

THE  
SPA  
AT FLAMINGO

## Tailored Massages

### Essential Wellness Massage

50 MINS MON-THURS \$164 FRI-SUN\$189

80 MINS MON-THURS \$225 FRI-SUN \$250

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 MON-THURS \$179 FRI-SUN\$204

80 MINS MON-THURS \$235 FRI-SUN\$260

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 MON-THURS \$179 FRI-SUN\$204

80 MINS MON-THURS \$235 FRI-SUN\$260

The combination of soothing hot stones and the benefits of massage create 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 MON-THURS \$179 FRI-SUN\$204

80 MINS MON-THURS \$235 FRI-SUN\$260

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.

### Aromatherapy Massage

50 MINS MON-THURS \$179 FRI-SUN\$204

80 MINS MON-THURS \$235 FRI-SUN\$260

Elevate your full body Swedish massage with an Aroma Wellness blend from TARA Spa Therapy. Each blend is created with a different goal in mind, whether you seek to unwind, relieve tension, or revitalize your spirit there's a blend for you.

### Prenatal Massage

50 MINS MON-THURS \$179 FRI-SUN\$204

80 MINS MON-THURS \$235 FRI-SUN\$260

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 MON-THURS \$255 FRI-SUN\$280

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. This treatment is finished with a deeply hydrating body cream with earthy essences of Jasmine, Sage, and Citrus.

### Recover & Rebalance Body Polish

80 MINS MON-THURS \$245 FRI-SUN\$270

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 MON-THURS \$275 FRI-SUN\$300

80 MINS MON-THURS \$350 FRI-SUN\$375

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 MON-THURS \$150 FRI-SUN\$175

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

## Transformative Signature Facial

50 MINS MON-THURS \$180 FRI-SUN\$205

80 MINS MON-THURS \$249 FRI-SUN\$274

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 MON-THURS \$179 FRI-SUN\$204

80 MINS MON-THURS \$249 FRI-SUN\$274

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 MON-THURS \$169 FRI-SUN\$194

80 MINS MON-THURS \$225 FRI-SUN\$250

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 MON-THURS \$179 FRI-SUN\$204

80 MINS MON-THURS \$235 FRI-SUN\$260

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.

## Waxing

BROW \$35

LIP \$22

CHIN \$22

FACE \$69

UNDERARM \$39

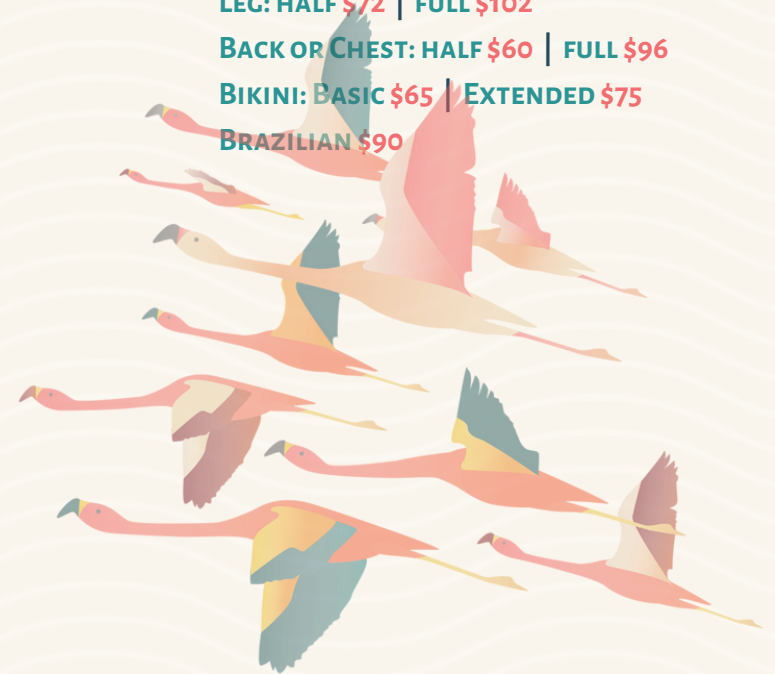
ARM: HALF \$55 | FULL \$65

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 pressure point scalp massage designed to revitalize the scalp and protect hair follicles from damage caused by pollutants and environmental exposure.

### CBD Enhancement

**\$30 | MASSAGE**

Upgrade your experience with a high potency CBD massage oil made with a proprietary herbal infused grapeseed oil, that delivers 250mg of CBD per ounce to provide deep relief and restoration to your selected area of the body. This product is 100% THC Free.

### CBD Sports Relief

**\$30 | MASSAGE**

An aromatic salve handcrafted in small batches using ingredients such as menthol and camphor is used to bring immediate relief with a cooling and warming sensation to the skin. Can be applied to an area of choice for extra relief from pain and tension. This product is 100% THC free.

### Targeted Hot Stone

**\$15 | MASSAGE**

Add hot stones to your choice of one of the following areas during your massage for extra tension relief or extra relaxation. Choose from neck and shoulders, chest, arms, back, feet, or legs.

### 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**

Exfoliate, hydrate and plump the lips to soften and smooth fine lines for fuller, voluminous look, then finish 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 brighter, 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.

Please note enhancements are add-ons to specific services and do not extend the length of the service.



# 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.

## Late Arrivals

LATE ARRIVALS MAY RESULT IN LOST TREATMENT TIME UNLESS OUR SCHEDULE ENABLES US TO OFFER YOU THE FULL 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

SPA PRICING VARIES BASED ON DEMAND AND PEAK PERIODS, 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



2777 4<sup>TH</sup> STREET

SANTA ROSA, CA 95405

FOR RESERVATIONS, PLEASE CALL 707.303.3313