



SPA MENU





WE WELCOME YOU TO SET SAIL ON
A RENEWING VOYAGE OF THE SENSES.

Begin your journey at our wishing well where you will choose your intention for a delightful journey of relaxation. Change into a comforting robe in our luxuriously equipped locker rooms featuring whirlpools and aroma-infused steam rooms for both men and women. Soothe your spirit in our Seaside Whisper Lounge by listening to a calming waterfall while enjoying refreshing waters and hot herbal teas. Conclude your experience on our peaceful rooftop terrace to take in an expansive, breath-taking view of the white sands and lapping waves of the Gulf of Mexico.

We have carefully curated healing rituals inspired by precious oceans from around the world. You are invited to embark upon a treatment journey designed to

transform, relax, renew and inspire...

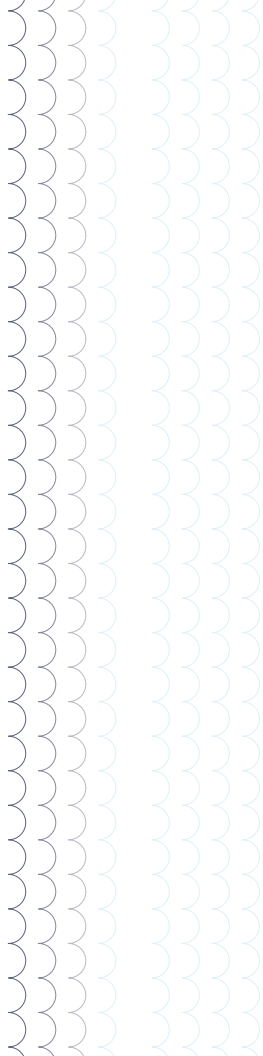


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SPA PACKAGES

COUPLES SEASIDE RETREAT

Escape from the world and into our beautiful Gulf view seaside couples treatment suites. Healing waters infused with therapeutic salts impart trace elements that relax tight muscles in a soaking tub for two. Next, drift away in side by side 60 minute Swedish Massages followed by the 30 minute Sole Soother or 30 minute Unwind Scalp Masage.

A celebratory glass of champagne concludes your seaside retreat.

2 HOURS

SPA PACKAGES

INTO THE DEEP 2 HOURS

This therapeutic package combines time honored therapies that are renowned for reducing aches, pains, and inflammation. Your journey begins with a therapuetic salt bath to warm tight muscles and ease tension. The medicinal properties of Moor Mud are numerous: promoting circulation, stimulating the immune system, detoxifying the body and improving range of motion. This rich mud is applied as a mask, and you are comfortably cocooned while the mud deeply penetrates. Finally, a refreshing rinse and deep tissue massage using our specialty muscle comfort massage oil completes this therapeutic experience.

BE CELEBRATED 2.5 HOURS

Celebrate life with our exquisite Oceana Renewal featuring a skin softening body polish, and then melt away tension with a customized massage designed to focus on your areas of concern. Address skin health and concerns with our perfectly tailored 60 minute Custom Organic Facial. A glass of champagne enhances the celebration. Perfect for birthdays, anniversaries, special occasions and just because.

DAY OF INDULGENCE 5 HOURS

Begin your day with your choice of an Aromatherapy or Deep Tissue Massage followed by a customized facial. Then, relax on our rooftop terrace and enjoy a light spa lunch. Next stop will be the salon for your Express Manicure and Express Pedicure. Finally we will personalize a shampoo and blow dry so you look as good as you feel.

PART OF YOUR OCEAN VOYAGE
Indian Ocean

NOTES OF SANDALWOOD, MANDARIN, AND LEMONGRASS

Voyage across the Indian Ocean;
your destinations include *India, Bali, and Tibet*. In
these experiences you will find energetic intention,
ayurvedic inspiration, enticing aromas, singing
bowls, marma energy.

ENJOY THESE SELECTIONS INSPIRED BY

the Indian Ocean.



INDIAN OCEAN

HAMSA HEALING RITUAL 90 MIN

Your journey into India begins with sound healing from Tibetan singing bowls, said to balance your subtle energy body for integrated wellness. Next traditional Garshana, a brisk dry brushing, prepares the skin. A warmed drizzle of shea butter and aromatherapy oils are incorporated into a balancing massage. At the conclusion of the massage you are immersed into a restful cocoon while you enjoy a traditional warm oil scalp treatment with steamed towels.

