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*Welcome to Relaxation*

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RELAXATION  
AT ITS FINEST

*WE WELCOME YOU TO SET SAIL ON  
A RENEWING VOYAGE OF THE SENSES.*

Begin your journey at our wishing well where you will choose your intention for a delightful journey of relaxation. Change into a comforting robe in our luxuriously equipped locker rooms featuring whirlpools & aroma-infused steam rooms for both men & women. Soothe your spirit in our Seaside Whisper Lounge by listening to a calming waterfall while enjoying refreshing waters and hot herbal teas. Conclude your experience on our peaceful rooftop terrace to take in an expansive, breath-taking view of the white sands and lapping waves of the Gulf of Mexico.

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We have carefully curated healing rituals inspired by precious oceans from around the world. You are invited to embark upon a treatment journey designed to

*transform, relax, renew and inspire...*

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COUPLES  
SEASIDE  
RETREAT

SPA PACKAGES

THE ART *of* INDULGENCE

*COUPLES SEASIDE RETREAT*

Escape from the world and into our beautiful Gulf view seaside couples treatment suites. Healing waters infused with sea salts impart trace elements that relax tight muscles in a soaking tub for two. Next, drift away in side by side 60 minute Swedish Massages followed by the 30 minute Sole Soother or 30 minute Unwind Scalp Masage.

*A celebratory glass of champagne concludes your seaside retreat.*

2 HOURS

## SPA PACKAGES

THE ART *of* INDULGENCE**INTO THE DEEP** {2 HOURS}

This therapeutic package combines time honored therapies that are renowned for reducing aches, pains, & inflammation. Your journey begins with an Epsom and sea salt bath to warm tight muscles & ease tension. The medicinal properties of Moor Mud are numerous: promoting circulation, stimulating the immune system, detoxifying the body and improving range of motion. This rich mud is applied as a mask, and you are comfortably cocooned while the mud deeply penetrates. Finally, a refreshing rinse & deep tissue massage using our specialty muscle comfort massage oil completes this therapeutic experience.

**BE CELEBRATED** {2.5 HOURS}

Celebrate life with our exquisite Oceana Renewal featuring a skin softening body polish, and then melt away tension with a customized massage designed to focus on your areas of concern. Address skin health and concerns with our perfectly tailored 60 minute Custom Organic Facial. A glass of champagne enhances the celebration. Perfect for birthdays, anniversaries, special occasions and just because.

**DAY OF INDULGENCE** {5 HOURS}

Begin your day with your choice of an Aromatherapy or Deep Tissue Massage followed by a customized facial. Then, relax on our rooftop terrace and enjoy a light spa lunch. Next stop will be the salon for your Express Manicure and Express Pedicure. Finally we will personalize a shampoo & blow dry so you look as good as you feel.

INDIAN OCEAN  
PART of YOUR OCEAN VOYAGE

NOTES OF BAMBOO, MANDARIN & OOLONG

Voyage across the Indian Ocean; your destinations include *India, Bali, and Tibet*. In these experiences you will find energetic intention, ayurvedic inspiration, enticing aromas, singing bowls, marma energy and resilient bamboo.

ENJOY THESE SELECTIONS INSPIRED BY

*the Indian Ocean.*



***HAMSA HEALING RITUAL*** {90 MIN}

Your journey into India begins with sound healing from Tibetan singing bowls, said to balance your subtle energy body for integrated wellness. Next traditional Garshana, a brisk dry brushing, prepares the skin. A warmed drizzle of shea butter and aromatherapy oils are incorporated into a balancing massage. At the conclusion of the massage you are immersed into a restful cocoon while you enjoy a traditional warm oil scalp treatment with steamed towels.

***INDIRA TRANQUILITY FACIAL*** {90 MIN}

This resplendent facial, steeped in Indian traditions, incorporates whole body wellness by integrating sound vibrations and ancient Marma technique. Marma points are energy pathways that are close to the surface of the skin. Balancing these energy points can stimulate self-healing power & harmonize mind & body while promoting skin health & beauty. This mesmerizing journey begins with healing vibrations from Tibetan singing bowls, aromatherapy & facial Marma balancing. Organic customized cleansing, exfoliation, mask & treatments nourish the skin. Suitable for all skin types.

