



SEVEN SEAS SPA

MASSAGES



COUPLES

Our couples massage is designed to bring you and yours together. Relax, unwind, and use this time to renew and reconnect with your loved one. After a thorough consultation, your massage therapists will provide you with the best combination of massage techniques, which can include relaxation, therapeutic, foot reflexology, and acupressure- the possibilities are limitless.

110	MINUTES	\$390
80	MINUTES	\$340
50	MINUTES	\$230



ELEMENTAL NATURE

A customized massage experience based upon the Aveda Elemental Nature Philosophy and your favorite Aveda aroma. Depending on your needs, a variety of massage techniques will be utilized including but not limited to relaxation and reflexology.

110	MINUTES	\$189
80	MINUTES	\$149
50	MINUTES	\$99
25	MINUTES	\$49

STRESS-FIX

The Stress-Fix™ aroma is clinically proven to relieve feelings of stress. The aroma is formulated using the power of pure essential oils, including essences of lavender, lavandin and clary sage from organic farms. Using a combination of therapeutic, relaxation and foot reflexology techniques, stress held within the body melts away.

110	MINUTES	\$195
80	MINUTES	\$169
50	MINUTES	\$115
25	MINUTES	\$65

AVEDA AROMA

Stress, muscle tension and lack of energy can all be addressed with a customized massage where you determine the amount of time you want to spend on your treatment. After a thorough consultation, your massage therapist will provide you with the best combination of products, personalized Aveda aromas and massage techniques, which can include relaxation, therapeutic, foot reflexology, and acupressure- the possibilities are limitless.

110	MINUTES	\$195
80	MINUTES	\$169
50	MINUTES	\$115
25	MINUTES	\$65

MOTHER TO BE

A mother's changing body beckons for skilled hands to relieve the building tension, and soothe the heart during this precious time. Quiet time, soft music, and Aveda's blend of healing oils feed your skin, while your highly skilled massage therapist works to restore energy and balance within your body.

50	MINUTES	\$115
25	MINUTES	\$65



FUSION STONE

Basalt stones created in the depths of volcanoes, travel to the oceans to be tumbled smooth and then polished by waters passing by. Warmed to address chronic tension within the muscles, these stones combined with the aromatic power of Aveda Pure Flower and Plant Essences this customizable massage will leave you feeling relaxed and renewed.

110	MINUTES	\$229
80	MINUTES	\$179
50	MINUTES	\$129

CHAKRA BALANCING

Using therapeutic massage, foot reflexology and integrative energy work this massage addresses the Chakra system comes from the 5,000-year-old ancient Indian tradition of Ayurveda. The chakras in the body, which are spinning wheels of colored energy that vibrate at different frequencies and emit different colors, can be used to explore the physical, energetic, emotional, mental and spiritual aspects of the self.

110	MINUTES	\$229
80	MINUTES	\$179
50	MINUTES	\$129

CHAKRA REFLEXOLOGY

The manual manipulation of the feet stimulates, through subtle energy reflexes, the various parts of the body to promote health and wellbeing. An ancient practice, we begin with a foot ritual which includes exfoliation followed by reflexology massage designed exclusively for the feet.

50 MINUTES \$129



ADD-ONS





AVEDA AROMA SCALP MASSAGE AS ADD-ON TO FACIAL

If scalp massage is your favorite part of a spa treatment, this 25 minute scalp massage customized with an Aveda aroma made from pure flower and plant essences is a perfect enhancement to any massage, facial or body treatment. Leave the product in your hair for added benefits, or schedule a shampoo and blow-dry service immediately following your services.

25 MINUTES \$50

REFLEXOLOGY

Want the benefit of the full service, but need a full body massage too? We are happy to add Reflexology to any massage service.

25 MINUTES \$50

FACIALS



ELEMENTAL NATURE FACIAL

Beautiful skin starts here. Aveda skin care combines the power of plants with ancient wisdom and modern science to create your Purescription™ for balanced skin. Botanical Kinetics™ focuses on concentrated blends of pure plant and flower essences to bring balance to all skin types in a simple, three-step skin care ritual for morning and evening.

80	MINUTES	\$149
50	MINUTES	\$99
25	MINUTES	\$65

TULASĀRA FACIAL TREATMENTS

Dry, oily, aging, uneven, sensitive and acneic skin conditions and eye concerns call all be addressed with a customized Tulasāra facial treatment. After a thorough consultation, your skin therapist will provide the best combination of products, personalized Aveda aromas, and techniques and design a customized treatment that will move your skin toward balance and reveal its natural beauty.

