



the palms spa

AVEDA

Inspired by Nature

OUR PHILOSOPHY

Nurture your body & soul in 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 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 luxury lifestyle spa, we fully subscribe to the brands 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

| | | | |
|-----------------------------------------|----------------------|----------------------|----------------|
| Couples Massage | 50 min / \$300 | 80 min / \$400 | |
| Ayurvedic Rejuvenation Experience | | 150 min / \$340 | |
| Stress-Fix™ Body Massage | | 80 min / \$200 | |
| Chakra Balancing Massage | | 80 min / \$200 | |
| Deep Tissue | 50 min / \$160 | 80 min / \$210 | |
| Fusion Stone Massage | 50 min / \$150 | 80 min / \$200 | |
| Pre-Natal Reprieve | 50 min / \$150 | 80 min / \$200 | |
| Elemental Nature Massage | 30 min / \$90 | 50 min / \$140 | 80 min / \$190 |
| Chakraflexology | 30 min / \$70 | 50 min / \$110 | |

Enhancements

| | |
|---------------------------------------|---------------|
| Shirodhara Warm Oil Treatment | 30 min / \$60 |
| Neti Massage | 30 min / \$45 |
| Warm Oil Infusion Scalp Massage | 15 min / \$25 |
| Hand Relief Renewal Treatment | 15 min / \$20 |
| Seated Chair Massage | 15 min / \$30 |



SKIN CARE THERAPY

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|----------------------------------------------|----------------------|----------------------|
| Green Science Anti-Aging Treatment | 50 min / \$180 | 80 min / \$230 |
| Series of 4 (50 min) Treatments | \$575 | |
| Enbrightenment Discoloration Treatment | 50 min / \$180 | 80 min / \$230 |
| Series of 4 (50 min) Treatments | \$575 | |
| Outer Peace Acne Relief | 50 min / \$180 | 80 min / \$230 |
| Series of 4 (50 min) Treatments | \$575 | |
| Botanical Skin Resurfacing | 50 min / \$180 | 80 min / \$230 |
| Back Facial | 50 min / \$150 | |
| Elemental Nature Facial | 30 min / \$90 | 50 min / \$140 |
| | | 80 min / \$190 |

Enhancements

| | |
|-----------------------------------------------------------|---------------|
| The Green Science™ Skin-Renewing Neck & Décolleté | 15 min / \$60 |
| The Perfecting Plant Peel™ | 15 min / \$50 |
| The Green Science™ Skin-Renewing Eye Area Treatment | 15 min / \$50 |
| The Green Science™ Skin-Renewing Lip Treatment | 15 min / \$40 |



BODY TREATMENTS

Masks

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|-------------------------------------------|---------------------------------------------|----------------|
| Herbal Science Hydrating Body Masque | 30 min / \$80 .. add scrub & scalp massage. | 50 min / \$110 |
| Sea Science Purifying Body Masque | 30 min / \$80 .. add scrub & scalp massage. | 50 min / \$110 |

Scrubs

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|------------------------------|---------------------------------------------|----------------|
| Stress-Fix Body | 30 min / \$90 .. add warm oil scalp massage | 50 min / \$120 |
| Aqua Salt Glow Renewal | 30 min / \$80 .. add warm oil scalp massage | 50 min / \$110 |
| Walnut Body Polish | 30 min / \$80 .. add warm oil scalp massage | 50 min / \$110 |

JUST FOR HIM

| | | |
|-------------------------------|----------------------|----------------|
| Gentleman's Facial | 50 min / \$140 | 80 min / \$190 |
| Gentleman's Back Facial | 50 min / \$150 | |
| Gentleman's Manicure | 30 min / \$30 | |
| Gentleman's Pedicure | 50 min / \$50 | |

Men's Retreats

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|--------------------------------------------------------------------------------------------------------------------|-------|--|
| Relax Him | \$310 | |
| <i>50-Minute Fusion Stone Massage, Gentlemen's Facial, Haircut or Pedicure, Bento Box Spa Lunch</i> | | |
| Revitalize Him | \$235 | |
| <i>50-Minute Elemental Nature Massage, 30-Minute Aqua Salt Glow Treatment in HydroCapsule, Haircut or Pedicure</i> | | |

