



s p a &  
w e l l n e s s

EXCLUSIVELY AT  
FONTAINEBLEAU MIAMI BEACH

LAPIS SPA

# *Indulge in Serenity*

Lapis Spa and Wellness invites you to indulge in a meticulously curated sanctuary, where the healing power of water, communal connection, and knowledgeable hands guide you to a state of blissful renewal. Ancient traditions of mineral rich water have been elevated with the latest contemporary technology and innovative methodologies.

This luxurious spa focuses on relaxation, resoration, and rejuvenation. Experience thermal therapies and a range of treatments including massages, scrubs, facials, and more.

Our personalized approach to wellness ensure a revitalizing experience that transports and transforms you – mind, body and spirit.



## LAPIS RITUAL WATER ELEMENTS

*Water Journey Experience*

Our signature Lapis Ritual Water Elements are restorative, mineral-enriched water therapies to complement and enhance the benefits of spa services. Elements of mist, rain and steam are designed to promote deep relaxation and renewal of vital energies.

### **EUCALYPTUS INFUSION STEAM**

A soothing steam bath relaxes muscles, cleanses skin and helps to remove toxins. Inhalation of eucalyptus enhances relaxation.

### **IMMERSION MINERAL JET BATH**

104F degree water infused with vital nutrients restore balance to the skin. Recommended time of use is 7 to 10 minutes.

### **ESSENCE MINERAL CO-ED POOL**

Lapis' 75 foot, multi-temperature jetted pool set at a comfortable 92F, treated with a nutrient that help energize the body and soften skin. Recommended time of use is 10 to 20 minutes.



## HYDROTHERAPY

# *Immerse, Infuse & Revive*

A Lapis Ritual Water Journey is included with all Miami day spa services and is recommended prior to our service to enhance your enjoyment and complete relaxation.

Choose from the Immersion Mineral Water Jet Bath, Energy Deluge Shower and Essence Mineral Co-Ed Pool. Or find your escape by trying them all, based on your mood, spirit, personal desires or time availability.

*All guests must purchase a 50-minute spa service or package to access spa facilities. Salon services do not include use of spa facilities.*



## WATER JOURNEYS

### PASSAGE TO WELLNESS

Detox in Eucalyptus Infusion Steam

Enjoy a fruit and juice break

Meditate in the Essence Mineral Co-Ed Pool

Invigorate in the Bleau Rain Room

Lounge with fellow day spa guests on Hammam Benches

### VOYAGE TO REGENERATION

Dip into the Immersion Mineral Water Jet Bath

Linger in the Essence Mineral Co-Ed Pool

Catnap on a Hammam Bench

### JOURNEY TO TRANSFORMATION

Trot on a treadmill in the Gym

Circuit train your muscles to a burn

Sweat away in the Eucalyptus Infusion Steam (detox)

Recharge your engine with juice and fruit

Lounge on the Hammam Benches

### LAPIS HAMMAM BATHS

Immerse your body in a sybaritic bath for optimal relaxation, exfoliation and detoxification as warm water surrounds and lulls you to a sense of well-being.

Revitalizing stimulating essences to revive and energize

Deep comfort fragrant and botanical to imbue relaxation and well-being

Muscle relief essence of eucalyptus and pine aid in restoring muscles to health and vigor

Benefits: Total Body Rejuvenation

**35 MINUTES**

## MASSAGE THERAPIES

# *Soothing for the Soul*

One of the oldest and most widely-practiced forms of treatment, therapeutic massage is recognized in many of the world's cultures as essential to maintaining good health and vital energies.

### ENHANCEMENTS:

PARAFFIN HAND OR FOOT TREATMENT

FACIAL HYDRATING PEEL OFF MASK

HOT ROCKS ON THE BACK

REFINING FOOT SCRUB

EXFOLIATING BACK SCRUB

CBD SCALP MASSAGE

*Reserve in advance. please note add ons require purchase of a 50 minute or longer service.*



## MASSAGE THERAPIES

### REVITALIZING SWEDISH

Traditional full-body massage with light to moderate pressure relieves tension, improves circulation and provides renewed energy and leaves you relaxed.

Benefits: Relaxing

**50 | 80 | 100 MINUTES**

### THE MASTERS

The essential custom aromatic massage perfectly executed to meet your needs. Various modalities like Swedish, Deep Tissue and Hot Stones are blended to achieve well-being and relaxation.

