



## The Spa

### World Class Amenities

#### Aromatherapy Steam Room •

An original experience, filled with hot steamy aromatherapy air, the steam room does wonders for blood circulation and the elimination of all harmful toxins from your body. The basic procedure is to undress, wearing a terry cloth wrap provided by the spa to cover the torso. 20 minutes in the Aromatherapy Steam Room is considered a great pre-treatment to a massage.

#### Dry Sauna •

An original dry sauna, specially heated from 158 to 165 degrees by use of sauna rocks warmed by electricity, it is used for bathing in the hot air. By periodically throwing water, or water enriched with therapeutic oils, onto the rocks creates bursts of steam, which stimulates circulation and deep-cleanses the skin by opening the pores. This results in mental and physical relaxation and well-being.

### Spa Packages

#### Sunset at the Shore • {2.5 hours \$200.00}

Body Butter Massage with choice of coconut, mango or white gingerlily butter, Foot Rescue & Island Renewal Facial.

#### Mother to Be • {2 hours \$160.00}

Prenatal Massage, oil scalp massage and Foot Rescue

#### Total Renew • {3 hours \$250.00}

Begins with 50min Reiki Healing Session followed by Swedish Massage and our exotic island renewal facial.

#### B.F.F. Package • {1.5 hours \$180.00}

Best Friends Forever. Experience a little taste of each service in this package. Includes two half hour massages, two half hour facials with foot treatments.

#### Coconut Delight • {2 hours \$140.00}

Coconut Crème Polish with Coconut oil scalp massage followed by a Coconut Foot Treatment

#### G.T.O. Package • {3 hours \$300.00 for two persons}

Need a *'Girl's Time Out'* to relax and unwind? Our G.T.O. package is specifically designed to let you catch up with friends while you relax and get pampered. Your treatment will start with you and your guests relaxing in our Aromatherapy Steam Room or Dry Sauna, followed by a luxurious 50 min. massage and Express Facial. Finish your session relaxing in our lounge area with wine and chocolate covered strawberries.

*All cancellations must be made 24 hours in advance to your scheduled spa appointment. 50% late charge will be applied to any cancellation made within 24 hours.*

### Spa Hours

Monday through Sunday

Nine A.M. to Six P.M.

850.636.9669 or ext. 75120

License No. MM21424

Shores of Panama Resort

9900 South Thomas Drive • Panama City Beach, FL

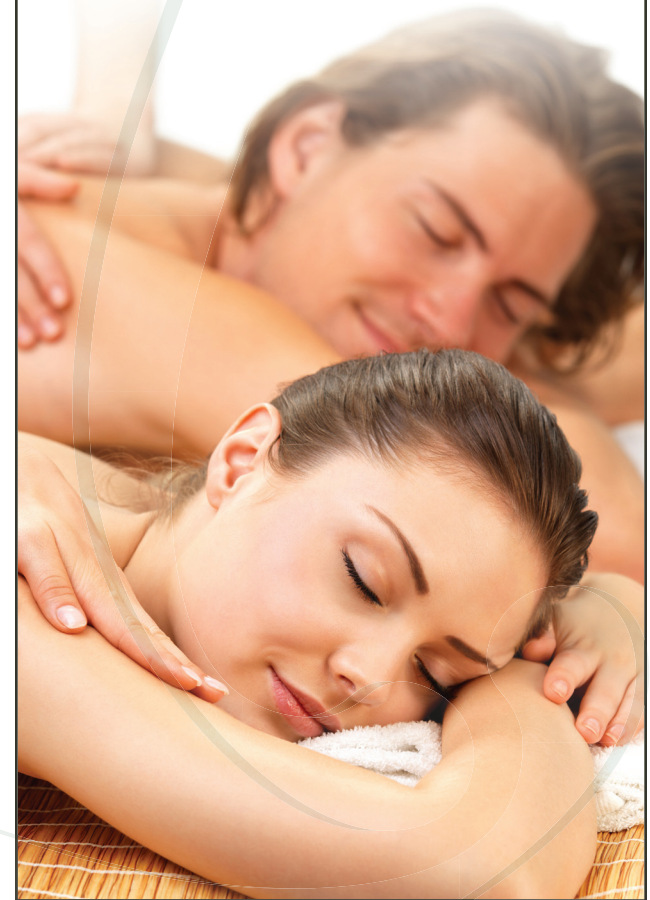
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You Deserve This



The Spa  
at



SHORES of PANAMA

Professionally managed by Oaseas Resorts • Panama City Beach, FL

# Services

## ..... Massages .....

### **Neck, Back & Shoulder** ·

{25 minutes \$65 · 50 minutes \$85}

An introduction to our mini-massage, this massage utilizes a variety of techniques to relieve the tension in commonly overstressed areas, usually the neck, back and shoulders.

### **Swedish Massage** ·

{50 minutes \$85 · 80 minutes \$125}

A relaxing massage using European techniques to soothe tight and aching muscles. Pressure can range from light to medium.

### **Deep Tissue Massage** ·

{50 minutes \$105 · 80 minutes \$155}

A firmer massage recommended for those with muscle fatigue and chronic pain. This massage incorporates deep compression, work on the joints, and some stretching. The deep tissue massage is excellent after a workout, golf, or tennis.

