



## Massage :

**LAGO MAR RELAXATION SWEDISH MASSAGE** - This classic style of massage uses firm strokes to relax your tense muscles.  
50 min - \$145 / 80 min - \$210

**LIGHT PRESSURE MASSAGE**- This massage uses long, gentle, rhythmic strokes to increase the flow of lymph and reduce toxins.  
50 min - \$145 / 80 min - \$210

**DEEP TISSUE MASSAGE** - Therapeutic deep pressure massage designed for individuals wanting more detailed body work on specific muscle groups.  
50 min - \$165 / 80 min - \$225

**Facial Lifting**- Lymphatic massage stimulating soft tissues and muscles of the face. Great for headaches, congestion, and face lift.  
50 min - \$185

**REFLEXOLOGY MASSAGE** - Designed to work on all the organs through the feet, hands, and head. 50 min - \$150

**CONSCIOUS COCONUT HOT OIL SCALP MASSAGE** - Release stress and improve scalp circulation while deep conditioning your hair and scalp. Take home **HAIR MASK KIT**. What's included: 5 organic coconut oil packets, quick dry hair towel, vegan bamboo hairbrush, hair mask guide, organic cotton bag

45 min - \$125 (experience the organic bamboo brush and bring home the hair mask kit) 25 min - \$85 (no kit)

## **ADD ON**

**AROMATHERAPY - \$10**

**Himalayan Hot Stone - \$25**

**Magnesium - \$15**

## Body Treatments:

**SIGNATURE FIRM AND GLOW BODY WRAP** - This signature wrap leaves every inch of your skin velvety soft while rendering your body visibly depigmented, instantly firmer, and more toned. Enriched with an exclusive combination of marine extracts, the latest in sea peptides, and an amazing liposomic technology. You will be looking radiant!  
80 min - \$150

**ANTI-CELLULITE CONTOURING BODY WRAP** - Includes a body exfoliation and body wrap treatment. An exquisite 3-in-1 exfoliating, contouring, and anti-cellulite regenerating wellness experience, this results-driven breakthrough therapy infuses your skin with natural argan, and comfrey plant stem cells blended with green coffee, avocado, shea butter and other potent ingredients. Proven to dissolve unwanted fat and cellulite deposits while reducing skin sagging, and repairing sun damage, this treatment leaves you with an envious youthful looking body!  
80 min - \$175

**ISLAND SALT MOUSSE GLOW BODY POLISH** - Combining the soothing scents of Papaya (repairing, smoothing, and rejuvenating) and Pineapple (firming, brightening, and invigorating), this lush treatment eliminates dead cells and impurities, re-energizes the skin and renders it bright, de-aged, and healthy!  
45 min - \$85

## Skin Care :

**HYDRA-CLOUD TREATMENT** - By combining the hydrating power of hyaluronic acid with a unique and innovative ingredient, micronized cotton extract, this restorative, tightening, firming, calming, and soothing facial experience helps your skin Age Backwards™. As visible lines and wrinkles are minimized, your complexion resurfaces instantly and visibly smooth, and superbly hydrated with an ultra-cool and refreshed feel. A true sensorial experience that will help you to feel "as light as a cloud".  
70 min - \$145

**DEEP HYDRATING** - Treat yourself to this ultra-hydrating, vitamin infusion facial. This treatment infuses vitamins A, B and E, which act as anti-free radicals. Using a lavender and mint bi-thermal mask, the result is refreshed, hydrated, and de-aged skin.  
70 min - \$165

**SKINFIT MYOXY-CAVIAR® MASK TREATMENT - FOR HIM** Counteract men's aging process with a clinically effective, advanced skin treatment. Rejuvenating caviar, vitamins, enzymes, and wrinkle smoothing Escutox® serum will replenish skin while combating aging aggressors.  
50 min - \$150