Benefits: Wellbeing, Relaxing

**50 | 80 MINUTES**

### HOT ROCKS

The touch of the therapist's hands combined with warm basalt lava stones and aromatic oils increases circulation to stressed muscles and induces deep relaxation.

Benefits: Relaxing, Heat Treatment

**50 | 80 MINUTES**

### MOMMY'S BLISS

Recommended for women in their second or third trimester of pregnancy, this custom light to medium pressure massage offered with organic lavender oil alleviates back pain, aids to reduce inflammation and diminish anxiety. Massage includes use of custom cushions to aid in placement of body to add to comfort and well-being.

Benefits: Relaxing

**50 | 80 MINUTES**

### TRANQUILITY PRO SLEEP MASSAGE

Recommended for those stressed, unable to relax, or having sleep issues. Ideal after long flights or traveling across time zones. An innovative massage targeting three sensory pathways for deep relaxation, promoting sleep, and alleviating jetlag effects. Using a unique blend of essential oils, Ayurvedic and Indonesian Sea Malay techniques, and soft brushes, it guides you to a peaceful state of mind and body.

Benefits: Quiet mind, deep relaxation, improved sleep, and hydrated, silky skin.

**50 | 80 | 100 MINUTES**

## COUPLES TREATMENTS

# *Indulge Together*

Express your sensual side in the privacy of our Indigo or Azure spa suites. Lapis Bleau Paradise for Two offers an oasis of calm, commanding dramatic views of the Atlantic. Create a new sense of intimacy as you share the experience of a massage, scented bath and other luxurious treatments in a spacious suite designed to ensure your complete physical, mental and spiritual comfort.



## COUPLES TREATMENTS

### **BLEAU PARADISE RITUAL FOR TWO**

Enjoy the benefits of relaxing and rejuvenating spa services in the private and tranquil setting of an oceanfront spa suite. Curate your perfect experience, which includes an aromatherapy hydro soak for two complemented by an extended custom massage to meet your body's needs. Your unique experience is enhanced by a paraffin foot treatment and relaxing scalp massage.

Benefits: Relaxing

**100 MINUTES**

### **BLEAU HEAVEN FOR TWO MASSAGE**

For those seeking shared pampering. Choose a Swedish or Deep Muscle Therapy massage for an enhanced feeling of wellness and relaxation.

Benefits: Relaxing

**50 | 80 MINUTES**

### **BABY BLEAU FOR TWO MASSAGE**

Revel in the intimacy and relaxation of a shared massage before the big day. Masters Massage for him and Mommy's Bliss Massage for her. Female guests must be in second or third trimester.

Benefits: Relaxing

**50 | 80 MINUTES**

## AYURVEDIC RITUALS

# *The Art of Ancient Healing*

Ayurveda, a Sanskrit word meaning life and knowledge, is one of the world's oldest, natural sciences and whole body healing systems. Practiced by millions as a way of life in India, these unique traditions are based on a belief that wellness and health are a delicate balance between the mind, spirit and body. Our selection of East meets West Ayurvedic services, enhance well being, reduce physical discomfort as they help rid the body of toxins to bring your system back into balance.

All Ayurvedic massages include the Tiscah Balancing Foot Bowl, unique to the Ayurvedic tradition. Its multi-metal composition benefits detoxification.



## AYURVEDIC RITUALS

### ABHYANGA MASSAGE

A unique full body massage with continuous, rhythmic flow of movements offered with sumptuous warm, herbal infused aromatic oil. This deeply relaxing massage works to balance the 7 layers or Marma points of the physical and spiritual body to create a sense of calm and balance. A deeply restorative experience, Abhyanga lessens fatigue and provides energy through increased circulation and regeneration. Superb after a long flight to restore energy and vitality that have lessened.

Benefits: Wellbeing, Relaxing

**50 | 80 MINUTES**

### ABHYANGA SHIRODHARA RITUAL

A sublime combination of full body massage with exotic scalp treatment. Unique in simplicity, yet extraordinary in results, this restorative body massage with application of warm aromatic herbal oil to seven Marma points imbues a sense of calm and wellness. Shirodhara is the pouring of oil to the forehead, or Sixth Chakra, in a rhythmic sequence to quiet mental chatter and encourage sound sleep. Includes Tiscah balancing foot massage.