JOURNEYS

Half Days

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|------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| Journey to the Garden of Youth | \$385 |
| <i>50-Minute Elemental Nature Massage, Green Science Anti-Aging Facial Treatment, Green Science Manicure, Spa Pedicure, Bento Box Spa Lunch</i> | |
| Journey into Love & Friendship | \$385 |
| <i>50-Minute Side by Side Massage also available outdoors, Spa Manicure per person, Bento Box Spa Lunch</i> | |
| Journey into Marital Bliss | \$340 |
| <i>50-Minute Elemental Nature Massage, Spa Manicure & Pedicure, Bridal Make-up Application, Shampoo & Blow-out, Bento Box Spa Lunch</i> | |
| Journey into Relaxation | \$295 |
| <i>50-Minute Elemental Nature Massage, 30-Minute Hydrating Body Treatment, Stress-Fix Hand & Foot Experience, Bento Box Spa Lunch</i> | |
| Journey into Harmony | \$275 |
| <i>Chakra Balancing Massage, Chakra Balancing Hand & Foot Experience, Bento Box Spa Lunch</i> | |
| Journey into Motherhood | \$245 |
| <i>Pre-Natal Reprieve Massage, Polish Change Hands & Feet, your choice of Make-up Application or Shampoo & Blow-out, Bento Box Spa Lunch</i> | |

MINI RETREATS

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|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| Palms Signature Massage | 80 min / \$200 |
| <i>30-Minute Aqua Salt Glow Renewal & 50-Minute Elemental Nature Massage</i> | |
| Jet Lag Revival | \$195 |
| <i>In the rush to get here, your mind and body took a back seat, now it's time to replenish them: 30-Minute Aqua Salt Glow Treatment in HydroCapsule, 30-minute Elemental Nature Facial, Spa Pedicure</i> | |
| Afternoon Delight | \$185 |
| <i>The perfect end to your day that will relax the muscles and get you ready for your night on the town: 50-Minute Elemental Nature Massage and Shampoo & Blow-out</i> | |
| The Day Tripper | \$150 |
| <i>Perfect for a quick getaway from the office or from lounging in the sun: 50-Minute Elemental Nature Facial or Massage and Spa Manicure</i> | |

POOLSIDE SPA TREATMENTS

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|---------------------------|----------------|----------------|----------------|
| Tiki Cabana Massage | 30 min / \$115 | 50 min / \$160 | 80 min / \$210 |
|---------------------------|----------------|----------------|----------------|



HAND & FOOT THERAPY

Manicures & Pedicures

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|-----------------------------------------------|----------------------------------------|
| Shellac Removal Hand or Feet | \$20 |
| Gel Fx Manicure | 50 min / \$50 |
| Stress-Fix™ Hand & Foot Experience | 100 min / \$95 |
| Healing Stone Hand & Foot Experience | 100 min / \$95 |
| Chakra Balancing Hand & Foot Experience | 100 min / \$95 |
| Green Science Skin Renewing Manicure | 50 min / \$50 |
| Spa Manicure | 45 min / \$30 |
| Spa Pedicure | 50 min / \$50 |
| Polish Change Hands | 15 min / \$15 |
| Polish Change Feet | 15 min / \$20 |
| French Manicure & Pedicure | add \$10 to any hand or foot treatment |
| Soyaffin (Paraffin alternative) | add \$14 to any hand or foot treatment |



HAIR CARE & MAKE-UP

Style

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|------------------------------------|-----------|
| Shampoo & Blow Dry | from \$50 |
| Shampoo, Cut & Dry | from \$70 |
| Men's Cut & Style | from \$45 |
| Child's Cut (under 12 yrs) | from \$40 |
| Up-Do Styling | \$75 |
| Trial Up-Do | \$120 |
| Bridal Up-Do | \$100 |
| Child's Up-Do (under 12 yrs) | from \$60 |

Color

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|------------------------------|--------------------------|
| Touch Up Color | from \$70 |
| Full Length Color | from \$100 |
| Partial Highlights | from \$120 |
| Half Highlights | \$140 |
| Full Highlights | from \$175 |
| Toner/Glaze | \$50 |
| Highlights & Lowlights | Priced upon consultation |
| Keratin Treatment | Priced upon consultation |

Make-Up

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|-------------------------------------------|-----------|
| Trial Make-up / Make-up Application | from \$70 |
| Eyelash Application | from \$20 |
| Eye Make-up Application | from \$30 |

Salon Enhancements

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|-----------------------------|-------------------|
| Add Flat Iron Work | from \$15 to \$25 |
| Add Curling Iron Work | from \$25 to \$50 |

Treatments

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|--------------------------------------------------------------------------|-----------|
| 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> | |

Waxing

| | | | |
|-----------------|-----------|------------------------------------|------------|
| Eyebrows | from \$30 | Bikini | from \$45 |
| Lip | from \$15 | Deep Bikini | from \$55 |
| Chin | from \$20 | Deep Bikini with top | \$65 |
| Sideburns | from \$15 | Full Brazilian with Buttocks | from \$110 |
| Under arm | from \$20 | Full Brazilian | from \$100 |
| Full arm | from \$50 | Buttocks | from \$30 |
| Upper Leg | from \$35 | Buttocks Strip | from \$20 |
| Lower Leg | from \$30 | Upper Back | from \$40 |
| Full Leg | from \$70 | Lower Back | from \$30 |
| | | Full Back with Shoulders | from \$75 |

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 nature 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.

