

A wide-angle photograph of a tropical beach. The water is exceptionally clear, showing the sandy bottom and some greenish-yellow patches of coral or algae. The horizon is a straight line in the distance, and the sky is a pale, clear blue with a few wispy clouds. The overall scene is serene and inviting.

THE SPA  
AT SUNSET KEY

## Your experience begins a lifelong journey...

Journey through The Spa at Sunset Key to achieve a new level of rejuvenated well-being.

We encourage balanced mind, body and spirit through inner focus, results-oriented professional products and a personalized approach to wellness, longevity and beauty.

Our spa artisans offer guidance and encouragement throughout your journey, giving you the tools needed to find your radiant center. Embrace this. It is yours to keep wherever your travels take you.

The Spa at Sunset Key offers unique, personal therapies combined with luxury amenities – all set against the beauty of nature herself. Indulge yourself in a menu of choices and unforgettable experiences.

From the blending aromatics to your own private spa suite and patio, every aspect of The Spa experience is designed to reconnect you with your inner soul and the world around you.



*"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."*  
~ Leo F. Buscaglia

*Ask the Spa Reservationist how to further customize your experience with our service enhancements.*

### Traditional Swedish Massage

This well-known and widely practiced form of classic massage uses a light touch with long, flowing strokes and gentle kneading designed to warm and relax. This treatment will relax, revitalize and renew your body. Benefits include increased blood and lymph circulation, eased tension and energetic revitalization. *50/80 minutes*

### Custom Therapeutic Massage

This custom treatment is a tailored massage designed to provide you with the ultimate experience. Using various massage modalities, your therapist will address specific areas of need using medium pressure. *50/80 minutes*

### Deep-Tissue Massage

A therapeutic treatment aimed at the deeper tissue structures of the muscles and connective tissue. While using many of the same techniques as traditional Swedish massage, the pressure is more intense and focused as your therapist works to release chronic muscle tension. Alleviate discomfort while addressing problematic joint and muscular areas with focused medium to firm pressure. *50/80 minutes*

### Signature Perfect Massage

Since the body constantly changes as well as your treatment needs, we create the perfect massage based on what your body needs for healing and restoration. Create your perfect massage by combining any of our available massage therapies into one with the addition of our detoxifying mud treatment on your entire back. *80 minutes*

### Warm Stone Massage

Enter a state of pure bliss as smooth warm basalt stones bring increased circulation and relief to your sore and aching muscles. Careful stone placement combined with soothing massage using these stones as therapeutic tools, encourages a sense of incredibly deep relaxation. *80 minutes*

### Aromatherapy Massage

This Aromatic therapy combines the power of pure essential oils with a specialized, choreographed massage technique drawn from both the traditional Eastern and Western modalities, concentrating on the back, scalp, face, neck, shoulders and feet. *50/80 minutes*

### Mommy to Be

Especially now when your body desperately needs relaxation and relief, experience this safe and gentle, stress relieving massage. Massage techniques and pregnancy support pillows will help you relax and care for both you and your baby. Offered in the last two trimesters of pregnancy. *50 minutes*

## The **Touch** Experience





## The **Skin Care** Experience

Ask your Skin Care Specialist how to further customize your experience with our skin care enhancements.

### Signature Facial

This ultra-luxe treatment uses a fusion of science and nature, perfect for any skin type. Combining the latest in natural essential oils and anti-aging technologies for increased firmness, elasticity and fullness to nourish and hydrate the skin. This facial includes the addition of our detoxifying mud treatment on your entire back.

*80 minutes*

### Custom Facial

Our customized facial consists of deep cleansing, steaming and extractions (as required), exfoliation, an appropriate mask and a finishing moisturizer.

### Ocean Restorative Facial

Infuse your skin with a unique selection of repairing ingredients formulated with antioxidants, organic extracts, Vitamin C and Hyaluronic Acid. This facial will help oxygenate your skin, improve cellular function, refine pores and heal sun damage. This rich treatment soothes and deeply hydrates your skin, producing advanced skin care benefits.

*50/80 minutes*

### Resurfacing Facial

This results driven treatment will resurface and remove dead skin layers, while targeting the repair of individual conditions that are related to acne, aging, hyper-pigmentation and sensitive skin. A powerful dose of antioxidant serum is applied to fight free radical damage and protect the cells for a more vibrant youthful condition. Skin tone is instantly brighter while reducing the appearance of fine lines and wrinkles after one treatment.

### Gentleman's Facial

An herbal hot towel facial, deep cleansing exfoliation, massage, and toning mask.

### Back Facial

This back facial will exfoliate dead, dry skin cells and remove excess oil allowing glycolic and salicylic ingredients to work deep in the pores to cleanse and prevent future breakouts and oil build up.

*25/50 minutes*

### Detoxifying Mud Treatment

Self-heating detoxifying mud treatment revitalizes normal cellular functions, nourishes tissues and eliminates stored metabolic waste. Add this to any massage or facial to treat tight, sore or congested muscle tissue. Warms, detoxifies and soothes trouble spots. Inclusive in treatment time.

### De-Stress Scalp Treatment

Relax and restore luster to your hair and scalp as we drizzle warm oil through your hair and de-stress your mind with our pressure point scalp massage.

### Reflexology

Eastern tradition believes the body's meridians are represented on the soles of the feet. This healing treatment applies acupressure to central reflex points on feet to improve circulation and health of vital organs and joints.

### Collagen Lip Plumper & Eye Lift

This eye treatment deeply hydrates the delicate eye area reducing dark circles, puffiness, fine lines and wrinkles while tightening and firming skin tissue. Exfoliates, plumps and fills the outer lip area smoothing fine lines.

