Spa Terre
AT LITTLE PALM ISLAND
Open Daily at 9:00am
Last appointment is taken at 7:00pm
28500 Overseas Highway I Little Torch Key, FL 33042
305.515.3028 I 800.3.GET.LOST
littlepalmisland.com I islandspa@littlepalmisland.com

Salon Services

Pedicures
Key Lime Margarita Pedicure • Sacred Stone Pedicure • Express Manicure & Pedicure Combo • SpaTerre Pedicure • Gentleman's Pedicure

Manicures
Key Lime Margarita Manicure • SpaTerre Manicure • Gentleman's Manicure
Polish Refresher or Touch-up

Facial and Body Waxing
Lip • Chin • Brow • Face • Underarm • Forearm • Bikini • Brazilian
Half Leg • Full Leg • Back/Chest

Hair Services
Shampoo & Style (chin length or shorter) • Shampoo, Style & Iron (long)
Lady's Haircut • Partial Highlights & Blowdry • Full Highlights & Blowdry
Single Color Process & Blowdry • Hair Style • Gentleman's Hair Cut
Gentleman's Single Process Color • Moisturizing Hair Treatment

Bridal Services
Bridal Style • Bridal special styling • Bridal Make-up application • Bridal Hair Consultation • Bridal Make-up Consultation

Body Excursions

Mother-To-Be Body Treatment
Designed to moisturize, hydrate, and elasticize your skin, while providing total relaxation for the Mother-To-Be. The treatment begins with a gentle exfoliation, followed by massage techniques that encourage the absorption of nourishing moisturizers, including omega 3 oils, and concludes with a luxurious scalp massage.

Seaweed Body Mask
A detoxifying treatment using Himalayan Sea Salt to exfoliate the skin, followed by a seaweed and clay mask, a Vichy shower massage, concluding with a rich body lotion application.

Sugar Body Polish
The natural combination of hydrating oil and sugar, gently polishes the skin leaving the body moisturized, smooth, and glowing. Experience the revitalizing effects of the Vichy shower as the exfoliant is washed away and decadent body butter is applied to leave the skin supple and nourished.

Milk and Honey Wrap
Avert the signs of aging. Cleopatra, legendary in her time for exquisite skincare, bathed in milk and honey to soften and hydrate aging skin. Our Milk and Honey Body Wrap begins with an exfoliating sugar scrub. A honey and milk drench is used to soften and hydrate your skin while you receive a scalp and foot massage. Rinse under our Vichy shower which gives the effect of a rainfall massage. Finalize this sensational experience with a rich body lotion application.

The Mini Scrub
A rich sugar rub is used to buff away dead skin cells to uncover smooth, radiant skin. Enjoy this service by itself, or before/after any of our massage journeys.

Dilo Rescue Wrap
Save your vacation with our calming sunburn treatment. Rapidly hydrate and soothe sunburned or dehydrated skin while naturally and gently introducing a bevy of nutrients to stimulate the healing process.

Massage Journeys

Swedish Massage
Unwind with this gentle, relaxing massage that improves circulation and vitality. This massage uses our lightest touch.

Deep Tissue Massage
The deep-tissue massage is designed to facilitate muscle recovery, improve range of motion and relieve sore, tense muscles.

Massage Medley
Your personalized massage experience, where you orchestrate the massage exactly how you want it. Your therapist will focus on specific areas of tension in your body according to your needs and desires.

Mother-To-Be Massage
In this special service, a complete body massage using pillows and props will give the Mother-To-Be a chance to truly relax in comfort.

Foot and Lower Leg Massage
Your feet and lower legs will enjoy the benefits of a rejuvenating massage to release tight muscles, improve circulation and clear the mind.

Head, Neck & Shoulder Massage
Clear your mind and relax as we rejuvenate your scalp, neck, and shoulders. This is the perfect massage to relieve jet lag.

