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MIAMI BEACH,

2001 COLLINS AVENUE,

A STYLE TO REMEMBER

GHM

SPA MENU

THE
SPA

THE SETAI BY GHM
SOUTH BEACH, MIAMI

SPA ETIQUETTE

Health Matters

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any health-related concerns you may have when making your appointment. We do not recommend the consumption of alcohol before or directly after spa treatments.

Spa Attire

We will provide you with spa attire including a choice of spa underwear, alternatively you may choose to wear your own. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

Valuables

We provide a secure place for your personal items inside the spa suite; however, we do not accept liability for loss or damage. We recommend valuable items are stored inside the safe located in your hotel room or suite.

Spa Arrival

Arriving late may make it necessary to limit the time for your treatment so the next guest is not delayed. Please arrive at The Spa reception ten minutes prior to your scheduled treatment time.

Cancellation Policy

The treatments you select are reserved especially for you. Guests will be charged a 100% cancellation fee for treatments cancelled less than six hours from the scheduled appointment time.

Hours of service: 9:00 am to 9:00 pm
Fitness: 7:00 am to 9:00 pm
Pool and Beach: sunrise to sunset
Dial extension number 6900 for reservations and enquiries.

Bathing Ceremonies and massage services are available in your hotel suite. Please note a \$30 surcharge will apply. A 20% service charge will be automatically added to all spa services. Prices are in USD and are subject to change without notice.

INDULGENT ORIENTAL RITUALS

The Setai Oriental Ritual

120 minutes - \$620

Aromatherapy Foot Polish, The Setai Jade Massage, Organic Naturelle D'Orient Facial Thai-Style Foot Reflexology, Himalayan Crystal Body Polish, Oriental Bathing Ceremony

Bali Oriental Ritual

120 minutes - \$325

Aromatherapy Foot Polish, Ancient Balinese Massage, Choice of Body Polish, Balinese Bathing Ceremony

India Oriental Ritual

120 minutes - \$380

Aromatherapy Foot Polish, Ayurvedic Abhyanga Massage, Shirodhara

Yin Yang Oriental Ritual

120 minutes - \$325

Aromatherapy Foot Polish, Herbal Steam Bath, Thai-Style Foot Reflexology, REN Bespoke Facial

Siam Oriental Ritual

180 minutes - \$450

Aromatherapy Foot Polish, Thai Herbal Steam Bath, Traditional Thai Massage, Warm Herbal Bundle Therapy, Thai-Style Foot Reflexology

ROMANTIC BATHING CEREMONIES

Deluxe double spa suites feature oversized terrazzo baths. Each spa suite also features a private steam shower. An invigorating steam bath or relaxing bathing ceremony is a great way to unwind and relax before or after any massage.

VOYA Organic Seaweed Bathing Ceremony

30 minutes - \$80

Organic Whole Leaf Seaweed

The Setai Love Bath Ceremony

30 minutes - \$150

Love Potion, Champagne and Canapes

Abahna Oriental Bathing Ceremony

30 minutes - \$80

May Chang and White Grapefruit infused Himalayan bath salt and oil

Abahna Balinese Bathing Ceremony

30 minutes - \$80

Frangipani and Orange Blossom infused Himalayan bath salt and oil

Aromatic Herbal Steam Bath

30 minutes - \$80

Fresh Lemongrass, Ginger and Kaffir Lime

THERAPEUTIC MASSAGES

The Setai Jade Massage

60 minutes - \$325

A dynamic style to dissolve deep muscle tension and soothe the spirit. Two therapists work in synchronized movements using a variety of massage techniques including Shiatsu, Balinese, Thai, Swedish and Lomi-Lomi.

ila Kundalini Back Massage

60 minutes - \$210

This powerful massage therapy is aimed at balancing the nervous system. A synergistic blend of essential oils including cardamom, jasmine and patchouli in a base of pure organic argan oil is applied using ancient massage techniques. The energetic combination of botanical essences and marma point massage opens the flow of subtle healing energy through the chakras for increased vitality.

ila Indian Marma Point Head Massage and Hair Masque

45 minutes - \$150

Acupressure techniques release tension and open the flow of energy in the head and neck area. Essential oils of juniper berry and geranium nourish the hair for a healthy shine. A vitamin-rich hair masque feeds, fortifies, and thickens the hair.

