



# DREAMS *Spa*

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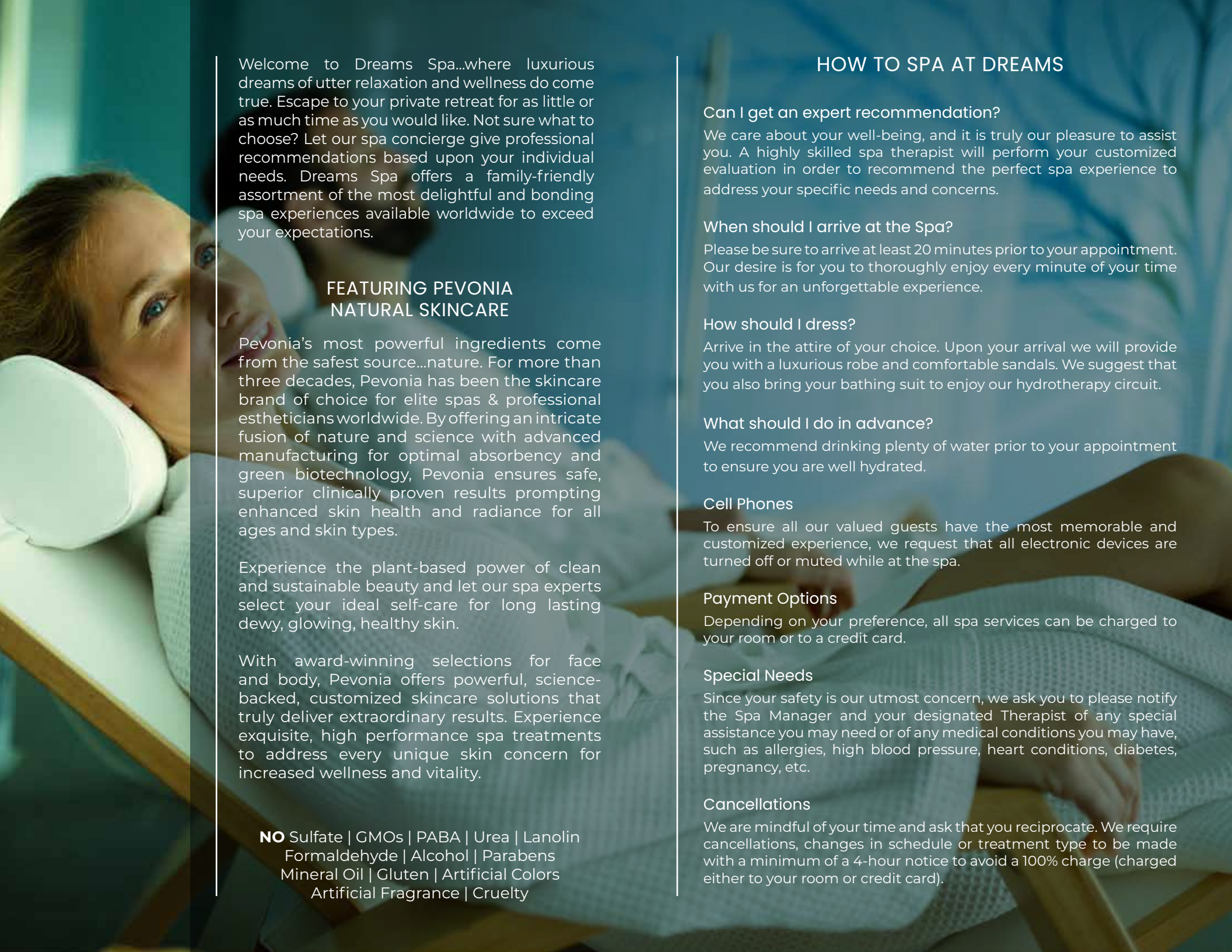


Indulge yourself with an intensive, hydrating, and repairing treatment!



