

THE
SPA
AT FLAMINGO

Tailored Massages

Essential Wellness Massage

50 MINS FROM \$164 | 80 MINS FROM \$225

Indulge in a Swedish style, full body massage designed to relax and renew that aims to promote relaxation and overall well-being.

Deep Tissue Massage

50 MINS FROM \$179 | 80 MINS FROM \$235

Unwind with a full body massage focusing on deep muscle and connective tissue to relieve pain and muscle tightness. This therapeutic massage involves applying more pressure and targeting the deeper layers of muscle and fascia.

Hot Stone Massage

50 MINS FROM \$179 | 80 MINS FROM \$235

The combination of soothing warm stones and the benefits of massage creates a deeply relaxing experience. The heat also allows the therapist to work on deeper layers of muscle without using intense pressure.

Sports Massage

50 MINS FROM \$179 | 80 MINS FROM \$235

This specialized form of massage is designed to address the unique needs of athletes and individuals engaged in physical activities. This is a focused area massage to improve athletic performance, recovery, and range of motion.

Prenatal Massage

50 MINS FROM \$179 | 80 MINS FROM \$235

A therapeutic massage customized to the special need of a mother-to-be. This massage incorporates gentle and soothing strokes to promote relaxation and support tension reduction. Expectant mothers must be past the first trimester to receive this treatment.

Body Experiences

Illuminating Body Peel

80 MINS FROM \$255

This facial for the body uses natural, sugarcane based glycolic exfoliators to remove dry, dull skin, increase cell turnover and stimulate collagen. A luxurious, rejuvenating mask is applied to detoxify and replenish depleted skin with antioxidants, nourishing clays, and avocado oil. The face and scalp are massaged with a nutrient rich oil while body is cocooned. This treatment is finished with a deeply hydrating body cream with earthy essences of Jasmine, Sage, and Citrus.

Recover & Rebalance Body Polish

80 MINS FROM \$245

This cleansing body scrub uses micronized Arabic coffee and caffeine extracts to increase circulation, firm skin texture and reduce inflammation along with olive oil and Vitamin E to hydrate and nourish. The scrub is followed by a hydrating and detoxifying clay volcanic ash body mask to cleanse pores and calm inflammation. Aloe and nourishing Vitamins B5 and E rejuvenate the skin's moisture barrier as the finishing touch.



Specialty Facials

Deluxe HydraFacial Experience

50 MINS FROM \$275 | 80 MINS FROM \$350

Indulge in the results-driven experience that HydraFacial is renowned for! This treatment begins with a sculpting double cleansing massage to prepare the skin for the magic of the machine-aided gentle lymphatic massage and extractions that purifies and refines your complexion. The skin is then nourished with vital nutrients that provide deep hydration to restore its natural glow, finishing with a rejuvenating serum that leaves your skin sculpted and youthful.

Express HydraFacial

25 MINS FROM \$150

In a hurry? Try our *brand new* 25-minute express HydraFacial, just \$150 for a limited time!

Transformative Signature Facial

50 MINS FROM \$180 | 80 MINS FROM \$249

This customized facial addresses skin conditions related to acne, aging, hyperpigmentation and dry or sensitive skin. A non-inflammatory sugarcane based exfoliant acts to transform skin layers, while a restorative antioxidant serum and treatment mask fight free radical damage and repair the skin's protective barrier.

The Beauty Workout

50 MINS FROM \$179 | 80 MINS FROM \$249

This is a comprehensive facial aimed at promoting fitter and healthier skin. It utilizes the principles of healthy skin cell turnover (cardio), strengthening, nourishing, and hormonally balancing the skin while addressing individual conditions related to our everyday environment. An antioxidant cocktail provides powerful environmental defense and repair, while a balancing peel-off mask with spirulina and rosemary lifts, evens tone, and hydrates.

Organic Wellness Facial

50 MINS FROM \$169 | 80 MINS FROM \$225

This is a fully customized, results-oriented facial that uses Eminence Organic Skin Care products that emphasizes natural and clean ingredients, making the facial suitable for a wide range of skin types, including sensitive skin.

Organic Detox + Brighten Facial

50 MINS FROM \$179 | 80 MINS FROM \$235

Combat pollution with this detoxifying treatment that includes an oxygenating exfoliation and a powerful boost of Vitamin C. This aromatic, tightening and brightening facial works to support age defying skin regeneration.

Micro-Dermabrasion Facial

50 MINS FROM \$205 | 80S MIN FROM \$245

This is a results-driven, anti-aging treatment using diamond microdermabrasion combined with the benefits of exfoliation and recovery mask will address various signs of aging and effectiveness in promoting smoother, more radiant skin.