Madrugada Water Massage
Wade through the Caribbean waters where you will receive a customized massage surrounded by the ocean. This is a grounding experience where the therapist's feet are submerged in the water. You will hear the sounds of aquatic life; the soft lap of the waves, native birds, boats idling in the distance, possibly a light breeze. This treatment is only available when the conditions are right, including the weather and the tides.

Balinese Massage
Bali, Indonesia; where art, flowers, and loving kindness are manifested in our Signature Massage. Experience an elegant combination of touch while the whole body receives awareness and care. This aromatic massage uses a combination of acupressure & rhythmic strokes to tone, energize and free the lines of energy. Personalize your treatment with a choice of five exotic, Indonesian oils.

Abhyanga Massage
Abhyanga translates to mean "oil massage." This therapeutic massage incorporates Ayurvedic techniques. Rhythmical and deeply relaxing warm oil massage helps to move the "prana" or life force which stimulates your body's vital energy. Massage is followed by a fragrant shower to further cleanse and renew your spirit.

Sacred Stone Massage
Surrender to the healing warmth of an ancient massage practice. Heated stones are incorporated into a full body massage to penetrate the deeper layers of your muscles allowing them to relax into a state of bliss.

Table Thai Massage
Considered an ancient healing art, Thai massage weaves techniques of acupressure and a flow of passive yoga stretches applied to the energy lines of the body. The flow of Thai Massage produces deep relaxation. Please arrive in loose fitting clothing, as loose clothing is worn throughout the treatment.

All Massage Journeys may be enjoyed as a Couple's Treatment.

Facial Indulgences

50-minutes: Includes a customized facial with your preference of Anti-Aging, Gentleman's, Soothing, or Transformation.

80-minutes: A customized facial with your preference of Anti-Aging, Gentleman's, Soothing, or Transformation. Includes massage of the décolleté, arms and hands.

110-minutes: Includes a back facial, a customized facial with your preference of Anti-Aging, Gentleman's, Soothing, or Transformation. Includes massage of the décolleté, arms and hands.

Anti-Aging

Resurface skin cells to open pathways for the nourishing benefits of SGF4 technology. These powerful natural skin nourishing proteins restore depleted, damaged cells to a more vibrant, youthful condition.

Gentleman's

Designed specifically for men, this classic European facial soothes skin irritated by daily shaving and environmental aggressors. Shaving is not recommended less than two hours prior to your scheduled facial.

Soothing

Soothe and calm sensitive skin, replenish lost nutrients, and improve the skin's natural immune response to free radical and environmental damage. The ingredients used in this facial are especially effective in reducing redness and inflammation while nourishing dry, dehydrated skin.

Transformation

Glycolic treatment, antioxidant masques, and intensive repairing serums are used to protect and regenerate your skin in this transformative facial.

Back Facial

Smooth and soften the delicate skin of your back with this special treatment that includes deep cleansing, resurfacing, and skin nourishing.

Mini Facial

Perk up your skin with a 25-minute mini facial. Includes cleanse, exfoliation, and a revitalizing mask.

Eye and Lip Treatment

This targeted treatment devotes care to the tender eye and lip areas leaving the skin plump, with a noticeable decrease in lines and wrinkles. Enjoy this service on its own or as the perfect accompaniment to any of our Facial Indulgences.

Ritual Bath Experiences

Sink into a traditional Japanese soaking tub prepared with flower petals and your choice of the following:

Peace

The Peace bath will promote a calm, relaxed state of mind, body, and spirit. This bath will be of comfort to those wishing to calm sunburn or refresh dehydrated skin.

Love

The Love bath is infused with ingredients that are known as aphrodisiacs. This bath is best enjoyed as a couple.

Happiness

The Happiness bath is infused with ingredients that enhance your mood by lifting your spirits.

Detox

The detox bath is designed to aid in eliminating toxins.

