

Occasionally, the waters of your soul can become a little choppy even in the most laid-back of settings.

That's why we created our spa, a haven of exotic treatments and natural therapies designed to calm, heal and return you to being one with The Keys.

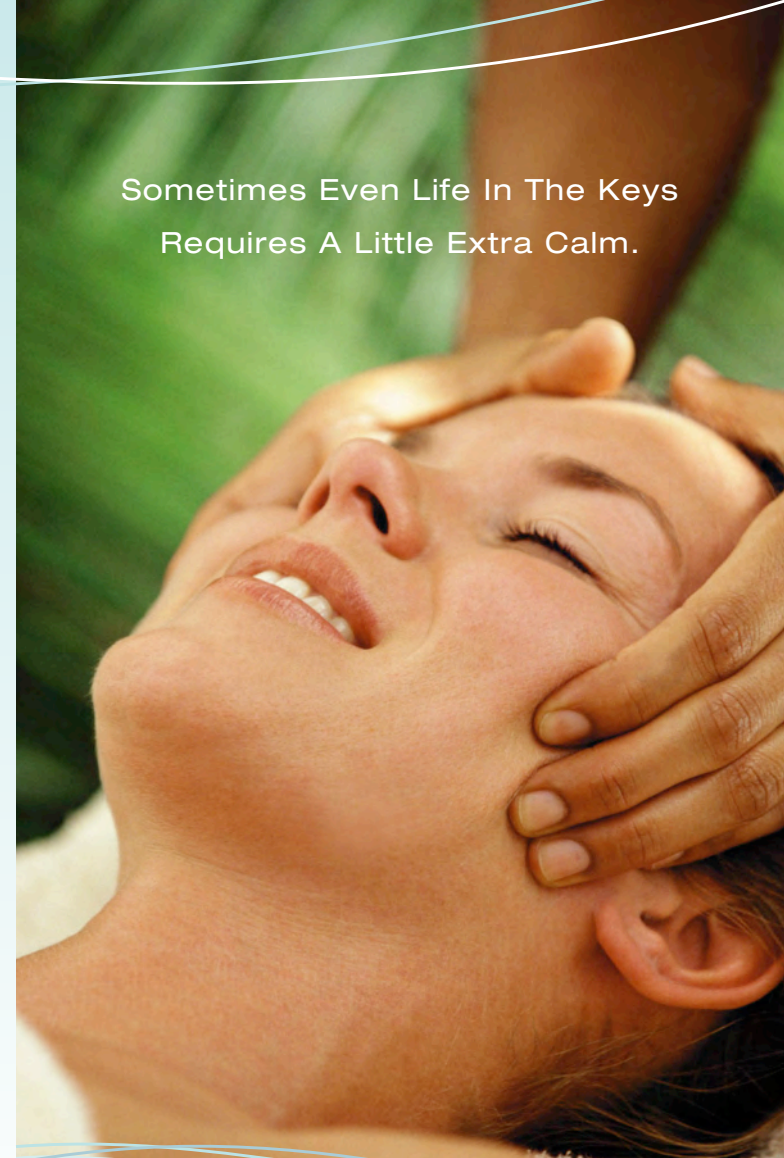


calm waters
spa



HAWKS CAY®

61 Hawks Cay Boulevard • Duck Key, FL 33050 (MM 61)



Sometimes Even Life In The Keys Requires A Little Extra Calm.

calm waters
spa



HAWKS CAY®

CALM WATERS SIGNATURE COLLECTION

These spa favorites are sure to detoxify, de-stress and deliver just what you need.

SIGNATURE BUFF AND MASSAGE\$280/100 minutes

A gentle exfoliating cream smoothed on the body to slough away dead skin cells, followed by a massage using both hot and cold stones. The heat from the warmed stones penetrates deeply into the body to soothe tight muscles and chilled stones serve as a powerful decongestant. The contrast of hot and cold promotes circulation and reduces inflammation, creating a balanced and rejuvenating treatment.

SIGNATURE FACIAL\$220/80 minutes

Indulge in the latest dermatological solutions customized to achieve targeted results. Special attention will be given to the vulnerable areas of the eyes, lips, hands, neck and décolletage. Pamper yourself with the best of science and nature with this signature age-defying treatment.