INDIRA TRANQUILITY FACIAL 90 MIN

This resplendent facial, steeped in Indian traditions, incorporates whole body wellness by integrating sound vibrations and ancient Marma technique. Marma points are energy pathways that are close to the surface of the skin. Balancing these energy points can stimulate self-healing power and harmonize mind and body while promoting skin health and beauty. This mesmerizing journey begins with healing vibrations from Tibetan singing bowls, aromatherapy and facial Marma balancing. Organic customized cleansing, exfoliation, mask and treatments nourish the skin. Suitable for all skin types.

BALI BREEZE MANICURE AND PEDICURE 45 MIN MANI · 60 MIN PEDI

Choose your own island inspired aroma in this exotic ritual for hands and feet. Creamy sugar scrub refines texture, and a rich shea butter concentrate is painted on for a deeply hydrating mask. Finish with indulging aromatherapy oil application and polish of your choice.

PART OF YOUR OCEAN VOYAGE

*Pacific Ocean*NOTES OF *FLORALS, CRUSHED PEARLS AND COCONUT*

Healing traditions have been cultivated and passed down for generations from the most expansive ocean on the planet. It is with reverence that we offer indigenous massage techniques and honor the ingredients from Pacific shores. In your journey through these Pacific waters you will find enchanting florals, Volcanic stones, crushed pearls, and luscious coconut.

Indulge in the Pacific

PACIFIC OCEAN

SOUTH SEAS PEARL RADIANCE FACIAL 90 MIN

Using organic facial care you're transported to the South Pacific with exotic ingredients found in the islands bordering its shores. Anti-aging properties of bamboo, mango, guava, coconut and monoi fortify and firm skin. A spectacular island inspired facial massage is capped off with a multi-layered pearl radiance mask. Enjoy the warmth of volcanic stones during the hands and arm treatment while the mask rejuvenates. Suitable for all skin types, except for oily or acne prone skin.

HAWAIIAN LOMI LOMI 60 MIN or 90 MIN

Like a tide slowly rising you are carried away in this hypnotic massage. Traditional Hawaiian lomi lomi mimics the ocean waves, calming the mind and body. Ebb and flow with the rhythmic strokes designed to ease your mind as tensions drift away. Get swept away with the spirit of aloha.

PACIFIC PARADISE MANICURE AND PEDICURE 45 MIN MANICURE · 60 MIN PEDICURE

Soak in a delicately scented coconut and citrus milk bath designed to soften and nourish. Finely crushed coconut shells and sugar scrub are used to renew skin. Warmed volcanic stones are used to release tension in hands and feet. Nails are polished to perfection with the color of your choice.

PART OF YOUR OCEAN VOYAGE

Atlantic Ocean

NOTES OF TEAS, BEACH GRASSES AND BERRIES

On the Atlantic shores we have combined cutting edge technology and pampering touches that create stillness in the midst of our active lifestyles. We are proud to offer ingredients found locally in the Southern United States. Notes of citrus, teas, magnolia, beach grasses and home grown fruits grace the offerings on the next page.

Welcome to the Atlantic.



ATLANTIC OCEAN

OCEANA RENEWAL 90 MIN

Renew body and mind here on our own Atlantic Shores. Reveal silky soft skin with essences of sweet tea, citrus, beach grasses, and live fruit extracts. Melt away tension with our Spa Oceana customized massage, designed to focus on your areas of concern with perfectly tailored pressure.

ATLANTIC CURRENTS LIFTING AND FIRMING FACIAL 60 MIN or 90 MIN

Targeted anti-aging with concise and dramatic results. An express cleansing and thorough exfoliation leave skin primed and ready to receive micro-current lifting technology. The lifting device painlessly strengthens muscles for a more youthful facial contour. Potent anti-aging mask, treatment serum and moisturizer leaves skin glowing and lifted. 60 or 90 minutes - The extended version includes a luxurious facial massage and an anti-aging hand treatment. Suitable for all skin types, especially mature, aging, dehydrated skins.

SUNSET SERENADE MANICURE AND PEDICURE 45 MIN MANICURE · 60 MIN PEDICURE

Slip away into relaxation with a comforting soak with sparkling oils that revitalize skin. A creamy whipped scrub with sugar grains and peach stone powder refines texture. Luscious live fruit cells and aloe rejuvenate skin. Hydration is locked in as hands and feet are enveloped in a eco-friendly soy wax that comforts and warms you.

MASSAGE CLASSICS AND OTHER SPECIALTIES

For sublime relaxation and soothing touch, enjoy these selections...

AROMASTONE 60 MIN or 90 MIN : Aromatherapy; warmed stones on the back.

SWEDISH 60 MIN or 90 MIN : The spa standard for relaxation and well-being.

MOTHER TO BE 60 MIN : Expectant mothers will enjoy this after 12 weeks.

