

A tropical beach scene at sunset. The sky is a mix of orange, yellow, and blue. In the foreground, there's a sandy beach with gentle waves washing onto it. To the left, several palm trees are leaning over the water. In the middle ground, a long wooden pier extends into the water, ending in a small blue hut. The overall mood is peaceful and serene.

THE SPA
AT
CHEECA
LODGE



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–Saturday

8:30am to 7pm

Sunday

8:30am to 6pm

Hours are subject to change



FROM THE LAND

SKINCARE



AGE REPAIR FACIAL

Perfect for mature skin, anti-aging, revitalizes the skin and improves elasticity and brightness

Firming: Hyaluronic Sodium, Evening Primrose, Rosehip Oil, Frankincense, Rose

1 hour 20 minutes – 240

ESSENTIAL ROSE FACIAL

Ideal for those with dehydrated or sun-stressed skin. Perfect for regular maintenance and special occasions. Back massage included in 80-minute treatment

Hydrating: Rose Water, Jojoba, Geranium, Evening Primrose, Frankincense

50 minutes - 165 | 1 hour 20 minutes – 235

DEEP CLEANSE FACIAL

Unblocks clogged pores and drains away toxins. Excellent for congested and compromised skin

Mattifying: Tea Tree, Lavender, Aloe Vera, Ylang-ylang

50 minutes – 170 | 1 hour 20 minutes – 240

REFINERY MEN'S FACIAL

Perfect for men with normal to combination or problematic skin – shaving irritation, in-grown hairs

Refining: Cardamom, Tea Tree, Lavender, Aloe Vera, Ylang-ylang

50 minutes – 165



BODY TREATMENTS

REVIVE AND TONE

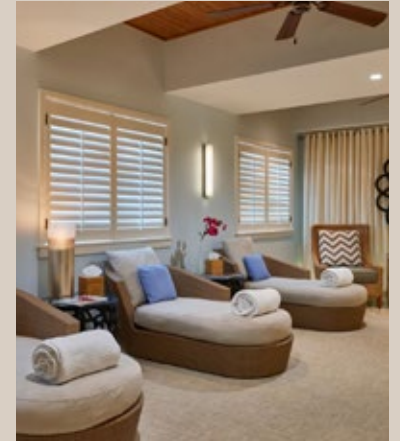
Full body exfoliation and cocooning. Choose reflexology inspired foot care or Ayurvedic scalp massage for a 50-minute treatment. Both treatments offered in 1-hour 20-minute service
Toning and Detoxing: Green Coffee, Jojoba, Pink Grapefruit, Petitgrain, Rosemary, Juniper Berry
50 minutes – 170 | 1 hour 20 minutes – 240

BESPOKE SCRUB & WRAP

Full body exfoliation, compressions, stretching, and Ayurvedic scalp massage
Relaxing: Ylang-ylang, Clary sage, Vetiver
Reviving: Pink Grapefruit, Rosemary, Juniper Berry
Renewing: Rose, Evening Primrose, Geranium, Neroli
50 minutes – 165 | 1 hour 20 minutes – 235

SKIN COOLER

Powerfully soothing and hydrating body treatment, massage, cocooning, Ayurvedic scalp massage, and facial massage
Cooling and Hydrating: Lavender, Peppermint, Rose, Frankincense
1 hour 20 minutes – 240



MASSAGE

THE ULTIMATE AROMATHERAPY EXPERIENCE

A fusion of Eastern and Western modalities creates a harmonious massage experience. Includes choice of oils and customized ingredients

Relaxing: *Ylang-ylang, Clary sage, Vetiver*

Balancing: *Bergamot, Frankincense, Lavender, Peppermint*

De-Stressing: *Ginger, Lavender, Rosemary, Black Pepper*

Reviving: *Pink Grapefruit, Rosemary, Juniper Berry*
50 minutes – 165 | 1 hour 20 minutes – 235

INTENSIVE MUSCLE RELEASE

Combination of deep tissue sports massage and stretching

De-Stressing: *Ginger, Lavender, Rosemary, Black Pepper*

50 minutes – 170 | 1 hour 20 minutes – 240

FOREST THERAPY

Enhances wellness and happiness, heals the body and mind using elongated signature movements

Detoxing and Relaxing: *Cypress, Ho Wood, Pink Pepper*

50 minutes – 165 | 1 hour 20 minutes – 235

INNER STRENGTH

Full body massage using Traditional Chinese Medicine modalities, Chakra Balancing, and Thai Rocking techniques

Healing and Balancing: *Claris Age, Ylang-ylang, Geranium, Rosemary, Cardamom, Vetiver, Frankincense, Rose, Sandalwood*

1 hour 20 minutes – 240

ULTIMATE PREGNANCY MASSAGE

Pure pampering to ease muscle pains. Relieves stress and tension, ease the heavy feeling that can come with pregnancy. Recommended after the first trimester

