



## Spa Month Specials 2020

### Body & Sole Renewal

50 min - \$109

This full body massage utilizes the power of essential oils combined with Swedish massage techniques, a foot polish and a stress relieving foot massage to help you recover from the negative effects of stress.

*\*Enjoy this service in the company of a loved one, upgrade to the duet suite for an additional \$10 each*

### Rejuvenating Retreat

80 min - \$139

Choice of 50 min Signature Facial OR 50 min Aveda Aromatherapy Massage and a Classic Manicure. Add a Pedicure to this experience for an additional \$40.

**Aveda Aroma Massage:**

Stress, muscle tension and lack of energy can all be addressed during this Swedish/relaxation massage service

**Aveda Signature Facial:**

Includes consultation, cleansing, exfoliation, toning, moisturizing, customized masque application, facial massage and corrective techniques to restore your skin's balance.

### Tropical Island Journey for two

50 min - \$139 each

Performed in our exclusive duet suite, renew your skin and relieve your soul with this uniquely customizable massage experience enhanced by 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 two modalities based on your needs or your therapist's recommendation. Modality choices:

**Swedish** – Gently flowing relaxation massage

**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

*\* This experience may also be enjoyed as a single service*

- *During this time of uncertainty and in light of citywide restrictions, our steam room and locker rooms are closed for the safety of our visitors and staff in compliance with CDC guidelines.*
- *A 20% service charge will be applied to the treatment price.*
- *No substitutions or changes to the Spa Month Services as described*
- *Reservations via: [spa@thepalmshotel.com](mailto:spa@thepalmshotel.com) or (305) 908-5460*