Spa Cuisine

We invite you to enhance your spa experience with breakfast, lunch or dinner at Essensia Restaurant & Lounge, featuring natural gourmet cuisine and many organically based dishes that are both high in flavor and low in calories. We also offer a selection of spa dishes which you may enjoy 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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TREATMENTS & PHILOSOPHIES



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Preferred
HOTELS & RESORTS



THE PALMS SPA

Our Philosophy. Nurture your body & soul in a spa experience influenced by Ayurvedic holistic philosophy, enhanced with high performance, natural and botanically derived products and a serene atmosphere inspired by nature. The Palms 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 our tropical gardens and one-of-a-kind beach and pool area. As a premier Aveda luxury lifestyle spa, we fully subscribe to the brands 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.”

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Facilities

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Steam Room

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What to wear

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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.

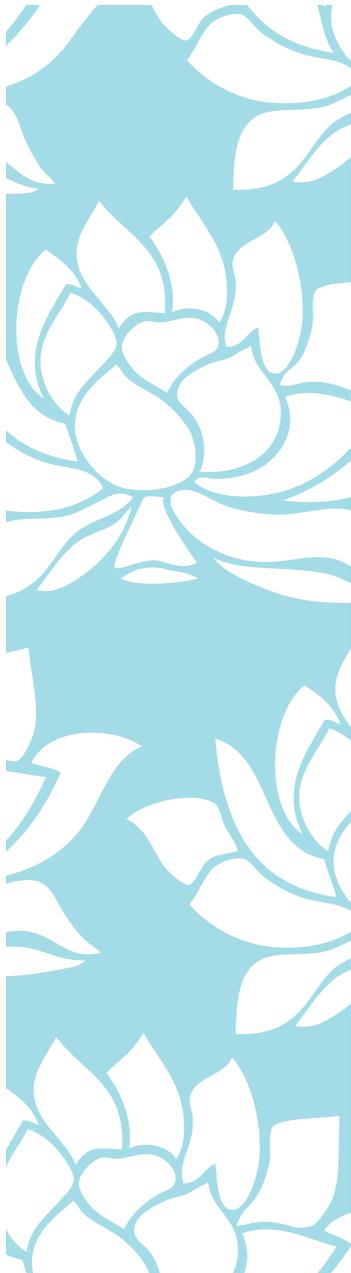
Retail

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Valet Parking

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MASSAGE THERAPY

Our 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.

COUPLES MASSAGE

Philosophy By experiencing a massage with a loved one, you may feel more connected as the two of you journey into bliss together.

Method Performed in our exclusive couple's room. Complete with a private shower for two, your therapists will perform personalized Elemental Nature massages while you take in the joy of having company with you.

AYURVEDIC REJUVENATION EXPERIENCE

Philosophy Loosely based on an Ayurvedic detox, this experience assists in the removal of toxins by increasing blood and lymphatic circulation, aids in relieving sinus congestion and thoroughly relaxes the mind and body.

Method This 5 step treatment begins with a facial, scalp massage and Inhalation Therapy with essential oils. A full body exfoliation and rejuvenating body massage follow and are completed by Shirodhara, where aromatic oil streams onto the forehead for deep relaxation. The experience is completed with a steam treatment in the HydroCapsule, allowing the therapy to fully breakthrough with positive results.

PALMS SIGNATURE MASSAGE

Philosophy A well-balanced combination of energizing body treatment and relaxing massage will help rejuvenate your mind, body & spirit.

Method First your body will be completely exfoliated with an Aqua Salt Glow Renewal Body Treatment in the HydroCapsule to prepare your body for the massage. Then your therapist will perform a personalized Elemental Nature Massage in an effort to re-establish your internal balance.



STRESS-FIX™ MASSAGE

Philosophy Clinically proven to reduce feelings of stress, the Stress-Fix™ aroma with lavender, lavandin and clary sage is incorporated throughout this body massage.

Method The Stress-Fix™ Body Massage utilizes the power of essential oils, Swedish massage, deep tissue massage, foot reflexology and acupressure points to help you recover from the negative effects of stress.

CHAKRA BALANCING MASSAGE

Philosophy There are 7 energy centers (Chakras) within the body. When imbalanced, they compromise specific functions of our health. When balanced, they allow you to function positively, internally and externally.

Method Our therapist will take you on a personalized massage experience that combines Deep Tissue massage, Reflexology and energy work enhanced with aromatherapy to bring balance back to your chakras and stimulate your natural flow of energy. Our signature treatment.



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DEEP TISSUE

Philosophy This customized massage focuses on deeper layers of the muscle and connective tissue. It promotes relaxation and well being by concentrating on deep seeded tension utilizing therapeutic muscle work.

