

# The Tropicana

## skincare treatments

### modern facial

basic cleansing, manual exfoliation, extractions, treatment mask and oxygen therapy

50 minutes \$95

+eyezone treatment \$30 +glycolic peel \$35

+microdermabrasion \$85 +vitamin oxygen blast \$45

### fast blast

cleansing, glycolic peel and vitamin oxygen blast

30 minutes \$85

### purifying facial

modern facial + glycolic peel for complete exfoliation, oil-control and deep pore cleansing

50 minutes \$130

### hydrating facial

modern facial + vitamin oxygen blast for extra moisture, firming, oxygen and protection

50 minutes \$140

### fusion facial

our most popular facial treatment blend is a modern facial + glycolic peel + vitamin oxygen blast

50 minutes \$175

### crystal facial

modern facial + microdermabrasion for the most

intense exfoliation and skin-cell renewal

50 minutes \$180

### power facial

modern facial + microdermabrasion + vitamin oxygen blast for total refinement and a true glow

50 minutes \$220

glycolic peel only (30 minutes) \$65

## massage treatments

### swedish massage

relaxation therapy for improved circulation and stress reduction

50 minutes \$95

80 minutes \$145

### deep tissue

a deep-reaching massage for targeted release of stubborn knots and muscle tension

50 minutes \$105

80 minutes \$155

### aromatherapy massage

a healing massage using aromatherapy oils to stimulate the body's healing system

targets stress, muscle tension, or fatigue

50 minutes \$105

80 minutes \$155

### hot stone massage

stone therapy is combined with traditional swedish massage to dissolve tension

and induce deep relaxation

70 minutes \$145

### prenatal massage

deeply soothing side-lying massage to improve circulation, reduce foot swelling, and release lower back tension.

(2nd or 3rd trimester only)

50 minutes \$105

### neck and shoulder\*

a shorter version of the deep tissue massage focused on the tension-filled neck and shoulder area

30 minutes \$50

### foot reflexology\*

a concentrated series of foot massage strokes to stimulate circulation

30 minutes \$50

### foot focus

any facial may be performed on the back

#### **brow styling**

styling includes trimming, waxing, and tweezing

starting at \$25

+brow color \$25 +lash color \$30

#### **microdermabrasion**

for improving discolored and overactive skin

face \$135

neck \$50

chest \$95

shoulders \$60

back \$145

arms \$110 hands \$50

legs \$125 feet \$50

bikini \$55

### **body treatments**

#### **polishes**

##### **hydrating brown sugar body polish**

an all-over exfoliation using a fusion of brown sugar, passion flower, and evening primrose

oil to polish away dead and dry cells is followed by an indulgent body massage using an invigorating blend of lemon oil and calendula extract

50 minutes \$100

##### **energizing eucalyptus body polish**

begins with a head to toe eucalyptus skin polish to enliven and enhance oxygenation and concludes with a eucalyptus oil massage

50 minutes \$100

#### **therapeutic baths, masks, and wraps**

##### **cellulite fighting phyto-organic body wrap**

after a stimulating salt-scrub exfoliation, a toxin draining oil is applied to targeted areas before the body is wrapped in a phyto-organic hydrating gel mask. A green tea, lavender, and

rosemary cream is then applied to the body to improve skin elasticity and cellular balance

a peppermint foot scrub, with a hot towel ankle wrap, foot mask, and 30 minute peppermint reflexology rub  
50 minutes \$95

#### **couples massage**

massage for two – request any combination of above massages, subject to room availability

#### **in-room massage**

swedish 50 minute \$115 80 minute \$165  
deep tissue 50 minute \$125 80 minute \$ 175

\*must be combined with another treatment as bluemercury has a 50 minute service minimum

### **luxury body treatments**

#### **uplifting sugar escape**

skin-refining exfoliating treatment with thirty minutes of massage. An all-over exfoliation using a fusion of brown sugar, passion flower, and evening primrose oil to polish away dead and dry cells is followed by an energizing lemon oil and sugar hydrating bath. The treatment concludes with an indulgent body massage using a soothing lemon cream

80 minutes \$175

#### **detoxifying sake journey**

healing bath and deep massage eliminates toxins. A gentle exfoliation with rice and bamboo scrub sweeps away surface skin cells leaving skin refreshed and vibrant. Ease into a

detoxifying sake bath. Unwind further with a 30 minute rice oil massage which melts away tensions by targeting pressure points

80 minutes \$175

#### **antioxidant grapeseed body glow**

body therapy protects skin from damaging free radical aging. A red vine scrub is followed by a fossil mud mask, before the body is cocooned in warm wrapping to cleanse and purify the pores. An intensely rejuvenating massage with

50 minute \$120

#### **purifying black baltic mud mask**

an exfoliating Dead Sea salt scrub is applied to slough away dry skin, an organic 30,000 year old mud is then applied to promote cell oxygenation and remove impurities. A revitalizing lotion is then applied to leave the body refreshed and satiny smooth

