THE SPA AT FLAMINGO

Tailored Massages

Essential Wellness Massage

50 MINS $164 | 80 MINS $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 $179 | 80 MINS $235

Ideal for those seeking targeted therapeutic relief from chronic muscle tension and pain, this session concentrates on up to 3 problem areas of pain and discomfort. Your therapist will target the deeper layers of muscles to release stubborn knots and reduce pain and tension.

Hot Stone Massage

50 MINS $179 | 80 MINS $235

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 $179 | 80 MINS $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.

Aromatherapy Massage

50 MINS $179 | 80 MINS $235

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 $179 | 80 MINS $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

Organic Stone Crop Restorative Body Treatment

80 MINS $255

This facial for the body uses an organic sugar scrub to exfoliate the body, removing dry, dull skin, and increasing cell turnover. A luxurious, restorative mask is applied to heal and hydrate the skin, while powerful antioxidants rejuvenate and brighten the skin. A full body swedish massage is performed with a lightweight body oil that absorbs quickly leaving the skin softened and soothed. This treatment is finished with a healing body lotion. The earthy fragrance of stone crop combined with lemon peel and arnica make this body treatment especially appealing for those who love a grounding aromatherapy experience.

Organic Tropical Brightening Body Treatment

80 MINS $245

This cleansing body scrub uses coconut oil and sugar to exfoliate and deeply hydrate the skin. The scrub is followed by a hydrating and exfoliating mango based body mask to further exfoliate and brighten the skin while increasing moisture levels. Followed by a full body swedish massage performed using a luxurious body oil to deeply hydrate and heal the skin. Finished with a lightweight brightening body lotion powered by mangosteen and a lactic acid complex to further hydrate and brighten the skin. This body treatment is especially great for those who want that summertime glow year round with an uplifting aromatherapy experience.

Specialty Facials

Deluxe HydraFacial Experience

50 MINS $275 | 80 MINS $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 $150

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

Organic Wellness Facial

50 MINS $169 | 80 MINS $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 and Brighten Facial

50 MINS $179 | 80 MINS $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.

Organic Arctic Berry Peel

50 MINS $185 | 80 MINS $250

Reveal a fresh, luminous complexion with a rejuvenating three-step exfoliation treatment featuring arctic berries, botanicals, and peptides. Manual and enzymatic exfoliation gently removes dead surface cells, while advanced exfoliation helps refine texture and even the appearance of skin tone. Nourishing peptides and botanical extracts leave skin looking smooth, plump, hydrated, and radiant while helping defend against environmental stressors.

Organic Strawberry Rhubarb Barrier Renewal Facial

50 MINS $179 | 80 MINS $235

Immerse the skin in this restorative treatment that replenishes moisture at every layer, strengthens the barrier, and revives a radiant, healthy glow. This facial combines Botanical Hyaluronic Acid, adaptogens, gentle exfoliation, and microbiome supportive actives to deeply restore hydration, enhance resilience, and leave the skin visibly plump, luminous, and refreshed.

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.

Exfoliating Foot Scrub

$20 | Massage

Soothe sore, tired feet with a rejuvenating sugar scrub. Ideal for guests who spend their time on their feet or who just want a little extra tlc

Aromatherapy Eye Ritual

$25 | Massage

This aromatic sensory ritual combines gentle self-heating warmth with your choice of TARA aromatherapy blend to quiet the mind, soothe tired eyes, and center the breath — your moment of calm amid the daily rush.

Exfoliating Hand Scrub

$20 | Facials

Upgrade your hand and arm massage with a rejuvenating sugar scrub followed by the Eminence body lotion best suited for your skins needs.

Rejuvenating Neck and Décolleté Mask

$30 | Facials

An advanced 2-piece hydrogel mask that deeply moisturizes, enhances elasticity, and rejuvenates skin. Helps support natural collagen activity for firmer-looking skin in the neck and chest areas.

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.

Please note enhancements are not stand alone services and do not extend the length of the service they are added to.

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

IPlease call at least 24 hours prior to the appointment time for cancellations. Any appointment cancelled or changed within 24 hours of the scheduled service, will be charged 50% of the service price. A 100% charge will be made for all appointments cancelled after the start time or that are not attended.

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

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