Method The therapist engages in a detailed consultation to customize your treatment based on your needs. We blend a variety of techniques to achieve increased function and flexibility.

PRE-NATAL REPRIEVE

Philosophy During pregnancy, a woman's body undergoes an amazing transformation. Our goal is to address your specific needs, leaving you relaxed and highly nurtured while on your journey into motherhood.

Method Incorporating massage techniques most appropriate for treating the pregnant body frame, we will use a supported, side-lying positioning along with pillows for maximum comfort. Recommended only after having completed your first trimester.

ELEMENTAL NATURE MASSAGE

Philosophy The Elemental Nature concept is grounded in the belief that everything, including the skin and body, is composed of five elements: infinity, air, fire, water and earth. Environmental and emotional factors such as lifestyle, diet or stress can cause these natural elements to shift out of balance, compromising your sense of well-being.

Method After a detailed consultation, your therapist will perform a personalized Swedish massage taking your Elemental Nature into account and including multiple massage techniques in an effort to re-establish balance.

CHAKRAFLEXOLOGY

Philosophy Chakraflexology focuses on the energy stored in the hands and feet which stimulate the entire body, re-aligning your chakras with use of aromas and reflexology massage.

Method 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.

FUSION STONE MASSAGE

Philosophy The opposing sensations of warm and cold stones combined with massage techniques soothe and invigorate the body, creating a deeply relaxing experience.

Method Heated basalt stones are used to stimulate and re-energize the muscles, whereas cold marble stones assist with muscle recovery and allow the circulatory system to expand and contract.

POOLSIDE SPA TREATMENTS

TIKI CABANA MASSAGE

Our experienced therapist will work with you to develop a customized massage treatment based on your needs and time selected. Therapists will tailor your personal massage utilizing the following styles. Swedish, Deep Tissue, Sports or Reflexology. Conducted in our unique Tiki Cabana, situated right next to the ocean.



ENHANCEMENTS

The following are available to further enrich your experience, and can only be combined with any of our above massages or skin care treatments:

SHIRODHARA WARM OIL TREATMENT

Treatment In this Ayurvedic treatment, warm oil is slowly streamed onto the forehead relieving tension and inducing deep relaxation of both body and mind.

NETI MASSAGE

Treatment Aromatic steam inhalation combined with a facial massage relieves sinus congestion and pressure.

WARM OIL INFUSION SCALP MASSAGE

Treatment A stress-relieving scalp ritual that uses a blend of essential oils to soothe and rejuvenate your hair and scalp while energizing your senses.

SEATED CHAIR MASSAGE

Take a relaxing break from poolside play with this al fresco therapeutic mini-massage focusing on the shoulders, back, neck and hands.

HAND RELIEF RENEWAL TREATMENT

Treatment A restorative and anti-aging hand treatment that will tone and rejuvenate while helping the appearance of dark spots and fine lines. Includes masque and massage techniques to give your hands a more youthful appearance.

SKIN CARE THERAPY

Our Philosophy. Our approach to treating the skin is to consider the entire body as an ecosystem. Stress, diet and daily environmental aggressors can overwork your skin and sway it out of its natural state. Our goal is to balance your skin. We will conduct a thorough consultation to determine your specific needs and address them using ancient Ayurvedic wisdom in combination with the latest scientific breakthroughs, while providing a relaxing environment to renew your skin.

30 minute treatments include Aveda welcoming rituals, consultation, cleansing, exfoliation, toning, moisturizing & explanation of home care rituals to restore your skin's balance.

50 minute treatments include the above plus customized masque application, facial massage & corrective techniques.

80 minute treatments include all of the above along with a truly enhanced massage to further relax the skin & increase product penetration.

Our facials can be further customized by choosing from any of our massage and facial enhancements.

GREEN SCIENCE ANTI-AGING TREATMENT

Philosophy Aging is inevitable. Through time, environmental stressors and biochemical events cause changes in the appearance and function of our skin which can age us prematurely. With targeted treatments that support the skin's natural rejuvenating abilities, it is possible to embrace our years and look our best at every age.

Method This unique facial experience harnesses the powerful plant technology of Green Science and combines it with high-touch skin therapy to renew, repair and regenerate you skin. Overall, skin's texture, tone and clarity will improve.

ENBRIGHTENMENT DISCOLORATION TREATMENT

Philosophy Age spots, freckles, dark spots, sunspots can creep up when we least expect them. Such telltale signs of sun damage, hormonal influence and exposure to the elements take their toll on our complexion- even as early as our twenties- making our skin look tired, dull and older than it really is.

Method A truly unique approach to a facial by way of incorporating Asian-inspired massage techniques. Enbrightenment Brightening skin care offers a multi-pronged approach to brighter, more even looking skin tone giving skin luminosity and clarity without the use of harsh ingredients.