80	MINUTES	\$159
50	MINUTES	\$105
25	MINUTES	\$65

PERFECTING PLANT PEEL ADD-ON

Advancing the science of chemical peels, this professional facial treatment helps retexturize skin, smooth fine, dry line; refine the look of pores; and restore radiance. Safe for acneic skin conditions, the Perfecting Plant Peel can be performed as a standalone treatment or added to any other facial treatment any time skin needs the exfoliation and radiance benefits of a 30% glycolic peel procedure with less of the associated redness and irritation.

25	MINUTES	\$65
SERIES OF FOUR 25 MINUTE TREATMENTS		\$240

PLANT-POWERED ALTERNATIVES TO MICRODERMABRASION AND CHEMICAL PEELS

Dual Exfoliation peel is Aveda's latest advancement in non-invasive, skin-renewing treatments. Using innovative techniques, this treatment combines Aveda's naturally derived mechanical and biochemical exfoliation methods into one powerful service that transforms and rejuvenates the skin through the process of dual exfoliation. The treatment delivers immediate, visible results in improved skin texture and radiance; smoothed appearance of fine, dry lines; and refined pores, revealing fresher, younger-looking skin.

80	MINUTES	\$179
50	MINUTES	\$129
SERIES OF FOUR 50 MINUTE TREATMENTS		\$465

BODY SERVICES



AVEDA AROMA BODY POLISH TREATMENT

The Aveda Aroma Body Polish Treatment is an exfoliating body treatment featuring customized Aveda body care products and aromas. The treatment includes an exfoliation and full-body massage, including scalp and foot reflexology techniques.

80 MINUTES \$159



HAIR

HAIRCUT

Haircut - Short Hair	\$50
Haircut - Medium Hair	\$60
Haircut - Long Hair	\$70
Fringe Trim	\$15
Children's Haircut (12 & under)	\$20

HAIR STYLING

Blowout - Medium Hair	\$35
Blowout - Long Hair	\$40
Flat Iron/Curls	\$15

COLOR

Deep Conditioning Treatment	\$20
Highlights - Full Head	\$175
Highlights - Half Head	\$100
Highlights - Partial	\$85
Single Process Color - New Growth	\$60
Single Process Color - All Over	\$80

NAILS

Manicure	\$20
Pedicure	\$35
Manicure Polish Change	\$10
Pedicure Polish Change	\$10
Pedicure Foot Massage	\$10
Nail Fix	\$10
Princess Manicure	\$10
Princess Pedicure	\$15
Gel Manicure	\$30
Gel Pedicure	\$40
French Mani Add On	\$5
French Pedi Add On	\$5

WAXING

Eyebrow	\$20
Upper Lip	\$10
Chin	\$10
Full Leg	\$40
Half Leg	\$25
Full Arm	\$40
Half Arm	\$25



MINI TREATS

SCALP MASSAGE

Many guests say the scalp massage is their favorite part of a spa treatment. This 20-minute scalp massage customized with an Aveda aroma made from pure flower and plant essences is a perfect enhancement to any massage, facial or body treatment. Leave the product in your hair for added benefits, or schedule a shampoo and blow-dry service immediately following your scalp massage experience

20 MINUTES \$40

HAND & FOOT MASSAGE

Our 20 – minute hand and foot massage gets new, oxygen-rich blood flowing into areas that might have soreness. Not only the muscles, but also the tendons, joints, ligaments and connective tissues in your hands -- and in the rest of your body -- benefit from regular massage therapy.

20 MINUTES \$40

AVEDA
THE ART AND SCIENCE OF PURE
FLOWER AND PLANT ESSENCES



APPOINTMENTS

Walk-ins are welcome, yet in order to ensure the availability of specific times, we do recommend that you book your appointment in advance.

All spa appointments must be guaranteed with a credit card.

We recommend that guests arrive 30 minutes prior to the appointment time.

GRATUITIES

An 18% gratuity will be added to your services as a convenience. Please feel free to add more based on your level of experience.

CANCELLATION CONSIDERATIONS

Please cancel your appointment at least 12 hours in advance to allow other guests ample time to schedule appointments in your absence.

Cancellations made within 12 hours are subject to the cancellation fee of 50% of the appointments full cost. Prices and services are subject to change without notice.



16701 Collins Avenue, Sunny Isles Beach, FL 33160

305.749.2100

www.sevensespassalon.com