Global Rituals

Javanese Royal Treatment

Lose yourself in a lavish ritual direct from the ancient palaces of Java. The tradition begins with a luxurious Balinese massage using Jasmine scented flower oil. A rice and turmeric skin scrub exfoliates and sweetens the skin followed by an application of warm yogurt. After a fragrant shower, you will sink into an exotic flower petal bath. A final application of Jasmine scented lotion will be applied to your renewed skin to seal in the benefits.

Mai Pai Thai Ritual

Mai Pai is the Thai word for “bamboo.” In this treatment the Table Thai massage is followed with a Bamboo Ginseng exfoliating scrub. After a fragrant shower, sink into a Japanese soaking tub prepared with flower petals and infused with heavenly scents to erase any leftover tension. A final application of hydrating Lemongrass lotion will seal in the benefits of the Mai Pai Thai Ritual.

Hot Poultice Therapy

Customize your experience by choosing one of the following Poultice Therapy options:

Thai Herbal Poultice

Nurture your spirit with this revitalizing treatment. A hot poultice of medicinal herbs is used to relieve muscle tension and invigorate your mind with a healing blend of Thai massage and aromatherapy techniques.

Hydrating Coconut Poultice

A hot poultice of raw coconut is used to relieve muscle tension and hydrate the skin using a blend of massage techniques and coconut oil

Volcanic Earth Clay Ritual

Take part in this ancient ritual performed to soften, purify and renew the skin. Includes a detoxifying clay body masque, a pampering Balinese foot massage, an aromatic shower and traditional Balinese massage.

The Tropical Essence

Enjoy a tropical Mango body polish followed by an aromatic Swedish massage using a blend of exotic flower infused oils available only at SpaTerre.

Fitness Offerings

SpaTerre Fitness Center

The Fitness Center is located beneath the Spa (opposite the Quarterdeck). For your convenience, the Fitness Center is open 24 hours a day. Water and seasonal fruit are always available.

Yoga

Our professional instructors will guide you through a rejuvenating session tailored to your specific needs.

Free Mind, Free Spirit Meditation

Little Palm Island is the perfect atmosphere to unplug and allow the unfolding of your inner witness. The very act of stopping, of nurturing moments, of non-doing, breaks the flow of old karma.

Personal Training

Our professional instructors will create a program specific to your needs utilizing the Fitness Center and outdoor areas.

Spa Pricing

Nailcare

Key Lime Margarita Manicure / Pedicure $90 / $110
Sacred Stone Pedicure $110
Express Manicure & Pedicure Combo $110
SpaTerre Manicure / SpaTerre Pedicure $65 / $85
Gentleman's Manicure / Gentleman's Pedicure $55 / $75
Polish Refresher / Touch-Up $30

Facial & Body Waxing

Lip, Chin or Brow $30
Face, Underarms or Forearms $60
Bikini $90
Brazilian $180
Half Leg $90
Full Leg $120
Back / Chest $120

Hair Design

Shampoo & Style (chin length or shorter) $90
Shampoo, Style, & Iron (long length) $120
Lady's Haircut $90
Partial Highlights & Blowdry $180
Full Highlights & Blowdry $240
Single Color Process & Blowdry $240
Hair Up-Style $120
Gentleman's Cut $60
Gentleman's Single Process Color $120
Moisturizing Hair Treatment $60

Bridal Services

Bridal Up-Do 60 mins $125
Bridal Up-Do with Special Styling 90 mins $220
Bridal Make-Up Application 60 mins $120
Bridal Hair Consultation 60 mins $120
Bridal Make-Up Consultation 60 mins $120

Body Excursions

Mother-To-Be Body Treatment 80 min $250
Seaweed Body Mask 50 min $175
Sugar Body Polish 50 min $175
Milk and Honey Body Wrap 50 min $175
The Mini Scrub 25 min $95
Dilo Rescue Wrap 25 min $95

