



THE SPA *by* THĒMAĒ
AT THE SETAI, MIAMI BEACH PARIS

SPA MENU

THE SPA AT THE SETAI BY THÉMAÉ OFFERS A SANCTUARY OF SERENITY

Open the door to an intimate, peaceful world dedicated to restoring strength, beauty and balance to the body. Discover our featured spa offerings which exclusively feature THÉMAÉ spa products, designed around the natural, healing benefits of tea.

SIGNATURE MASSAGES

ANCIENT BALINESE MASSAGE 60 / 90 minutes - \$180 / \$240

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

STRESS RELIEF SINGAPORE MASSAGE 60 minutes - \$180

This treatment draws on three cultures to deliver an intensely relaxing and calming experience. Specifically designed to expel fatigue from the body as well as rid it of daily stresses and tensions. In order to re-balance energies, movements are precise and sustained, focusing on the tense parts of the body. Back tensions are carefully worked (Chinese massage) before a progressive massage of the abdomen (Malaysian method). The treatment culminates with the elimination of body heat achieved by stimulating the foot's reflex zones (Indian massage with the Kansu bowl). Ideal for people seeking to rid themselves of daily tensions.

ORIENTAL MASSAGE 60 minutes - \$180

This massage frees the body from all tension by working the muscles and skin with agile, graceful strokes and gentle, comforting movements. The kneading, treading and smoothing movements will leave you feeling relaxed and calm. It works the body with parallel movements, resulting in a feeling of well-being, a rested mind and a relaxed body. *Ideally performed after the Hammam, this massage calms the body after it has been submitted to intense warmth.*

COCOON MASSAGE 60 minutes - \$180

This massage, specially developed for expectant mothers, is simultaneously gentle, comforting and toning. It aims at improving blood circulation and relaxing muscles to soothe the legs and back of the mother to be. *Ideal for expectant mothers seeking a little 'me' time to feel lighter, more relaxed and ultimately radiant.*

THAI STYLE FOOT REFLEXOLOGY 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.

INDULGENT RITUALS

THÉMAÉ CEREMONY 90 minutes - \$260

This all-over treatment combines a body massage with the Rejuvenating and Moisturizing Facial for head-to-toe well-being. Your back and scalp are deeply massaged before a facial which alternates between skin stimulation, relaxation and smoothing. Then, a mask is applied while your legs are massaged. Enjoy a fresh, light complexion, while your body feels relaxed and recharged.

ORIENTAL CEREMONY 90 minutes - \$260

This ceremony combines a body scrub and gentle massage to revitalize the skin's radiance. It will release all the tensions in the body by working the muscles and skin, using agile, graceful strokes and gentle, comforting movements. The Oriental Ceremony leaves a feeling of well-being, a rested mind and relaxed body.

BALI ORIENTAL RITUAL 90 minutes - \$260

This ritual begins with an Aromatherapy Foot Polish as a welcome ritual to the experience. The package continues with a 60-minute traditional Balinese style massage inclusive of Balinese palming, stretching effleurage and pressure point techniques to relieve tension, improve blood flow, ease stress and calm the mind. The experience concludes with a 30-minute Thai Style Foot reflexology to leave you deeply relaxed and balanced.

THE SETAI CEREMONY 120 minutes - \$390

Combines a back massage, to allow your body to completely unwind with this unique treatment of deep muscular techniques (sustained pressure, kneading) for a total relaxation, with the Empress Ceremony, an anti-aging facial designed to combat wrinkles, loss of elasticity and reduces the appearance pigmentation. After a deep cleanse detox mask with tea leaves to promote a healthy glow, you will enjoy a fatigue-removal face massage.

Conclude with an application of a collagen mask and kneading acupuncture movements, while massaging the arms and legs with the Brume d'Or for a gold finish. The results are radiant skin and a visible reduction in the signs of aging. Anti-aging techniques include traditional Vietnamese and Thai (Ridokis and Nouat-naa) tools such as to stimulate circulation and firm the skin.

