

CIEL SPA

EST.  2005

HYDE

HOTEL & RESIDENCES MIDTOWN MIAMI

MASSAGES

HYDE SIGNATURE MASSAGE 80min \$185

The full body massage begins at your feet and ends at the tip of your fingers with a scrub and mask. Warm towels are applied first to soften the skin. Next, a natural fruit seed scrub is applied to help the circulation of the feet. And finally, the aromatic mask is applied releasing a warm sensation that will leave your feet and hands feeling like new! Finish this full body experience with a scalp massage - the perfect way to ease away the tensions of the day.

URBAN THERAPY EXPERIENCE 80min \$185

Harness the power of seven essential oils as they fall like raindrops along your spine. By encouraging the release of habitual holding patterns and energetic blockages, your therapist blends massage, reflexology, and stretching techniques to bring you to a state of inner harmony and balance. This full body experience is the most complete treatment from head to toe.

CLASSIC SWEDISH MASSAGE 50/80min \$95/135

Eases sore muscles as it relieves stress and tension from the body. Promotes an overall sense of well-being.

DEEP TISSUE MASSAGE 50/80min \$105/145

This intense massage treatment will help release deep aches, pains and muscle soreness.

REFLEXOLOGY 50min \$105

By focusing on specific pressure points in the feet, this treatment will revitalize and relieve tension.

WARM STONE MASSAGE 50/80min \$105/145

Relaxes tense muscles, sore joints, and stressed emotions through the placement of warm stones on select chakra points. Increases energy, leaves you feeling rested and rejuvenated.

ADD-ONS

IN ROOM MASSAGE \$40

FOOT SCRUB \$15

SCALP MASSAGE 15min \$15

FACIALS

HYDE ORGANIC FACIAL

50min \$105

Experience the beautiful results of using organic products bursting with juicy pulp, seeds and herbs. Feel good about feeding your skin all natural products without harsh chemicals. Address a variety of skin concerns such as dehydration, acne and skin sensitivity. This facial is specifically created to suit your skin needs and let the active ingredients impart health and beauty to your skin.

THE AGE CORRECTIVE FACIAL

80min \$210

This unique hydrating treatment stimulates the skin's natural defense system and thus maintains the skin's youth. The marriage of sculpting movements and pulsing strokes in combination with concentrations of active ingredients renews and unifies the skin. This 3 dimensional treatment leaves skin visibly smoother and de-stressed.

BRIGHT SKIN FACIAL

50min \$125

Brighten and lighten an uneven complexion with refreshing stone crop, licorice root, bearberry, gigawhite and natural hydroquinone alternative to fade age spots and hyperpigmentation and leave skin soft and luminous.

PERSONAL TRAINING

\$95 - \$120 per hour

We are committed to helping you get results. Whether you want to lose weight, play better golf, rehabilitate an injury, stretch or just get in better shape, Personal Training is the way to go.

PRIVATE YOGA

\$95 - \$120 per hour

Bring balance and harmony to life... connect the mind and body to explore and challenge your own strength, flexibility and balance of self.

GROUP TRAINING AVAILABLE UPON REQUEST

Please contact the spa for more details.

RESERVATIONS

While we will make every effort to accommodate same day appointments, we encourage guests to schedule appointments 24 hours in advance to ensure that their treatment and therapist preferences are available. A credit card is required to secure your spa and fitness services.

CANCELLATION POLICY

We require 24 hours notice when you are unable to keep your scheduled appointment. Failure to maintain the cancellation policy will result in a full charge for the treatments.

AGE REQUIREMENTS

Guests must be at least 16 to participate in spa treatments and access locker room, and fitness areas. Private fitness sessions are available for those under 16.

SERVICE CHARGE

For your convenience a 20% service charge will be included on your service bill. Additional gratuities may be offered at your discretion.

*Prices and services are subject to change.

VALUABLES

Hyde Spa will not assume any liability for lost or stolen valuables.

SPA HOURS OF OPERATIONS

Monday to Friday 8:00am - 8:00pm

Saturday and Sunday 10:00am - 5:00pm