50 minute \$120

#### **rejuvenating lemon sugar bath and massage**

an uplifting lemon oil and sugar hydrating bath is followed by an indulgent 50 minute body massage using an invigorating blend of lemon oil and calendula extract

75 minutes \$150

#### **detoxifying sake bath and massage**

healing bath and therapeutic massage eliminates toxins. After easing into a detoxifying sake bath, a rice oil massage melts away tensions and targets pressure points

75 minutes \$150

#### **stress reducing mineral bath and aromatherapy massage**

begin with a soothing bath of sea salts, lavender oil, eucalyptus oil, and lemon peel. A full body massage with a blend of essential oils of sandalwood, lavender, and orange melts away stress and anxiety

75 minutes \$150

#### **water massage therapy**

water massage using our 7 jetted rainbar, first with gentle mist, then with vigorous jets of healing water increases circulation and leaves the body feeling relaxed and invigorated with health

#### **hydrating brown sugar refining scrub + water massage therapy**

grapeseed and grapevine oils leaves the body feeling smooth, relaxed, and invigorated

80 minutes \$190

#### **stimulating eucalyptus trek**

body toning wrap strengthens the immune system and stimulates the senses. Begins with a head to toe skin polish to enliven and enhance oxygenation. A detoxifying body mask of natural mineral muds and warm eucalyptus oil is applied and left to infuse for 30 minutes while a relaxing scalp massage is carried out. Concludes with a therapeutic massage with eucalyptus oil

80 minutes \$190

#### **replenishing gingerlily indulgence**

pampering body therapy drenches skin with moisture. Begins with an all-over mara cuja flower body scrub. An acacia collagen and essential oil cream mask is applied before binding the body in warm wrappings to super-hydrate, firm, and soften. After 30 minutes, a full body massage using warm oils of tahitian tamanu, rose and ylang ylang leaves the skin glowing

80 minutes \$190

#### **healing yuan zhi ritual**

relaxing therapy conditions the skin and harmonizes chi energies. A body buff to reveal new skin is followed by a cream mask of wild chinese yuan zhi and meadowfoam seed oils, before binding the body in warm wrappings. After 30 minutes of deep relaxation, enjoy a full body massage using warm oils of yuan zhi, black currant, ginger, coriander and cedarwood

80 minutes \$190

#### **nail treatments**

##### **warm cream manicure**

our basic manicure includes a warm cream hand wrap, cuticle clipping, pushing, perfecting and polishing

25 minutes \$23 french 35 minutes \$33

##### **hydrating sugar treatment manicure**

hands are bathed in a cuticle softening sugar bath, scrubbed with a sugar blossom

50 minutes \$125

**invigorating eucalyptus scrub +  
water massage therapy**

50 minutes \$125

**purifying Umbrian clay scrub +  
water massage therapy**

50 minutes \$125

**detoxifying salt scrub + baltic mud mask +  
water massage therapy**

70 minutes \$150

**tanning treatments**

**airbrush body bronzing**

a spray-on body sculpting self-tan treatment. Please show up 20 minutes pre-treatment to scrub and shower yourself down. must wear dark clothes.

\$60

**scrub and color**

exfoliating salt scrub followed by an all-over application of self-tanning gel

50 minutes \$125

**waxing**

upper lip \$15 lower lip \$15

chin \$15

face sides \$30

neck \$25

legs \$70 half legs \$45

abdomen \$30

bikini starting at \$40

brazilian bikini starting at \$55

underarms \$30

arms \$50 half arms \$30

hands \$20

feet \$25

back \$60

chest \$60

shoulders \$30

**makeup application**

innovative makeup including nars, laura mercier, trish mcevoy  
special event (30 minutes) starting at \$45

treatment, masked, warmly wrapped, nails are shaped, filed, a luxurious hand massage precedes polishing

40 minutes \$45

**bare manicure**

our men's manicure includes a warm cream hand massage, cuticle clipping and pushing, nail buffing and perfecting

25 minutes \$20

**warm cream pedicure**

basic pedicure begins with a foot soak, scrub, and warm cream wrap, continuing with foot buffing, clipping, perfecting, and polishing

40 minutes \$50

**hydrating lemon and sugar pedicure**

feet are bathed in a softening sugar bath, scrubbed with a sugar blossom treatment, masked, warmly wrapped, nails are shaped, filed, a luxurious foot massage with lemon sugar cream precedes polishing

50 minutes \$70

**warming eucalyptus pedicure**

an invigorating pedicure which begins with a sandalwood, lavender, and tea tree oil soak, includes a warming eucalyptus scrub, a clay mask, a soothing foot massage precedes polishing

50 minutes \$70

**soothing sake pedicure**

a healing pedicure which begins with a sake soak, includes an exfoliating scrub with rice and bamboo, a creamy mud mask, nails are shaped, filed and a luxurious foot massage with rice cream precedes polishing

50 minutes \$70

lesson (50 minutes) starting at \$90

in-store bride \$100

in-store bridal party \$75