UNWIND SCALP MASSAGE 30 MIN or 60 MIN : Indulge in a luxurious scalp massage that stimulates pressure points on the scalp and face to relieve everyday stresses.

For deeply held tension, choose from our therapeutic offerings...

CUSTOM BLEND 60 MIN or 90 MIN : Firm or deep touch in select areas; light relaxation in others.

DEEP TISSUE 60 MIN or 90 MIN : Firm or deep touch to release tightly held tensions and stress.

WARM STONE 60 MIN or 90 MIN : Mineral rich basalt stones gently melt areas of tension.

SOLE SOOTHER 30 MIN or 60 MIN : Stimulating retreat for the feet; includes a sugar scrub and foot massage.

RENEWING BODY THERAPIES

BODY CLASSICS

FIRMING WRAP 60 MIN

A brisk dry brushing gently awakens skin and prepares the body for the application of a warmed firming gel. This increases circulation and improves skin elasticity while tightening skin. An application of hydrating moisturizing leaves skin toned and firm. A perfect prelude to a massage.

SPA OCEANA CUSTOM BODY POLISH 30 MIN or 60 MIN

Smoothing sugars, salts, and nut shells refine the texture of the skin. Nourishing creams and oils hydrate and revitalize skin.

ENDLESS SUMMER SPRAY TAN 30 MIN

Just off the beach color every time. Get glowing fast with our organic tanning solution containing a cosmetic bronzer that gives you the ultimate glow instantly, then further develops over the next four hours. Please avoid applying lotions or creams just before your service.

ENHANCE YOUR JOURNEY

MASSAGE
ENHANCEMENTS

Aromatherapy

Deep Tissue

Sun Burn Relief

Warm Stones

Ecofin *Paraffin Alternative*

OUR EXPERT SPA OCEANA SKINCARE

FACIAL CLASSICS

CUSTOM ORGANIC 60 MIN

Tailored to your skin type and skin condition.
For all skin types, ages, and skin conditions.

PURITY 60 MIN

Refine pores, address breakouts, clear congestion including hormonal skin imbalances. For oily, combination, or acneic skin types.

SERENITY 60 MIN

Soothing organic ingredients address redness, sensitivity, overexposure or Rosacea. For all skin types, especially sensitive or dry.

PETITE FACIAL 30 MIN

A thorough organic cleanse with a customized masque leaves you glowing in no time.

ENHANCE YOUR JOURNEY

FACIAL
ENHANCEMENTS

Ageless Eye Treatment
Lip Treatment
Ecofin Paraffin Alternative

NUFACE QUICKLIFT
ADDS 10 MIN TO TREATMENT

Wow Brow Eyelift
Cheek Bone Contour
Exceptional Lip Lift
Jawline Define

SKINCARE: THE ANTI-AGING COLLECTION

AGE ARREST 60 MIN

Stem cell technology, anti-oxidants and peptides repair skin challenges. For all skin types, especially mature or dry.

REVITALIZING 60 MIN

Promote collagen production and fight free radicals for nourished and hydrated skin. For all skin types.



SPA OCEANA SALON SERVICES

SALON STYLING SERVICES

SHAMPOO AND BLOW DRY

BRIDAL UP OR DOWN DO'S

BRIDAL VEIL PLACEMENT

WOMEN'S AND MEN'S HAIRCUTS

CHILDREN'S CUTS AND STYLES

COLOR SERVICES

INITIAL APPLICATION

SEMI-PERMANENT

CORRECTIVE COLOR PRICE UPON CONSULTATION

COLOR RETOUCH

TONER

HIGHLIGHTS/BALAYAGE, PARTIAL, FULL OR DIMENSIONAL

MAKE-UP SERVICES

Known as the skin care makeup, Jane Iredale mineral cosmetics line is recommended by plastic surgeons and dermatologists throughout the world. The staying power of the minerals is so effective that they rarely need a touch-up all day.

MAKE-UP APPLICATION

BRIDAL MAKE-UP APPLICATION

BRIDAL TRIAL MAKE-UP

LASH APPLICATION

SPA OCEANA HAIR TREATMENTS

CONDITIONING

EXPRESS

Optimal benefits of moisture, shine, or strength in a shorter amount of time.

DELUXE

Multi-sensorial treatment experience of texture, fragrance and scalp massage designed to enhance the integrity of your hair.

KERATIN

CHOCO KERATIN TREATMENT

This restorative treatment effectively deposits and seals essential amino acids into the hair, creating a protection against moisture loss. Instantly smoothing away frizz, restores vibrancy, and adds luminous shine for up to 5 months. For color or chemically treated hair.

