



the palms spa

AVEDA

## SPA MENU

### Hours of Operation

Monday to Friday 11:00am – 6:00pm | Saturday and Sunday 10:00am – 7:00pm.

### 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. 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.

### Age Requirement

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



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### Limited Amenities

Steam Room is mandated to be closed at this time. Access to the locker, showers, pool and beach remains available.

### Service Charges

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

### Cancellations

If your plans change and you are unable to keep your appointment, please let us know at least 24 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.

### Gift Cards

Give the gift of well-being with a treatment or package at The Palms Aveda Spa, available for purchase online. The perfect way to say thank you to friends and loved ones.

### Spa Cuisine

We invite you to enhance your spa experience with breakfast, lunch or dinner at Essensia Restaurant & Lounge, featuring a seasonal selection of natural gourmet cuisine with emphasis on premium local and sustainable ingredients. A Spa Bento Box menu is also available for your enjoyment between services or in the salon area.

### Retail

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

### Valet Parking

Guests of The Palms Aveda 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.



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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 Mālie 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 \$185 | 80 min \$230**

### 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 \$150 | 80 min \$200**

### HOT STONE MASSAGE

This massage is a unique connection we experience with nature, offering a sense of sacredness we too often forget. From deep within the earth, smooth, basalt rocks of varying sizes are gathered then heated and massaged on key points along the body creating comfort while deeply relaxing the muscles and mind. Warm massage oil is then added to combine long fluid strokes with hand and stone. Feel your body unwind while melting into your senses.

**80 min \$220**

### 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 \$210**



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### STRESS-FIX™ BODY MASSAGE

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

**80 min \$220**

### CHAKRAFLEXOLOGY MASSAGE

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.

**50 min \$130**

### MOTHER TO BE MASSAGE

Incorporating the modalities most appropriate for treating the ever-changing pregnant body frame, we will use supported, side-lying positioning along with pregnancy massage pillows for maximum comfort. Recommended after completing your first trimester.

**50 min \$160 | 80 min \$210**

### MASSAGE FOR TWO

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

**50 min \$340 | 80 min \$440**

### TROPICAL RETREAT FOR TWO

This personalized aromatic tropical retreat, featuring Mālie Organics, is the perfect escape to enjoy together in our exclusive duet suite. Indulge with a full body Swedish massage, followed by a hydrating body mask and a nourishing hair and scalp treatment.

**80 min \$470**

### ISLAND STYLE CABANA MASSAGE FOR TWO

Reconnect with your partner in our Island-style Spa Cabana with a side-by-side Aveda Signature Massage experience. The peaceful outdoor setting will add a little extra pampering to your body and soul, with the sound of swaying palm fronds and chirping birds fully revitalizing your drained physique. This experience may also be enjoyed as a single service.

**50min \$440 | 80min \$540**

This experience may also be enjoyed as a single service

**50 Min \$220 | 80 Min \$270**



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## MASSAGE UPGRADE

### SHIRODHARA WARM OIL TREATMENT \$60

This service may be booked as a 20 minute add-on to any massage therapy experience. Warm oil is poured on the forehead to calm the nervous system – to allow life energy, oxygen and other nutrients to flow more freely. The result: better brain function, mood stability and improved stress handling ability. With each successive Shirodhara treatment, the mind systematically achieves an even deeper state of peace and more healing takes place.

## 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 | \$35\* for 2 | \$55\* for 3** \*excludes Hydrating Face Mask

### 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.

### HOT STONE THERAPY

Ease muscle aches and soreness with an application of AVEDA's cooling oil while warm stones melt away stress, designed to target a specific area of tension.

### 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 is a relaxing addition to any massage service leaving your skin hydrated and soft, a perfect balance of organic sugar/salt and tropical oil blends will scrub dry skin away.

### 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.

### DETOX EXFOLIATION

Experience a vigorous form of manual exfoliation that helps loosen dead skin cells on the body, performed by rubbing the skin with a dry, natural-bristled brush. By eliminating the build-up of dead skin cells, there is an improved appearance in the tone, texture, and feel of the skin. Additionally, the exfoliation brush used during treatment is offered as a take-home gift to continue this highly effective treatment when needed.



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#### **REFRESHING EYE TREATMENT**

Refresh in an instant with this hydrating eye treatment. This patch technology accelerates the delivery of essential ingredients such as caffeine and hydrolyzed collagen while smoothing and refreshing your delicate eye area for a natural "just-woke-up-like-this" look that suddenly looks a whole lot brighter.