Traditional Thai Massage

90 minutes - \$270

120 minutes - \$360

Stretching and pressure point techniques originating from ancient times balance the flow of 'chi' through energy channels in the body known in Thailand as sen lines. A warmed aromatic herbal bundle is used to relieve areas of tension. This is a non-oil massage, Thai-style pyjamas are provided.

Ancient Balinese Massage

60 minutes - \$180

90 minutes - \$235

This traditional Balinese-style massage includes Balinese palming, stretching, effleurage and pressure point techniques to relieve tension, improve blood flow, ease stress and calm the mind.

Deep Tissue Massage

60 minutes - \$210

90 minutes - \$275

Deep Tissue Massage incorporates a variety of remedial massage techniques including orthopaedic remedial massage, sports massage and trigger point therapy. These are aimed at releasing deep-seated tension in the muscles and connective tissues and will help to improve the range of motion in the joints.

Himalayan Warm Stone Massage

90 minutes - \$250

Shamans have used heated river stones in their healing practice for centuries. Warm stones are placed on the chakras and then massaged over the body to promote a deep state of relaxation, soothing away stress and dissolving muscular tension.

Ayurvedic Abhyanga Massage

90 minutes - \$250

An ancient ritual to balance mind and body with warmed therapeutic oils and a special massage technique for each dosha: Vata, Pitta or Kapha.

Thai-Style Foot Reflexology

30 minutes - \$100

60 minutes - \$180

Firm pressure is used to stimulate the reflex points in the feet. Float into deep relaxation for a divine sense of balance and well-being.

REVIVING BODY POLISH RITUALS

ila Himalayan Crystal Body Polish for Detoxifying or Uplifting

60 minutes - \$175

A body polish will stimulate the lymphatic system, aid circulation and refine the texture of the skin. This treatment is an ideal remedy for cellulite, stress and exhaustion. When warmed, the pink Himalayan salt emits many negative ions that refresh and energise on a subtle level.

Choose from wild-grown argan oil with juniper berry, organic rose geranium and wild poppy essence for energizing and detoxifying or damascena rose otto with jasmine and organic rosehip seed oil for a blissful experience.

VOYA Fucus Luscious Organic Salt Glow for Detoxifying

60 minutes - \$175

An excellent skin rejuvenator, this detoxifying treatment is designed to remove dull skin cells and refine the texture of your skin. VOYA Luscious Salt is combined with Dead Sea Salts and Fucus Serratus Seaweed Oil. This blend of ingredients will stimulate blood and lymph flow while improving skin tone and luster. It is an excellent rejuvenator that leaves skin velvety and dewy soft.

VOYA Bladderwrack Body Buff for Nourishing

60 minutes - \$175

Certified organic Bladderwrack Body Buff is the ultimate treat for tired and dull skin. The antioxidants of the mineral-rich bladderwrack seaweed are combined with massage oils for a powerful combination of ingredients to nourish and improve the condition of the skin. The body polish is followed by a cleansing shower and short massage with VOYA's Softly Does It seaweed body moisturizer.

REN Guerande Salt Exfoliating Body Balm for Delicate Skin

60 minutes - \$175

Hand-harvested French mineral salt from the sea is combined with basil and peppermint essential oils in a balm made from rich olive and almond oils. This exfoliating body balm gently removes dead cells and will leave your skin moisturized, renewed and glowing. Hot towels are applied to infuse the nutrients and essential oils for cell renewal and deep relaxation. The ritual concludes with an application of hydrating Rose Body Cream.