HAMMAM CEREMONY 60 minutes - \$180

Experience Maghreb traditional treatments, which purify the skin and release all tension due to the Hammam heat, purifying black soap scrub and body mask.

MASSAGES WITH TRADITION

REGENERATING BACK MASSAGE 60 minutes - \$210

This treatment combines deep muscular techniques (sustained pressure, kneading) and Thai stretching (light movement and relief of pressure on the joints). It targets the back and legs to release tension, leaving you feeling calm and serene. *Ideal for people seeking invigoration or those suffering from persistent back tension.*

TRADITIONAL THAI MASSAGE 90 minutes - \$280

Ancient stretching and pressure point techniques 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 pajamas are provided.

AYURVEDIC ABHYANGHA MASSAGE 60 / 90 minutes - \$210 / \$280

Deep and powerful, this treatment intensely works on muscle tissue with a variety of movements which are both invigorating and stimulating. Through the careful application of pressure, sustained strokes, tapping and stretching, the skin and muscles are warmed while the mind and body become relaxed. *Ideal for people who wish to feel invigorated and revived.*

HIMALAYAN HOT STONE MASSAGE 60 / 90 minutes - \$210 / \$280

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.

THE DEEP TISSUE MASSAGE 60 / 90 minutes - \$210 / \$280

Incorporates a variety of remedial massage techniques including orthopedic 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.

ROMANTIC CEREMONIES FOR TWO

THÉMAÉ CEREMONY 90 minutes - \$520 per couple

This all-over treatment combines a body massage with the Rejuvenating and Moisturizing Facial for head-to-toe well-being. Your back and scalp are deeply massaged before a facial which alternates between skin stimulation, relaxation and smoothing. Then, a mask is applied while your legs are massaged. Enjoy a fresh, light complexion, while your body feels relaxed and recharged.

ORIENTAL CEREMONY 90 minutes - \$520 per couple

This ceremony combines a body scrub and gentle massage to revitalize the skin's radiance. It will release all the tensions in the body by working the muscles and skin, using agile, graceful strokes and gentle, comforting movements. The Oriental Ceremony leaves a feeling of well-being, a rested mind and relaxed body.

BLISSFUL CEREMONY 90 minutes - \$520 per couple

This ceremony combines the Stress Relieve Singapore Massage with the Brightening Green Tea Facial. The massage draws on three cultures to deliver an intensely relaxing and calming experience. Specifically designed to expel fatigue from the body as well as rid it of daily stresses and tensions. In order to

re-balance energies, movements are precise and sustained, focusing on the tense parts of the body. Back tensions are carefully worked (Chinese massage) before a progressive massage of the abdomen (Malay method). The treatment culminates in the elimination of "body heat" achieved by stimulating the foot's reflex zones (Indian massage with the Kansu bowl). The massage is followed by the express facial which totally refreshes the skin. You are led through a series of gentle phases: cleansing (make up removal, gentle steam exfoliation), a de-stress face mask (decongesting green tea compresses) and massage (focusing on the muscles of the upper body).

YOU & ME IN THE HAMMAM 120 minutes - \$680 per couple

This ceremony for two associates the Hammam Ceremony with a relaxing body massage. This Oriental experience will purify the skin and release all tension with the Hammam heat, purifying black soap scrub and body mask.

FACIAL TREATMENTS

REJUVENATING & MOISTURIZING CEREMONY 60 minutes - \$180

This delicate treatment is the perfect escape for tired, dull skin. A series of Ridokis massage tools are used within the massage which begins with stretching the nape of the neck; cleansing and exfoliating the skin before you enjoy a relaxing mask and Shiatsu massage movements, the ultimate in deep relaxation. Skin will feel intensely hydrated and completely rested.

