

# CALM WATERS SPA EXPERIENCE MENU

## CALM WATERS SPA VOYAGES

Here in the Keys, we certainly know the meaning of “kick back and relax.” Enjoy yourself with one of the following combinations of our most popular spa services.

### Sailing Seas

Escape from daily worries and get re-connected to your number one priority – you! Let your troubles slowly melt away as you experience our transforming Sea Stone massage. Then our Sun ‘N Sea Facial will rejuvenate your skin. Next, sit back and relax while our experts pamper your hands and feet into total perfection with a Sea Stone manicure and pedicure.

3 1/2 hours.....\$380

Sea Stone Massage. 50 minutes.

Sun N’ Sea Facial. 50 minutes.

Sea Stone Manicure & Pedicure. 80 minutes.

### Double Up

Use one of our lovely double suites and enjoy our Tropical Breeze massage and side by side pedicure with a friend, partner, spouse, child or teammate. The staff at Calm Waters Spa guarantees this to be a pleasant journey for you both.

2 hours for 2 people.....\$320

Tropical Breeze Massage. 50 minutes.

Tropical Toes Classic Pedicure. 50 minutes.

### Tropical Teaser

If you need a real pick-me-up, this worthy voyage is for you. Two and a half hours and you will be refreshed and renewed from head to toe!

2 1/2 hours.....\$260

Tropical Breeze Massage. 50 minutes.

Caribbean Glow Facial. Great for men and women of all skin types. 50 minutes.

Hurricane Scrub Glow. 25 minutes.

### Sunshine Sampler

Experience the best we have in a short time. Let our Calm Waters Spa staff treat you to this mini-sampling of popular services.

2 hours.....\$240

Backstroke Massage. 25 minutes.

Scalp Massage Therapy. 25 minutes.

Sea Mist Facial. 25 minutes.

Pretty Beach Pedicure. 25 minutes.

## SMOOTH SAILING FACIALS

Calm Waters Spa professionals will de-stress and pamper you, leaving your skin radiant and glowing. A thorough analysis of your skin will provide you with the information you need to treat your skin correctly. Following this analysis, your treatment will begin with a deep cleansing to prepare your skin for professional product application. Our therapist will then use relaxing and effective facial massage techniques to ensure that your skin is deeply nourished.

### Caviar and Pearls – Signature Facial Treatment

This opulent treatment lavishes your skin with pure caviar extract, pearl extract, and a revolutionary blend of phyto-extracts called Escutox. Improving elasticity and texture, this luxurious mask increases skin oxygenation and suppleness, while reducing expression lines. Our signature facial treatment includes a special massage to increase relaxation. 80 minutes ..... \$200

### Caribbean Glow – For All Skin Types

This deep pore-cleansing facial consists of an exfoliation, steaming, and cleansing of clogged pores. Following the cleansing, a mask appropriate for your skin type is applied as a finishing touch. This treatment is beneficial for any skin type. 50 minutes ..... \$110

### Sun N’ Sea – A Rejuvenating Facial Treatment

This is a radical facial treatment for dull and dehydrated skin. It combines the high potency of Vitamin C with stimulating freeze-dried seaweed and squalane, rendering skin firmer, brighter, more rejuvenated, and velvety soft. This is an excellent treatment for sunbathers and sun-damaged skin. 50 minutes ..... \$140

### Calm Waters – A Soothing Facial for Sensitive, Sunburned, Rosacea or Couperous Skin

This highly effective, soothing treatment calms redness and alleviates irritated or sensitive skin. A healing propolis ampoule (natural ingredient collected by bees) is applied to desensitize the skin’s surface and restrict capillaries. A cool lift-off mask is then applied to seal in the vitamin-enriched treatment. 50 minutes ..... \$140

### Soothing Sunset – A Deeply Hydrating Facial

This facial treatment combats dry, dehydrated skin. Vitamin-enriched, it infuses the skin with vitamins A, E, and D, fighting free radicals that cause premature aging. This dramatic bi-thermal treatment mask warms first, to promote vitamin absorbency within the skin, then cools to seal in hydrating benefits and refine the pores. 50 minutes ..... \$140

### Sea Mist

This mini facial is ideal for those on the go. Your skin is cleansed with light exfoliation, then massaged, and a pore-refining mask applied. The treatment concludes with a veil of light moisturizer. 25 minutes ..... \$70

## FACIAL ENHANCEMENTS

Neck & Décolleté Treatment. 25 minutes .....	\$70
De-stress Eye Treatment for Puffiness & Dark Circles .....	\$30
Collagen Eye Treatment for Lines & Wrinkles.....	\$30
Youthful Lip Treatment.....	\$25
Scalp Therapy Massage. 25 minutes.....	\$65

## CALM WATERS SPA WAXING SERVICES

Full Face.....	\$50	Brow Clean Up.....	\$20
Brow Shaping .....	\$35	Lip.....	\$15
Chin.....	\$15	Underarms.....	\$35
Bikini Clean Up.....	\$40	Brazilian Wax.....	\$75
Half Leg.....	\$55	Full Leg.....	\$65+
Back.....	\$60+		

## BODY BAR

Few activities are as soothing and rejuvenating as one of our blissful body treatments. Whether you want to cleanse, firm, smooth, detoxify, or hydrate your skin, our indulgent body treatments will infuse your body with nourishing ingredients to deliver exceptional results.