***BAMBOO HARMONY*** {60 MIN or 90 MIN}

This is a unique style of therapeutic massage that focuses on relieving stress and muscle tension with heated bamboo. A customized massage is combined with the kneading, rolling, and gliding of the bamboo rods. Pressure can range from medium to firm, or deeper upon request.

***BALI BREEZE MANICURE & PEDICURE*** {45 MIN MANI · 60 MIN PEDI}

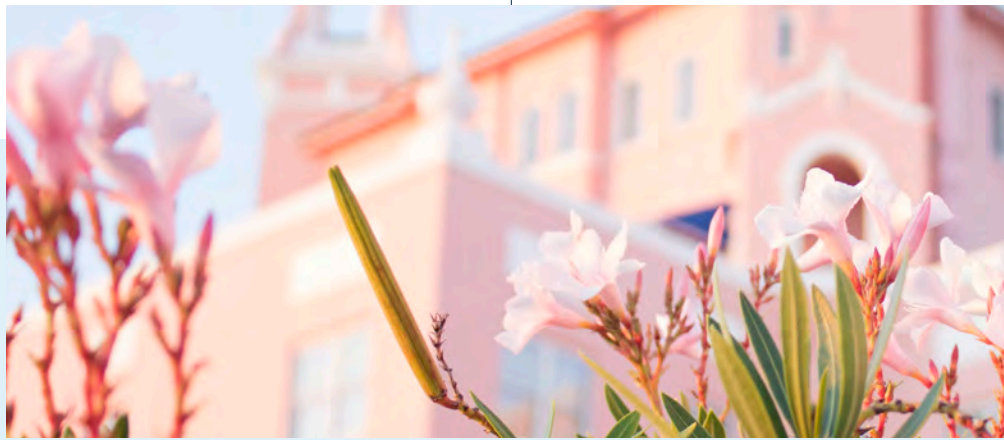
Choose your own island inspired aroma in this exotic ritual for hands and feet. Creamy sugar scrub refines texture, and a rich shea butter concentrate is painted on for a deeply hydrating mask. Finish with indulging aromatherapy oil application and polish of your choice.

PACIFIC OCEAN  
PART *of* YOUR OCEAN VOYAGE

NOTES OF FLORALS, CRUSHED PEARLS & COCONUT

Healing traditions have been cultivated & passed down for generations from the most expansive ocean on the planet. It is with reverence that we offer indigenous massage techniques and honor the ingredients from Pacific shores. In your journey through these Pacific waters you will find *enchanting florals, Volcanic stones, crushed pearls, & luscious coconut.*

*Indulge in the Pacific*





***ISLAND INDULGENCE*** {90 MIN}

Organic coconut sugar scrub is used to sweetly refine skin quality. Exotic mango enzymes are smoothed over the sugar, which melts into a skin softening glaze that brightens and exfoliates. While blanketed in tropical essences, enjoy warmed stones as they melt tensions in the neck and shoulders. After a refreshing rinse, a firming body moisturizer with organic stem cells is applied, which stimulates collagen production. You will leave as radiant as an island sunset.

***SOUTH SEAS PEARL RADIANCE FACIAL*** {90 MIN}

Using organic facial care you're transported to the South Pacific with exotic ingredients found in the islands bordering its shores. Anti-aging properties of bamboo, mango, guava, coconut and monoi fortify and firm skin. A spectacular island inspired facial massage is capped off with a multi-layered pearl radiance mask. Enjoy the warmth of volcanic stones during the hands & arm treatment while the mask rejuvenates. Suitable for all skin types, except for oily or acne prone skin.

***HAWAIIAN LOMI LOMI*** {60 MIN or 90 MIN}

Like a tide slowly rising you are carried away in this hypnotic massage. Traditional Hawaiian lomi lomi mimics the ocean waves, calming the mind and body. Ebb and flow with the rhythmic strokes designed to ease your mind as tensions drift away. Get swept away with the spirit of aloha.

***PACIFIC PARADISE MANICURE & PEDICURE*** {45 MIN MANI · 60 MIN PEDI}

Soak in a delicately scented coconut and citrus milk bath designed to soften and nourish. Finely crushed coconut shells and sugar scrub are used to renew skin. Warmed volcanic stones are used to release tension in hands and feet. Nails are polished to perfection with the color of your choice.