# DREAMS *Spa*

SPA MENU EXPERIENCES



Welcome to Dreams Spa...where luxurious dreams of utter relaxation and wellness do come true. Escape to your private retreat for as little or as much time as you would like. Not sure what to choose? Let our spa concierge give professional recommendations based upon your individual needs. Dreams Spa offers a family-friendly assortment of the most delightful and bonding spa experiences available worldwide to exceed your expectations.

### FEATURING PEVONIA NATURAL SKINCARE

Pevonia's most powerful ingredients come from the safest source...nature. For more than three decades, Pevonia has been the skincare brand of choice for elite spas & professional estheticians worldwide. By offering an intricate fusion of nature and science with advanced manufacturing for optimal absorbency and green biotechnology, Pevonia ensures safe, superior clinically proven results prompting enhanced skin health and radiance for all ages and skin types.

Experience the plant-based power of clean and sustainable beauty and let our spa experts select your ideal self-care for long lasting dewy, glowing, healthy skin.

With award-winning selections for face and body, Pevonia offers powerful, science-backed, customized skincare solutions that truly deliver extraordinary results. Experience exquisite, high performance spa treatments to address every unique skin concern for increased wellness and vitality.

**NO** Sulfate | GMOs | PABA | Urea | Lanolin  
Formaldehyde | Alcohol | Parabens  
Mineral Oil | Gluten | Artificial Colors  
Artificial Fragrance | Cruelty

## HOW TO SPA AT DREAMS

### Can I get an expert recommendation?

We care about your well-being, and it is truly our pleasure to assist you. A highly skilled spa therapist will perform your customized evaluation in order to recommend the perfect spa experience to address your specific needs and concerns.

### When should I arrive at the Spa?

Please be sure to arrive at least 20 minutes prior to your appointment. Our desire is for you to thoroughly enjoy every minute of your time with us for an unforgettable experience.

### How should I dress?

Arrive in the attire of your choice. Upon your arrival we will provide you with a luxurious robe and comfortable sandals. We suggest that you also bring your bathing suit to enjoy our hydrotherapy circuit.

### What should I do in advance?

We recommend drinking plenty of water prior to your appointment to ensure you are well hydrated.

### Cell Phones

To ensure all our valued guests have the most memorable and customized experience, we request that all electronic devices are turned off or muted while at the spa.

### Payment Options

Depending on your preference, all spa services can be charged to your room or to a credit card.

### Special Needs

Since your safety is our utmost concern, we ask you to please notify the Spa Manager and your designated Therapist of any special assistance you may need or of any medical conditions you may have, such as allergies, high blood pressure, heart conditions, diabetes, pregnancy, etc.

### Cancellations

We are mindful of your time and ask that you reciprocate. We require cancellations, changes in schedule or treatment type to be made with a minimum of a 4-hour notice to avoid a 100% charge (charged either to your room or credit card).



## SPA PANTRY EXPERIENCES



Our Spa Pantry Program offers customized wellness experiences based on seeds, herbs, plants, and flowers, which act as natural remedies for a grounding connection with nature and its bountiful goodness.

Select the treatment to evoke your preferred emotion:

- **Relax:** Promotes tranquility and calm
- **Detox:** Purifies and balances
- **Energize:** Invigorates and revitalizes

Select your preferred experience:

### Botanical Body Polish Revitalize / Smooth / Hydrate



Experience renewal and invigorate the senses with this botanical body exfoliation. Using the finest sea salts and minerals combined with aromatic essential oils, for smoother tone and texture and a refreshed feeling of sublime relaxation.

### Herbal/Floral Indulge Wrap Relieve / Boost / Restore



A true wellness body treatment designed to relieve muscle tension, body aches, jet lag, headaches, and fatigue. Natural mud detoxifies, soothes, and revives, helping to boost mental clarity, restoration, relief, and energy.

### Mineral Bath & Foot Massage Remineralize / Repair / Detoxify



Detoxify your entire body with a mineral bath, stretching techniques, and a relaxing and re-energizing hand and foot massage.