Facial Indulgences

Anti-Aging, Gentleman's, Soothing,
or Transformation 110 min $325

Anti-Aging, Gentleman's, Soothing,
or Transformation 80 min $250

Anti-Aging, Gentleman's, Soothing,
or Transformation 50 min $175

Back Facial 50 min $175
The Mini Facial 25 min $95
Eye and Lip Treatment 25 min $95
Eye & Lip Treatment w/ facial 25 min $50

Massage Journeys

Madrugada Water Massage 80 min $500

Balinese Massage 50 min $175
80 min $250 / 110 min $325

Swedish Massage 50 min $175
80 min $250 / 110 min $325

Deep Tissue Massage 50 min $175
80 min $250 / 110 min $325

Massage Medley 50 min $175
80 min $250 / 110 min $325

Mother-To-Be Massage 80 min $250
Abhyanga Massage 80 min $250 / 110 min $325
Sacred Stone Massage 80 min $250 / 110 min $325
Table Thai Massage 80 min $250 / 110 min $325
Foot and Lower Leg Massage 25 min $95
Head, Neck and Shoulder Massage 25 min $95

Global Rituals

Javanese Royal Treatment 110 min $325
Mai Pai Thai Ritual 110 min $325
Hot Poultice Therapy
(Thai Herbal or Hydrating Coconut) 80 min $250
Volcanic Earth Clay Ritual 80 min $250
The Tropical Essence 80 min $250
Ritual Bath Experience
Peace 25 min $95
Love 25 min $95
Happiness 25 min $95
Detox 25 min $95

Fitness Offerings

Yoga
1 session 50 min 1 person $100 / 2 people $150
3 sessions 50 min 1 person $240 / 2 people $360
1 session 80 min 1 person $150 / 2 people $200
3 sessions 80 min 1 person $360 / 2 people $480

Free Mind, Free Spirit Meditation
1 session 25 min 1 person $75 / 2 people $100
1 session 50 min 1 person $100 / 2 people $150
Personal Training 50 mins $150 / 80 mins $200

*Prices subject to change without notice.

SpaTerre Boutique

Visit our SpaTerre Boutique for exclusive gifts designed to create a home spa experience. Find products used in many of our treatments, plus sun care, bath and beauty products, and more. Gift Cards/Certificates are always available.

About Your SpaTerre Visit

Scheduling

To secure your desired time, make your reservation early. All services can be billed to your room or paid for with a major credit card. If you would like to request a particular therapist, please let us know when you schedule your appointment.

Cancellation Policy

To cancel without charge, please give us at least four hours notice. You will be charged the full price of your service if you cancel within four hours of your scheduled time or fail to attend. Rescheduling your appointment within four hours of your scheduled time will result in a 50% charge of its value. We will make every attempt to fill your vacant appointment time, and will not charge you if we are able to do so.

Punctuality

If you are late for your service, your treatment will be modified. All treatments end on time so that the next guest will not be inconvenienced.

Upon Arriving

Please arrive a few minutes prior to your appointment time. Feel free to arrive in your bathrobe and sandals; whatever is comfortable for you. Your treatment will start promptly at its designated time, so we recommend that you shower before your visit; as there are no showers or locker rooms in the spa. All dressing and undressing will take place in the privacy of your treatment room. For your safety and comfort, we suggest that you leave your jewelry and valuables in your suite.

During Your Visit

To get the most out of your treatment, communicate with your therapist. Your comfort and enjoyment are most important to us, so let us know if you have concerns with pressure during your massage, the temperature of your spa room, music volume or any other issues that may arise.

Quiet, Please

To maintain a peaceful atmosphere, we ask that you turn off your cell phone and keep conversations to a whisper.

Gratuities

For your convenience, a 20% gratuity is added to the price of your services and distributed amongst the staff. Some packages may already have the gratuity included in the price. Ask our Spa Coordinator if you have any questions.

If You Are Pregnant

Your medical professional's consent is requested before we begin your treatment. If this is unobtainable, we request that you sign a waiver of liability prior to your service. Let us know when you make your reservation which trimester you will be in at your appointment time.