

### Open Daily 9:00am - 6:00pm

By appointment only

Dial extension 2724 or call direct line 305.363.2850

### Our Facilities

The spa includes five individual treatment cabanas, Eucalyptus steam room, a Himalayan Salt treatment room, men & women's locker rooms, and a plush indoor relaxation area. Facilities are complimentary to resort guests with spa appointments.

### Spa Reservations

Spa reservations may be arranged directly with the Spa or online. We suggest booking treatments well in advance for the best selection of appointment times. Once reserved, we will follow up with a confirmation email.

### Cancellation Policy

To cancel an appointment without a charge, please notify us at least 24 hours in advance. If cancelled within 24 hours of your scheduled treatment time(s) or if you fail to show up, the full amount of your spa service(s) will be charged.

### Spa Arrival

Bungalows guests will find the Zen Garden Spa on the ground floor of the Beach House. We invite you to check in 15 minutes prior to your scheduled services to relax in our facilities while preparing for your treatment. Late arrivals will result in an abbreviated service without a price reduction.

To maintain our peaceful Zen Spa environment, we ask that all electronics remain silent.

### Your Concerns

Please advise our Spa Professionals of any medical conditions or concerns which may affect your treatment selections. Hypertension, pregnancy, or others are contraindicated for some services.

### Your Satisfaction

We invite you to share your experience with any member of the Spa or Resort Staff.

### Gratuities

For your convenience, a 22% service charge will be added to each service.

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MM License 38875 License CE10020914



## ZEN GARDEN SPA AT BUNGALOWS KEY LARGO

We are pleased to welcome you to our Zen Garden Spa & Boutique, where every precaution has been taken to ensure your well-being and safety

Our Team of professionals are trained in the latest practices to provide you with the best spa experience. Our Spa Coordinator will guide you through your Zen Garden Spa visit and answer any questions you may have.

Highlights include five outdoor treatment cabanas, bayside waterfront treatment tiki, luxurious men's & women's locker rooms, whimsical state-of-the-art steam room, Himalayan salt treatment room, and plush indoor relaxation area.

Our Zen Garden Boutique features unique gifts, indulgent face & body products by Osea and Kerstin Florian, and resort wear with a Bungalows island vibe, featuring name brands such as Johnnie-O, Sunshine 79 Swimwear, Costa Del Mar Sunglasses, Mickey Lynn Jewelry, Tommy Bahama, and more.

Thank you,

*Zen Garden Spa Team*

# MASSAGES

## Bungalows Signature Massage

A customized massage combining Swedish and Deep Tissue Techniques. Designed to promote relaxation and tension relief of your muscles.

**50 Minutes | 185**      **80 Minutes | 260**

## Bayside Tiki Massage

Find tranquility and total relaxation at our Bayside Waterfront Tiki. Let the beautiful view take you away to paradise as you receive your customized Bungalows Signature Massage. Weather permitting.

**50 minutes | 240**      **80 minutes | 315**

## CBD Massage

Allow the full-spectrum hemp CBD, and eight pain relieving herbs, combined with a full body Swedish Massage to fully relax you. Our signature anti-inflammatory cream provides fast relief for muscle and joint pain.

**50 minutes | 195**      **80 minutes | 275**

## Bamboo Massage

The use of organic ginger oil, warm bamboo sticks, and hands-on massage ensures healthy circulation, relief of muscle tension, deep relaxation, and aids in lymphatic drainage.

**80 minutes | 270**

## Signature Aromatherapy Massage

Enjoy a Swedish massage while you choose from three organic aromatherapy blends infused with essential oils. Our signature hot stones are applied to your back to allow you to unwind and relax your muscle tension.

**50 minutes | 185**      **80 minutes | 260**

## Mother To Be Prenatal Massage

Designed to address the special needs of Mothers to Be. Our calming Neroli Oil assists in relieving tension in your neck, shoulders, back and feet, helping you feel renewed and relaxed.

**50 minutes | 185**      **80 minutes | 260**

# FACIALS

## Sea of Life Facial

A personalized treatment that combines cleansing, hydrating Gigartina seaweed and restorative white algae mask. Natural botanical oils restore vital nutrients, vitamins, and minerals directly to the skin. A therapeutic neck, shoulder, and hand massage leaves you glowing from the inside out.

**50 minutes | 185**      **80 minutes | 280**

## Deep Sea Firming Facial

Restore your skin's glow with this superior age-defying facial. The cleanest, purest ingredients complete with peptides, hyaluronic acid, and vitamin-C. This facial massage releases facial tension, exfoliations and an eye & lip smoothing treatment.

**80 minutes | 280**

## Hemingway Facial

This results-oriented facial customized for male skin, deep cleanses, soothes, and rejuvenates. Includes hot towels and massage to release facial tension.