### **Foot Rescue** · {25 minutes \$45 · 50 minutes \$85}

### **Body Butter Massage** ·

{50 minutes \$90 · 80 minutes \$130}

Your choice of one of the following body butters; coconut, mango or white gingerlily. The butter is then applied to the body for stress relief and purification. This unique massage hydrates the body and soothes the mind.

### **Duet Massage** ·

{50 minutes \$85 per person}

Nestled side by side, a couple can receive a massage in our couple's treatment suite. Pressure can range from light to medium.

### **Ultimate Massage** ·

{50 minutes \$180 · 80 minutes \$270}

Two therapists provide a synchronized, full body massage. They will incorporate Swedish massage techniques of light to medium pressure, ultimately relieving stress and tension. Select one our massage oils including coconut, mango or white gingerlily.

### **Exotic Stones** ·

{50 minutes \$105 · 80 minutes \$155}

Warm stones are placed on the body and combined with a nourishing exotic body massage oil of your choice (coconut, pineapple & mango). Made to release tension, restore balance, and increase positive energy flow. The stones are used gently to encourage sore muscles to relax and surrender. The exotic stone massage improves circulation bringing a sense of well being and harmony.

### **Golfer's Massage** ·

{50 minutes \$95 · 80 minutes \$130}

Proassage lotion is applied to specific areas of the body in order to activate circulation and release tension. To help reduce pain and stress, different techniques such as deep tissue massage, trigger points, and stretching are used.

### **Prenatal Massage** ·

{50 minutes \$90 · 80 minutes \$135}

Performed by a specially trained therapist, this uniquely designed treatment uses a massage table designed for pregnancy to protect both your baby and you. Massages are not recommended during the first trimester.

### **Lymphatic Massage** ·

{50 minutes \$105 · 80 minutes \$155}

Light, rhythmic strokes are used to improve the flow of lymph throughout the body. This massage is the most effective for circulation, and especially for any form of edema (swelling). It is used for post-traumatic injury or surgery, to reduce the swelling and speed up the healing time. It can also help treat migraines, sinusitis, acne, tinnitus, and high blood pressure and is also helpful wherever there is poor circulation, or a need for detoxification.

## ..... Facials & Skin Care .....

### **Island Renewal Facial** ·

{50 minutes · women \$90, men \$85}

From the tropical isles of Fiji, we use an ancient, exotic blend of drift nut oils and powerful plant actives, combined with the latest in dermatological revelation in order to produce a phenomenal woman's facial care solution. Pure Fiji botanical blends, peptides cold press oils and deep sea algae nourish and encourage cellular renewal, increase hydration and cellular water flow while stimulating the process to reduce wrinkles and slow the aging process.

### **Hot Stone Facial** ·

{50 minutes \$105.00}

Peaceful and relaxing, this facial uses smooth, heated stones, which are strategically arranged on pressure points over the face and body. This relieves stressed facial and neck muscles by creating a sense of balance throughout the body.

### **Purifying Facial** ·

{50 minutes \$90.00}

This relaxing cleansing treatment includes personal skin analysis and addresses individual skin concerns. Your treatment will include stress relieving rituals with customized aroma and facial massage techniques particular to your needs.



## ..... Body Therapy .....

### **Coconut Crème Polish**

### **& Coconut Oil Scalp Massage** ·

{80 minutes \$120}

Cleanse, polish, and protect your skin while pineapple extracts gently buff away dull skin cells and unclog pores rejuvenating your skin. This is followed by an application of hydrating body lotion that rapidly hydrates your skin with fresh coconut milk and a nourishing blend of exotic nut oils which will stay with you all day.

### **Chamomile & Marine Algae Body Masque** ·

{80 minutes \$135}

Our Marine Algae Kelp is infused with French Lavender, German Chamomile, Marigold and Lime Tree extracts. High-potency, fortifying anti-oxidants will seep into under nourished skin, renewing its strength and vitality. This treatment is then followed with a light Body Butter Massage.

### **Seaweed & French Green Clay Body Masque** ·

{80 minutes \$135}

This treatment is both stimulating and detoxifying. Our French Green clay is infused with vitamin E, amino acids and green tea extracts to create a relaxing yet therapeutic body treatment. This treatment is then followed with a light Body Butter Massage.

### **Slimming Tummy Masque** ·

{Add On \$35}

Lose inches and tighten your problem areas. This treatment contains active slimming ingredients such as guarana (caffeine), laminaria and iodine which helps drain toxins from the body. It also contains Tamanu oil, a reputed wound healer and Rosemary Leaf oil another great antioxidant.

### **Decadent Dilo Wrap** ·

{50 minutes \$110 · 80 minutes \$140}

Tropical Dilo nut oil will nourish dry and irritated skin. Vitamin A, C and E will promote healing and new cell generation. Perfect for sunburns, coconut oil and aloe make a supercharged healing cocktail for the skin.

*All skin care, massages and body therapies are subject to an 18% gratuity. In-room massages available with a \$30 surcharge.*