### Key Lime Mojito – Signature Body Treatment

This body exfoliation begins in our tropical rain room where you feel the invigoration of the Mojito Sugar renew and revive your body's skin. As the gentle rain of the Vichy shower soothes the senses, experience a Key Lime infused shampoo and conditioning treatment for your hair. After, we'll submerge you in a warm moisture wrap, that leaves your skin feeling soft and hydrated.

80 minutes ..... \$180

### Crème de Café – Slimming & Toning

Slim and tone your body with our cutting-edge cellulite treatment. This slimming and toning wrap stimulates your body's ability to break down fat, increases metabolism, and minimizes water retention. Pure 100% micronized green coffee, naturally rich in proteins, and essential oils, smoothes and enhances your skin's overall texture, visibly reducing spongy, dimply, cellulitic areas.

80 minutes ..... \$170

### Grasshopper – Detoxifying, Firming, Hydrating

This therapeutic seaweed wrap firms, hydrates, and re-mineralizes dry, damaged skin. Your treatment begins with a gentle exfoliation, followed by the generous application of warm seaweed. You are then wrapped in thermal blankets as you enjoy the essence of mint while your entire body releases stress and toxins.

80 minutes ..... \$170

### Mud Slide

Mineralizing Moor Mud is applied and then you're wrapped in warmth, helping to alleviate muscular tension and aches while detoxifying and improving circulation. Finish off with our exotic lavender dry oil.

50 minutes ..... \$130

### Piña Colada – Exfoliating and Nourishing

Indulge yourself with our intoxicating pineapple sugar scrub followed by a delectable body butter wrap that will leave your skin silky, soft and nourished with moisture.

50 minutes ..... \$130

### Dilo Daquiri

A body wrap of dilo rescue gel made up of cold pressed dilo nuts, virgin coconut oils, and passion flower extract will deliver a bounty of nutrients to the skin, speeding up the healing process and helping to protect skin from further sun damage.

25 minutes ..... \$70

### Hurricane – Invigorating and Nourishing

This treatment is a light and refreshing exfoliation that invigorates your senses with exotic island aromas. Your treatment is completed with a moisturizing lotion.

25 minutes ..... \$70

## BODY TREATMENT ENHANCEMENTS

Firming Neck & Décolleté Treatment. 25 minutes ..... \$70

Cellulite Treatment. 25 minutes ..... \$70

Scalp Therapy Massage. 25 minutes ..... \$70

## SUNSET SALON

### Nautical Nails

#### Maritime Manicure & Pedicure – *Signature Nail Treatment*

The ultimate experience for your hands and feet. Using our tropical products made of organic ingredients, this combination manicure and pedicure service will have your hands and feet refreshed, tingling, rejuvenated, and beautiful. You will soak in warm scented sea salt water infused with exotic essential oils. Next, our staff will perform an exfoliation, mask, and massage on your hands and feet, along with all the traditional nail services.

80 minutes ..... \$140

#### Other Nail Services

Heavenly Hands Classic Manicure.....	\$40	Gentleman's Manicure.....	\$30
Tropical Toes Classic Pedicure .....	\$65	French Pedicure.....	\$75
Aqua Heal Softener .....	\$30	Polish Change.....	\$20
French Manicure.....	\$50	French Tips .....	\$30

## BEACH BEAUTY

Kid's Shampoo and Cut (9 and under).....	\$20+	Women's Shampoo, Cut and Style .....	\$55+
Men's Shampoo and Cut.....	\$35	Shampoo and Style Only .....	\$40+
Women's Shampoo and Cut.....	\$45+	Formal Style.....	\$50+

#### Highlights, Lowlights & Color

Full Single Color.....	\$95+	Full Highlights.....	\$150+
Dimensional Color .....	\$95+	Partial Highlights.....	\$95+
Color Touch Up.....	\$60+	Glossing.....	\$45+

## HAIR SERVICE ENHANCEMENTS

### Guilt Free Sugar Scrub

Invigorate your scalp and improve circulation with our organic raw sugar scrub. Using only therapeutic grade essential oils, your hair and mind will feel uplifted and balanced.....

Kids 12 and under..... \$25

### Key Lime Klean

Indulge in a tropical concoction of fresh cut key limes and sparkling water. Perfect for all hair types. Essential for blondes and "pool green" hair.....

