

HAIR CARE & MAKE-UP

Style

Shampoo & Blow Dry/Iron.....	from \$50
Shampoo, Cut & Dry.....	from \$70
Men's Cut & Style	from \$45
Child's Cut (under 12 yrs).....	from \$30
Up-Do Styling	\$75
Trial Up-Do	\$115
Bridal Up-Do.....	\$95
Child's Up-Do (under 12 yrs).....	from \$60

Color

Touch Up Color	from \$70
Full Length Color.....	from \$90
Partial highlights	from \$110
Full Highlights.....	from \$175
Toner/Glaze	\$50
Highlights & Lowlights.....	Priced upon consultation
Corrective Color.....	Priced upon consultation
Lash Tint	\$25
Brow Tint.....	\$20

Treatments

Damage Remedy™ Intensive Restructuring Treatment.....	from \$25
<i>Strengthens and repairs damaged hair while sealing in moisture.</i>	
Color Conserve™ Strengthening Treatment.....	from \$25
<i>Illuminates color with shine and aids in breakage control.</i>	
Dry Remedy™ Moisturizing Treatment Masque	from \$25
<i>Helps seal in long-lasting moisture benefiting dry, brittle hair.</i>	
Keratin Treatment.....	Price Upon Consultation

Waxing

Eye Brows	\$25
Bikini.....	\$45
Chin/ Lip	\$15
Back	\$65
Upper Leg	\$30
Lower Leg	\$30
Full Leg	\$50
Under Arm.....	\$20
Full Arm	\$40

Make-Up

Trial Make-up / Make-up Application	from \$70
Eyelash Application	from \$20



Appointments

We recommend you make your appointment in advance to allow you to choose the times which best suit 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 experience. We recommend arriving even earlier to enhance your experience and enjoy our spa facilities. If you arrive later than your 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 room, our aroma steam room with cool plunge shower and ice fountain ideal for chilling down between warming up. Locker rooms for both men and women are available and feature a Swiss shower, private shower, dressing area and Aveda bath amenities. All guests of The Palms Spa 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.

Steam Room

Those hotel guests who do not have a spa treatment booked are welcome to enjoy the steam room, shower and spa relaxation facilities for a \$20 charge (subject to availability).

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 disrobe completely. Your preference and modesty will be respected. We recommend wearing no jewelry during treatment. Lockers are available for your use. We are not responsible for any lost items.

Preparing for your Treatment

We recommend showering prior to using our relaxation facilities and before your treatment. Clean skin will better absorb the essential oils, scrubs and/or creams used in our massage treatments, facials and body treatments. We also recommend using the steam room before your treatment. Warming up the muscles prior to your treatment increases circulation, encourages relaxation and enhances treatment results.

Retail

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

Service Charges

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

Age Requirement

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

Gift Certificates

Give the gift of relaxation with a treatment or package from The Palms Spa available for purchase at the spa front desk. The perfect way to say thank you to friends and loved ones.

Cancellations

If your plans should 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 at a more convenient time. Services not cancelled within the cancellation period will be charged 100% including gratuity. Group reservations require a one week advanced cancellation. Packages require a 24 hour cancellation. Cancellations made after these timeframes will be charged the full amount plus service charge.

Dining

We invite you to enhance your spa experience with breakfast, lunch or dinner at Essensia Restaurant, featuring natural gourmet cuisine and a farm-to-table philosophy. We also offer Spa Bento Boxes for your enjoyment in the spa. Please ask our Spa attendants for a menu.

Valet Parking

Guests of The Palms Spa receive discounted parking with their treatment. Please ask the spa front desk to validate your parking prior to departure.

Hours of Operation

9am to 8pm, 7 days per week
Reservations: 305 908 5460

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



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Wedding Spa Services

OUR PHILOSOPHY

The Palms Spa is dedicated to nurturing your body and soul with an array of revitalizing beauty and wellness experiences. As an Aveda lifestyle spa, our treatments are influenced by ancient Ayurvedic philosophy, paired with high performance, botanically derived products, delivered in a serene, nature-inspired atmosphere. We fully subscribe to Aveda's mission "to care for the world we live" by offering extraordinary treatments in an environment "where beauty works in harmony with the greater web of life and with nature".

OUR FACILITIES

Our 5,000 square foot spa features five multi-purpose treatment rooms, including a couple's suite with experience snail shower, a beautiful indoor/outdoor relaxation area, an aroma steam room with cool plunge shower, ice fountain, a HydroCapsule room for body treatments, a full-service beauty salon, and a retail area offering the complete line of Aveda hair, skin, make-up and lifestyle products, along with the vegan luxury nail care line SpaRitual. Spa guests enjoy complimentary access to the hotel's tropical gardens, pool, and beach area.



