

THE SANCTUARY

Welcome to a world of true relaxation.

This is The Sanctuary - a luxurious escape within an escape. Make yourself comfortable and let our staff pamper you. Select a cabana facing the sea for a blissful Lotus Spa® experience. Or, simply unwind in the sun on one of our deluxe lounge chairs with a refreshing drink or a delicious snack and enjoy the calm and quiet.



LOTUS SPA CABANA SERVICES

Lotus Spa Cabanas offer a special alfresco massage experience. The enclosed areas provide privacy in a comfortable resting area with a television, plush chairs and beautiful ocean views. A serenity steward is available for special requests.

ROYAL INDULGENCE

Full day use: Up to 4 passengers
8:00 am - 8:00 pm | \$3,000

PRINCESS PLEASURE

Half day use: Up to 4 passengers
8:00 am - 1:30 pm *or* 2:00 pm - 7:30 pm | \$1,500

Indulge in unlimited services including but not limited to:

Massages

Swedish

Elemis Deep Tissue Muscle

Bamboo

Thai Herbal Poultice

Thai Coconut Poultice

Facials

Elemis Tri-Enzyme Resurfacing

Elemis Pro-Collagen Quartz

Other Treatments

Elemis Aroma Stone Therapy

Elemis Face and Body Sensation

Service times are 50 or 75 minutes. Single and couples services are available. Both packages include food & beverage butler service and features caviar and a bottle of Dom Perignon.



EXOTIC COUPLES MASSAGE

This treatment for two includes your choice of a 75-minute Bamboo Massage, Thai Herbal Poultice Massage or Thai Coconut Poultice Massage, plus 30 relaxing minutes of quiet time together to sample our special food & beverage menu.

105 minutes | \$440.00

COUPLES CABANA MASSAGE

This treatment for two includes your choice of a 50-minute Swedish Massage or Elemis Deep Tissue Muscle Massage, plus 30 relaxing minutes of quiet time together to sample our special food & beverage menu.

80 minutes | \$320.00

RELAXATION

SWEDISH MASSAGE

With aromatic oils, this traditional massage technique can help improve the function of the circulatory, lymphatic, muscular and nervous systems.

\$165.00 | 75 minutes \$119.00 | 50 minutes

ELEMIS DEEP TISSUE MUSCLE MASSAGE COUP

Using muscle-melting warmed oils and deep pressure massage movements, we massage deep into the muscle erasing stress, tension and lactic acid build up.

\$179.00 | 75 minutes \$131.00 | 50 minutes

ELEMIS AROMA STONE THERAPY

The deep penetrating heat of the volcanic stones, combined with traditional massage techniques and warmed oils is an experience that is nothing short of divine.

\$195.00 | 75 minutes

COUPLES FULL BODY MASSAGE

Enjoy a gorgeously relaxing massage in our suite reserved for couples. Both of you will enjoy a full body Swedish or Elemis Deep Tissue Muscle Massage, as you lie side by side.

\$365.00 | 75 minutes \$269.00 | 50 minutes

THAI HERBAL POULTICE MASSAGE

A warmed, muslin poultice, steamed with Thai and Chinese herbs, is applied directly to the body in a kneading action, incorporating Thai stretching, hands on massage and compressions.

\$195.00 | 75 minutes

THAI COCONUT POULTICE MASSAGE

Perfectly warmed, pure coconut compresses massage the body, releasing natural emollients, that nourish and moisturize the skin. This is followed by traditional hands on techniques to relax and de-stress the muscles even more.

\$155.00 | 50 minutes

BAMBOO MASSAGE

In this deep massage your therapist will use bamboo shoots to roll and glide over the muscles helping to release tension and lactic acid build up caused by stress or muscle strain.

\$199.00 | 75 minutes \$159.00 | 50 minutes

ELEMIS FACE-BODY SENSATION

This "ice-cool thermal muscle massage" alleviates stress and soothes aching muscles. It is followed by the Elemis Tri-Enzyme Resurfacing Facial, which smooths the skin and restores your radiant glow.

\$159.00 | 50 minutes



BEAUTY

ELEMIS PRO-COLLAGEN QUARTZ LIFT FACIAL

Empowered with Quartz micro-crystals and the antioxidant properties of other precious minerals, this treatment is proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57% after just one session.*

\$145.00 | 50 minutes

ELEMIS TRI-ENZYME RESURFACING FACIAL

This facial is clinically proven to reduce the appearance of fine lines, acne, superficial facial scarring, and uneven skin pigmentation, revealing a renewed level of clarity to the complexion.

\$125.00 | 50 minutes

**Independent clinical trials, 2007.*



SOOTHING SOUNDS

Nothing relaxes the spirit like music. At The Sanctuary, MP3 players are available to help you go to that perfect place. Available with BOSE® acoustic noise cancelling headphones, these MP3 players are loaded with themed playlists that focus on relaxation, featuring timeless favorites such as world music, classical, jazz and soft pop.

Sample Playlists:

Classical Calm

Orchestral favorites for relaxation

Coffee House Chill

Gentle acoustic tunes and down tempo grooves

Comfortably International

Cosmopolitan sounds from around the globe

Island Life

Beach-friendly tunes from Jimmy Buffett to Bob Marley

Positive Pop

Classic hits and contemporary pop songs

Zen Spa

Relaxing ambient melodies

Available from your Serenity Steward.
Usage is limited to The Sanctuary only.

CABANA CUISINE



All-Day Breakfast Parfait (Vegetarian)

Pineapple & Toasted Wheat Germ

Calories: 247 with low-fat cottage cheese

Calories: 196 with low-fat plain yogurt

Banana Oat Muffins (Vegetarian)

flaxseed meal & cinnamon spice

Calories: 160

Honey Glazed Almonds (Vegetarian)

Calories: 138

Chili Garlic Edamame (Vegetarian)

splash of lime juice

Calories: 159

Citrus Fruit & Kiwi Carpaccio (Vegetarian)

orange & grapefruit with orange flower water

Calories: 166

Grilled Tomato Gazpacho (Vegetarian)

plum tomatoes, cucumber, bermuda onions

breadcrumbs & paprika

Calories: 84

Feta & Herb Dip with Vegetable Crudités

(Vegetarian)

assorted vegetable batons & florets

Calories: 168

Salmon, Avocado & Grapefruit Verrine*

ginger-onion chutney

Calories: 582

Sesame Tuna Salad

asian style with ginger, cilantro sugar snap peas

& napa cabbage

Calories: 228

Fattoush Salad with Grilled Chicken

torn pita, romaine lettuce, tomato, cucumber

red onion & mint

Calories: 295

Grilled Shrimp Skewers over White Bean Salad

cannellini beans, celery, cherry tomatoes, sage & oregano

Calories: 212

Burgers, Jumbo Hot Dog and
a Slice of Homemade Pizza are also available*

A \$3 SERVICE CHARGE PER PERSON
PER DELIVERY WILL APPLY.



REFRESHING MOCKTAILS: \$4.00

Strawberry Raspberry Soda

Peninsula

Triple Berry Freeze

Berry Banana

Grape & Orange Cooler

Key West Cooler

Tropical Blend

Mango Dream

*Consuming undercooked or raw meats, poultry, seafood, shellfish
or eggs may increase your risk of foodborne illness, especially if
you have certain medical conditions.