Men's Tension Tamer..... \$45

### Men's Tension Tamer

A retreat for your mind, body, and soul. Stimulate your senses with a tingly treat that pampers while it cleanses. Natural extracts of mint, tea tree and lavender.....

Moroccan Moisture..... \$40

### Moroccan Moisture

This unique formula rich in proteins is a therapeutic remedy that penetrates deep into the hair to help restore and rebuild, while repairing damage caused by chemicals, sun and wind. Your hair will be incredibly moisturized with brilliant shine.....

## CALM WATERS MAKEUP SERVICES

Calm Waters Spa uses only the purest makeup products, which are actually good for your skin. We can even teach you the coveted secrets of achieving a flawless complexion without ever looking "made up." With the use of our 100% pure natural mineral make-up, your skin will glow, and people will see you—not your make-up! We offer a simple three-step makeup application technique to address any specific skin condition, including normal skin, acne, rosacea, hypersensitivity, and sun damage. When used as part of your home skin care strategy, our take-home products will support the results of the professional services you've received. Our mineral makeup applications are taught by our professional makeup artist, and include detailed instructions for home use.

Makeup Lesson and Application..... \$70

Airbrush Make-up..... \$100+

Special Occasion Make-up..... \$85+

## TOP SHELF - SIGNATURE SPA EXPERIENCE

### Swept Away – Signature Body Treatment

This ancient palace custom dates back to the 17th century. It was performed every day for 40 days prior to a royal wedding ceremony. The exotic perfume and tropical island scents are blended with organic botanicals that have a healing, nurturing effect. This treatment begins with a flower foot soak, and continues with a full body scrub of exotic tropical extract to exfoliate and revitalize your body. The scrub is then removed with warm steamed scented towels. This ritual is completed with a luxurious, moisturizing meditative massage, using fragrant oils to re-hydrate your skin and heighten your sensory experience. Choose from Coconilla or Jasmine Frangipani extracts.

100 minutes ..... \$280

### Flowing Currents – Signature Massage

Let the professionals at Calm Waters Spa provide you with a unique massage and energy experience. Through a combination of touch therapies and a customized blend of aromatherapy oils, your therapist will provide you with an exceptional synergistic experience to reduce stress and tension, unblock your natural energy, and re-balance your mind, creating an overall state of well-being and total relaxation.

80 minutes ..... \$200

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### Maritime Manicure & Pedicure – Signature Nail Treatment

The ultimate experience for your hands and feet. Using our tropical products made of organic ingredients, this combination manicure and pedicure service will have your hands and feet refreshed, tingling, rejuvenated, and beautiful. You will soak in warm scented sea salt water infused with exotic essential oils. Next, our staff will perform an exfoliation, mask, and massage on your hands and feet, along with all the traditional nail services. 80 minutes ..... \$140

## SUNSPASH TEENS

For Ages 10–17

This menu of services was created for young skin types and designed for the next generation of spa visitors. They are performed with the utmost concern for the care and comfort of our young guests. Teens must wear a bathing suit for spa services and bring parental consent.

### Island Breeze

This massage treatment is a gentle full body massage in true Swedish style, using long strokes to soothe those growing pains away. The facial cleans to remove impurities and teaches how to take better care of young skin.

25 minute massage ..... \$60

25 minute facial ..... \$60

### Spa Castaways

Bring a friend and enjoy side-by-side facials and/or massages in our double suite. \$60 per treatment. Please don't forget to wear your bathing suits! 25 minutes per service ..... \$60

### Kick Back and Relax

Mini Island Manicure. 25 minutes ..... \$30      Mini Island Pedicure. 25 minutes ..... \$40

Both include our exotic fruit and flower products!

### Glamour Girl

Teen Shampoo, Cut & Style ..... \$50+      Teen Facial and Makeup ..... \$110

Teen Shampoo & Cut ..... \$40+      Teen Makeup Lesson ..... \$50

Teen Formal Style ..... \$40+

### Child Salon Services (Ages 2–9)

Children's Cut ..... \$20+

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For reservations call 305-289-4810

## TRADEWIND MASSAGES

The sensation of touch is one of the most powerful in the human body. The Calm Waters Spa approach to touch therapy is based on dedicated personal attention that soothes the mind, relaxes the nerves, and encourages healthy blood flow.