OUTER PEACE ACNE RELIEF

Philosophy The skin is an outer reflection of your physical and mental state of well-being. The symptoms of acne indicate something is out of balance internally. Aveda's holistic approach reflects both the treatment and prevention of acne. Through consultation, we will get to the root of your concerns treating them today and providing guidance on how to treat it tomorrow.

Method Increase outer peace with this multi-faceted approach to clear the skin without over drying or irritating effects. With a special focus on skin exfoliation and visible redness reduction, the skin's appearance will improve, helping to correct as well as prevent future blemishes. A truly calming and peaceful solution to an aggravating problem.

We recommend starting with an 80 minute Outer Peace Acne Relief treatment and 50 minute follow-up treatments for corrective touch-ups and irritation control.

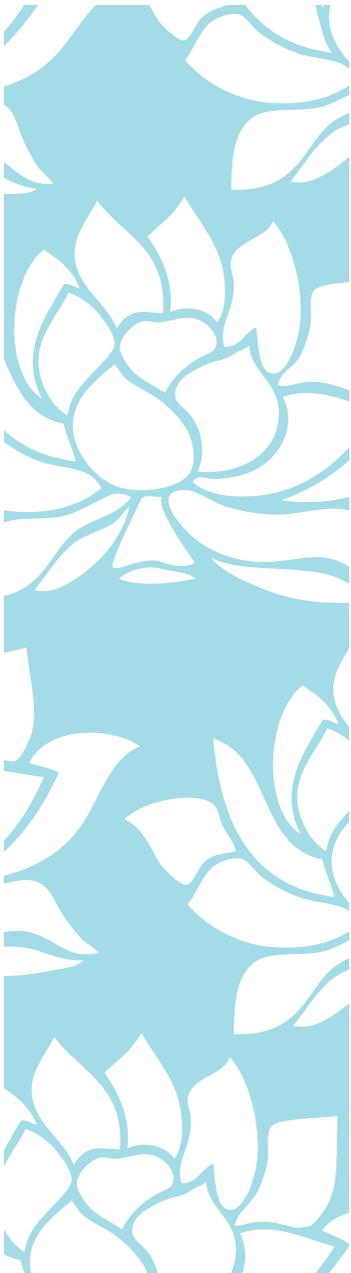


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BOTANICAL SKIN RESURFACING

Philosophy Microdermabrasion is one of the most popular non-surgical cosmetic procedures addressing skin aging. By using Aveda's natural alternative, skin will be visibly improved, appearing more radiant overall without irritation and inflammation, giving you the results you are looking for without jeopardizing the integrity of the skin or your own personal comfort.

Method The Botanical Skin Resurfacing Treatment features Tourmaline Charged skin care. Unlike its aggressive alternative, we are able to achieve similar results through mechanical manipulation of the skin's using the esthetician's hands. We will refine its texture, reduce the appearance of fine lines and diminish pore size using energizing minerals in a powerful hands-on approach.

Not recommended for highly sensitive skin.

BACK FACIAL

Philosophy The skin on the body is different from the skin on the face and requires proper maintenance too. The skin on the back is often neglected due to lack of accessibility & proper daily care.

Method 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.

ELEMENTAL NATURE FACIAL

Philosophy The Elemental Nature concept is grounded in the belief that everything, including the skin and body, is composed of five elements: infinity, air, fire, water and earth. Environmental and emotional factors can cause these natural elements to shift out of balance, compromising your sense of well-being.

Method Upon consultation, your therapist will determine where your skin's imbalance lies. Customized product protocols and masque formulations will then be chosen specific to your individual concerns to promote better skin health and wellbeing.

FACIAL ENHANCEMENTS

The following are only available as add-ons to further enrich your experience.

THE GREEN SCIENCE™ SKIN-RENEWING NECK & DÉCOLLETÉ

Treatment The neck and décolleté show early signs of aging due to constant exposure to the damaging effects of the sun. With the relaxing and rejuvenating effects of massage using warm and cool stones, circulation will improve as this delicate area is nourished.



THE PERFECTING PLANT PEEL™

Philosophy Our alternative to chemical peels, this treatment actively smoothes and re-texturizes skin with the instant exfoliation and radiance benefits of a 30% glycolic peel without the associated redness & irritation. It will warm the skin & open up the pores, smoothing out your skin's texture. This is highly effective for all skin types but especially those with sun damage & aging spots.

Method The Perfecting Plant Peel is a two-step system that re-texturizes skin by exfoliating dulling skin cells, smoothing lines and wrinkles, evening skin tone and refining pores to restore youthful radiance. The result is smooth, refined and even-toned skin - skin that looks perfected by nature.