ATLANTIC OCEAN  
PART *of* YOUR OCEAN VOYAGE

NOTES OF TEAS, MAGNOLIA & BEACH GRASSES

On the Atlantic shores we have combined cutting edge technology and pampering touches that create stillness in the midst of our active lifestyles. *We are proud to offer ingredients found locally in the Southern United States.* Notes of citrus, teas, magnolia, beach grasses and home grown fruits grace the offerings on the next page.

*Welcome to the Atlantic.*



*OCEANA RENEWAL* {90 MIN}

Renew body and mind here on our own Atlantic Shores. Reveal silky soft skin with essences of sweet tea, citrus, beach grasses, and live fruit extracts. Melt away tension with our Spa Oceana customized massage, designed to focus on your areas of concern with perfectly tailored pressure.

*ATLANTIC CURRENTS LIFTING & FIRMING FACIAL* {60 MIN or 90 MIN}

Targeted anti-aging with concise and dramatic results. An express cleansing and thorough exfoliation leave skin primed and ready to receive micro-current lifting technology. The lifting device painlessly strengthens muscles for a more youthful facial contour. Potent anti-aging mask, treatment serum and moisturizer leaves skin glowing and lifted. 60 or 90 minutes - The extended version includes a luxurious facial massage and an anti-aging hand treatment. Suitable for all skin types, especially mature, aging, dehydrated skins.

*ATLANTIC DRIFT WARM STONE* {90 MIN}

Mineral rich basalt stones are bathed in essential aromatherapy and gently warmed to their core. Stress floats away as the stones melt areas of tension releasing aches and pains.

*SUNSET SERENADE MANICURE & PEDICURE* {45 MIN MANI · 60 MIN PEDI}

Slip away into relaxation with a comforting soak with sparkling oils that revitalize skin. A creamy whipped scrub with sugar grains and peach stone powder refines texture. Luscious live fruit cells and aloe rejuvenate skin. Hydration is locked in as hands and feet are enveloped in a eco-friendly soy wax that comforts and warms you.

MASSAGE CLASSICS  
 ———  
 AND *Other* SPECIALTIES

For sublime relaxation and soothing touch, enjoy these selections...

**AROMASTONE** {60 MIN or 90 MIN} : Aromatherapy; warmed stones on the back.

**SWEDISH** {60 MIN or 90 MIN} : The spa standard for relaxation & well-being.

**MOTHER TO BE** {60 MIN} : Expectant mothers will enjoy this after 12 weeks.

**UNWIND SCALP MASSAGE** {30 MIN or 60 MIN} : Indulge in a luxurious scalp massage that stimulates pressure points on the scalp and face to relieve everyday stresses.

For deeply held tension, choose from our therapeutic offerings...

**CUSTOM BLEND** {60 MIN or 90 MIN} : Firm or deep touch in select areas; light relaxation in others.

**DEEP TISSUE** {60 MIN or 90 MIN} : Firm or deep touch to release tightly held tensions & stress.

**SPORTS** {60 MIN or 90 MIN} : Invigorating fast paced massage; firm pressure & range of motion stretching.

**SOLE SOOTHER** {30 MIN or 60 MIN} : Stimulating retreat for the feet; includes a sugar scrub & foot massage.

ENHANCE YOUR *Journey*

MASSAGE  
ENHANCEMENTS

Aromatherapy

Deep Tissue

Sun Burn Relief

Warm Stones

Ecofin {Parafin Alternative}

MASSAGE CLASSICS *from*  
THE OCEAN VOYAGE COLLECTION

**LOMI LOMI**

*from the Pacific Ocean*

Hawaiian style of massage with  
long flowing forearm strokes

{60 MIN or 90 MIN}

**WARM STONE**

*from the Atlantic Ocean*

warmed stones are incorporated  
head to toe, melting tension

{90 MIN}

**BAMBOO**

*from the Indian Ocean*

warmed bamboo firmly eases  
tensions as they glide over muscles

{60 MIN or 90 MIN}

## RENEWING

## BODY THERAPIES

**BODY CLASSICS****FIRMING WRAP {60 MIN}**

A brisk dry brushing gently awakens skin and prepares the body for the application of a warmed firming gel. This increases circulation & improves skin elasticity while tightening skin. Extracts of Ginger and Paprika bring a health glow as cells are revitalized. An application of hydrating moisturizing leaves skin toned and firm. A perfect prelude to a massage.