### Swept Away – Signature Massage and Body Treatment

This treatment begins with a flower foot soak, and continues with a full body scrub of exotic tropical extract to exfoliate and revitalize your body. The scrub is then removed with warm steamed scented towels. This ritual is completed with a luxurious, moisturizing meditative massage, using fragrant oils to re-hydrate your skin and heighten your sensory experience. Choose from Coconilla or Jasmine Frangipani extracts. 100 minutes ..... \$280

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### Gentle Waves

Unwind, quite literally, while your therapist smoothes your tense muscles and increases your flexibility through a variety of assisted stretch techniques. This yoga-inspired full body massage will also increase circulation. Our Table Thai massage is performed fully clothed on a massage table. 80 minutes ..... \$200

### Tropical Breeze

This wonderful full-body Swedish massage will increase circulation, calm your mind, and soothe sore muscles. 50 or 80 minutes ..... \$110, \$170

### Nautical Compass

Tension is released with special massage techniques that focus on pressure points in the hands, feet, scalp, face and neck. A choice of special aromatherapy oils is used to enhance your experience (80 minutes includes back massage). 50 or 80 minutes ..... \$110, \$170

### Deep Sea

Through a deep massage of all your muscle groups, this therapeutic treatment relieves problematic areas and prepares you for your next activity. 50 or 80 minutes ..... \$130, \$200

### Sea Stone

In this heavenly experience, a healing touch will be blended with the therapeutic properties of warm, smooth sea stones. Tension and stress will slowly melt away from your body. 50 or 80 minutes ..... \$130, \$200

### Beach Feet

Ancient techniques have been used for centuries to relax your entire body by expertly manipulating acupressure points on the feet. It is unlike any massage you have ever experienced! This treatment also includes an exfoliation to remove rough spots. 50 minutes ..... \$110

### Backstroke

In this treatment, simple yet effective techniques are used to ease tension in the head, neck, upper back, and shoulders. 25 or 50 minutes ..... \$70, \$140

### Bahama Mama

This prenatal treatment will relieve back tension and reduce stress on weight bearing joints. Our therapist will help increase circulation and reduce swelling in this wonderfully relaxing massage, catered to your changing body and nurturing the new life inside. 50 minutes. (Not recommended for first trimester of pregnancy.) ..... \$110

### Couples Suite Massages

Make memories with that special someone (spouse, partner, child, or friend) by sharing the experience of true relaxation. Select the side-by-side massages of your choice to be performed in one of our extra large massage suites.

## MASSAGE ENHANCEMENTS

Scalp Therapy Massage. 25 minutes.....	\$65	Aromatherapy with Essential Oils.....	\$15
Pedissage Foot Massage. 25 minutes.....	\$70	Chakra Energy Balancing.....	\$15
Warm Sea Stones.....	\$20		

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## CALM WATERS SPA BOUTIQUE

Discover exotic and unexpected treasures in our Calm Waters Spa Store! Please come in at your leisure and peruse our fabulous inventory of indulgent and functional products. You may find something to hoard for yourself, or that perfect souvenir for someone else to cherish.

## CALM WATERS SPA GIFT CERTIFICATES

Show that special person you care with a gift certificate to Calm Waters Spa. Gift certificates can be redeemed for any of our fabulous services as well as for any products in the Calm Waters Spa Boutique. A Calm Waters Spa Gift Certificate is the perfect way to help your loved one(s) celebrate an anniversary, birthday, wedding day, Valentine's Day, Mother's Day, Father's Day – or just ANY day! Please call us or stop in for more details.

## SPA POLICIES

### Hours of Operation

Calm Waters Spa is open every day from 9 am to 7 pm.

### Arrival

Please arrive at least 30 minutes prior to your scheduled appointment, so that you can check in to the spa area and still receive the full enjoyment of your treatment time. If you arrive late, your session will still end at the scheduled time, as a courtesy to the next guest.

### Spa Amenities

During the day of your service you are invited to enjoy our beautiful relaxation room, candlelit whirlpool, eucalyptus steam room, and dry sauna. Lockers, private showers, and toiletries are also provided for your convenience. Please be sure to bring a swimsuit, as the whirlpool, steam room, and sauna are co-ed areas.

### Appointments

We recommend that you make reservations in advance to allow you the maximum choice of treatment times. Appointments are held with a credit card, gift card, or pre-paid credit. To make an appointment, you can contact us directly at 305.289.4810, or call ext. 1801 from within the resort.

### Service Charges

For the convenience of our guests, a 20% service charge will be added to all treatments in lieu of the therapist's gratuity. Additional gratuities are optional.

### Cancellations and Appointment Changes

If your plans should change or you are unable to keep your appointment, please let us know at least 4 hours prior to your scheduled treatment time (group or multiple services require 48 hour advance notice). Otherwise, we regret that you will be subject to all charges for your appointment. We know you'll understand that this policy is in consideration of the needs of our other guests, in addition to the valuable time of our professional staff.

### Other Spa Policies

Substitutions within packages are available only where choices have been specified.

All prices, services, and hours of operation at the spa may be subject to change without notification.

For Calm Waters Spa reservations, please call **305.289.4810**, or dial **ext. 1801** from within the resort.



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