Relaxing and Nurturing: *English Chamomile, Jojoba, Apricot Kernel Seeds*

Indulging and Nourishing: *Rose, Neroli, Evening Primrose, and Geranium*

50 minutes – 170

SOLE REVIVER

Specialized massage techniques ease swollen legs and ankles, leaving you feeling refreshed and energized. Anti-aging hand and foot polish included in a 50-minute treatment

Relaxing and Energizing: *Juniper Berry, Pink Grapefruit, Rose and Shea Butter*

25 minutes – 90 | 50 minutes – 165



FROM THE SEA

SKINCARE

SILICIUM SUPER LIFT FACIAL

For Guests 40+ who want to smooth their whole face, fill their deep wrinkles, and lift their facial contours and neck

Firming, Lifting, Anti-Aging: *Marine Silicium Complex, Hyaluronic Acid, Matrixyl 6, Shea Butter*

1 hour 20 minutes – 275

HYALU-PROCOLLAGEN CORRECTING FACIAL

The first "marine filler" that covers all wrinkles, even those set-in. Instantly plumps skin visibly, smooths wrinkles and gradually fills in even established wrinkles. For any skin type.

Plumping, Hydrating: *3 Molecular Size Hyaluronic Acids, Marine Pro-Collagen*

1 hour 20 minutes – 295

PRODIGE DES OCEANS

Restores youthful look. Firms, tones, moisturizes, contours the skin, and prevents signs of aging

Anti-Aging: *Hyaluronic Acid, Bio-active Seawater, Native Marine Cells, Pluricellular Alga*

50 minutes – 175

ANTI POLLUTION FACIAL

Thalgo smoothing range that fights signs of aging associated with an urban lifestyle. For any age or skin type.

Detoxifying, Energizing: *Spiruline Booster, Marine Magnesium, Vitamin C, Elderflower & Horse Chestnut*

1 hour 20 minutes - 275

HEART OF THE OCEAN

A personalized top of the line facial developed for different skin types and condition. All made to restore skin's vitality, balance oil production, control sensitivity, and clear the skin. For any skin type.

Balancing, Hydrating or Purifying: *Seve Bleue Des Oceans, Fucus Spiralis Algae, Tetraselmis Chui, Hyaluronic Acid, Lumisource, Zinc, Algae Oil, and Multiple Antioxidants*

50 minutes – 195

3 ALGAE FACIAL

Experience true marine beauty with this algae facial that produces radiance, improves circulation, and revitalizes the skin. For all skin types.

Revitalizing: *Micronized Marine Algae (MMA), Plasmalg Gel*

50 minutes – 165

THALGO MEN FACIAL

Energizes the skin, combats cellular stress and fights against the first signs of the time

Energizing and Anti-Aging: *Vital Blue Algae*

50 minutes – 165



THALASSOTHERAPY

MERVELLE ARCTIQUE SPA RITUAL

Body ritual that will take you on a Scandinavian journey using the alternation of hot and cold techniques to improve blood circulation and lymph movement.

Body treatment and massage are included

Relaxing and Invigorating: *Boreal Algae, Iceland Moss*
1 hour 20 minutes – 295

PACIFIC ISLAND SPA RITUAL

A full body treatment and massage using signature Pacific Island techniques to relax and loosen the muscles and nourishes the skin

Relaxing: *Micro-algae from the Pacific Ocean, Warmed Sand Pouches, Macro Green Algae, Nutritive Amino Acids, and Trace Elements*
1 hour 20 minutes – 295

PRODIGE DES OCEANS BODY RITUAL

The ultimate beauty and relaxation experience. Full body exfoliation increases circulation, hydrates, and softens skin

Detoxing and Toning: *Bio-active Seawater, Native Marine Cells, Pluricellular Alga*
1 hour 20 minutes – 295

MASSAGE



PRODIGE DES OCEANS MASSAGE

A full body massage to lift, smooth, hydrate, and sculpt the body

Firming: *Bio-active Seawater, Native Marine Cells, Pluricellular Alga*
50 minutes – 170 | 1 hour 20 minutes – 240

THALGO COLD CREAM MARINE MASSAGE

Perfect for dehydrated skin, after a day out at the beach or pool

Soothing: *100% Marine Algae Oil, Marine Wax, Seve Bleue Des Oceans, Provitamin B5*
50 minutes - 165 | 1 hour 20 minutes – 235

PACIFIC ISLAND MASSAGE

A relaxing body massage using Signature Pacific Island Massage with rhythmic Lomi-Lomi technique

Relaxing: *Micro-algae from the Pacific Ocean, Warmed Sand Pouches*
50 minutes – 190 | 1 hour 20 minutes – 260

SIGNATURE THERAPIES

Inspired by the old traditions of the Island of Gods, Bali. Create your own combination of herbs, botanicals, and scrubs at the Harvest-to-Spa blending station.