### Apotheca-Therapeutic Bath Soak Immerse / Refresh / Invigorate



Calm mind and muscles while deeply cleansing and expelling toxins. This invigorating hydrotherapy tub, complete with water jets, ensures you exhale, de-stress, and detox. Ideal for arthritis, sore muscles, tension, jet lag, and hangovers.

### Spa Pantry Manicure Enjoy / Reveal / Shine



Divinely aromatic, this manicure features the finest botanicals and includes nail detail, moisturizing, and choice of polish.

### Spa Pantry Pedicure Smooth / Soften / Enjoy



This aromatic pedicure features the finest botanicals and includes nail detail, moisturizing, and choice of polish.



## BODY EXFOLIATION TREATMENTS

Reveal enviable, touchable skin with one of our exquisite body exfoliations. Remove dead cells and impurities and prepare your skin for optimal ingredient absorbency. Enjoy boosted results with the infusion of negative ions, for restorative benefits and improved elasticity.

Highly recommended prior to any body treatment experience or massage.

### **BodyRenew™ Salt Scrub** **Exfoliate / Relax / Refresh**



An aroma-therapeutic salt scrub infused with the natural aromas of jasmine and lavender to entice the senses and help you feel utterly relaxed and refreshed with smooth, sexy skin.

### **Chocolate Indulgence Body Scrub** **Rejuvenate / Repair / Glow**



Escape to a sensorial oasis of lusciously foaming chocolate goodness. Your skin is gently yet deeply exfoliated as a sumptuous blend of nutrient-rich Cacao extract, drizzling Caramel, and energizing Sea Salt deliver highly antioxidant and repairing benefits. Your body emerges silky soft, smoother, deeply moisturized, and ready for caressing.

### **Detox Body Polish** **Invigorate / Detox / Restore**



Gentle and deeply cleansing, this creamy body polish is ideal for sensitive skin to eliminate dead cells, superficial toxicity, and impurities. Renders dry and rough areas smooth and even, resulting in softer skin with improved texture and tone.



## BODY THERAPY TREATMENTS

Our body therapy treatments are designed with your individual goals in mind. We highly recommend a body exfoliation prior to one of these selections for boosted benefits and results. Enhance your experience with a relaxing and invigorating Hair & Scalp Massage and the application of an Extra-Strength Hair Energize Serum.

### Detox & De-Stress Body Therapy Revitalize / Soothe / Detoxify



The perfect wellness treatment for anyone with tension, headaches, jet lag, body soreness, or fatigue. This warm mud wrap will soothe the body from the inside out, providing energy, detoxification, and revitalization. A finishing touch of Tension Relief Gel will leave you feeling like you are floating on air.

### Chocolate Indulgence Wrap Repair / Hydrate / Reactivate



Elevate your senses with this sumptuous rejuvenating experience as you are warmly enveloped in a luscious chocolate infused cocoon. This exquisite treatment pampers your skin and soothes the soul with the tantalizing scent of Cacao. Reap the benefits of chocolate's natural antioxidants and moisturizing action as your skin is lavishly enriched. Surrender to the pleasure of sublime relaxation and let your entire being bask in the sweet embrace of this delectable escape.