THE GREEN SCIENCE™ SKIN-RENEWING EYE AREA TREATMENT

Treatment The eye area typically starts to show the first signs of aging. This unique "lifting and rolling" massage technique combined with targeted treatment products helps increase the release of excess fluids built-up around the eyes and visibly diminishes dark circles.

THE GREEN SCIENCE™ SKIN-RENEWING LIP TREATMENT

Treatment Premature aging around the lip area is due to smoking and repeated pursing of the lips. This treatment will help minimize visible fine lines and wrinkles around the mouth and increase circulation to the lips making them appear fuller and plumper.

BODY TREATMENTS

Our Philosophy. Our body treatments will leave your mind and body renewed with the application of botanical ingredients, nurturing touch and the use of the HydroCapsule, a personal pod-like chamber which allows body treatments to be self contained for privacy and cleanliness. No need to stand up in a shower to wash off your scrubs, creams and essential oils. The HydroCapsule features a Vichy shower along with steam and light therapy. For ultimate relaxation, we highly recommend pairing your body treatment with a massage.

SCRUBS

STRESS-FIX BODY SCRUB

Philosophy Replenish your skin with a customized salt scrub blended with our Stress relieving mineral infused aroma. While softening and moisturizing your entire body this treatment focuses on leaving you stress free while exfoliating your skin and leaving you feeling soft and smooth.

Method Your body will be completely exfoliated and treated to an aromatic steam bath inside our HydroCapsule. This wonderful treatment combines aromaology and powerful pure essential oils proven to relieve stress. Once product is removed, a customized body moisturizer will be provided for self-application post treatment.

AQUA SALT GLOW RENEWAL

Philosophy Replenish your skin with a customized salt scrub from the Dead Sea blended with personalized aroma to detoxify, soften and condition your entire body. This treatment focuses on removing dead skin cells from the surface of your skin leaving you feeling soft and smooth.

Method Your body will be completely exfoliated and treated to an aromatic steam bath inside our HydroCapsule. Once product is removed, a customized body moisturizer will be provided for self-application post treatment. Highly effective pre-sunbathing.

WALNUT BODY POLISH

Philosophy Gently polish away skin dulling debris to reveal smoother, softer skin. Often the most visibly dramatic part of a spa treatment, exfoliation improves skin color and clarity, unclogging follicles and pores, allowing skin to breathe better.

Method Experience Aveda's smoothing body exfoliation using a blend of finely ground walnut shells, kelp, aloe and lavender along with a gentle cleansing agent. Ideal for sensitive skin, the formulation can be adjusted to achieve a gentler or more aggressive result, according to your preferences.

MASKS

HERBAL SCIENCE HYDRATING BODY MASQUE

Philosophy Time to hide away in our unique Hydrocapsule and revel in a herbal experience that nourishes and moisturizes the entire body while calming the mind. Experience balance with a mixture of calming herbs that will leave your skin silky soft.

Method Utilizes a blend of specific plant and flower ingredients to calm and rehydrate parched skin. Your skin emerges renewed, silky, hydrated and better prepared to receive the beneficial aspects of all post treatment products applied

SEA SCIENCE PURIFYING BODY MASQUE

Philosophy Our unique Hydrocapsule experience will detoxify and relax the entire body and soothes the mind. Experience intensive cleansing activated by natural astringents balanced with a mixture of purifying agents and herbs that will normalize oily, stressed or troubled skin.

Method Utilizes a blend of specific plant and flower ingredients that deep clean pores while sea minerals energize the entire body. Ideal for sluggish skin that has a tendency toward oiliness and congestion. This treatment will leave you prepared to receive the beneficial aspects of all post treatment products applied.



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JUST FOR HIM

Our Philosophy. Most of our treatments at The Palms Spa are unisex yet we have carefully selected 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

Philosophy 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 skin care regimen.

Method We will customize your treatment considering your specific needs, taking special care to remove the impurities that cause breakouts, blackheads and ingrown hairs. We will enhance your facial experience with scalp, face, neck and shoulder massage to further relieve everyday tension.

GENTLEMEN'S BACK FACIAL

Philosophy Just as the skin on the face is different from women, the skin on the body of men requires proper maintenance too. The skin on the back is often neglected due to lack of accessibility & proper daily care.

Method Our therapists will provide a deep cleaning treatment on the back to boost circulation and open pores for proper cleansing and exfoliation. Pressure points and deep massage strokes make this back facial much more than just a "pampering" treatment.

GENTLEMEN'S MANICURE & PEDICURE

Philosophy Men's hands and feet suffer from daily wear and tear. We will nourish and invigorate your hands and feet with a therapeutic experience featuring a heavy focus on removing calluses and dead skin and restoring moisture.