### Firming Neck & Décolleté Treatment

Our unique treatment reverses the signs of aging and resurfaces dry dead skin cells while smoothing fine lines and wrinkles. Skin tone appears clearer and brighter.

### Soothing & Hydrating Mask with Antioxidant Cocktail

This unique mask soothes, calms facial redness and evens out skin tone in combination with our antioxidant cocktail of Vitamins A, C, D, E and K. Antioxidants are infused into the skin to provide cells with antioxidant power replacing lost nutrients due to sun exposure, pollution, toxins, smoking, and medications. Encourages the cells to repair and rejuvenate at an optimal level.

### Derma Peel

Gently lift away dead surface cells revealing an even and softer complexion. Works perfect in a series or as an addition to any facial.

## Massage & Facial **Enhancements**



## Sunset Key Detoxifying Algae Mud Wrap

Indulge in a luxurious, detoxifying and skin-softening cocoon using self-heating marine mud. This body treatment is designed for deep detoxification of congested areas which keep the body running smoothly and improves the reflection of outer beauty. It revitalizes normal cellular functions, nourishes tissues, and eliminates stored metabolic waste. The seaweed is mixed into a fine paste and applied to the entire body. The skin absorbs the active elements and the heat promotes perspiration and the elimination of toxins. After a refreshing shower there is a full body application of a healing botanical, light-weight oil rich in minerals and antioxidants. Includes a hot oil scalp massage. *80 minutes*

## Key West Aloe Vera Hydrating Wrap

This ultra-hydrating body envelopment with replenishing aloe is designed to recondition dry, dehydrated or sun damaged skin. An after sun therapy that heals and provides your skin immediate relief from sunburn or sensitivity due to excessive sun exposure. This soothing wrap cools and enriches the skin with 100% Lab Certified Aloe Vera and promptly alleviates burning and stinging sensations. This treatment heals, desensitizes, and decreases skin temperature. Perfect full body thirst quencher for after sun exposure. *50 minutes*

## Salts of the Earth Scrub

A renewing mineral rich body scrub that revives dull skin, moisturizes and heals. Restore your skin's natural glow with certified organic botanical and essential oils, moisturizing shea butter and an exotic blend of the most mineral-rich salts found on the earth. Harvested from the Dead Sea, the Bolivian coast, the Utah desert and the Himalayas, this invigorating scrub contains 84 trace minerals and gets its unique pink color from the rich ores contained in the healing salts. *50 minutes*



The **Body** Renewal



## The **Ritual** Experience

Feel like royalty as you select one of these ethereal combination spa experiences which string together select beauty and wellness treatments and roll them into one glorious bouquet of bliss. The individual experiences in these bouquets are specifically picked to enhance the effectiveness of each and create one glorious ritual.

### Gentlemen's Sports Spa Package

A package designed just for him. *50 Minute Custom Facial* and a *50 minute Therapeutic Massage*. *100 minutes*

### Duet Package

Perfect package for two. Share, relax and reconnect in our beautiful couple's suite. Each person chooses one of the following: *50 Minute Swedish/Therapeutic/Aromatherapy Massage*, *50 Minute Custom Facial* or *Salts of the Earth Scrub*. *50 minutes*

### It's Your Choice

Includes your choice of two of your favorite treatments. *50 Minute Swedish/Therapeutic/Aromatherapy Massage*, *50 Minute Custom Facial* or *Salts of the Earth Scrub*. *100 minutes*

### Sunset Romance Package

Enjoy two 80 minute massages with dinner for two and a bottle of champagne. Massages and dinner available beachside in your own private cabana. *80 minutes*

*Note: Spa packages include complimentary valet parking, beach pass for a day and lunch at Latitudes Restaurant. Lunch value limited to \$25. Alcoholic beverages not included. Duet package includes two beach passes and two lunch vouchers.*

# Your **Spa** Experience

## Reservations

In order to schedule the treatment of choice, we encourage you to schedule your appointments in advance. Although it is possible to walk-in and schedule an appointment, availability becomes limited and in many cases we are fully committed with other guests. We encourage you to avoid booking services on travel days. Unexpected delays are common and guests will be responsible for payment of the scheduled service.

## Punctuality

Please plan to arrive on the Sunset Key Ferry that departs 30 minutes prior to your spa reservation in order to enjoy an unhurried transition into the spa. Arriving late for your service will limit the time of your service, thus lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time to accommodate the next guest's scheduled appointment. The Sunset Key Ferry leaves at 15 and 45 of the hour from the Westin Marina and at the top and bottom of the hour from the Sunset Key dock.

## Cancellations

If you are unable to make your scheduled service time, please contact us at least 24 hours in advance of the scheduled appointment time. Cancellations and rescheduling within the 24 hours will be charged 100% for the scheduled service.

## Gift Cards

Gift cards are available for any service or dollar amount. To purchase a spa gift card, please call the Spa directly.

## Cell Phones

We are here to promote a calm and relaxing environment. We prefer that you leave phones, smart phones, iPads and tablets at home or in your room. If you must bring them with you, please turn them off before entering the spa.

## Gratuity

All spa services access a service charge of 20%. This charge is automatically added to your service as a convenience. Additional gratuities for superior service are always appreciated.

## Medical Conditions

If you have any type of medical condition, be sure to mention it to your therapist. Certain treatments may not be advisable for you.

## Food and Drink

It is advisable not to eat for at least an hour before a treatment. Please avoid the consumption of alcohol on the day of a treatment. Drink plenty of water before and after your services.

## Children

Our spa facilities are limited to children ages 14 and over. Children under 18 years old have to be accompanied by parents or a legal guardian.







SUNSET KEY COTTAGES  
A LUXURY COLLECTION RESORT

*Key West*