### Water Lily Soothing Wrap Alleviate / Desensitize / Restore

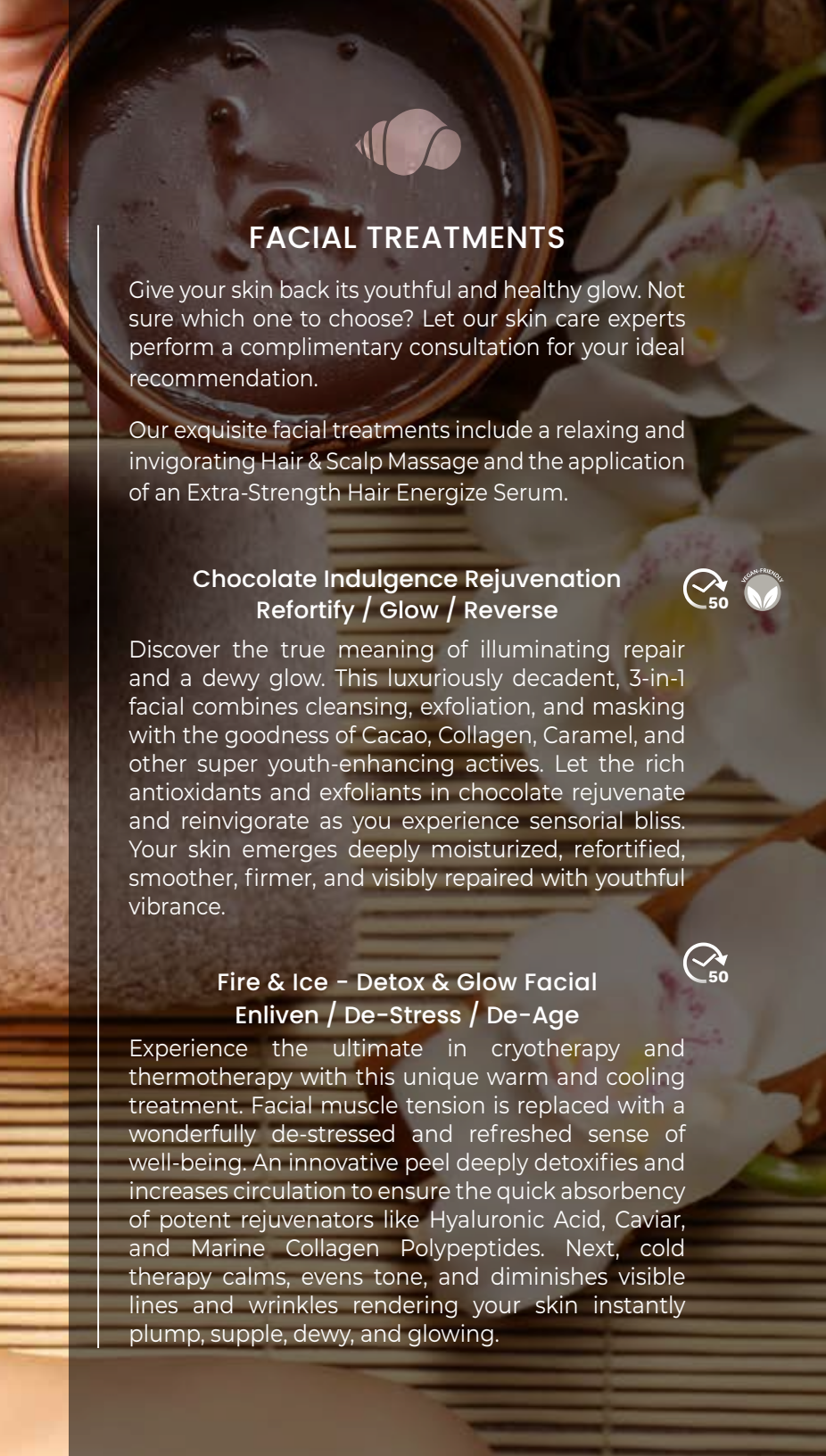


Sun overexposure can contribute to the breakdown of collagen, elastin, and hydration within our skin. Stop this detrimental process, repair and soothe overexposed skin with this cooling, refreshing body wrap treatment.

### Tension Relief Hydrotherapy Soak Relieve / De-Stress / Reinvigorate



Warm Moor Mud, rich in nutrients, antioxidants and natural anti-inflammatories, is added to our jet hydrotherapy soaking tub to help relieve muscle tension, stress, body aches and pains. An amazing treatment for those feeling fatigued, swollen, or jet lagged.



## FACIAL TREATMENTS

Give your skin back its youthful and healthy glow. Not sure which one to choose? Let our skin care experts perform a complimentary consultation for your ideal recommendation.

Our exquisite facial treatments include a relaxing and invigorating Hair & Scalp Massage and the application of an Extra-Strength Hair Energize Serum.