Benefits: Wellbeing, Relaxing

**80 MINUTES**

### HARMONIZING MASSAGE

Rejuvenating full body treatment to let your true self come forth. Swedish style massage using herbal infused aromatic oils to balance the hormonal system, calm frayed nerves and reduce physical tension.

Benefits: Relaxing

**50 MINUTES**

### CHAKRA BALANCING MASSAGE

Calming and comforting full massage to restore balance and inner tranquility. Chakras, the 7 energy centers of the body, are anointed with Ayurvedic inspired, herbal infused oil and Chakra specific crystals to soothe and calm both the mind and spirit and relax the body. This moderate pressure restorative massage includes use of Kansa wand on your back to help oxygenate the body as well as drain lymph nodes.

Benefits: Wellbeing, Relaxing

**50 | 80 MINUTES**

## FACIALS

# *Your Best Face Forward*

Indulge in blissful rejuvenation as we cater to your every skincare preference. Let our skilled therapists pamper you with treatments designed to enhance your natural radiance and leave your skin glowing.



## FACIAL THERAPIES

### THE MEDISPA® PLATINUM FACIAL\*

The Medispa® Facial Aesthetic device delivers the ultimate facial rejuvenation by combining seven of the world's most advanced non-invasive facial energy modalities. The Medispa® is also fueled by award-winning Tiffany Andersen Clean Cosmeceuticals™, products toxicology certified as clean and clinically proven to safely and effectively increase the results of the Medispa®. Exfoliate, brighten, smooth, tighten and nourish...all in one session. The Platinum Experience all-in-one treatment modalities includes, Heat Wand, CO2 Buffing Tip, Hydradermabrasion AquaPeel, Radio Frequency, Microcurrent Skin Tightening, Ultrasound, Cryo Wand, and Oxygen Infusion. No needles. No downtime. The Medispa® is the total rejuvenation solution to your most challenging skincare concerns.

Benefits: Medi Spa Inspired Results Instantly

**80 MINUTES**

*\* This facial treatment has several contraindications and allergens that must be considered before proceeding. Please consult with our knowledgeable staff before booking.*

### SUN SOOTHING FACIAL

This Circadia skincare Facial is packed with antioxidants, cooling agents and ingredients that will rejuvenate the skin and reduce the redness caused from overexposure of the sun by the end of the treatment. The cooling sensation of the 2nd cleanse, will leave their face feeling refreshed before you even begin with the detoxifying and healing masks. The Aloe Vera found in our Mist will help with the wound healing and reduce the redness almost on impact. Finish with Cool globes to stimulate facial nerves and muscles to soothe their skin and leave them feeling revitalized.

Benefits: Sun Burn/Compromised

**50 MINUTES**

## FACIAL THERAPIES

### OXYGENATING SMORE'S FACIAL

This Circadia skincare facial starts with our signature Cocoa Enzyme mask, it will indulge your senses with the sweet aroma of chocolate while exfoliating the skin with natural papaya and bromelain. The Oxygen treatment will boost circulation and stimulate cell turnover. Finishing with our Marshmallow mask that will transform the skin, resulting in overall health and hydration.

Benefits: Acne/Sensitive/Rosacea

**50 | 80 MINUTES**

### BEYOND BOTOX FACIAL

This Circadia skincare treatment instantly lifts, tightens and rejuvenates the skin with an advanced treatment trio of Dermaplaning, gentle peeling and a peptide infused firming mask. Beyond Botox is the perfect treatment for a red carpet ready look without the downtime.

Benefits: Anti Aging/Instant Results

**80 MINUTES**

### TRIPLE BERRY WITH LACTIC FACIAL

This Circadia skincare facial will brighten and rejuvenate the skin with exotic Riberry, Muntries and Pepper berries from Australia. Packed with antioxidants and anti-inflammatory properties, these super-berries are designed to provide instant brightening and hydration to dry, dehydrated, lackluster skin. Paired with the Lactic AHA will simultaneously hydrate and brighten all skin types leaving a firm luminous glow.

