

bliss®

is unlike any spa you've ever set foot in.

It's a fun, attitude-free atmosphere with upbeat music, a super positive vibe, and iconic treatments that leave you soothed, smoothed, glowing and happy to take on the world.

So, when tension mounts, stubble sprouts, polish chips, or pores protest, hustle in and bliss out for an hour, or set up shop for a head-to-glow spa day.

We will transform your skin, body and state of mind with the best massage, facial, waxing and nail treatments delivered by the best techs on the planet. Simple. But incredibly effective.

Even better:

The vast majority of our services are now 100% cruelty-free (CF) and blissfully-free (BF) from parabens, phthalates, SLS, SLES and more! Look for the (CF) and (BF) icons throughout as you get set to get Blissed.

LOVE BLISS?

Ask us about our **Bliss Spa Membership Program's** exclusive perks and benefits, or learn more at blissspa.com.

Your glow-to destination.

THE FACE COLLECTION

Wander-lusting for the best facial in town? You've arrived.

Let the beauty world's most influential ingredients, formulations and estheticians light your skin from within. Dull skin is swept away—and so are you, with Bliss' exclusive skin-smoothing and stress-soothing strategies. Bottom line, Bliss facials get glowing reviews because they deliver glowing results.

→ Fab Facial | FOR ALL SKIN TYPES (CF) (BF)

This fab-for-all facial includes all the essentials: a skin consultation, cleansing, exfoliation, extractions and a mask. Address special areas of concern with added beauty-boosting enhancements on pages 4-5. Fab indeed! | 60 min \$140

→ Triple Oxygen Facial | FOR A GORGEOUS GLOW (CF) (BF)

The facial that made us famous. Revives stressed, dehydrated and overworked skin in minutes. A skin-specific peel primes while three forms of oxygen, including an oxygen wrap and exclusive vitamin-antioxidant spray, brighten and deliver a blissfully beautiful glow. It's a breath of fresh air for your face—literally. | 75 min \$180

→ The Youth As We Know It™ | FOR AGE-LESS SKIN (CF) (BF)

Stay forever young. Target fine lines and wrinkles with this fountain of youth facial. An age-defying peel gently sloughs and effectively exfoliates the face and décolleté and reveals fresh, glowing skin, while an antioxidant-packed collagen mask increases firmness and elasticity for a younger-looking complexion. | 60 min \$195

→ Steep Clean® | FOR COMPLICATED SKIN (CF) (BF)

There's no problem we can't solve. This multi-tasking facial combines your choice of a thorough microdermabrasion session or an oil-dissolving peel, both followed by pore-purging extractions and an oxygen wrap, plus breakout-busting and calming masks. After just one treatment, pores are minimized, smoothness is maximized, and skin is clearer, brighter and soothed. | 75 min \$275

→ Man Made | FOR MEN (CF) (BF)

Up your grooming game. This energizing treatment restores vitality, decongests pores, and increases circulation. A made-for-men version of our Triple Oxygen Facial, a targeted peel and three forms of oxygen are infused into the epidermis to renew, remedy and refresh the skin. | 75 min \$180

(CF) | Cruelty-free

(BF) | Blissfully-free from parabens, phthalates and more.

→ The Powerhouse | FOR THE INDIVIDUALIST (CF) (BF)

Tackles the six signs of aging. This made-to-order facial begins with an intensive consultation by one of our A-list estheticians who will design a treatment specific to your skin. Reduce the appearance of fine lines and pores, improve tone and texture, and reveal softer, brighter skin in just one wondrous power hour. | 60 min \$260

→ The Fully Loaded Facial™ | FOR FIVE-STAR TREATMENT (CF) (BF)

Shut dull down. This fan favorite includes every trick in our VIP transformation toolkit. Packed with a deep cleansing fruit acid wash, oxygen wrap, extractions, age-fighting plumping collagen serum, skin-specific rubberizing mask, hot paraffin pack for the hands, and an O₂ blast—as well as a muscle-melting head, neck, shoulder, arm and foot massage—your skin will instantly feel hydrated, bright, radiant and beyond beautiful. | 75 min \$260

Quick Fix

Get your fix in a flash. Mini facial treatments resurface and replenish skin in just 30 minutes.

→ Renewing Alpha Beta Peel (CF) (BF)

Exfoliating alpha and beta hydroxy acids are used to target fine lines and reduce size of pores. Uneven skin is peeled away to hydrate and nourish the underlying skin, revealing a more radiant complexion. | 30 min \$140

→ Wrinkle Recovery Retinol Peel (CF) (BF)

A reset for your complexion, this skin-restoring therapy helps curb skin's aging effects, diminishes the appearance of wrinkles, and treats hyperpigmentation. AHA, BHA and retinol deeply penetrate the skin, fending off dull and discolored cells while collagen production is stimulated to uncover a healthier rejuvenated skin. | 30 min \$150

→ Mini-Microdermabrasion (CF) (BF)

De-dull in no time. A cleansing and two passes of microderm over the face and neck deliver an instantaneous glow. | 30 min \$130

→ Oxygen Blast™ (CF) (BF)

This pick-me-up includes a peel, antioxidant vitamin massage, hydrating enzyme pack, and oxygen spray. | 30 min \$95

→ Peeling Fine (CF) (BF)

Like cross-training for the skin. Physical and chemical exfoliation with microdermabrasion, a brightening enzyme peel, and facial massage will leave your skin recharged. | 30 min \$140

Facial Enhancements

Boost the Bliss. Our collection of beauty boosters and facial enhancements are formulated to enrich your experience without adding any additional time.
Note: Not all enhancements are applicable to all treatments in our Face Collection. Consult your esthetician to determine the most suitable options for enriching your facial experience.

