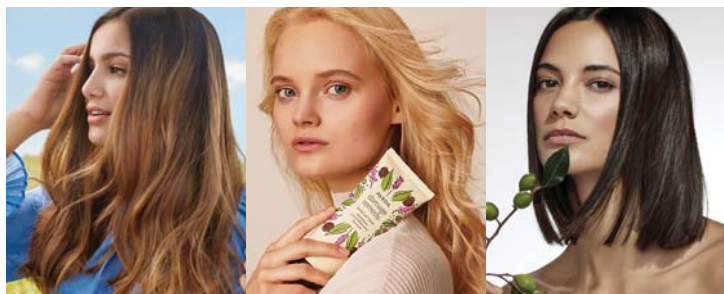
Nail Repair

Eco-Fin (Paraffin alternative)



# Hair Care & Waxing

**Philosophy** Aveda salon professionals are continually educated on the latest trends and techniques to transform your look with styles inspired by runways from around the world based on your specific needs and desires. After a personalized consultation and your hair treatment of choice, our full line of Aveda products will be available for you to re-create your salon look at home.



## STYLE

Shampoo & Blow-out  
Shampoo, Cut & Style  
Men's Cut & Style  
Child's Cut (Under 12 yrs.)

## COLOR

Touch-Up/Full Length Color  
Highlights Half Head/Full Head  
Toner/Glaze, Balayage,  
Highlights and Lowlights

## WAXING

Eye Brows, Chin, Lips  
Arms (Full-Upper-Lower)  
Legs (Full-Upper-Lower)

Back (Full-Upper-Lower)  
Bikini

## HAIR TREATMENTS

**Damage Remedy™ Intensive Restructuring Treatment**  
Strengthens and repairs damaged hair while sealing in moisture.

**Color Conserve™ Strengthening Treatment**  
Illuminates color with shine and aids with breakage control.

**Dry Remedy™ Moisturizing Treatment Masque**  
Helps seal in long-lasting moisture benefiting dry, brittle hair.

## Botanical Repair Treatment

Intensive professional treatment strengthens and repairs three key layers of hair – from the surface to the core. Hair is visibly healthier, shinier – naturally full of life.

## Nutriplenish Treatment

Instantly replenish moisture with nutrients as you help relieve stress with oil and heat. Hair is lush and visibly healthier.

## AVEDA Shine Treatment

Add beautiful, weightless shine to your hair that lasts through 20 washes – in just 5 minutes. Refreshes your color, tints your natural hair and adds clear, eye-catching shine.

## Swiss Apple Treatment

Discover the first Keratin treatment based on stem cells of the Swiss apple with a highly regenerative power that helps recovery of damaged hair from the very first application and transforms it into perfectly straightened hair for up to 6 months. As a powerful volume reducer, your hair will look shiny, feel soft to the touch and have a revitalized cell structure. It is a completely natural formula, formaldehyde free, which can be used on all types of hair.

## SCALP TREATMENTS

### Pramasana Scalp Treatment

Enjoy a “facial” for your scalp that cleanses, stimulates and balances the scalp. Hair is soft, with natural shine.

### Pramasana Scalp Treatment with Masque

Our trained professionals will cleanse your scalp with the Pramasana Scalp Cleanser, wash your hair, and apply the Pramasana Scalp Masque, which conditions your hair. This is an in salon treatment only.

### Invati™ Treatment for Thicker & Fuller Hair

This treatment helps create a healthy scalp environment for an enhanced experience with Invati™ solutions for thinning hair, helping to reduce hair loss to keep the hair you have longer. This hair spa treatment gives you luminous, healthy-looking hair, by combining the power of touch with aroma-therapeutic essential oils. Please add a blow dry when booking to complete this service.

# *Just for Him*

**Philosophy** Most of our treatments at The Palms Aveda Spa are unisex, yet we have carefully curated 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**

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 to your specific needs, remove impurities that cause breakouts, blackheads and ingrown hairs, and enhance your experience with a scalp, face, neck and shoulder massage to relieve everyday tension.

## **GENTLEMEN'S BACK FACIAL**

Our therapists will provide a deep cleansing treatment of the back, with a focus on massage 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" skin treatment – it will deeply relax and rebalance you.

## **GENTLEMEN'S MANICURE & PEDICURE**

During the manicure, our nail technicians will treat your nails and cuticles to proper maintenance, offer a relaxing hand and forearm massage and finish it off by your choice of buff or clear polish. The pedicure will revive tired feet and legs while giving attention to the common problem feet encounter – dry and rough skin. We will treat your nails and cuticles, provide a foot and lower leg massage including exfoliation and finish with your choice of buff or clear polish.

