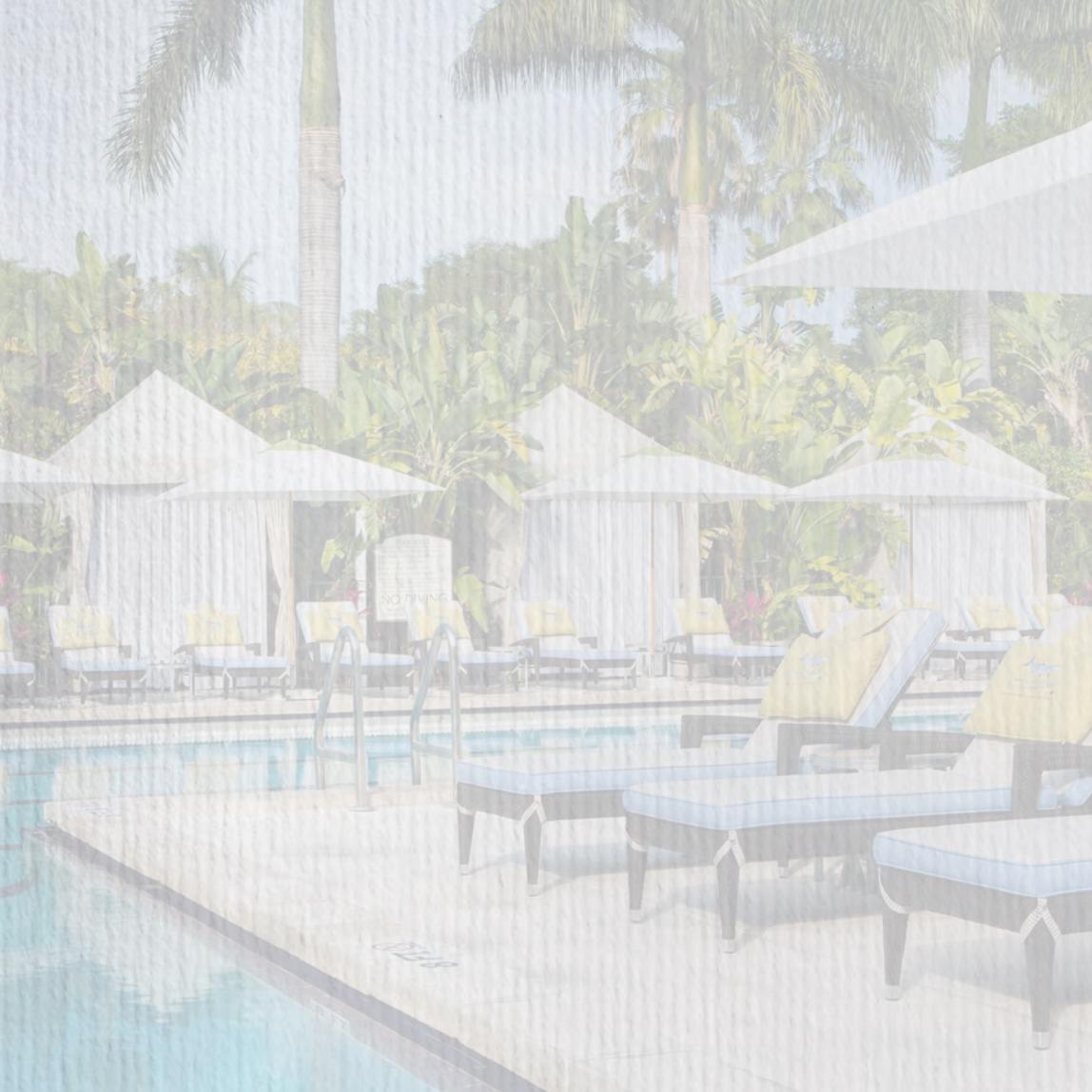




THE SPA  
AT  
CHEECA  
LODGE



NO TOWING

# WELCOME

Inspired by our 27 acres of pristine lush vegetation by the sea, The Spa at Cheeca Lodge has created a collection of luxurious, soothing treatments, designed to calm the body and mind. Allow our seasoned spa professionals to pamper you during your memorable stay at our legendary beachside getaway.

Dedicated to sustainable luxury, The Spa at Cheeca Lodge uses only the most pure, highest quality products available, offering fragrant, rejuvenating and detoxifying ingredients. Embrace the beauty of your relaxing Keys escape at The Spa at Cheeca Lodge.

