



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

Monday–Sunday

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9:00am to 6:00pm

Hours are subject to change.



## BODY THERAPIES

### 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 Minutes - \$150

90 Minutes - \$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 Minutes - \$165

90 Minutes - \$230



### THERAPEUTIC BLEND

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

60 Minutes - \$160

90 Minutes - \$225

### 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.

60 Minutes - \$165

### SEAWEED WRAP

An invigorating exfoliant with an ultra-moisturizing and contouring wrap that will leave your skin silky sooth and firm.

60 Minutes - \$165

### ENHANCEMENTS

(No extra time required)

CBD Body - \$30

CBD Facial - \$30

*To reduce contact time and proper implementation of sanitation measure, The Spa at Cheeca Lodge & Spa offers 50 minutes services only.*





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## SKIN THERAPIES

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 FACIAL

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

**60 Minutes - \$155**

# SPA GUIDELINES

## Medical Condition

A brief medical form will be completed in the treatment room with your service provider prior to your treatment. Refrain from visiting the spa if you or a household member have a fever, COVID-19 symptoms, or a contagious illness. We will be taking temperature checks upon arrival.

## Scheduling

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

## Arrival Time

Please arrive 10 minutes before your treatment to check-in and to be escorted to the treatment area. Guests will be able to change into a robe and sandals inside the treatment room. Spa service professionals and guests will be asked to wash or sanitize their hands prior to the spa treatment.

## 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 electronic devices before entering the spa.

## Rescheduling/Cancellation Policy

In the event of rescheduling or canceling an appointment, we ask that you notify the spa by 5 pm the evening before your scheduled appointment. Please be advised that you will be charged the full price of your service if you cancel after 5 pm 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.

## Spa Facilities

In accordance to the CDC, State of Florida and Monroe County Government guidelines, the hydrotherapy areas will be closed until further notice. However, spa guests are welcomed to enjoy the adult only lap pool.



## SPA GUIDELINES CONTINUED

### **Payments**

To maintain social distancing guidelines, we will process payments in advance. No cash payment transactions onsite. All payments will be collected via room charges, credit, debit, or gift cards.

### **Gratuities**

For your convenience, a 20% service charge is added to the price of your services and distributed amongst the staff.

### **Personal Protections Equipment**

Spa service professionals are required to wear masks and gloves for the duration of the spa experience.

### **Amenities**

Individually wrapped snacks and bottled water will be available to guests in place of communal snacks and beverages.

### **Personal Belongings**

Please do not bring jewelry or other valuables, and minimize the items you bring with you to the spa.

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