#### **SMOOTHING LIP TREATMENT**

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

#### **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 send in a much-needed surge of moisture to ease the tensions as essential ingredients of hyaluronic acid and vitamin B5 improve elasticity and smooth your skin. Try one anytime you're feeling parched.



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## BLENDING BODY THERAPIES

### 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. The experience is completed with a steam treatment allowing the therapy to fully breakthrough with positive results. A one-of-a kind experience that will leave you feeling refreshed and rejuvenated!

**120 min \$360**

### TROPICAL ISLAND GLOW

Nurture your skin and revive your senses with this exquisite treatment reminiscent of an indulgent tropical escape. Enjoy the nourishing powers of Mālie Organics' body polish lovingly crafted 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 a Mālie Organics clay mask and body butter leaving your skin fully nourished and hydrated and making it silky-smooth and glowing.

**50 min \$130**

### AQUA SALT RENEWAL

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

**30 min \$90**



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## SKIN CARE THERAPY

### 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 \$150 | 80 min \$200**

### BOTANICAL SKIN RESURFACING FACIAL

AVEDA's botanical alternative to microdermabrasion reveals a truly radiant complexion and smoother skin—without irritation or redness. This treatment uses the power of bamboo to smooth skin texture and minimize the appearance of pores, fine lines and wrinkles while significantly increasing radiance.

**50 min \$190 | 80 min \$240**

### BACK FACIAL

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.

**50 min \$160**

### 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 \$170 | 80 min \$210**

### 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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## TEEN & JUNIOR SPA THERAPIES

This menu is designed for the up & coming spa-goer. We have selected our most popular AVEDA spa services suitable for teens and kids, 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.

\*Guests under the age of 18 will be scheduled with a therapist of the same gender and must have a guardian present throughout spa visit. Children under age 16 must have guardian present in treatment room. The duet suite is available at no additional charge if you wish to receive a treatment with your child

### AVEDA TEEN AROMA MASSAGE

Our signature massage, recommended for hyperactive, over-achieving or over-scheduled kids, 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.

**50 min \$150**

### 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 in the years to come.

**50 min \$150**

### TEEN MANICURE & PEDICURE

This introductory nail treatment includes a delightful foot soak, nail filing, trimming and beautifully finished with a nourishing vegan Spa Ritual nail color.

**50 min \$65**



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## NAIL SERVICES

### 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**

### 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**

### 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**

### NAIL SERVICE UPGRADES

Gel Removal **\$20**

French Add-on **\$10**

Nail Repair **\$8 & up**

Eco-Fin (Paraffin alternative) **\$15**



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## SALON SERVICES

### STYLE

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

### COLOR

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

### HAIR TREATMENTS

#### SWISS APPLE SMOOTHING TREATMENT

Discover the first Keratin treatment based on stem cells from the Swiss apple with a highly regenerative power that recovers damaged hair from the very first application and transforms it into perfectly straightened hair for up to 6 months. As a powerful volume reducer, the 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. **\*Price upon consultation**

#### CURLY DIVA SMOOTHING TREATMENT

This is the first semi-permanent smoothing treatment formula carefully developed so that curly, medium and medium to coarse hair can be transformed with safety, comfort and capillary health. Formaldehyde free, it uses shea butter and the extraordinary baobá oil, which will leave your hair hydrated, nourished, bright and deeply restored.

**\*Price upon consultation**

#### DAMAGE REMEDY™ Intensive Restructuring Treatment

Strengthens and repairs damaged hair while sealing in moisture

**from \$25**

#### COLOR CONSERVE™ Strengthening Treatment

Illuminates color with shine and aids in breakage control

**from \$25**

#### DRY REMEDY™ Moisturizing Treatment Masque

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

**from \$25**



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## WAXING

Eye Brows	\$30
Chin	\$20
Lip	\$15
Full Leg	\$70
Full Arm	\$50
Under Arm	\$25
Upper Leg	\$35
Lower Leg	\$30
Lower Back	\$30
Upper Back	\$40
Full Back	\$75
Bikini	\$45
Full Brazilian	\$100



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## JUST FOR HIM

### 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 \$150 | 80 min \$200**

### GENTLEMEN'S BACK FACIAL

Our therapists will provide a deep cleaning treatment of the back, with a heavy 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.

**50 min \$170**

### 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. Our spa 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 to proper maintenance, provide a foot and lower leg massage including exfoliation and finish with your choice of buff or clear polish.

**30 min Manicure \$25**

**30 min Pedicure \$50**

### 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, but 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

**120 min \$270**

#### REVITALIZE HIM

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

**120 min \$270**



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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

**120 min \$242**

### 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

**90 min \$210**

### 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

**120 min \$210**

Massage Establishment License Number MM23009