



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–Sunday

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8:30am to 8pm

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Hours are subject to change.





## SPA REFRESHMENTS

BOTTLE OF BUBBLY \$40

SPARKLING WINE SPLIT \$12

CHEESE COURSE \$16

TROPICAL FRUIT PLATE \$12

KEY LIME TART \$12

HUMMUS PLATE \$10

# MASSAGES

**Essential Oil Blends:** Choose your Zents to accompany your massage. All full body massages may be customized to your body's specific needs.

## 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 - \$145/\$210

## 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 - \$155/\$215



## THERAPEUTIC BLEND

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

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

## SIGNATURE HOT LAVA SHELL

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

60/90 Minutes - \$155/\$220

## FIRE AND ICE

Experience the pure bliss of contrast therapy, which promotes circulation and reduces inflammation.

Allow the heat from hot stones to penetrate deeply into the body and loosen tight muscles, while chilled stones soothe and promote balance.

90 Minutes - \$220

## 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 - \$155/\$220



### **PRE-NATAL**

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

60/90 Minutes - \$155/\$220

### **INSTANT RELIEF**

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

25 Minutes - \$75

### **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 - \$75/\$155

## MASSAGE ENHANCEMENTS

### **OCEANSIDE TIKI MASSAGE**

Escape to a state of complete tranquility at water's edge with a Sea Breeze, Therapeutic Blend or Deep Tissue treatment. Weather permitting.

Add \$40

### **IN-ROOM MASSAGE**

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

Add \$50

Scalp Massage - Add \$35

Anti-Aging Hand and  
Foot Polish - Add \$40







## 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.

### SUN KISSED SOOTHER

This revitalizing skin-repairing treatment is ideal for those who have spent a little too much time in the sun. A relaxing re-mineralizing seaweed gel is applied while chilled stones soothe the skin.

60 Minutes - \$155

### SIGNATURE BODY POLISH

Draw upon the healing elements of our Zents salt & sugar scrub, combined with your favorite Zents Scent, to invigorate and replenish your skin in our Vichy Room. Shea butter, sunflower oil and safflower oil provide essential hydrating and soothing effects on dry, sun-exposed skin.

60 Minutes - \$155

### HEALING WATERS

Immerse yourself in an invigorating exfoliation (iodine free) to stimulate the lymphatic system and improve circulation. Gently rinse off under a soothing rain shower.

30 Minutes - \$85

### WARM 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 - \$155

## FRESH MUD BODY TREATMENT

Fresh water mud derived from herbs, plants, grasses and flowers acts as a natural exfoliator and helps to improve circulation, soothe aching muscles and reduce swelling in joints. Experience this blissful treatment incorporating Moor mud which contains essential oils, vitamins, minerals and other hytonutrients to help rejuvenate the skin. (Iodine free)

60 Minutes - \$155



## 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 - \$165

## 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 - \$165

## SEA TONIC WRAP

An ultra moisturizing and contouring wrap that will leave your skin silky smooth and firm.

60 Minutes - \$155

\*\*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.

### SOOTHING

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 - \$145

### SIGNATURE ORGANIC

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



60 Minutes - \$150

### **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 - \$150

### **PICK ME UP**

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

25 Minutes - \$75

### **BACK FACIAL**

Smooth and soften the delicate skin of your back with this deep cleansing, resurfacing, and skin nourishing treatment.

25 Minutes - \$75

### **FACIAL ENHANCEMENTS**

Deep Cleansing \$40\*

Eye & Lip Therapy \$40\*

Neck and Décolleté Rejuvenation \$40\*

Scalp Massage \$35

Anti-Aging Hand and Foot Polish \$40

\*Uses Ultrasonic sound waves.



## SPA PACKAGES

### WELLNESS PACKAGE

The Wellness Package was created to achieve detoxifying and balancing results. This invigorating package includes a 60-minute Beach Yoga session, Detox Algae Wrap and 60-minute Therapeutic Blend Massage.

**\$325**

### 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.

**\$495**

### BRIDAL PACKAGE

Prepare for the walk down the aisle with delightful services. The Bridal Package includes 25-minute Reflexology, Ocean Cocoon Body Treatment and 90-minute Therapeutic Blend Massage.

**\$455**

### GROOM'S PACKAGE

Before you say "I do," indulge in relaxing spa treatments: 60-minute Therapeutic Blend Massage and 60-minute Gentlemen's Facial.

**\$305**

### 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.

**\$450**

### 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)

**\$270**

"Locals Appreciation Day Discount" – Join us on the 1st and 15th of each month to celebrate being a local! Receive 10% off single treatments. Please have proof of residency upon arrival. This offer does not apply to gift cards or packages. Includes use of steam room and relaxation lounge.

# 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 treatments and utilize the spa pool, locker rooms, relaxation lounge and fitness studio or fitness classes. The spa locker rooms are only for resort guests who are receiving spa treatments.

## **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**

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**

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

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