## HOURS

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Monday–Saturday

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8:30am to 8pm

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Sunday

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8:30am to 5pm

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Hours are subject to change.





## SPA REFRESHMENTS

BOTTLE OF BUBBLY  
SPARKLING WINE SPLIT  
CHEESE COURSE  
TROPICAL FRUIT PLATE  
KEY LIME TART

## MASSAGES

### SEA BREEZE

Unwind with this classic stress-relieving Swedish-inspired massage, using light rhythmic pressure to soothe the nervous system and promote a state of relaxation.

60/90 Minutes - \$150/\$215

### DEEP TISSUE

Rejuvenate while our massage therapist incorporates firm, strategic strokes to promote the release of muscular tension. Upon discussion with the therapist, range of motion and stretching may be incorporated for injured or sensitive areas.

60/90 Minutes - \$165/\$230



### CHEECA CBD SIGNATURE

Drop into an even deeper state of relaxed bliss with our CBD Signature massage. We use an artisan crafted aromatic massage cream containing eight pain relieving herbs to help your body heal and rejuvenate while you relax. Specifically formulated to reduce inflammation and pain associated with conditions such as arthritis, sprains and strains, muscle soreness, skin irritation and nerve inflammation.

60/90 Minutes - \$165/\$230

### THERAPEUTIC BLEND

Perfectly customized to release muscular tension and provide deep relaxation, this massage incorporates Swedish and deep rhythmic pressure.

60/90 Minutes - \$160/\$225

### SIGNATURE HOT LAVA SHELL

Embrace solacing warmth provided by polished tiger clam shells, invigorating the energy flow for deep relaxation.

60/90 Minutes - \$165/\$230

### HOT STONE

Tranquility overtakes the mind and muscles as our massage therapist harmoniously and gently glides warm, smooth stones over the body using light to moderate pressure.

60/90 Minutes - \$165/\$230



### PRE-NATAL

Invoking complete relaxation for the mother-to-be, this soothing massage is a blissful treat. (2nd and 3rd trimester only)

60 Minutes - \$165

### INSTANT RELIEF

Immerse yourself in complete serenity as you experience this gentle massage that rejuvenates the neck, back, scalp and shoulders.

25 Minutes - \$80

### BAREFOOT ELEGANCE

Indulge yourself in a deeply relaxing foot massage which promotes healing and relieves stress in other areas of the body. Anti-aging hand and foot polish included with 60-minute treatments.

25/60 Minutes - \$85/\$165

## MASSAGE ENHANCEMENTS

(No extra time required)

CBD Body - \$30

CBD Facial Massage - \$30

## MASSAGE ADD ONS

Scalp Massage - \$35 15min

Hand and Foot Scrub - \$40 15min

Back Scrub - \$40 10min

### IN-ROOM MASSAGE - \$50

Luxuriate in a Sea Breeze, Therapeutic Blend or Deep Tissue massage treatment in the privacy of your own room.







## BODY TREATMENTS

Selected body treatments incorporate a Vichy Shower, an invigorating water experience featuring showerheads designed to promote circulation, soothe muscles and eliminate toxins from the body.

### **SIGNATURE BODY POLISH**

Draw upon the healing elements of our Bamboo & Walnut scrub, to invigorate and replenish your skin in our Vichy Room. Soothing oils provide essential hydrating and soothing effects on dry, sun-exposed skin.

**60 Minutes - \$160**

### **DETOX MUD BODY TREATMENT**

This detoxifying blend of self-heating mineral-rich mud exfoliates, stimulates and releases toxins. It is followed by an application of ultra-hydrating cream.

**60 Minutes - \$160**



## OCEAN COCOON

Indulge in a luxurious ocean odyssey — a full-body salts of the earth scrub followed by a soothing white algae body mask, accompanied by a moisturizing pristine natural seaweed gel. This ultimate cocoon is designed to leave you feeling refreshed and revitalized.

60 Minutes - \$175

## DETOX ALGAE WRAP

A purifying organic bio-scrub blend of seaweed, pumice, acai, and guarana polishes skin and purifies pores during this tranquil treatment. The algae wrap that follows detoxifies while it feeds and hydrates the skin.

60 Minutes - \$175

## SEA WEEED WRAP

An invigorating, dry exfoliation, with an ultra moisturizing and contouring wrap that will leave your skin silky smooth and firm.

60 Minutes - \$160

\*\*Please advise Front Desk and Therapist if you have an iodine or nut allergy.