SIGNATURE BODY TREATMENT\$225/80 minutes

Extracted from the Great Salt Lake, each crystal of the exfoliating salt used in this treatment contains over 70 trace minerals and elements essential to healthy skin and moisture balance. A detoxifying soufflé mask containing kaolin clay rejuvenates and hydrates the skin during the relaxing wrap. Lavish in luxury as Salt of the Earth White Ginger whipped body crème leaves you feeling silky smooth.

SIGNATURE NAIL SERVICE\$165/110 minutes

Our signature nail treatment is the ultimate experience for your hands and feet. Treatment includes exfoliation, anti-aging mask, hand and foot massages, as well as traditional nail services with colors of your choice. Gel polish is available upon request.



MASSAGES

Like a Keys sunset, feel your tensions slowly slip away.

Tropical Breeze\$130/\$175 (50/80 minutes)

This classic full-body massage, using low to mid pressure, will increase circulation, calm your mind and bring you to a state of complete relaxation.

Deep Ocean\$140/\$200 (50/80 minutes)

Through the deep massage of all muscle groups, this therapeutic treatment relieves problematic areas and soothes sore, achy muscles. A sports enthusiast's dream massage, using mid to deep pressure.

Sea Stone\$135/\$180 (50/80 minutes)

In this heavenly experience, a healing touch is blended with the beneficial properties of smooth, warmed sea stones. Your tension and stress will become a distant memory.

Nautical Compass\$130/\$175 (50/80 minutes)

Tension is released with special massage techniques, focusing on pressure points in the hands, feet, scalp, face and neck. (80 minutes includes back massage).

Gentle Waves\$135/\$180 (50/80 minutes)

Varying sizes of smooth bamboo rods are heated and serve to roll away tense muscles just as gentle waves roll upon sandy beaches.

Marathon Mama\$135/50 minutes

(available for Mothers-To-Be in their second and third trimesters only)

Catering to your changing body and the new life you carry, this prenatal treatment will relieve back tension, reduce stress on weight bearing joints, increase circulation and reduce swelling.

Backstroke\$70/\$140 (25/50 minutes)

Effective techniques are used in this treatment to ease tension in the head, neck, upper back and shoulders, where so many of us carry our stress. Pressure varies upon request.

Smooth Sailing (Cellulite Therapy)\$75/\$145 (25/50 minutes)

A results-driven treatment designed to ease the appearance of those problem areas. The highly concentrated, intensive body serum used in this service penetrates to boost elasticity and visibly refine the skin for a sleek, smooth contour.

Barefootin'\$65/\$110 (25/50 minutes)

Let your feet wander off into paradise with this relaxing foot massage. Pure Fiji cream scrub is used in the 50-minute service to exfoliate the feet.

Too Much Sun!!!\$60/25 minutes

Let this skin rescue treatment cool, calm and relieve your sun-kissed or sunburned skin. The rescue gel, made of cold pressed dilo nuts, virgin coconut oil and passionflower extract, is applied with chilled sea stones and will deliver a bounty of nutrients to tender skin, area specific.

Enhancements to Massages

Scalp Massage	\$65/25 minutes
Foot Massage	\$65/25 minutes
Anti-Aging Facial Massage.....	\$65/25 minutes
Cellulite Therapy Gel/Crème	\$30
Aroma..... \$10	Bamboo \$10
Hot Stone	\$10

Couple's Suites

Create unforgettable memories with that special someone (partner, child, friend) by sharing the experience of true relaxation. There is no additional charge for a couple's suite in which massages, of your choice, are performed side-by-side.



FACIALS

Bring your true beauty to the surface with our collection of cleansing and hydrating treatments.

Timeless Treasure - Hydrating, Anti-Aging, Anti-Oxidant\$140/50 minutes

This unique facial will increase skin cell renewal and boost hydration. Your skin will appear smoother and more youthful, as fine lines and wrinkles will be less noticeable.

Soothing Sunset - Sensitive, Rosacea, Acneic\$140/50 minutes

Even sensitive skin will be left glowing after this calming, soothing treatment. Skin will be refreshed, without irritation, while a nourishing mask helps to protect skin and restore hydration.