Method We will treat your nails and cuticles to proper maintenance, hand and forearm or foot and lower leg massage, exfoliation and your choice of buff or clear polish. Our spa pedicure will revive tired feet and legs while giving attention to the common problems feet encounter – dry and rough skin.



MEN'S RETREATS

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

RELAX HIM

50-Minute Fusion Stone Massage
Gentlemen's Facial
Haircut or Pedicure
Bento Box Spa Lunch

REVITALIZE HIM

50-Minute Elemental Nature Massage
Aqua Salt Glow Treatment in HydroCapsule
Haircut or Pedicure

JOURNEYS

Our 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 TO THE GARDEN OF YOUTH

Age is just a number with our use of Aveda's advanced line of age-defying skin care:

50-Minute Elemental Nature Massage
Green Science Anti-Aging Facial Treatment
Green Science Manicure
Spa Pedicure
Bento Box Spa Lunch

JOURNEY INTO LOVE & FRIENDSHIP

A bond so strong, you can't stand to be apart for even a minute? If so, indulge together:

50-Minute Side by Side Massage also available outdoors
Spa Manicure per person
Bento Box Spa Lunch

JOURNEY INTO MARITAL BLISS

The wedding preparations took over and now it's your chance to kick back and relax before the festivities begin:

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

JOURNEY INTO RELAXATION

A trip into complete calm and serenity for all the senses. This great experience will have

You feeling relax from head to toe:

50-Minute Elemental Nature Massage
30-Minute Nourishing Body Treatment
Stress-Fix Hand & Foot Experience
Bento Box Spa Lunch

JOURNEY INTO HARMONY

Bring harmony and energy back to your chakras and nourish your palate with an anti-oxidant rich spa lunch:

Chakra Balancing Massage
Chakra Balancing Hand & Foot Experience
Bento Box Spa Lunch

JOURNEY INTO MOTHERHOOD

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

Pre-Natal Reprieve Massage
Polish Change Hands & Foot
Your choice of Make-up Application or Shampoo & Blow-out
Bento Box Spa Lunch



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MINI RETREATS

Our Philosophy. For those with a shorter amount of time on their hands, our mini retreats will relax and leave you feeling beautiful. The following combine select spa practices into shorter packages to get your soul re-energized but take the ticking clock into account.

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-Minute Aqua Salt Glow Treatment in HydroCapsule, 30-Minute Elemental Nature Facial, Spa Pedicure

AFTERNOON DELIGHT

The perfect end to your day that will relax the muscles and get you ready for your night on the town: 50-Minute Elemental Nature Massage, Shampoo and Blow-out

THE DAY TRIPPER

Perfect for a quick getaway from the office or from lounging in the sun: 50-Minute Elemental Nature Facial or Massage, Spa Manicure

MEN'S RETREATS

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

RELAX HIM

50-Minute Fusion Stone Massage
Gentlemen's Facial
Haircut or Pedicure
Bento Box Spa Lunch

REVITALIZE HIM

50-Minute Elemental Nature Massage
Aqua Salt Glow Treatment in HydroCapsule
Haircut or Pedicure



HAND & FOOT THERAPY

Our Philosophy. Day in and day out, your hands and feet are at work and often times we neglect them 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 and have carefully customized treatments combining Aveda products and the eco-friendly nail care line SpaRitual to achieve this purpose.

STRESS-FIX™ HAND & FOOT EXPERIENCE

Philosophy Clinically proven to reduce feelings of stress, the Stress-Fix™ aroma with lavender, lavandin and clary sage is incorporated throughout this manicure and pedicure to calm and rejuvenate.

Method This treatment not only exfoliates but softens and treats the arms, hands, feet and legs. Reflexology and acupressure points will relieve stress and increase the energy flow in the body.

HEALING STONE HAND & FOOT EXPERIENCE

Philosophy Hot basalt stones open up circulation and allow us to deeply penetrate muscle tension in your hands and feet. When combined with the essence of rosemary and mint, which also improve circulation and refresh the skin and senses, hands and feet will be re-energized.