### Chocolate Indulgence Rejuvenation Refortify / Glow / Reverse



Discover the true meaning of illuminating repair and a dewy glow. This luxuriously decadent, 3-in-1 facial combines cleansing, exfoliation, and masking with the goodness of Cacao, Collagen, Caramel, and other super youth-enhancing actives. Let the rich antioxidants and exfoliants in chocolate rejuvenate and reinvigorate as you experience sensorial bliss. Your skin emerges deeply moisturized, refortified, smoother, firmer, and visibly repaired with youthful vibrance.

### Fire & Ice - Detox & Glow Facial Enliven / De-Stress / De-Age



Experience the ultimate in cryotherapy and thermotherapy with this unique warm and cooling treatment. Facial muscle tension is replaced with a wonderfully de-stressed and refreshed sense of well-being. An innovative peel deeply detoxifies and increases circulation to ensure the quick absorbency of potent rejuvenators like Hyaluronic Acid, Caviar, and Marine Collagen Polypeptides. Next, cold therapy calms, evens tone, and diminishes visible lines and wrinkles rendering your skin instantly plump, supple, dewy, and glowing.



## FACIAL TREATMENTS

### Hydra-Calm Facial Treatment Vivify / Desensitize / Counteract



Luxury from nature's finest ocean and earth extracts combine to bring harmony and restoration to the skin. A truly hydrating, balancing, healing, and desensitizing treatment ampoule followed by a mineralizing and firming, soft lift off mask provides care and repair for all skin types.

### "C" & "Sea" Revitalizer Treatment Restore / Glow / Revive



Repair, hydrate, and detox the skin with this multi-layer de-aging facial treatment. Potent Seaweed and Vitamin C transform dull, dehydrated skin and provide antioxidant protection, mineralizing and repairing sun damage. The perfect sun lover's facial treatment to even skin color, hydrate, and leave the skin with a refined luminosity and restored appearance.

### Lumafirm® Peptide Treatment Firm / Lift / Enliven



The ultimate age reversal treatment to quickly repair the signs of aging and restore youthful skin. This elite facial treatment utilizes de-aging peptides and antioxidants to aid in smoothing wrinkles, help to even out tone and texture, reduce the appearance of age spots, firm, and lift sagging skin. Provides both immediate and cumulative results you have to see to believe! Ideal pre-wedding treatment.

### Dreams Deep Cleansing Treatment Clear / Purify / Decongest



Excellent for breakouts, acne-prone skin, and pore congestion. This deep cleansing treatment combines custom products, designed just for your skin's needs to give you optimal results. Your complexion is rendered calm, decongested, and deeply cleansed, for a clearer, more healthy appearance. Ideal for all skin types.



## MASSAGE THERAPIES

To boost your wellness experience, our 80-minute massages include a relaxing and invigorating Hair & Scalp Massage and the application of a nutrient-rich Extra-Strength Hair Energize Serum to reverse damage and improve vitality and fullness.

### Chocolate Indulgence Massage Revive / De-Stress / Reactivate



Surround yourself in the blissful aromas of delectable chocolate. This sumptuous rejuvenating massage incorporates Swedish massage techniques to lull you into sublime relaxation as soreness, fatigue, and pent-up tension are released. Your body reaps the benefits of chocolate's natural antioxidants and moisturizing action as you emerge feeling revived and lavishly pampered.

### Relaxation Massage Exhale / Revitalize / Fortify



Uses long, smooth strokes to revitalize, boost circulation, and ease the mind and body of daily stressors.

### Tension Relief Massage Alleviate / Renew / Reclaim



Uses deep tissue massaging techniques for relieving multiple areas of tension. Includes the use of our Tension Relief Gel to prolong the benefits and deepen muscular relaxation.

### Hot Stone Massage Release / Soothe / Restart



A unique massage featuring a WellnessFusion® relaxation ritual, premium products, and long, smooth strokes, combined with the penetrating heat of warm stones. A delightful deep tissue wellness experience without heavy pressure for soothed muscles and sublime restoration.

