



Spa al Maré



YOGA ON THE BEACH

Drop-In Class 60 minutes \$20
 Private Yoga Class 60 minutes \$140

Please see concierge for current class schedule

MASSAGES

**Our beach cabanas are currently being upgraded at the Casa Marina and will be available again when renovations are complete in December 2023.*

SWEDISH

Lighter massage strokes to relax, ease stress and restore well-being.

25 minutes \$90
 50 minutes \$170
 80 minutes \$220

DEEP TISSUE

A deeper massage incorporating neuromuscular and myofascial techniques. Excellent after a workout.

25 minutes \$95
 50 minutes \$190
 80 minutes \$230

THERAPEUTIC

Intended to address problematic areas of tension.

25 minutes \$95
 50 minutes \$190
 80 minutes \$230

REFLEXOLOGY

Ancient technique that focuses on the feet. Enhanced by an invigorating foot scrub, it will ease tired feet, relieve stress, and stimulate muscles and organs.

25 minutes \$90
 (does not include foot scrub)
 50 minutes \$170

COUPLE'S MASSAGE

Choose any type of massage and have it side by side for an intimate experience with your loved one.

25 minutes \$180
 50 minutes \$340
 80 minutes \$440

PRE-NATAL MASSAGE

Nurturing for the mother-to-be, with the use of specialized positioning, this massage insures the ultimate in comfort and relaxation.

25 minutes \$95
 50 minutes \$190

MASSAGE ENHANCEMENTS

Enhancements are additions to a massage treatment - not offered separately.

HOT STONE

Incorporate the therapeutic effect of heat with hot stone to your massage. Only available for indoor services.

\$40 extra

FOOT MASSAGE / REFLEXOLOGY

This balancing treatment is enhanced by applying essential oil-infused hot towels to the feet.

20 minutes \$50

HEAD & SCALP MASSAGE

Relaxing the scalp with the use of essential oils and choice of Jojoba oil hair conditioning.

20 minutes \$50

CBD OIL & SALVE THERAPY

A deeply calming, balancing and therapeutic addition to any massage.

\$30 extra



Direct Line: 305-906-0645

Website: SpaalMare.com

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Kindly honor our 24 hour cancellation policy.

The therapeutic power of pure essential oils and Key West tropical surroundings combine into the nurturing journey that is Spa al Maré. Let our relaxing, beautifying and replenishing treatments take you away then bring you back rejuvenated and radiant inside and out.



AROMATHERAPIES

YOUNG LIVING Essential oils are nature's pure and unaltered living energy. Their high concentration and the ability to act on both the body and the mind is what makes them truly unique among natural therapeutic substances. We offer an extensive collection of essential oils and blends that can instantly take you on a sensory journey to enliven, balance, or soothe both body and mind.

AROMATHERAPY MASSAGE

The essential oil of your choice will be applied "neat" (undiluted) on your vitaflex points (feet and spine) then infused with organic coconut oil for a personalized massage tailored to your individual needs.

50 minutes \$190
80 minutes \$240

AROMATHERAPY BODY POLISH AND BACK MASSAGE

Deeply cleansing and hydrating, this exfoliation combines the essential oils of your choice with whipped sugar scrub and coconut oil for a therapeutic skin conditioning treatment. The session ends with a back massage.

50 minutes \$170

AROMATHERAPY ESCAPE

A combination of salt glow and massage treatments, transporting the power of scent to its deepest reach. Feel completely renewed on all levels, from polished radiant skin, to a sense of wholeness through relaxation of the muscles to deep into the psyche where moods, memories and emotions dwell.

80 minutes \$240

WAXING

Full leg	\$70
Half leg	\$50
Bikini	\$50 and up
Upper Lip	\$20
Eyebrow	\$40
Under arm	\$40

FACIALS

SPA AL MARÉ FACIAL

A treatment as unique as each face and skin type, this classic European facial provides a deep cleansing, exfoliation and hydration. Aromatherapy serums and botanical creams will be used to massage your face, relax your neck and calm your mind.

50 minutes \$190

SIGNATURE OXYGEN FACIAL

This powerful anti-aging skin care treatment is designed to rejuvenate the skin. The use of oxygen, peptides and a stem cell complex, along with an array of active Bio-Suisse Botanicals, leaves the skin purified and refreshed.

Long lasting results are achieved by amplifying collagen level, reducing redness and irritation.

80 minutes \$220

OXYGENATING DEEP CLEANSING FACIAL

A revolutionary oxygenating acne treatment designed to clear skin congestion, control acne, reduce pores, balance hydration and give skin a healthy look.

50 minutes \$195

GENTLEMEN'S FACIAL

This treatment includes deep cleansing, steaming and extraction techniques particular to men. The session will conclude with a soothing mask to refine the pores and condition the skin.

50 minutes \$190

ADD-ON OPTIONS:

MICRODERMABRASION

\$40

COLLAGEN EYE TREATMENT

Intense hydration with anti-aging collagen mask

\$25

COLLAGEN LIP TREATMENT

Plumping and hydrating collagen lip enhancement

\$25

SPA PACKAGES

20% gratuity will be added to all spa packages

TOTAL BODY REJUVENATION

Combine the most popular spa treatments in one. Start with a lavender-vanilla organic sugar scrub. Rinse off to receive a customized 50 minute massage and complete your session with a 50 minute facial. You will feel and look radiant from head to toe.

135 minutes \$370

STRESS RELIEF INTENSIVE

Deeply relaxing and therapeutic, this organic arnica infused body scrub and 80 minute massage will erase any tension from your body and prepare your skin for a healthy sun tan.

100 minutes \$280

DETOXIFYING SEAWEED WRAP

This effective treatment detoxifies and mineralizes dry, depleted skin. Your body is prepared with an exfoliation, covered with warm micronized seaweed and gently wrapped in a warming cocoon. As you are relaxing the therapist will ease stress from your face while cleaning, exfoliating and hydrating your skin. Your treatment concludes with a moisturizing session.

90 minutes \$280

Add a 50 minutes massage \$400

SUN SOOTHER LILY MASK

This refreshing body mask is just the prescription to calm sun-burned or wind-aggravated skin. The unique hydrating properties of water lily will help reduce redness, decrease burning sensation and moisturize skin.

25 minutes \$120

EYE, LIP AND FEET TREATMENT

With plant stem cells derived from Apple tree, Caviar and Retinol, this highly anti-aging treatment stimulates cell turn-over, smooths wrinkles, diminishes puffiness and dark circles under the eyes. While it all sinks in, enjoy a foot massage. Ideal as an add-on to any body treatment.

45 minutes \$140