Benefits: Anti Aging/Instant Results Pigmentation/ Dehydration

**50 | 80 MINUTES**

## FACIAL THERAPIES

### ENHANCEMENTS:

PARAFFIN HAND OR FOOT TREATMENT

EYEBROW OR LIP WAX

REFINING FOOT SCRUB

LED BLUE LIGHT THERAPY

LED RED LIGHT THERAPY

LED FACE MASK

DERMAPLANING

CRYO EYE THERAPY

MICRO LIP LINE SMOOTHER

CBD SCALP MASSAGE

MICROCURRENT LIFT

FACIAL PERCUSSION

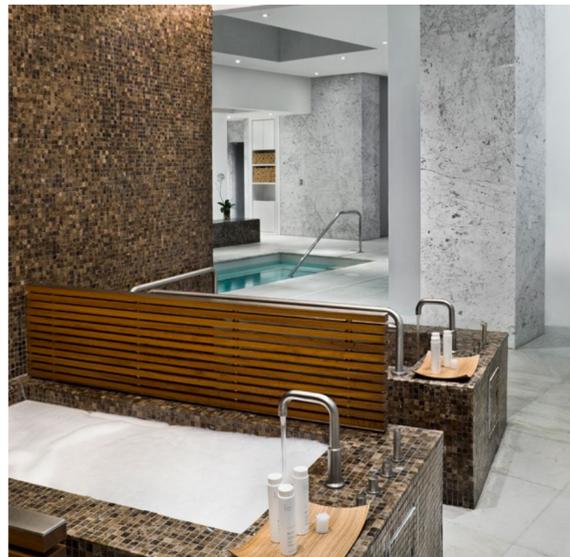
*Reserve in advance. please note add ons require purchase of a 50 minute or longer service.*



## BODY RESCUE

# *Deeply Nourishing*

Wash away tension and activate the body's restorative powers. Water, when combined with a massage body wrap or vigorous contouring therapy, stimulates circulation, improves cell regeneration and helps tone tired muscles.



## BODY TREATMENTS

### VAJACIAL

This treatment is designed to exfoliate, nourish and protect the intimate area as well as the upper thigh area from in-grown hairs. Circadia's V treatment uses the anti-inflammatory Green tea mask and the hydrating Marshmallow mask. The powerful duo is high in nutrients which helps repair and rejuvenate the skin after waxing.

Benefits: Exfoliating, Hydrating

**50 MINUTES**

### DETOXIFYING BACK TREATMENT

Enjoy Circadia skincare's back treatment that consists of a deep cleansing, exfoliation of the skin and a nourishing mask. This will help with acne found on the back area due to the sweating, sports and/or oily skin. The Cocoa enzyme will remove the protein build up while the Green Tea will help pull the oil out of the pores and detox the back from the dirt and debris.

Benefits: Exfoliating, Hydrating

**50 MINUTES**

### FIRMING BOOTY FACIAL

Circadia skincare gets you ready for the warmer season with this Firming Booty and upper thigh facial. The skin will be polished with our blueberry & bamboo and our customized enzyme. Active ingredients will be applied to the targeted areas to help tighten and smooth, while reducing the signs of cellulite and the skin's texture. This treatment will be finished with a mask that will instantly firm the upper thigh and buttocks area, also providing long term benefits to the skin.

Benefits: Exfoliating, Hydrating

**50 MINUTES**

## DAY PACKAGE

# *The Art of Luxury*

### THE LUXURY OF LAPIS SPA DAY

This 6-hour exclusive luxury wellness journey will guide you to your higher state of zen, leaving you refreshed, renewed and elevated. Our gift to you is a complimentary enhancement of our choice with every service.

#### 6 HOURS INCLUDING TREATMENTS:

REVITALIZING SWEDISH MASSAGE

LAPIS SIGNATURE SPA MANICURE

HYDRATING OCEAN SOJOURN

LAPIS SIGNATURE SPA PEDICURE

STEM CELL REGENERATION FACIAL



## BODY TREATMENTS

### BODY STRATEGIST POWER GLOW BODY TREATMENT

A renewing treatment that restores tone, elasticity, and deep hydration for soft, silky skin. Ideal during seasonal changes, especially in Spring and Fall, or whenever the body needs rejuvenation. Suitable for everyone, it offers a deeply relaxing, cocooning experience. Perfect for skin needing moisture and elasticity, it is safe and effective, even during pregnancy, to maintain supple, nourished skin.

Benefits: Smoothing, Regenerating, Antioxidant, Hydrating

**80 MINUTES**

### HYDRATING OCEAN SOJOURN

Reap the benefits of an ocean-sourced mineral scrub, thermal wrap and massage ritual. This treatment provides anti-inflammatory benefits to the body and includes a light scalp massage to increase well-being and enhance relaxation.