## FACIALS

All of our calming facial treatments include facial, neck, shoulder, and hand massage, and feature the highest quality products.

### HYDRATE & PROTECT FACIAL

Refresh and regenerate your skin with this customized facial which gently removes impurities, restores lost nutrients, improves tone and re-balances the skin.

60 Minutes - \$155

### SIGNATURE ORGANIC

This organic facial, which is customized for all skin types, leaves the skin nourished and revitalized.

60 Minutes - \$160

### CHEECA'S ANTI-AGING

Using gentle *ultrasonic sound waves*, the Ultimate Anti-Aging facial leaves the skin deeply cleansed, exfoliated and ready for customized hydration. This



results-oriented facial is formulated to minimize the signs of aging and prevent future damage.

60 Minutes - \$175

#### **GENTLEMAN'S HOT TOWEL**

This deep cleansing and purifying treatment is designed specifically for men's special skin care needs.

60 Minutes - \$155

#### **PICK ME UP**

Ideal for the guest on the go, this light revitalizing facial is designed for all skin types.

25 Minutes - \$80

#### **TEEN FACIAL**

Smooth and soften the delicate skin of your teen with this cleansing, resurfacing, and nourishing treatment. \*Must be accompanied by an adult to use spa amenities.

45 Minutes - \$120 | Ages 13-17

#### **BACK FACIAL**

Indulge in a back cleansing, followed by a gentle

exfoliation to remove dead skin cells, extractions, and a relaxing massage with a customized mask.

25 Minutes - \$80

#### **DEEP CLEANSING ACNE FACIAL**

An acne targeted facial, promoting a deep cleansing, with anti-bacterial properties.

60 Minutes - \$160

#### **FACIAL ENHANCEMENTS**

(No extra time required)

CBD Facial Massage \$30

Eye & Lip Treatment \$35

Scalp Massage \$35 - 15 Minutes

Hand and Foot Scrub \$40 - 15 Minutes



## SPA PACKAGES

### TODAY WE CELEBRATE YOU!

Experience a lazy day while escaping into a state of complete bliss. Be greeted with a glass of champagne followed by a relaxing Signature Body Polish in the Vichy Room, choice of a Hot Stone or Therapeutic Blend 60-minute massage and Cheeca's Anti-Aging Facial.

\$500

### COUPLES INDULGENCE PACKAGE

The best kind of couple's therapy is invigorating spa treatments! Together, enjoy a 60-minute Therapeutic Blend Massage, Scalp Massage and Hand/Foot Polish.

\$470

### MOMMY-TO-BE PACKAGE

Ultimate pampering is customized for an expecting mother! Relax with a 60-minute Prenatal Massage and refresh your skin with the Pick Me Up Facial which includes the Eye and Lip Enhancement. (2nd and 3rd trimester only please)

\$280

\*Create your own package upon request!

## SPA ETIQUETTE

### SCHEDULING

To secure your desired time at the spa, we kindly request that you make your treatment reservation prior to your arrival at the resort. Appointments are subject to availability and must be guaranteed with a resort reservation or credit card.

### AGE

Guests must be 18 years of age to receive spa massages and utilize locker rooms. Teen Facial guests ages 13-17 must be accompanied by an adult to use Spa Amenities.

### RESCHEDULING/CANCELLATION POLICY

In the event of rescheduling or canceling an appointment, we ask that you notify the spa by 7pm the evening before your scheduled appointment. Please be advised that you will be charged the full price of your service if you cancel after 7pm the evening before your scheduled appointment time or fail to attend. Rescheduling your appointment within this time frame will result in a \$50 rescheduling charge.

### ARRIVAL TIME

To begin your spa experience in a relaxed state, we ask that you arrive 20 minutes prior to your scheduled appointment time. Spa robes, slippers, private lockers and beverages are provided for your comfort. Please note that should you arrive late, your treatment will end as scheduled as a courtesy to the next guest.

### QUIET, PLEASE

To maintain a peaceful atmosphere, and honor the guests enjoying the serenity of The Spa at Cheeca Lodge, we ask that you keep conversations to a whisper and silence or turn off your cell phone or other electrical devices before entering the spa.

### COMPLIMENTARY AMENITIES

Spa Locker rooms are reserved for Spa guests only. Included with all spa services are men's and women's lockers, steam rooms, and a co-ed relaxation lounge with herbal teas and fruit.

### GRATUITIES

THE SPA  
AT  
CHEECA  
LODGE

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