**SPA OCEANA CUSTOM BODY POLISH {30 MIN}**

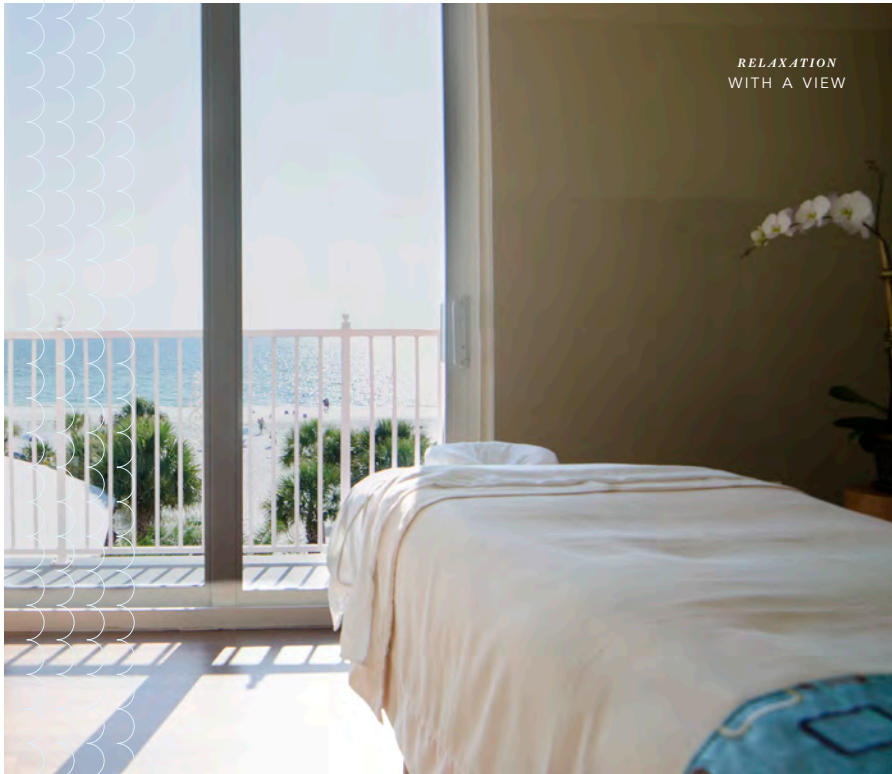
Smoothing sugars, salts, and nut shells refine the texture of the skin. Nourishing creams and oils hydrate & revitalize skin.

**SUN COOLER {30 MIN}**

Cool down after too much sun with a Coola ER Recovery Massage designed to hydrate and soothe skin.

**ENDLESS SUMMER SPRAY TAN {30 MIN}**

Just off the beach color every time. Get glowing fast with our organic tanning solution containing a cosmetic bronzer that gives you the ultimate glow instantly, then further develops over the next four hours. Please avoid applying lotions or creams just before your service.



RELAXATION  
WITH A VIEW

*BODY THERAPIES from*  
THE OCEAN VOYAGE COLLECTION

**HAMSA HEALING RITUAL**

*from the Indian Ocean*

vibrational healing combined with a  
body treatment, massage & wrap

{90 MIN}

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**ISLAND INDULGENCE**

*from the Pacific Ocean*

organic scrub, enzyme wrap,  
and firming lotion application

{90 MIN}

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**OCEANA RENEWAL**

*from the Atlantic Ocean*

body polish combined with  
a full body massage

{90 MIN}

## OUR EXPERT

## SPA OCEANA SKINCARE

## FACIAL CLASSICS

**CUSTOM ORGANIC** {60 MIN}

Tailored to your skin type and skin condition. For all skin types, ages, and skin conditions.

**PURITY** {60 MIN}

Refine pores, address breakouts, clear congestion including hormonal skin imbalances. For oily, combination, or acneic skin types.

**SERENITY** {60 MIN}

Soothing organic ingredients address redness, sensitivity, overexposure or Rosacea. For all skin types, especially sensitive or dry.