JADE STONE FACIAL THERAPY

Perfect for those with dehydrated or sun-stressed skin. Increases blood circulation and calms the skin, slowing the aging process. Complemented with body treatment and cranial wave head massage

Cooling and Hydrating: *Rose Water, Jojoba, Geranium, Evening Primrose, Frankincense*

1 hour 40 minutes – 325

JADE STONE MASSAGE THERAPY

Jade stones exude negative ions that noticeably boost your immune system and increase energy levels. Heals stressed organs and discharges toxins. Complemented with body treatment and cranial wave head massage

Choose from Relaxing, Balancing, or De-stressing the muscle, your body, and mind

1 hour 40 minutes – 325

2 hour 10 minutes – 395

2 hour and 40 minutes – 445



ANTI-AGING MESSAGE THERAPY

Using a combination of signature modalities to heal the body, hydrate, and ward off premature aging. Complemented with body treatment and cranial wave head massage

Age-Defying, Soothing and Energizing: *Probiotic Boosters, Peptide, Shea Butter*

1 hour 40 minutes – 325

2 hour 10 minutes – 395

ISLAND BLISS MESSAGE

(Weather permitting)

Stress fades away with this relaxing and soothing massage. Enjoy a state of relaxation with a massage by the beach or by the calming sounds of a waterfall on spa island. Please allow 30 minutes set-up time.

60 Minutes – 270 per person

Two people – 540



CHEECA SPA SAMPLER

A combination of face, back, neck, shoulders, scalp, foot, and hands massage. Complemented with a hydrating face masque

Rejuvenating: Hyaluronic Acid, Vitamin B5, Sunflower Oil, Chamomile Extract, Arnica Extract, Hemp Oil

1 hour 20 minutes – 240

JADE STONE MASSAGE

Boost your immune system and increase energy levels. Heals stressed organs and discharges toxins

De-stressing and Relaxing: Frankincense, Ginger, Lavender, Rosemary, Black Pepper

50 minutes – 170

1 hour 20 minutes – 240

HOT LAVA SHELL

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

Relaxing and Healing: Heat Therapy

50 minutes – 170

1 hour 20 minutes – 240

PROBIOTIC BODY RITUAL

A full body scrub, enlivens the senses as well as hydrates and restores your skin. Re-energizing after a day by the pool, or for instant relief from over-exposure to the sun

Healing and Calming: Probiotic, Sugar, Salt & Organic Shea Butter

50 minutes – 165

Couples: Choose any treatment on the menu to be enjoyed side by side.





ANTARA CBD OFFERINGS

Used for centuries in India, the Cannabis plant is a sacred form of medicine. Antara, which means balance, captures the inner wisdom of the body to bring about profound healing. Our Antara CBD collection is full-spectrum, organic, and non-intoxicating.

THE ULTIMATE WELLNESS THERAPY

A combination of Relief Massage, Anti-Aging Restore Wrap, and Antara Scalp Massage

Healing: 409mg CBD, Cayenne Pepper, Arnica, Clove, Ginger, Cinnamon, Shea Butter

2 hour 20 minutes – 485

ANTI -AGING RESTORE WRAP

A revitalizing full body treatment to nourish the body and mind

Reviving: 179mg CBD, Paracress Plant Extract, Shea Butter

50 minutes – 195

ANTARA BODY POLISH

Invigorating body treatment for an impeccably glowing skin

Energizing: 100mg CBD, Arnica, Shea Butter, Passionflower

50 minutes – 190



RESTORE MASSAGE

An age-defying full body massage for overall wellness

Reviving: 100mg CBD, Paracress Plant Extract, Shea Butter

50 minutes – 190 | 1 hour 20 minutes – 260

RELIEF MASSAGE

A warming treatment for muscle aches and pains

De-Stressing: 180mg CBD, Cayenne Pepper, Arnica, Clove, Ginger, Cinnamon

50 minutes – 195 | 1 hour 20 minutes – 265

BALANCE MASSAGE

A hydrating and nourishing full body massage for healthy and glowing skin

Balancing and Rejuvenating: 100mg CBD, Coconut Oil, Arnica, Passionflower

50 minutes – 190 | 1 hour and 20 minutes – 260

ENHANCEMENTS

CBG

Relaxes the muscles and reduces anxiety.

Also effective against bacteria

No Additional Time – 40

CBD

Revitalizes and heals body aches

No Additional Time – 35

CBD SCALP MASSAGE

Rejuvenates increases blood circulation and relaxes mind, body, and spirit

No Additional Time – 35

AGE-DEFYING QUENCH OR BALM

Firming and lifting age-defying treatments with clinically proven organic Paracress

No Additional Time – 30



STRESS BUSTER

Relax and rejuvenate with our new stress-busting flower essence rituals that calm the nervous system, quiet the mind, and bring happiness

No Additional Time – 30

PROBIOTIC

Heal the body, hydrate, and prevent premature aging with our new probiotic rituals

No Additional Time – 30

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.

SERVICE CHARGE

For your convenience, a 22% service charge will be added to all services. Can not be combined with any other promotions or discounts.

THE SPA
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