ORIGINAL BEAUTY 90 minutes - \$240

This intensive anti-aging treatment is designed to combat wrinkles, loss of elasticity and reduce the appearance of pigmentation. After a deep cleanse of the skin, including a peel to encourage cell renewal, you will enjoy a fatigue removal face massage. The treatment is completed with the application of a collagen mask and kneading acupuncture movements, while massaging the arms and legs. The results are radiant skin and a visible reduction in the signs of aging. Anti-aging techniques include traditional Japanese and Thai tools such as (Ridokis and Nouat-Na) to stimulate circulation and firm the skin.

PURITY RITUAL 60 minutes - \$180

This is the classic, deep cleansing facial. Perfectly combines intense purification (exfoliation, blackhead removal, tissue oxygenation) with a deep massage. The movements are precise to deliver specific benefits. The skin is deeply cleansed, exfoliated and steamed to prepare for a detoxifying mask enriched with the Complexe des 4 Thés® (4 Teas Elixir) and Lupin flower extract. The face undergoes lymphatic drainage which leaves the skin oxygenated and purified.

GENTLEMEN'S FACIAL 60 minutes - \$180

Stressed and fatigued male skin will love this detoxifying treatment, which moisturizes and deep cleans the facial skin (peel, blackhead removal, masque). The skin is left relaxed, purified and intensely moisturized.

BLISSFUL ADD-ON MOMENTS

BACK MASSAGE 30 minutes - \$90

Allow your body to completely unwind with a series of deep muscular techniques (sustained pressure, kneading) for total relaxation. *Ideal before a relaxing facial.*

THAI STYLE FOOT REFLEXOLOGY 30 minutes - \$90

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.

BRIGHTENING GREEN TEA FACIAL 30 minutes - \$90

This is an express facial which totally refreshes the skin. You are led through a series of gentle phases: cleansing (make up removal, gentle steam, exfoliation), a de-stress face mask (decongesting green tea compresses) and massage (focusing on the muscles of the upper body).

BODY SCRUB NEPALESE STYLE 30 minutes - \$90

Revitalize the skin's radiance through gentle massage and exfoliation. An aromatic paste of apricot oil, shea butter, bamboo powder and Complexe des 4 Thés® (4 Teas Elixir) rids your skin of impurities, leaving it feeling fresh and radiant.

DETOX BODY WRAP 30 minutes - \$90

Sumptuous and creamy Bourbon Tea Intense Body Wrap will give you super-soft skin. Combining the beneficial properties of milk, rice and kaolin powders with a vanilla and coconut nectar, the treatment envelops the body in a sheen of softness and moisture. As your skin revitalizes, let your body relax and absorb the unique fragrances and sensations with our scalp and foot massage.

NAIL SERVICES & WAXING

Enjoy an aroma therapeutic journey where you choose your intent... relax, uplift and inspire. Micro algae and mineral salt infused with wild crafted Indonesian ginger will gently slough away dry skin. Then enjoy 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.

AURA BALANCE MANICURE 30 minutes - \$60

AURA BALANCE PEDICURE 60 minutes - \$80

High-quality European wax cartridges, rollers and strip wax are used for depilation treatments.

FULL LEG - \$90 | HALF LEG - \$40 | BASIC BIKINI - \$80 | UNDERARM - \$30

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 15 minutes prior to your scheduled treatment time.

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.

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.

VALUABLES

We provide a secure place for your personal items inside the spa suite; however, we do not accept liability for any losses or damages to personal items. We recommend leaving your valuable items stored inside the safe located in your hotel suite.

CANCELLATION POLICY

The treatments you select are reserved especially for you. Guests will be charged a cancellation fee equal to the full amount of the service for treatments canceled less than six hours from the scheduled appointment time.

SPA RESERVATIONS & INQUIRIES

Dial extension 6900

THE SPA HOURS

9am to 9pm

FITNESS CENTER HOURS

7am to 9pm

Select services are available in the comfort of your hotel suite, for a nominal fee. A 20% charge will be automatically added to all spa services. Prices are in USD and are subject to change without notice.

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