Waxing

BROW \$35

LIP \$22

CHIN \$22

FACE \$69

UNDERARM \$39

ARM: HALF \$55 | FULL \$65

LEG: HALF \$72 | FULL \$102

BACK OR CHEST: HALF \$60 | FULL \$96

BIKINI: BASIC \$65 | EXTENDED \$75

BRAZILIAN \$90

Enhancements

D-Stress Scalp Therapy

\$35 | MASSAGE OR BODY TREATMENT

Indulge in a decadent scalp massage designed to revitalize the scalp and protect hair follicles from damage caused by pollutants and environmental exposure, featuring a nourishing scalp serum with Vitamins D, E and K to stimulate circulation, calm inflammation, protect, strengthen the hair and scalp. This aromatic blend of anti-inflammatory and protective oils, rich in essential fatty acids, is massaged through your hair with a pressure point scalp massage to repair and replenish moisture.

CBD Enhancement

\$30 | MASSAGE OR BODY TREATMENT

Indulge with our whole plant CBD professional body oil. This deeply nourishing CBD-powered botanical and herbal oil blend provides deep relief and restoration to your selected area of the body.

5-minute Eye Lift

\$35 | FACIALS

Get an instant eye lift which tightens and firms the delicate skin tissue around the eyes while smoothing lines and wrinkles. A hydrating eye cream with vitamin K, arnica, green tea and olive oil is applied to reduce puffiness and dark circles leaving eyes bright and refreshed.

Hydrating Lip Plumper Treatment

\$35 | FACIALS

This enhancement exfoliates, hydrates and plumps the lips to soften and smooth fine lines for fuller, voluminous look, then finished with SkinSuit lip protection to prevent photo aging caused by digital screens, wireless technology, sun and pollution.

HydraFacial Perk Eye Treatment

\$50 | HYDRAFACIAL

A rejuvenating and hydrating eye treatment designed to create a visibly brighten, toned, and firmer outer eye area.

HydraFacial Perk Lip Treatment

\$50 | HYDRAFACIAL

This is the perfect enhancement for those who want visibly smoother, hydrated lips with a lightly plumped effect.

HydraFacial Neck and Decollete Treatment

\$99 | HYDRAFACIAL

Extend your HydraFacial results down the neck and decollete with this wonderful add-on.



Frequently Asked Questions

Age Requirement

The minimum age for services at The Spa at Flamingo is 16, and an adult chaperone or parent will be required to sign a waiver.

Service Charge

As a courtesy, we add a 20% gratuity to all Spa services. Guests are more than welcome to adjust this service charge based on their satisfaction.

Cancellation + No-Show Policy

If you need to cancel or change your appointment, please call at least 24 hours prior to the appointment time. If an appointment is cancelled or changed within 24 hours of the scheduled service, we charge 50% of the service price. For groups, there is a minimum 14-day cancellation policy. A "no-show" appointment is charged the full-service rate.

Arriving at the Spa

We recommend arriving at least 15 minutes prior to your appointment start time. This will allow you ample time to check in and get set with your robe and locker and allow time to relax before your service.

Devices in The Spa + Club at Flamingo

To support your wellbeing, we suggest you leave your phones and devices at home when coming to enjoy The Spa + Fitness at Flamingo. Should you have them with you, you will be provided with a locker to store your belongings. No phone calls are allowed in The Spa + Fitness areas, apart from lobby.

Service Pricing

All pricing is subject to change without notice.

Amenities

Guests who are only receiving Spa services get complimentary access to the sauna, steam-room, and jacuzzi in the health club locker rooms. We recommend arriving at least 30 minutes early if you'd like to enjoy them before your service, but you are also welcome to use them after your service.

Flamingo Resort Pool

Spa reservations do not include access to the Flamingo Resort Pool. Should you wish to also enjoy the Flamingo Resort Pool please visit our website to purchase a day pass.

The Club at Flamingo Day Pass

Looking to elevate your experience with full access to The Club at Flamingo for just \$20 (a \$40 value) when you book any spa service. Enjoy top-notch amenities, including a modern gym, diverse fitness and spin classes, a refreshing lap pool, and eight newly resurfaced pickleball courts, plus tennis courts. Call ahead to secure your spot for courts, classes, or lap lanes to ensure availability. *Interested in membership at The Club at Flamingo? Let us know and we'd be happy to get you in contact with the team.*

Please scan to
access our
full website



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FOR RESERVATIONS, PLEASE CALL 707.303.3313