ACAI BERRY KERATIN TREATMENT

This power treatment effectively deposits and seals amino acids into the hair to repair damage and restore vibrancy. Adaptable to every hair type, it's the ultimate solution that will transform the hair after just one treatment with results lasting up to 5 months. Especially formulated for unruly curls.

 SPA OCEANA MANICURES AND PEDICURES

BALI BREEZE 45 MINUTE MANICURE · 60 MINUTE PEDICURE

From the Indian Ocean Collection.

Choose your own island inspired scent in this exotic ritual for hands and feet. Creamy sugar scrub refines texture, and a rich shea butter concentrate is painted on for a deeply hydrating mask. Finish with indulging massage and polish of your choice.

PACIFIC PARADISE 45 MINUTE MANICURE · 60 MINUTE PEDICURE

From the Pacific Ocean Collection.

Soak in a delicate scented coconut and citrus milk bath designed to soften and nourish skin. Scrub and renew skin with crushed coconut shells and sugar. Exotic warmed stones are used to release tension in hands and feet. Nails are polished to perfection with the color of your choice.

SUNSET SERENADE 45 MINUTE MANICURE · 60 MINUTE PEDICURE

From the Atlantic Ocean Collection.

Slip away into relaxation with a comforting soak with sparkling oils that revitalize skin. A creamy whipped scrub with sugar grains and peach stone powder refines texture. Luscious live fruit cells and aloe rejuvenate skin and then hands and feet are enveloped in a warm paraffin dip for added hydration.

BOURBON BUFF 45 MINUTE MANICURE · 60 MINUTE PEDICURE

Warm, buttery nectar milk softens your skin before a scrumptious spiked bourbon bubbler scrub exfoliation and hydrating honey wrap leaves you flush. Finish with a chaser of agave nectar and massage for limber travels.

SPORTS MANICURE AND PEDICURE

Enjoy a hot clementine soak, scrub, and clean and buff of nails followed by a massage with agave nectar oil

30 MINUTE MANICURE

45 MINUTE PEDICURE

EXPRESS MANI AND PEDI

25 MINUTE MANI

45 MINUTE PEDI

SORBET MANI AND PEDI

for kids 4-10 years of age

25 MINUTE MANI

30 MINUTE PEDI

 NAIL ADDITIONS

HANDS OR FEET

French

Shellac

Soak Off

Ecofin PARAFIN ALTERNATIVE



GROUP EVENTS

Plan your next special event with the sumptuous touch of Spa Oceana. For those who are planning a party or group event (5 or larger) we offer a special events coordinator. To explore custom packages and special pricing reach out to the spa today.

For more information, call 727-363-5029.



SPA DAY PASS

Enjoy the amenities for the day with a \$36 day pass, which includes the use of spa locker areas, whirlpools, steam rooms, Whisper Lounge, and our Rooftop Terrace. Day Pass fee does not include parking validation. Subject to availability.

**Use of Don CeSar swimming pools are not included with spa services. Based on availability.*

 SPA OCEANA RULES AND GUIDELINES

AGE

It is with pleasure that Spa Oceana welcomes children and teen guests. Please note that there are certain restrictions while we maintain an adult atmosphere that is relaxing, comfortable and safe for all our guests. Ages 4-12 may enjoy nail care and salon services, accompanied by a parent or guardian. Ages 13-17 may enjoy massage and facial services with a parent or guardian present in the room during the service.

PREGNANCY AND MEDICAL INFORMATION

Please notify the Spa Reservation Agents if you are pregnant, have high blood pressure or any disability that requires our attention so we may assist in scheduling the best treatment for you. Massage should be avoided for pregnant women in their first trimester.

AMENITIES

Guests may enjoy Spa Oceana amenities from open to close on the day of their service. Our amenities include steam, whirlpool, and roof top terrace. We ask that you shower prior to use of the wet areas. Minimum age for use of the steam room and whirlpool is 16, and must be accompanied by an adult.

CELL PHONES

Cell phone use is prohibited within the spa. Please respect the tranquility of our spa and place your phone on "silent."

SERVICE CHARGE

A 20% Service Charge will be added to your bill for your convenience. Your Spa Oceana service provider will receive 17% of the service charge and 3% is paid to the support staff.

SPA PRICES AND SERVICES

All major credit cards are accepted. Spa services may be charged to your hotel room. Gift Certificates are available for purchase. Please present discounts and gift certificates at time of check in. Prices and services are subject to change without notice.

CANCELLATION POLICY

Your spa treatments are reserved exclusively for you, however, if you must cancel we require a 6 hour notice. Failure to notify results in a no-show or cancellation fee. A \$35 move fee will be applied to your service if you reschedule your appointment with less than 6 hours' notice.