## HANDS & FEET

Let our nail technicians take special care of your hands and tired feet with our comforting, de-stressing signature manicure and pedicure wellness experiences far beyond the norm.

### **Chocolate Indulgence Manicure** **Repair / Exfoliate / Replenish**

Embrace the scintillating aroma of delectable chocolate as your hands enjoy decadent rejuvenating and smoothing benefits. This sumptuous manicure features our Chocolate Indulgence products loaded with Cacao, Caramel, and Collagen for a warm hand soak, gentle exfoliation, a targeted hand and arm massage, a lavish application of a repairing hand mask for velvety soft hands, your choice of polish, and a refreshing mist of Hyaluronic Acid.

### **Aroma-Therapeutic Manicure** **Restore / De-Stress / Reclaim**

Combines a reflexology hand treatment with an aromatic and therapeutic manicure. Includes nail detail, exfoliation, moisturizing, and a lavish hand and arm massage; in conjunction with a sedating and custom tension relieving hand reflexology session.

### **Dreams Manicure** **Moisturize / Refresh / Relax**

A natural manicure, complete with nail detail, moisturizing, and choice of polish; using only nail care's finest products.

### **Chocolate Indulgence Pedicure** **Exfoliate / Smooth / Enliven**

Envelop your feet in the smoothing and repairing goodness of Chocolate, Caramel, and Collagen. This exquisite pedicure features our Chocolate Indulgence products and includes a warm foot soak, a skin smoothing foot scrub to remove calluses and rough spots, a tension relief foot massage, the application of a repairing moisturizer for silky soft feet, and concludes your choice of polish, and a refreshing mist of Hyaluronic Acid.

### **Aroma-Therapeutic Pedicure** **Exfoliate / Smooth / Vitalize**

Combines a reflexology foot treatment with an aromatic and therapeutic pedicure. Includes nail detail, callous removal, moisturizing, and a lavish leg and foot massage; in conjunction with a sedating and custom tension relieving foot reflexology session.

### **Dreams Pedicure** **Refresh / Polish / Renew**

A natural pedicure, complete with nail detail, moisturizing, exfoliation, and choice of polish; using only nail care's finest products.

### **Change of Polish** **Color / Exude / Shine**

Add a fresh look to your manicure or pedicure by changing your polish color.

### **Gel Polish** **Fortify / Maintain / Reveal**

Obtain optimal polish adhesion with a gel polish. Will not damage your natural nails and is perfect for weddings and business trips when you cannot spare time for chips!



**Dreams Water Escape**  
**De-Stress / Invigorate / Re-Energize**

Did you know our bodies are made up of more than 70% water? Experience a guided water escape designed to reconnect you with your very best self. Relax and exhale as your stress slips away in our herbal steamed sauna. A blissful aromatic oasis envelops your entire being with hints of Eucalyptus, Rosemary, Chamomile, Lavender, Rose, and Camphor.

Your hydrotherapeutic escape continues as you are escorted to our cool and warm lagoons where any remaining tension ebbs away. Next, a cranial massage is performed with the application of an energizing and repairing hair serum for improved scalp health and hair growth, strength, and volume, and a spritz of rejuvenating Hyaluronic Acid mist as a finishing touch.

Rehydrate with your choice of a healthy beverage option like mineral or fruit infused water and restoring herbal teas. Enjoy a truly relaxing dip in our jacuzzi and a stimulating swim in our delightful pool. Your Dreams Water Escape concludes with a refreshing shower using our premium spa-grade amenities.

**Spa Skin Bar**  
**Guided Facial Skin Bar**  
**Rejuvenate / Repair / Glow**



An unforgettable experience, this guided facial includes a skin analysis and valuable tips to keep you looking your best. Fun and interactive, this shared wellness workshop features award-winning products for a delightful cleansing, deep exfoliation, massage techniques, eye care, a rejuvenating mask, serum, moisturizer, and a refreshing mist. Plus, recommendations for your ideal self-care regimen based on your specific needs and skin type.