Benefits: Exfoliating, Relaxing, Detoxing, Heat Treatment

**75 MINUTES**

### ANTI-TENSION WRAP WITH BACK MASSAGE

Multi-action treatment to relieve joint and muscle tension. Highly mineralized Dead Sea mud is applied as body is wrapped in thermal blanket to aid in relaxation and increase benefits. An application of algae massage cream follows with light, relaxing massage.

Benefits: Exfoliating, Relaxing, Detoxing, Heat Treatment

**45 MINUTES**

### BODY STRATEGIST THERMAL MUD TREATMENT

Ideal for a full systemic detoxifying action, to mobilize accumulated toxins and restore vitality. An intensive treatment with mineral-rich thermal waters of Montalcino in Tuscany, with detoxifying and anti-cellulite actions. A blend of essential oils encourages a profound purification of the tissues, while the fucus and laminaria algae promote lipolytic action.

Benefits: Stimulates, Detoxification, Drains

**80 MINUTES**

HAIR & NAIL SALON

# *Pampered to Perfection*

Our day spa and salon in Miami Beach offers a variety of nail treatments to ensure that your nails look their best while you are on the beach, at the pool, or on the dance floor.

Let our salon stylists at our luxury spa put you in a Miami Beach frame of mind that can help change your whole outlook while you're here and even present the "new you" back home. Indulge in everything from color, highlights, extensions and restructuring, to a cut and evening up-do.

*Salon guests do not have access to spa facilities/amenties.*



## MANICURE SERVICES

<b>GEL X</b>	<b>FRENCH MANICURE</b>	<b>VYNILUX PEDICURE</b>
<b>80 MINUTES</b>	<b>25 MINUTES</b>	<b>40 MINUTES</b>
<b>SHELLAC FRENCH MANICURE</b>	<b>SHELLAC MANICURE</b>	<b>DIP MANICURE WITH TIPS</b>
<b>45 MINUTES</b>	<b>25 MINUTES</b>	<b>70 MINUTES</b>

### LAPIS SIGNATURE SPA MANICURE

Hydrate and soften hands while bringing back a youthful glow with this fresh invigorating spa manicure. This treatment starts with a relaxing soak in lapis signature milk bath followed by an exfoliation with pure cane sugar combined with cold-pressed seed oils. A warmed body butter mask is applied to instantly deliver moisture to skin while milk proteins set in motion the firming process strengthening skin. A hydrating lotion massage is performed on the lower arms followed by a hand massage with the remaining body butter to conclude this treatment. Polish color of your choice or a buff and shine.

**50 MINUTES**

### CITRUS SENSATION SPA MANICURE

More than a manicure this invigorating citrus spa treatment for the hands combats all of the signs of aging and exposure our hands endure each day. Begin with a soak in citrus lime coconut milk to prepare the skin for an exfoliation. The AHA lime blossom masque penetrates the deeper layers to loosen dead skin cells. This is followed by a natural sugar cane scrub which then lifts away dry cells and deeply nourishes the skin to a natural glow. A lower arm massage with a hydrating body lotion rich in vitamins and minerals is then performed to relax and soothe forearm muscles while toning and hydrating the skin.

**50 MINUTES**

### COCO LOCO SPA MANICURE

A warm coconut milk & honey soak with a sugar cane exfoliation infused with organic honey & exotic seed oils brings back their youthful glow. Breathe deep and relax as a massage with vitamin rich honey infused lotion is applied, leaving skin nourished and soft.

**50 MINUTES**

### DIP MANICURE/NATURAL NAIL

Dip powder nail technique involves dipping the nail into colored powder or brushing the dip powder onto nail then sealing with a clear sealant. Lasts much longer than a regular manicure.

**70 MINUTES**

*All manicure services include shaping of nails, cuticle clean up, skin hydration with polish application or buff finish.*

## PEDICURE SERVICES

<b>GEL REMOVAL</b>	<b>FRENCH PEDICURE</b>	<b>VYNILUX PEDICURE</b>
<b>15 MINUTES</b>	<b>25 MINUTES</b>	<b>40 MINUTES</b>
<b>SHELLAC FRENCH PEDICURE</b>	<b>SHELLAC PEDICURE</b>	<b>FRENCH POLISH CHANGE</b>
<b>55 MINUTES</b>	<b>40 MINUTES</b>	<b>20 MINUTES</b>

### LAPIS SIGNATURE SPA PEDICURE

Escape to paradise and experience the ultimate treat for feet!. This ritual begins with a cleansing foot soak in a hydrating refreshing milk bath, followed by an exfoliation of pure cane sugar infused with cold-pressed seed oils. A warm body butter wrap is then applied to the feet followed by a lower leg massage with warmed exotic oil. Finally, your choice of color is applied to your nails to remind you daily of your excursion to paradise.