Sea Mist - For all Skin Types\$125/50 minutes

Natural enzymes and extracts help purify and rebalance the skin, enabling it to accept essential nutrients. Skin will be clearer, refreshed and have a noticeably brighter appearance.

Captain's Facial - For Gentlemen\$140/50 minutes

Hand-crafted for gentlemen, this service will restore and soothe the seafarer's skin, damaged by the outdoor elements, returning kissable cheeks back to the shore!

Bacial - (Back Facial)\$110/50 minutes

Back facials for both men and women are available in a wide range of formulations to target specific skin types or issues, such as clogged pores or acne on the back.

Enhancements to Facials

Eye Treatment	\$10	Anti-Aging Facial Massage..	\$65/25 minutes
Lip Treatment	\$10	Scalp Massage	\$65/25 minutes



BODY BAR

Exfoliating scrubs performed in our Vichy Room, as gentle, warm rain showers down to soothe your senses.

Key Lime Mojito.....\$180/80 minutes

The invigorating Mojito sugar renews and revives your skin. A decadent warm body butter wrap with Key Lime essential oils follows, leaving your new skin soft and hydrated. Topped off with a Key Lime infused shampoo and conditioning treatment for your hair.

Mini Mojito.....\$70/25 minutes

Refresh and renew with this full body exfoliating scrub. Includes Key Lime lotion application.

Piña Colada.....\$145/50 minutes

This scrub features cane sugar and tropical essential oils, followed by a luxurious pineapple essence body butter wrap that will leave your skin silky, soft and nourished with moisture.

Salt on the Rim.....\$145/50 minutes

Our salt scrub is used to renew and revive dull skin. After the sumptuous body crème is applied, you are enveloped in a relaxing wrap so the skin can absorb the crème's beneficial properties. Your choice of seasonal scents are offered on the day of service.

Body Bar Enhancements

Moroccan Hair Mask	\$30
Scalp Massage	\$65/\$35 (25/15 minutes)



SALON SERVICES

Look and feel your best, be it in a bikini and flip-flops or a sundress and sandals.

MANICURES AND PEDICURES

Spa Manicure	\$55/25 minutes	Gel services.....	add \$10
French Manicure	\$60	Soak off charges.....	\$10
Spa Pedicure	\$75/50 minutes	Men's Manicure	\$45/25 minutes
French Pedicure	\$80	Men's Pedicure	\$65/50 minutes

HAIRCARE & STYLING

†Price depending upon hair thickness/length

Shampoo and Cut	\$60†
Shampoo, Cut and Style	\$70†
Shampoo and Blow Dry	\$45†
Shampoo and Thermal Style (flat or curling iron).....	\$60†
Formal Style.....	\$85†
Men's Cut	\$35
Children's Cut (under 12 years).....	\$25
MOROCCAN MOISTURE.....	\$55/\$110 (25/50 minutes)

This Moroccan Oil Mask will leave your hair incredibly moisturized with brilliant shine. 50-minute service includes blowout.

MAKE-UP SERVICES

Make-Up Lesson and Application	\$95/50 minutes
Special Occasion Make-Up.....	\$110

WAXING SERVICES

Full Face.....	\$50	Full Leg.....	\$75†
Lip	\$15	Brazilian	\$75†
Brow	\$20	Bikini.....	\$40
Chin	\$15	Back Wax.....	\$60†
Half Leg	\$55	Underarms.....	\$25

TEEN SERVICES

Massage.....	\$60 (25 minutes)	Manicure.....	\$30
Facial.....	\$60 (25 minutes)	Pedicure.....	\$40
Teen Package - All four above services.....	\$170/2 hours		

SPA POLICIES

We request that you arrive at least 15 minutes prior to your first scheduled appointment, so that you may relax after we have checked you in.

Please be aware that should you arrive late, your treatment will end as scheduled as a courtesy to the next guest. If you need to cancel a spa appointment we must be notified 24 hours prior to your appointment to avoid any charges. A 20% service charge will be added to all treatments in lieu of the therapist's gratuity.

*Please understand that there are some restrictions our pregnant guests may be subject to.