**PETITE FACIAL** {30 MIN}

A thorough organic cleanse with a customized masque leaves you glowing in no time.

ENHANCE YOUR *Journey*FACIAL  
ENHANCEMENTS

Ageless Eye Treatment

Lip Treatment

Ecofin {Paraffin Alternative}

NUFACE QUICKLIFT  
{ADDS 10 MIN TO TREATMENT}

Wow Brow Eyelift

Cheek Bone Contour

Exceptional Lip Lift

Jawline Define



## SKINCARE

### THE ANTI-AGING COLLECTION

#### AGE ARREST {60 MIN}

Stem cell technology, anti-oxidants & peptides repair skin challenges. For all skin types, especially mature or dry.

#### ENLIGHTENMENT {60 MIN}

Illuminate younger looking skin. Deeply brighten and inspire radiance. For all skin types, except sensitive skin.

#### REVITALIZING {60 MIN}

Promote collagen production and fight free radicals for nourished and hydrated skin. For all skin types.

#### RAPID RESULTS {30 MIN}

Rapidly refine skin texture and increase cellular turnover for more youthful skin. Avoid sun exposure after this service. For all skin types, except sensitive or rosacea.

## FACIAL TREATMENTS *from* THE OCEAN VOYAGE COLLECTION

#### INDIRA TRANQUILITY

*from the Indian Ocean*

singing bowls & marma therapy; for all skin types  
{90 MIN}

#### SOUTH SEAS PEARL RADIANCE

*from the Pacific Ocean*

rich tropical & four layer pearl mask; all skin types except oily  
{90 MIN}

#### ATLANTIC CURRENTS

*from the Atlantic Ocean*

express facial care, nuface microcurrent lift; all skin types  
{60 MIN · 90 MIN}

## SPA OCEANA

## SALON SERVICES

*SALON STYLING SERVICES**SHAMPOO & BLOW DRY**BRIDAL UP OR DOWN DO'S**BRIDAL VEIL PLACEMENT**WOMEN'S & MEN'S HAIRCUTS**CHILDREN'S CUTS & STYLES**COLOR SERVICES**INITIAL APPLICATION**SEMI-PERMANENT**CORRECTIVE COLOR {PRICE UPON CONSULTATION}**COLOR RETOUCH**TONER**HIGHLIGHTS/BALAYAGE, PARTIAL, FULL OR DIMENSIONAL**MAKE-UP SERVICES*

Known as the skin care makeup, Jane Iredale mineral cosmetics line is recommended by plastic surgeons and dermatologists throughout the world. The staying power of the minerals is so effective that they rarely need a touch-up all day.

*MAKE-UP APPLICATION**BRIDAL MAKE-UP APPLICATION**BRIDAL TRIAL MAKE-UP**LASH APPLICATION**LASH EXTENSION*

CONDITIONING

**EXPRESS**

Optimal benefits of moisture, shine, or strength in a shorter amount of time.

**DELUXE**

Multi-sensorial treatment experience of texture, fragrance & scalp massage designed to enhance the integrity of your hair.

**CAVIAR CONDITIONING TREATMENT**

This luxurious hair ritual designed by Kérastase utilizes a customized 3-step beauty routine: cleanse, treat and texturize with carefully-conceived methods for beautifying the hair.

KERATIN

**CHOCO KERATIN TREATMENT**

This restorative treatment effectively deposits and seals essential amino acids into the hair, creating a protection against moisture loss. Instantly smoothing away frizz, restores vibrancy, and adds luminous shine for up to 5 months. For color or chemically treated hair.

**ACAI BERRY KERATIN TREATMENT**

This power treatment effectively deposits and seals amino acids into the hair to repair damage and restore vibrancy. Adaptable to every hair type, it's the ultimate solution that will transform the hair after just one treatment with results lasting up to 5 months. Especially formulated for unruly curls.

## SPA OCEANA

## MANICURES &amp; PEDICURES

**BALI BREEZE** {45 MINUTE MANICURE · 60 MINUTE PEDICURE}***From the Indian Ocean Collection.***

Choose your own island inspired scent in this exotic ritual for hands and feet. Creamy sugar scrub refines texture, and a rich shea butter concentrate is painted on for a deeply hydrating mask. Finish with indulging massage and polish of your choice.