**50 MINUTES**

### CITRUS SENSATION SPA PEDICURE

Never has a pedicure done more for the feet and lower leg than this unique treatment. In the beginning, the feet are gently lowered into a bath of pure lime blossom and exotic seed oils to soften and hydrate the deepest layers of dry skin. An citrus AHA masque is applied to penetrate the deeper dermal layers and loosen dead skin cells. A natural cane sugar rub then lifts away dry skin and polishes the skin to a natural glow. A lower leg massage with an exotic oil is then performed to relax and soothe leg muscles while toning and hydrating the skin.

**50 MINUTES**

### COCO LOCO SPA PEDICURE

Fijian Coconut Milk & Honey are combined to create this ultimate pedicure. Relax in a warm foot soak with hydrating coconut milk and honey, followed by an exfoliation of pure cane sugar infused with cold-pressed seed oils. Next, a moisturizing honey masque high in antioxidants and vitamins is applied to the feet followed by a lower leg massage with warm coconut milk and honey oil.

**55 MINUTES**

## HAIR NOURISHING TREATMENTS

### HAIR NOURISHING RITUAL

Rescue your dry, damaged hair in need of intense nourishment and TLC. This ritual offers the ultimate care to return hair to healthy suppleness, bounce and shine. Includes scalp massage and hair treatment.

### SCALP DETOX RITUAL

Cleans and energizes the scalp and improves the condition of your hair. This ritual is the first step to increase microcirculation and purify the scalp. This massage based treatment helps support hair growth and improves the health of your hair.

## HAIR SERVICES

### WASH & STYLE (BLOWOUT)

### WASH, CUT & STYLE

### DRY STYLING

### FULL STYLING

### DRY UP-DO

### BRAID ADD ON TO STYLE

### CUT

### MEN'S CUT

### COLOR

### HIGHLIGHTS

### KERATIN

## GROOMING SERVICES

### BROW CLEAN UP

### BROW SHAPING

### BODY WAX

### CHIN WAX

### LIP WAX

## OTHER SALON SERVICES

Share the upscale Miami Beach salon experience with the man in your life with our selection of men's luxurious grooming services.

## WEDDINGS & EVENTS

Lapis Spa & Salon offers make-up and eyebrow styling services, and features multiple bridal packages to ensure that you are pampered before your big day.

## ETIQUETTE

### APPOINTMENTS

A spa concierge can assist with appointments or you may reserve through our online portal. A credit card is required to schedule a spa or salon appointment. Prices are subject to change without notice. A 20% service charge is applied to each service, which is distributed to the spa staff as part of their compensation.

Gratuity may be provided for staff who exceed your expectations.

### ADMISSION

Lapis is an adult-only facility. Guests must be 18 years or older in order to use the facility or receive spa treatments and services. Showering is essential prior to entering any of the communal water amenities and before any treatment.

### ARRIVAL

We suggest you arrive at least 30 minutes prior to your first appointment to allow ample time to change, shower, and acclimate to the spa environment. To experience Lapis Ritual Water Journey prior to your treatment, arrive one hour or longer in advance. A late arrival to your appointment will result in an abbreviated treatment and full price will be charged.

### ATTIRE

Above all, we want you to be comfortable. It is customary for guests to completely disrobe for their spa services, but you may wear a swimsuit or undergarments if you wish, yet your body will be draped at all times. Your preferences will be respected. Robes, slippers, private lockers, grooming amenities and toiletries are provided. Bring a bathing suit and wear casual clothing and no jewelry or cell phone. Spa Robes, Sandals, and Towels are not

## LAPIS SPA

### Information

Our goal is to create a relaxing experience for all. Talk to us about how we can enhance your comfort and relaxation. If you have any requests, please let us know. If you prefer a specific service provider please make your request at the time of reservation. Lapis provides you with a robe, towels, and slippers, as well

### HOURS OF OPERATION

MON - THURS | 9:30 AM - 6 PM

FRI - SUN | 9 AM - 6 PM

### SCHEDULE TREATMENT

305-674-4772

### CONTACT US

305-674-4772

LapisSpa@fontainebleau.com

Establishment license# MM 22321