## **MEN'S RETREATS**

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

## **RELAX HIM**

- 50 min Deep Tissue Massage
- 30 min Gentlemen's Facial
- Haircut or Pedicure

## **REVITALIZE HIM**

- 50 min Aveda Aroma Massage
- 30 min Aqua Salt Glow Treatment
- Haircut or Pedicure



# Spa Packages

**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 INTO RELAXATION

A trip into complete calm and serenity for all the senses. This great experience will have you feeling relaxed from head to toe:

- 80 min Stress Fix™ Massage
- Meditative Manicure and Pedicure

## JOURNEY FOR TWO

A journey of relaxation creates a stronger bond, enjoy together:

- 50 min Aveda Aroma Massage for two
- Meditative Manicure and Pedicure per person

## JOURNEY INTO MOTHERHOOD

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

- 50 min Mother to be Massage
- Shampoo and Blow-out  
or Express Manicure and Pedicure

## JOURNEY INTO HARMONY

Bring harmony back to your chakras, sooth your mind and pamper your fingers and toes:

- 80 min Chakra Balancing Massage
- Meditative Manicure & Pedicure

## 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
- Express Pedicure

## 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
- 50 min Aveda Signature Facial





## Bridal Services

**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 for this special milestone while keeping the stress out of the process, so we offer you the ultimate wedding convenience of fulfilling all of your beauty needs in one location.

### SNEAK PEEK SERVICES

In-depth consultation to get to know you and your desired style better. Our team of Bridal Beauty Professionals will work with you to perfect your look so it's everything you've ever dreamed of and more.

#### BRIDAL HAIR SNEAK PEEK

Includes an in-depth consultation, step-by-step styling, and placing of extensions, a veil, and/or hair accessories. We suggest washing your hair the night before your trial.

#### BRIDAL MAKE-UP SNEAK PEEK

Includes an in-depth consultation, skin preparation and priming, make-up design & application, customized false lashes.

### WEDDING DAY SERVICES

Your wedding day is one of the most memorable, most photographed days of your life, and we want to make sure you look and feel your absolute best. Our talented Bridal Beauty Professionals will help you and your bridal party achieve a flawless look that'll last all night.

#### WEDDING DAY BRIDAL HAIR

Includes styling, placing extensions, veil, and/or hair accessories. We suggest washing your hair the night before your big day so you are not rushing the morning of your wedding.

#### WEDDING DAY BRIDAL MAKE-UP

Includes an in-depth consultation, skin preparation and priming, make-up design & application, customized false lashes.

### SPECIAL EVENT & BRIDAL PARTY SERVICES

Hair services include up-do's or braids and make-up services include full make-up application. We suggest washing your hair the night before the big day so you are not rushing the day of the special event.

## Wedding Packages

**Philosophy** For the bridal party seeking to connect and relax together, we offer custom wedding packages designed to have everyone looking and feeling their best leading up to your special day. Our signature wedding packages include treatments from our skin care, massage and blended body therapies and will ensure your skin looks radiant while your body feels relaxed and rejuvenated.

### BRIDE TO BE RETREAT

- 50 min Tropical Island Glow
- 50 min Vitamin C Complex Transforming Facial
- 50 min GELFX Manicure and Pedicure

### GROOM'S RETREAT

- 80 min Stress-Fix Massage
- 50 min Gentlemen's Facial
- Gentlemen's Manicure

### HAPPILY EVER AFTER RETREAT

- 50 min Side-by-side Tropical Signature Massage
- 100 min Side-by-side Tropical Island Manicure and Pedicure

### MOTHER OF THE BRIDE OR GROOM RETREAT

- 50 min Aveda Aroma Massage  
or Aveda Signature Facial
- 100 min Meditative Manicure and Pedicure

### BRIDAL PARTY RETREAT (PARTY OF 6)

- 50 min Aveda Aroma Massages  
or Aveda Signature Facials
- Classic Manicures & Pedicures

# Outdoor Wellness Therapy

**Philosophy** In our zen-like, soothing and tropical garden, your body will be transformed by this open air experience resulting in a completely rested state of mind.

## ZEN-THAI THERAPY

Journey to a time immemorial, where temples revered the art of healing through respectful touch. Drawing inspiration from traditional Thai Massage, this treatment combines pain relieving trigger-point pressure with the well-known benefits of assisted stretching. Irresistibly comfortable and energizing, this dynamic treatment will leave you feeling visibly renewed and pain free.\*

## TRADITIONAL THAI HEALING JOURNEY

The art of Thai healing through touch comes to life in this blissful treatment. Combining the essentials of Thai assisted stretching, acupressure and guided breath work with the therapeutic effects of cold stones makes this the crown jewel of rejuvenating treatments. Succumb to 2 hours of deeply relaxing pain relief and irresistible comfort in the beauty of our breezy island-style outdoor cabana.\*

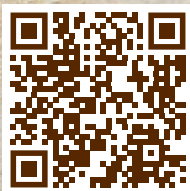
*\* These treatments do not employ oils or lotions and are comfortably received dressed in loose clothing. Ideal for those seeking the benefits of longer, leaner and more mobile joints akin to a guided yoga or post-workout stretch session.*

## ISLAND-STYLE CABANA MASSAGE (FOR ONE OR TWO)

Enjoy as a private service or reconnect with your partner in our island-style cabana with a side-by-side Aveda Aroma Massage experience. The peaceful outdoor setting will add the little extra pampering to your body and soul while the sound of the breeze will fully revitalize your drained physique.







*Scan for  
Spa Pricelist*



**The Palms Aveda Spa**

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**Massage Establishment License Number – MM23009**



LIFESTYLE™  
*Preferred*  
HOTELS & RESORTS