**SIGNATURE STEM CELLS PHYTO-ELITE® TREATMENT** - This groundbreaking plant-based treatment redefines the anti-aging facial! Infused with the first-ever blend of argan and comfrey stem cells and supercharged de-agers like collagen, retinol, elastin, and other key actives. Visibly reducing lines and wrinkles, it delivers a smoother skin surface, and long-term protection of the skin's naturally repairing stem cells.  
70 min - \$185



**LUMINOUS “C” AND “SEA”** - This specialty treatment combines Vitamin C for brightening with mineralizing Seaweed to strengthen skin’s elasticity, counteract photo-aging, and restore a more youthful appearance.  
70 min - \$175

**RAPID-RESTORE NECK & CHEST TREATMENT** - This de-aging treatment is dedicated to the skin on the neck and chest. Using collagen, elastin, and other restoring ingredients to prevent and repair the effects of sun damage. Tightens and reduces sagging, plumps, and smooths fine lines, brightens, reduces redness and deeply hydrates.  
50 minutes \$85 | \$50 added to a facial

**SOOTHING PLANTOMER FACIAL** - This facial calms redness and soothes irritated, sensitive, or sun burned skin. A propolis ampoule is applied to disinfect the skin’s surface, soothe and rehydrate. A cool, soft lift-off mask follows to seal in the nutrient enriched ampoule.  
70 min - \$165

**ROSACEA FACIAL** - Recommended for hypersensitive skin conditions such as rosacea and acne rosacea. This treatment utilizes the benefits of green tea, French rose, and licorice to stimulate circulation and flush out redness.  
70 min - \$165

**ANTI-AGING CAVIAR FACIAL** - This opulent anti-aging treatment lavishes your skin with pure Caviar and a revolutionary blend of phyto-extracts: Escutox. Improving wrinkles, elasticity and texture, this luxurious, beautiful anti-aging mask increases skin oxygenation and suppleness while reducing signs of aging. Hard lift-off mask for ultimate rejuvenation.  
70 min - \$185

**Spa Packages**

**PURE HARMONY - \$285**

- 50 minute - Massage of Your Choice
- 50 minute - Facial

**THE CLASSIC INDULGENCE - \$335**

- 50 minute - Swedish Massage • 60 minute - Classic Manicure/Pedicure
- 50 minute - European Facial

**THE SLICE OF HEAVEN - \$275**

- 25 minute - Hot Scalp Massage
- 50 minute - Swedish Massage
- 25 minute - Moisturizing Reflexology

**Nail Care**

**MANICURES**

Caviar Manicure.....	50 min / \$60
Spa Manicure .....	50 min / \$50
Classic Manicure.....	30 min / \$35
Men’s Manicure .....	45 min / \$30

**PEDICURES**

Caviar Pedicure .....	50 min / \$75
Spa Pedicure .....	50 min/ \$65
Classic Pedicure .....	30 min / \$45
Men’s Pedicure .....	45 min / \$55

- add French.....\$10**
- add Gel.....\$15**
- Soak Off.....\$15**
- Polish Change.....\$25**

**Among resort spas in Fort Lauderdale The Spa at Lago Mar is renowned for its unique blend of contemporary European elegance and commitment to age-old spa traditions. The resulting combination provides you with a rejuvenated body, revitalized mind, and recharged spirit all in harmony and in balance as nature intended. You can take the essence of The Spa at Lago Mar home with you with exclusive spa products from our spa boutique. You can also maintain your fitness program in Lago Mar’s state-of-the-art fitness center.**

954-245-3632 or Ext. 127

Hours: Wednesday thru Sunday. 9am – 5pm

– Age Requirement –

The Spa is appropriate for guests 16 years and older.

A 20% gratuity will be automatically added to all spa services.

No additional discounts on package price.

– Cancellation Policy –



**Please provide 4 hours notice if you must cancel. Failure to do so  
will result in a charge of 100% of the treatment price.  
Spa hours, prices and services are subject to change without notification.**

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