Ask a Spa Guide to help you customize your Spa Pantry treatment based on your needs: Facial, Zen Massage, Body Scrub, Body Wrap, Mineral Soak & Hand, Foot Massage, Hand/Foot Treatment or Dreams Water Escape.



## SAMPLER TREATMENTS

Enjoy our enticing 25-minute sampler services or request them as add-on enhancements to any spa experience to elevate results and receive more comprehensive care.



### **Cranio-Facial Massage** **Relieve / Decompress / Restore**



A truly relaxing experience with radiant results! This treatment fuses cranio-facial massage techniques to promote the quick absorbency of the revitalizing actives in our extra-strength Hair Energize serum. Next, the application of a face moisturizer with concealing benefits and sun protection is followed by a rejuvenating mist of Hyaluronic Acid.

### **De-Stress Eye Treatment** **Relax / De-Puff / Refresh**



Relieve eye strain, dehydration, and puffiness with this cooling and soothing eye treatment. Collagen hydrates while Ginkgo relieves puffiness and tension, leaving your eyes awakened and refreshed.

### **Exfoliate & Hydrate** **Enliven / Exfoliate / Replenish**

Experience an instant pick me up! This delightful treatment quickly cleanses and exfoliates to get you make-up ready, moisturized, and relaxed! Bonus: enjoy a decadent scalp massage to de-stress and enhance your treatment with a booster or an ampoule.

### **Jet Lag Massage** **Relieve / Decompress / Restore**



Decompress instantly with this therapeutic experience. Innovative face and body massage modalities help vanquish fatigue, soreness, and inflammation following travel. Ideal for those with circulation concerns, stiffness, and muscular tension.

### **Tension Relief Massage** **Alleviate / De-Stress / Regenerate**



Quickly relieve tension in the most stressed areas of your body - the neck, back, and shoulders. A must have treatment to take the edge off, relieve headache discomfort, or as an introduction to massage.

### **Zone Out Foot Treatment** **Relieve / Recharge / Restart**



Combining reflexology, or zone therapy, with this tension relief foot treatment, you will experience sedation at its finest. Perfect after a long day of activity, hiking, or shopping to soothe tired feet and calves!

### **Zone Out Hand Treatment** **Release / Relax / Renovate**



Reflexology, also known as zone therapy, promotes relaxation and tension relief while inducing positive energy and a restful night. This treatment includes a lavishly hydrating Collagen hand treatment to instantly moisturize and de-age.



## HAIR & MAKE-UP

Explore Dreams in style with our custom hair designs, make-up application, lesson sessions, and more. Be sure to book one of the below for your big date or wedding day to look your absolute best.

### **Bridal Style** **Exude / Shine / Dazzle**



Consultation and styling of bridal hair for the bride, bridesmaids, or mothers on the big day. Please remember to bring any special hair pins you wish to incorporate, and don't forget the finishing touch, your veil!

### **Make-Up Lesson Application** **Enhance / Glow / Enrapture**



Getting ready for your date night or wedding day? Let us show you how to apply the ideal tones of make-up for your skin and perfect your techniques with a make-up lesson and application, leaving you feeling stunning and photo-ready.

### **False Lash Application** **Captivate / Glance / Attract**



The eyes are the windows to the soul. Have your lashes flirty and fabulous in no time with false lash applications before your date night or wedding day.

### **Ladies Haircut** **Refresh / Enchant / Enamor**



Healthy hair requires maintenance and care. Let one of our expert stylists shape and style your locks to perfection to keep your hair healthy and your look fresh.

### **Men's Haircut** **Charm / Fascinate / Influence**



Need a touch up or a new style? Our style experts can help you get there. Haircut includes a delightful shampoo and style so you can relax and look good too.

### **Men's Style - Short to Medium Length** **Stand Out / Impress / Inspire**



Have a fresh new cut but not sure how to style it? Let one of our expert stylists help you get the suave look you desire with a 101 in hair care.

### **Men's Style - Long Hair** **Attract / Impact / Stand Out**



Beachy waves or ponytail? Let one of our expert stylists help you get the suave look you desire with a 101 in hair care.