**50 minutes | 185**

## Bungalows Repair Facial

Results-oriented treatment individually customized to address any skin type and concern, including sensitivity, fine lines, congestion, and premature aging. A deep cleansing facial massage helps promote circulation and is combined with a masque to balance & nourish the skin.

*\*A customized intensive repair anti-aging ampoule and foot treatment included with 80 minute treatment.*

**50 minutes | 195**      **80 minutes | 285**

## Age-Defying Decadence Facial

The ultimate ageless treatment for the face and décolleté. Refines, lifts, firms, and nourishes the skin with protein-rich caviar. Deeply hydrating massage dramatically improves skin texture and moisture. Results immediate, creating a healthy luminescent complexion.

*\*A customized peel off mask and foot treatment included with 80 minute treatment.*

**50 minutes | 200**      **80 minutes | 290**

# BODY

## Bungalows Sea Scrub

Invigorating full body scrub featuring our favorite organic Gigartina seaweed & sea salts harvested from Patagonia to exfoliate and soften your skin. A soothing application of Undaria Oil and Ocean Lotion leaves you feeling relaxed, refreshed, and hydrated. Followed by a scalp and body massage to complete this unique therapeutic experience.

**80 Minutes | 280**

# EXPRESS TREATMENTS

*\*Weather permitting. Outdoor accommodations available upon request for \$25.*

## After Sun Soother

Soothes and nourishes the skin with aloe, leaving it renewed and fortified against overexposure.

**25 Minutes | 120**

## Jet-Lag Relief

Kick start your vacation with complete relaxation as you experience this gentle neck, back, scalp, and shoulder massage.

**25 Minutes | 115**

## Island Foot & Lower Leg Massage

This uplifting treatment helps to stimulate circulation and revitalize tired feet. Using essential oils and sea salts, the feet are exfoliated, followed by a relax point acupressure. Perfect treatment in our poolside cabanas.

**25 Minutes | 115**

# IN-ROOM INDULGENCES

*\*We will deliver the products to your front porch for you to enjoy in your luxurious outdoor spa tub.*

## CBD Mineral Soak

For deep muscle relief and total relaxation. Comes with CBD nourishing body oil, CBD Balm, and a CBD mineral bath soak | **119**

## Aromatherapy Escape

Supports immunity, mental wellness, and self-care anywhere. Kit includes Turkish body scrub, mineral wellness soak with eucalyptus, and natural chamomile body spray | **100**

## Mineral Soak

Soothes sore muscles and melts away tension. Kit includes ginger bath & body oil, mineral wellness soak with eucalyptus, chamomile shower/bath gel, and Fub balm | **100**

# PRIVATE FITNESS

Experienced and certified yoga & fitness instructors will tailor your preferred practice to meet your needs, offering hands-on adjustments and assist with appropriate modifications. Your safety & comfort are our priority.

All sessions are 60 minutes in length.

**24 Hours Advance Notice Requested**

## Yin Yoga

A slow-paced style of yoga with postures that primarily concentrate on the connective tissue of the body (fascia, tendons, and ligaments). Most positions are performed seated or in reclined positions and allow for deep stretching to open the hips, spine, and shoulders. Although this yoga may appear passive, Yin Yoga can be quite challenging as you sit with the stillness and depth of each pose. Balance this yoga with a follow up day of “yang” yoga such as Vinyasa or Ashtanga. | **300**

## Restorative Yoga

No experience is necessary in this gentle yoga practice designed to stimulate the “rest & digest” mechanism of the body. Blocks, straps, and bolsters are all used and provided. | **300**

## Power Vinyasa Flow Yoga

A powerful one-hour yoga class for practitioners who prefer challenging, heat-building practice. Recommended for those with some Vinyasa experience. This practice will cleanse body and mind, setting the mood for the rest of the day. | **300**

## Aqua Yoga

Takes your practice poolside for a focus on balance and basics. Start at the edge of the Zen Pool for a light stretch, then move into the water for a series of effortless postures provided by the buoyancy of the water. Water encourages the body to relax and flow, lubricating the joints and stimulating the lymph system. | **300**

## Reiki

A Japanese technique for stress reduction and relaxation which focuses on the healing of one's “life force energy”. Experience deep relaxation and true sense of well-being. | **300**

## Guided Meditation

Bring your focus inward, calming the mind and body. Choose to lie flat or sit as we guide you into a quiet space allowing reflection, awareness, and openness. No experience required. | **300**

## MASSAGE ENHANCEMENTS

- Targeted Enhanced CBD cream | 40
- Hot Stones | 25
- Foot scrub | 40
- Hand scrub | 40
- Aromatherapy Oil | 25

## FACIAL ENHANCEMENTS

- Eye Rescue | 40
- Gigartina Hair Mask | 40
- Pro Multi-Acid Peel | 40
- Peel off Mask | 40
- Ampoule – Vitamin C or Intensive Repair | 40

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