NURTURING ENVIRONMENT RITUALS

ila Bio-rhythm Envelopment for Jetlag

120 minutes - \$320

The aim of this treatment is to restore the body's natural flow of energy that can be disrupted by air travel and use of electronic devices. The treatment begins with an Energy Body Polish and continues with a Mud Wrap, both containing high levels of minerals in ionic form which emit negative ions when warmed. These ions charge and restore the magnetic field surrounding the body that is known as the aura. A Kundalini Back Massage soothes the nervous system finishing with a Marma Massage of the face while you are cocooned in a warm blanket. This treatment is the perfect remedy for jetlag.

ila Envelopment for Energizing

90 minutes - \$260

The treatment begins with a stimulating body polish using wild-grown argan oil blended with juniper berry, organic rose geranium and wild poppy essence for energizing and detoxifying. The body polish is followed by an application of purifying mud for revitalization of the skin and balancing of the energy field surrounding the body. While you are cocooned in the full body envelopment, a stimulating scalp massage and hair masque complete this top-to-toe treatment.

VOYA Organic Seaweed Leaf Envelopment for Detoxification

120 minutes - \$320

We use the finest seaweed hand-harvested from the ocean to ensure that the highest content of bio-actives is preserved. We begin with a body and facial exfoliation using seaweed and spiny bamboo blended with seaweed oil. Next, the body is cocooned in whole seaweed leaves for toning and firming while special leaves are used on the face. Whilst the envelopment and face masque are processing, a conditioning hair masque is massaged into the scalp. After twenty minutes the seaweed leaves are removed and the excess seaweed gel is massaged into the skin. The treatment concludes with the application of seaweed face cream, eye serum and body moisturizer.

Moroccan Rhassoul Envelopment for Relaxing

90 minutes - \$260

The treatment begins with a traditional style Moroccan full body exfoliation using eucalyptus-scented black soap and a kessa glove. The exfoliation is followed by a body envelopment with purifying Moroccan rhassoul mud. While you are wrapped, enjoy a rhassoul and argan oil hair masque, facial cleanse, exfoliation and face massage with organic argan oil products.

REJUVENATING BEAUTY RITUALS

ila Rainforest Rejuvenation Facial

60 minutes - \$175

The Rainforest Facial is a rejuvenation facial that helps skin cells regenerate at a deep level. Careful preparation of the skin is essential to facilitate penetration of the serum. Deep lymphatic drainage, and warm herbal compress massage, warm and stimulate the flow of lymph for a toning and firming effect. A rainforest Amazonian mud masque rich in key botanicals for anti-aging completes this very unique facial.

REN Bio Active Bespoke Facial

60 minutes - \$175

75 minutes - \$220
A complete facial incorporating Japanese lymphatic drainage and hydration massage techniques for toning and moisturizing. An application of eyelift gel, cell therapy and a hand treatment complete the ritual.

REN Facial for Men

60 minutes - \$175

Vitamin C is the most potent anti-oxidant for the skin and assists in the production of collagen. This facial removes impurities and refines the skin as it hydrates and promotes cell regeneration.

REN Bio Active Eye Care

30 minutes - \$75

A deluxe hydration to treat the delicate eye area.

Organic Naturelle D'Orient Facial

60 minutes - \$150

The treatment begins with a welcoming ritual and continues with a cleanse, exfoliation, steam, massage, masque and concludes with an application of moisturizing day cream. Organic argan oil contains omega 6 and 9 fatty acids for anti-aging and cell renewal. There is a choice of masques, detoxifying for oily skin or regenerative for dry and mature skin types.

Waxing

High quality European wax cartridge rollers and strip wax are used for depilation treatments.

Full Leg - \$90

Half Leg - \$40

Bikini - \$80

Underarm - \$30

SpaRitual Manicure and Pedicure

Aura Balance Manicure

30 minutes - \$60

Aura Balance Pedicure

60 minutes - \$80

At The Setai, we use only vegan, wildcrafted, organic SpaRitual products for our nail services. The lacquers and elixirs are free from toluene, formaldehyde, dibutyl phthalate and parabens normally found in nail treatment products.

Enjoy an aroma therapeutic journey where you choose your intent...relax, uplift and inspire. Micro algae and mineral salt infused with wildcrafted Indonesian ginger will gently slough away dry skin. The aromatherapeutic properties of ginger are deepened with a full healing hand or foot massage using a hydrating blend of ginger and Chinese jasmine essential oils, aloe with shea butter, sesame oil, olive oil, avocado and vitamins A and E.