Smoking is not permitted in the Spa.



Relax. Enjoy. Unwind.

Find us at:

3400 GULF BOULEVARD
ST. PETE BEACH, FL 33706

Web: DONCESAR.COM/SPA



STYLING & GROOMING SERVICES

Shampoo & Blow Out	
- Short Hair	\$30
- Medium Hair	\$40
- Long Hair	\$50+
Blow Out Only	\$35+
Updos	\$75+
Women's Haircut	\$65+
Men's Haircut	\$35+
Bang Trim	\$10+
Relaxers	\$300+
Beard Trim	\$10+

COLOR SERVICES Please consult with your stylist for final price.

Initial Application	\$125+
Color Retouch	\$85+
Semi-Permanent	\$85+
Corrective Color	price upon consultation

HIGHLIGHTS

Partial	\$110+
Balayage	\$130+
Full	\$150+
Dimensional	\$175+
With Toner	additional \$35+

CONDITIONING TREATMENTS

Express	\$30+
Deluxe	\$40+
Gloss	\$75+

MAKE-UP SERVICES

Make-up Application	\$75
Airbrush Make-up Application	\$95
Lash Application	\$25+

MANICURES

Bali Breeze	\$45	45 min
Pacific Paradise	\$55	45 min
Sunset Serenade	\$65	45 min
Bourbon Buff	\$50	45 min
Sports	\$45	30 min
Express	\$35	25 min
Sorbet 4-10 years old	\$30	25 min

PEDICURES

Bali Breeze	\$65	60 min
Pacific Paradise	\$65	60 min
Sunset Serenade	\$75	60 min
Bourbon Buff	\$65	60 min
Sports	\$55	45 min
Express	\$55	45 min
Sorbet 4-10 years old	\$35	30 min

NAIL ADDITIONS

French	\$10	hands or feet
Shellac	\$10	hands or feet
Soak Off	\$15	hands or feet
Ecofin - Paraffin Alternative	\$15	hands or feet

PACKAGES: THE ART OF INDULGENCE

Day of Indulgence	\$455 per person	5 hours
Be Celebrated.....	\$370 per person	2.5 hours
Into the Deep	\$260 per person	2 hours
Couples Seaside Retreat	\$240 per person	2 hours

OCEAN VOYAGES**Indian Ocean**

Hamsa Healing Ritual.....	\$230	90 min
Indira Tranquility Facial.....	\$220	90 min

Pacific Ocean

South Seas Pearl Radiance Facial	\$230	90 min
Hawaiian Lomi Lomi.....	\$140	60 min
	\$210	90 min

Atlantic Ocean

Oceana Renewal.....	\$230	90 min
Atlantic Currents Lifting & Firming Facial	\$150	60 min
	\$230	90 min

MASSAGE CLASSICS & SPECIALTIES

Swedish.....	\$130	60 min	\$195	90 min
Deep Tissue.....	\$150	60 min	\$220	90 min
Custom Blend	\$140	60 min	\$210	90 min
Mother-to-be			\$140	60 min
Aroma Stone.....	\$155	60 min	\$230	90 min
Sole Soother.....			\$70	30 min
Unwind Scalp Massage.....			\$70	30 min
Warm Stone	\$150	60 min	\$225	90 min

Spa Day Pass

Enjoy the amenities for the day with a \$36 day pass, which includes the use of spa locker areas, whirlpools, steam rooms, Whisper Lounge, & our Rooftop Terrace. Spa Day Pass fee does not include parking validation and is subject to availability.

Don CeSar swimming pools are not included with spa services. Based on availability.

RENEWING BODY THERAPIES**Body Classics**

Firming Wrap	\$140	60 min
Spa Oceana Custom Body Polish.....	\$70	30 min
Sun Cooler.....	\$70	30 min
Endless Summer Spray Tan	\$40	30 min

EXPERT SKINCARE**Facial Classics**

Custom Organic	\$140	60 min
Purity	\$140	60 min
Serenity.....	\$140	60 min
Petite	\$70	30 min

Anti-Aging Collection

Age Arrest	\$150	60 min
Revitalizing.....	\$140	60 min

*Service Charge: For your convenience a 20% service charge is automatically added to all spa services & charged at check-out.
Additional gratuity is at your discretion.*

BRIDAL PRICING AVAILABLE. PLEASE
INQUIRE AT THE SPA FRONT DESK.

THE
DON CESAR

spa
oceana

To book your appointment, please
call 727.363.5029 | DONCESAR.COM