OUR TREATMENTS

All treatments are designed to focus on your individual needs. The therapist will conduct an in-depth consultation at the beginning of every treatment in order to determine the appropriate type of bodywork, skin therapies and/or body treatments you require. Your specific needs are then addressed accordingly, leaving you relaxed, rebalanced, invigorated or re-energized.

SERVICES INCLUDE

- Massage Therapy
- Skin Care Therapy
- Body Treatments
- Hand & Foot Therapy
- Hair Care & Make-Up
- Waxing
- Just For Him Treatment
- Mini Retreats (approx 2 hours)
- Spa Journeys (half day)

PRE-WEDDING SPA GUIDE FOR THE BRIDE & GROOM

Preparing for the big day can be hectic and downright stressful for the new Mr. & Mrs. The following spa do's (and don'ts!) are designed to help you relieve that stress:

BODY TREATMENTS

Our body treatments will leave your body relaxed and renewed from an application of high performance botanical-based products, nurturing touch, and the power of the HydroCapsule - a personal pod-like chamber which allows body treatments to be self-contained for privacy and cleanliness. The HydroCapsule features a Vichy shower along with steam and light therapy. Body scrubs focus on removing dead cells from the epidermis for soft, smooth skin. Masques work to detoxify the body. For best results, pair the two for supple, glowing and photography-ready skin.

MASSAGES

Our massages are designed to restore inner peace and harmony through massage techniques that best benefit the individual's needs. For ultimate relaxation, we highly recommend coupling a body treatment with a massage. Allow our expert team of therapists to reinvigorate your mind, body and soul for your upcoming nuptials.

HAIR & MAKE-UP

Our make-up and hairstyling professionals are specialized in styling bridal parties. Schedule your wedding day hair & make-up appointment shortly after booking your event at The Palms to secure your perfect appointment time. Also, it is recommended to schedule a hair & make-up trial run at least 3 months prior to tying the knot. We can help book the trial run to coincide with your menu tasting. If you're planning on wearing a veil or hair piece, please bring it with you to the salon on your trail day.

FACIALS

Stress, poor diet and daily environmental aggressors can overwork skin making it seem dull and blemished. Our estheticians will evaluate your skin type to identify the most beneficial treatment to improve facial appearance. The best way to get a glowing, radiant complexion for your big day is to start a skincare regimen six to eight months prior. Schedule one facial per month to draw out impurities and improve tone and texture. Make sure your last facial is scheduled at least one week before your rehearsal dinner or wedding day for that perfect wedding day glow.

HAND & FEET THERAPY

Our nail technicians combine natural Aveda products with SpaRitual's vegan nail care collection to repair and restore tired hands and feet. Getting weekly manicures about three months before your wedding date will ensure your nails are in tip top shape. Before you have the first dress fitting, manicure your nails the shade you plan to wear and see how it looks against your dress. Planning ahead will give you a chance to get that perfect fit.

WAXING

Waxing the day of your wedding is a huge no-no. Schedule an appointment at least one week prior to the date of your wedding.



WEDDING SPA PACKAGES

Allow The Palms Spa to prepare you for your special day! Designed for pampering and spending time together, our Spa wedding packages combine our most popular treatments at discounted prices. Choose one for yourself, your husband-to-be or your entire wedding party. Customized bridal group pricing also available.

WEDDING COUPLE

JOURNEY INTO ENDLESS LOVE..... \$385

50-Minute Side by Side Massage
Spa Manicure (per person)
Bento Box Spa Lunch



BRIDE & BRIDESMAIDS

JOURNEY INTO MARITAL BLISS..... \$340

50-Minute Elemental Nature Massage
Spa Manicure & Pedicure
Bridal Make-up Application
Shampoo & Blow-out
Bento Box Spa Lunch

MATCH MADE IN HEAVEN..... \$240

50-Minute Elemental Nature Massage
50-Minute Elemental Nature Facial



GROOM & GROOMSMEN

REVITALIZED GROOM.....\$230

50-Minute Elemental Nature Massage
Aqua Salt Glow Body Treatment
Choice of Haircut or Pedicure

RELAXED GROOM.....\$280

50-Minute Elemental Nature Massage
Gentlemen's Facial
Choice of Haircut or Pedicure