**PACIFIC PARADISE** {45 MINUTE MANICURE · 60 MINUTE PEDICURE}***From the Pacific Ocean Collection.***

Soak in a delicate scented coconut and citrus milk bath designed to soften and nourish skin. Scrub & renew skin with crushed coconut shells and sugar. Exotic warmed stones are used to release tension in hands and feet. Nails are polished to perfection with the color of your choice.

**SUNSET SERENADE** {45 MINUTE MANICURE · 60 MINUTE PEDICURE}***From the Atlantic Ocean Collection.***

Slip away into relaxation with a comforting soak with sparkling oils that revitalize skin. A creamy whipped scrub with sugar grains and peach stone powder refines texture. Luscious live fruit cells and aloe rejuvenate skin and then hands and feet are enveloped in a warm paraffin dip for added hydration.

**BOURBON BUFF** {45 MINUTE MANICURE · 60 MINUTE PEDICURE}

Warm, buttery nectar milk softens your skin before a scrumptious spiked bourbon bubbler scrub exfoliation & hydrating honey wrap leaves you flush. Finish with a chaser of agave nectar and massage for limber travels.

### *SPORTS MANICURE & PEDICURE*

enjoy a hot clementine soak, scrub,  
and clean and buff of nails followed  
by a massage with agave nectar oil

30 MINUTE MANI

45 MINUTE PEDI

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### *EXPRESS MANI & PEDI*

25 MINUTE MANI

45 MINUTE PEDI

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### *SORBET MANI & PEDI*

for kids 4-10 years of age

25 MINUTE MANI

45 MINUTE PEDI

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### NAIL ADDITIONS

{HANDS OR FEET}

French

Shellac

Soak Off

Ecofin {PARAFIN ALTERNATIVE}

*TREAT YOURSELF  
AT THE SALON*





## *Spa Day Pass*

Enjoy the amenities for the day with a \$30 day pass, which includes the use of spa locker areas, whirlpools, steam rooms, Whisper Lounge, and our Rooftop Terrace. A spa lunch can be ordered at an additional cost.

*\*Don CeSar swimming pools not included with spa services.*

## SPA OCEANA

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### *RULES & GUIDELINES*

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#### **AGE**

It is with pleasure that Spa Oceana welcomes children & teen guests. Please note that there are certain restrictions while we maintain an adult atmosphere that is relaxing, comfortable and safe for all our guests. Ages 4-12 may enjoy nail care and salon services, accompanied by a parent or guardian. Ages 13-17 may enjoy massage and facial services with a parent or guardian present in the room during the service. Teen guests are required to have a treatment with a therapist of the same gender and are required to wear a bathing suit during services performed behind closed doors.

#### **PREGNANCY & MEDICAL INFORMATION**

Please notify the Spa Reservation Agents if you are pregnant, have high blood pressure or any disability that requires our attention so we may assist in scheduling the best treatment for you. Massage should be avoided for pregnant women in their first trimester.

#### **AMENITIES**

Guests may enjoy Spa Oceana amenities from open to close on the day of their service. Our amenities include steam, whirlpool, & roof top terrace. We ask that you shower prior to use of the wet areas. Minimum age for use of the steam room & whirlpool is 16, and must be accompanied by an adult.

#### **CELL PHONES**

Cell phone use is prohibited within the spa. Please respect the tranquility of our spa & place your phone on "silent."

#### **SERVICE CHARGE**

A 20% Service Charge will be added to your bill for your convenience. Your Spa Oceana service provider will receive 17% of the service charge & 3% is paid to the support staff.

#### **SPA PRICES & SERVICES**

All major credit cards are accepted. Spa services may be charged to your hotel room. Gift Certificates are available for purchase. Please present discounts & gift certificates at time of check in. Prices and services are subject to change without notice.

#### **CANCELLATION POLICY**

Your spa treatments are reserved exclusively for you, however, if you must cancel we require a 6 hour notice. Failure to notify results in a no-show or cancellation fee. A \$35 move fee will be applied to your service if you reschedule your appointment with less than 6 hours' notice.

#### **SMOKING IS NOT PERMITTED IN THE SPA**

THE  
DON CESAR