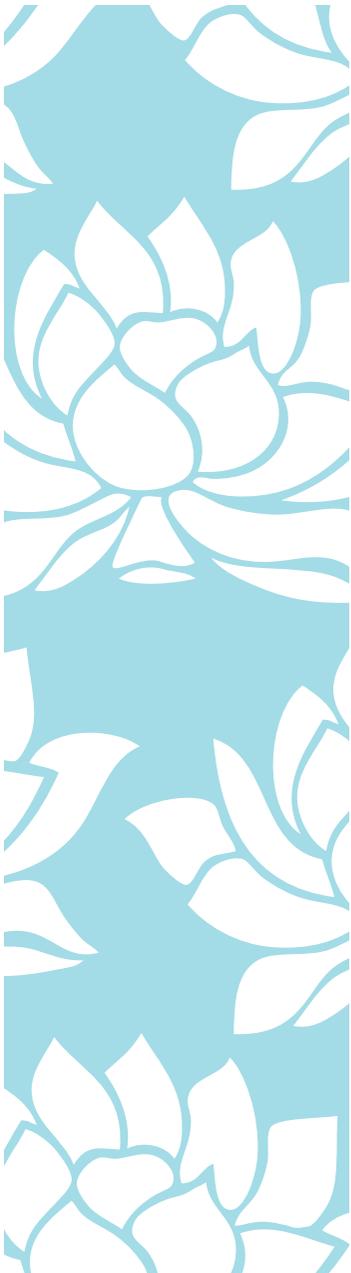
Method This deeply relaxing and restoring treatment begins with nail and cuticle maintenance, exfoliation and massage to hands, forearms and lower legs with the use of basalt stones and beautifying oil, leaving hands ultra smooth. Treatment is completed with your choice of buff or polish.



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CHAKRA BALANCING HAND & FOOT EXPERIENCE

Philosophy There are 7 energy centers (Chakras) within the body. When imbalanced, they jeopardize specific functions of our health. When balanced, they allow you to function positively, internally and externally.

Method Our nail technician will take you on an aroma sensory journey to determine which of your Chakras is imbalanced and select the aroma needed to bring you back to balance. This enhanced treatment will relieve tension in hands, forearms and lower legs with exfoliation and Reflexology massage. It is completed with nail and cuticle maintenance and grooming and your choice of buff or polish.

GREEN SCIENCE SKIN RENEWING MANICURE

Philosophy Just like the face, hands are especially susceptible to the signs of aging. Often times, hands lack adequate protection from the harmful effects of the sun and other environmental factors. With this in mind, your hands will be renewed and repaired with this specialized manicure which uses powerful plant ingredients, including those from the Argan Tree, Cactus and Plai, found in Aveda's Green Science product line.

Method We will target age spots and wrinkles and firm skin in this enhanced nail treatment that includes thorough exfoliation with the use of the Perfecting Plant Peel, our alternative to strong glycolic peels, and a thermal masque for conditioning, leaving the hands smooth and youthful. Treatment also includes extended hand and forearm massage and your choice of buff or polish.

SPA MANICURE & PEDICURE

Philosophy We take the traditional manicure & pedicure to another level by incorporating nourishing and invigorating spa techniques to give your hands and feet a therapeutic experience that will leave these most prized body parts relaxed, gorgeous and lovely to touch.

Method During the manicure, our nail technicians will treat your nails and cuticles to proper maintenance, hand and forearm massage and your choice of buff or polish. The spa pedicure will revive tired feet and legs while giving attention to the common problems feet encounter – dry and rough skin.

GELFX MANICURE

Philosophy GelFX is no ordinary gel manicure system. Antioxidant vitamins help to promote healthy nails while pro-vitamin B5 protects the structure of the natural nail.

Method During the manicure, our nail technicians will prepare the nail through a dry manicure leaving your nails ready to receive GelFX vitamin infused base coat and then apply GelFX nail polish. The nails are then sealed with our safe and effective LED light for a long lasting polish that results in a high shine that lasts 2 – 3 weeks.

ENHANCEMENTS

FRENCH MANICURE POLISH
FRENCH PEDICURE POLISH
SOYAFFIN (PARAFFIN ALTERNATIVE)

ADDITIONAL SERVICES

POLISH CHANGE HANDS
POLISH CHANGE FEET
SHELLAC REMOVAL HANDS
SHELLAC REMOVAL FEET



HAIR CARE & MAKE-UP

HAIR CARE

STYLE

Shampoo & Blow Dry
Shampoo, Cut & Dry
Men's Cut & Style
Child's Cut (under 12 yrs)
Up-Do Styling
Trial Up-Do
Bridal Up-Do
Child's Up-Do (under 12 yrs)

COLOR

Touch Up Color
Full Length Color
Partial Highlights
Half Highlights
Full Highlights
Toner/Glaze
Highlights & Lowlights

ENHANCEMENTS

Flat Iron Work
Curling Iron Work

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 in breakage control.

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

Keratin Treatment
A high potency, keratin complex to smooth the cuticle for straight brilliant glow and luminescent shine.

WAXING

| | |
|------------------|-------------------------------------|
| Eyebrows | Bikini |
| Lip | Deep Bikini |
| Chin | Deep Bikini with top |
| Sideburns | Full Brazilian with Buttocks |
| Under arm | Full Brazilian |
| Full arm | Buttocks |
| Upper leg | Buttocks Strip |
| Lower leg | Upper Back |
| Full leg | Lower Back |
| | Full Back with Shoulders |

MAKE-UP

Make-up Application
Trial Make-up Application
Eyelash Application
Eye Make-up Application



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