

## WELCOME

**I**nspired by our 27 acres of lush tropical vegetation by the sea, we've created a collection of luxurious, individual experiences to choose from. Come and relax with a remineralizing salt bath, indulge in a luxurious "Golden Veil" body wrap, or enjoy our Signature Hot Lava Shell Massage.

**Spa Where You Are** | Our poolside Cabanas, Premier Spa Suites, Oceanside Tiki Hut, and 5,700 square foot Adults-Only Spa allow you to spa wherever you are. Manicures and Pedicures are available in the privacy of your room.

**Sustainable Luxury** | Following the lead of Cheeca Lodge, we are focused on sustainability using the purest, highest quality products available. Wherever possible we source from sustainably farmed and fair trade sources. Our products offer fragrant, rejuvenating, and detoxifying ingredients.

## FACILITIES

7 Treatment Rooms including 2 Facial Rooms  
Poolside Cabana Massage (Weather Permitting)  
Wet Room with Vichy Shower  
Fully-Equipped Fitness Center  
Adults-Only Lap Pool  
Poolside Cabanas with Butler Service, Plasma TVs,  
Internet and Stocked Refrigerator  
Hydrotherapy (Steam Showers, Jacuzzi)  
Oceanside- Seabreeze Massage (Weather permitting)  
Spa Boutique

## MASSAGES

Our massage services are designed to nurture, renew, and balance. (60/90 min)

**Cheeca Signature Collection | \$390**

Hot Lava Shell Massage, Refresh and Renew Facial, Body Polish, and Sea Plant Wrap

**Signature Hot Lava Shell | \$150/\$190**

A deeply relaxing massage using Tiger Clam shells straight from the sea.

-In room (60/90): \$175/\$215

**Sea Breeze | \$140/\$180**

Organic aromatherapeutic oils, soothing Swedish, relaxing Balinese and exotic Lomi Lomi

-In room (60/90): \$175/\$215

-Poolside Cabana (60): \$150 per person (couples or solo)

-Oceanside (60): 150 per person (couples or solo)

**Custom Therapeutic Massage | \$145/\$185**

A combination of Swedish and deep tissue modalities customized to maximize your treatment experience

**The Sportsman | \$145/\$185**

Neuromuscular, Thai and Sports Massage techniques

**Upon Request | \$150/\$190**

Hot Stone, Reflexology, Pre-Natal (2nd and 3<sup>rd</sup> trimester only)

(24 hour notice preferred)

## RELAXING FACIALS

### **Skin Refresher Facial | \$140/\$180**

This skin specific facial is cleansing, nourishing, and revitalizing for your complexion. Great for any skin type.  
(60 or 90 min)

### **Gentleman's Remineralizing Facial | \$140/\$180**

Designed for men, this cool relaxing marine facial will deep clean and purify. Leaves skin invigorated. Relieves tension and restores well being with a neck, shoulder, and scalp massage.  
(60 or 90 min)

### **Anti-Aging Facial | \$140/\$180**

Visibly smooth, younger and more beautiful looking complexion, these facials are formulated to relieve the signs of aging, and increase circulation to strengthen cells. Treatment will be selected to best suit your specific needs.  
(60 or 90 min)

### **Pick me up Facial | \$140**

This light revitalizing facial for all skin types is perfect for the guest on the go.  
(60 min)

### **Enhancements to any Facial**

- Collagen Eye and Lip Therapy \$30.00
- Neck and Décolleté Rejuvenation \$30.00
- Anti-Aging Hand and Foot Polish \$40.00

## **BATHS**

**B**athing in aromatic sea water, sea algae, and sea salts, detoxifies, hydrates, and nourishes both inside and out.

(In Premier Spa Suites Only)

**Little Sea** | \$60

Remineralizing and Healing Seawater

**Salty Lavender** | \$60

Calming and Hydrating

**Detoxifying Bath** | \$60

Detoxifying and Stimulating Sea Algae\*

**Contouring Bath** | \$60

Smoothing, Toning, and Purifying

\*Contraindication for Thyroid conditions

## **PERSONAL TRAINING**

(24 hour booking notice)

**Personal Training** | \$110

Intake, needs evaluation and customized session.

**Private Yoga** | \$110

Choose from a variety of styles. Call spa for details.

**Private Pilates** | \$110

Take your practice a step further with a one-on-one session.

## **BODY TREATMENTS**

**O**ur body treatments utilize a Vichy Shower, an invigorating water treatment using shower heads designed to promote circulation, soothe sore muscles and eliminate toxins from the body.

**Hydrating Body Polish | \$85**

Customized exfoliation to stimulate the lymphatic system and improve circulation (30min)

**Sea Plant Wrap | \$150**

Detoxifying blend of sea algae and sea weed, prepares the skin for any massage. (60 min)

## **MANICURES AND PEDICURES**

**Cheeca Manicure | In Room- \$50**

**Cheeca Pedicure | In Room- \$50**

## SPA ETIQUETTE

**Appointments and Reservations** | We strongly recommend you schedule spa appointments prior to your arrival at the resort. Reservations are subject to availability and must be guaranteed with a credit card.

**Age** | Our facility is for adults only. Guests must be 18 years of age to receive our spa services.

**Arrival Time** | We suggest arriving 30 minutes prior to your appointment to allow ample time to check in, change, shower and enjoy a steam bath and the relaxing lounge. Please note that should you arrive late, your treatment will end as scheduled as a courtesy to the next guest.

**Cancellation Policy** | If you need to cancel or change a spa appointment, we must be notified 24 hours prior to your appointment. Please be aware that canceling or rescheduling on the day of your spa appointment will result in a fee charged at the full value of the missed treatment.

**Treatments and Prices are Subject to Change** | Please view our website at: [www.cheeca.com](http://www.cheeca.com) for additional information and seasonal promotions.

**Cellular Phone** | Please honor the guests enjoying the serenity of The Spa at Cheeca Lodge by turning off all cell phones, pagers or other electrical devices before entering the spa.

**Complimentary Amenities** | Included with all Spa services are men's and women's locker and steam rooms, co-ed Relaxing Lounge with herbal teas and fruit, spacious fitness studio and weight room.

**Dress Code** | We suggest that you wear comfortable clothing and do not bring your jewelry or valuables to the spa. A spa robe and slippers will be provided for your treatment. You may prefer to fully disrobe for your treatment, as our therapists are professionally trained in proper draping techniques to ensure your privacy and comfort.