RADIANCE BOOSTERS

- **Brightening & Exfoliating Enzyme Peel** (CF) (BF)
Speeds up skin cell renewal and increases collagen production. \$80
- **Energizing Vitaminized Oxygen Spray** (CF) (BF)
An antioxidant-packed mist that moisturizes and increases radiance. Perfect for pre-date, night out or postflight. \$45
- **Retexturing Glycolic Lactic Peel** (CF) (BF)
Reduces fine lines and wrinkles, while illuminating skin. Great for dry skin types. \$55
- **Super-smoothing Enzyme Peel** (CF) (BF)
A gentle exfoliant that smoothes and refreshes. Safe for sensitive and reactive skin types. \$50
- **Retinol Peel** (CF) (BF)
Addresses hyperpigmentation and signs of aging. Includes layers of AHA, BHA and retinol with a dose of hyaluronic acid to seal and hydrate the skin. \$100
- **Radiance-revealing Rubberizing Mask** (CF) (BF)
A powerful antioxidant mask loaded with Vitamin C to calm the skin and leave it radiantly beautiful. \$40
- **That's Incredi-peel! Pro** (CF) (BF)
Encourages even skin tone, reducing the appearance of fine lines and wrinkles. \$40

AGE LESS

- **Advanced Healing Collagen Mask** (CF) (BF)
Helps plump fine lines and wrinkles, calms and soothes dry, sensitive skin. \$70
- **Plumping Collagen Serum** (CF) (BF)
An anti-aging serum that intensely plumps and firms skin, helping maintain elasticity and hydration levels. \$40
- **Hyper-hydrating Warm Wax Mask** (CF) (BF)
A thirst quencher for the skin. Moisturizes parched skin and aids in product absorption. \$25

(CF) | Cruelty-free

(BF) | Blissfully-free from parabens, phthalates and more.

- **Microcurrent** (BF)
Electrical currents stimulate collagen and elastin production, radiating a healthy younger-looking appearance. \$30
- **Microdermabrasion** (CF) (BF)
A gentle, deep exfoliation to resurface, address early signs of aging, and even skin tone. Select one area: face, hands, neck or décolleté. \$85
- **Microdermabrasion Plus** (CF) (BF)
Microdermabrasion in two areas. \$130

IT'S COMPLICATED

- **Alpha Beta Peel** (CF) (BF)
Exfoliates, smooths and reduces pores and fine lines. Uses alpha and beta hydroxy acids. \$95
- **Complexion-clearing Rubberizing Mask** (CF) (BF)
Infused with menthol and tea tree extracts to control oil and calm redness, irritation and inflammation. \$40
- **Oil-dissolving Salicylic Peel** (CF) (BF)
Perfect for acne-prone or oily complexions. BHA decongests skin and breaks down excess oil. \$55

DELUXE

- **The Eye Opener** (CF) (BF)
This perk-up peel restores volume to skin cells, reducing puffiness and diminishing dark circles around the eye area. \$60
- **Fabulips** (CF) (BF)
Includes a smooch-smoothing scrub session, gentle peel, and a plumping collagen mask that will leave your lips smooth and hydrated. \$60
- **Hot Paraffin Pack™** (CF) (BF)
Stimulates circulation and hydrates chapped, dry hands or feet. Can also be applied to the décolleté. \$15
- **Waxing** (CF) (BF)
Try our ouchless waxing services, which promise to leave your skin silky-smooth and hair-free.

See page 12 for a complete list of our waxing services. Not all waxing services are available as add-ins. Please consult with your spa tech to learn more.

Put yourself at the top of your to-do list.

THE MASSAGE COLLECTION

It's time for me-time. Let our miraculous team of wellness experts and body therapists use the power of touch to relieve chronic tension, increase circulation, and delete that “pain in your neck.” (Yes, the physical and metaphorical one.) Massage promotes restful sleep, melted muscles, and a calmer mind. In other words, a state of total bliss.

→ **Blissage™75 / Blissage™105** | FOR THE ESSENTIALIST CF BF

Stress who? This mind-unwinding full-body massage begins with a sole-soothing warm wax foot wrap followed by a relaxing rubdown designed to loosen you up and target your most troubled muscles. (We may have to peel you off the table when it's over). | 75 min \$170 | 105 min \$230

→ **Blissage™50** | FOR 50 MINUTES OF UTTER HAPPY CF BF

Bliss out. This 50-minute massage is for those who need to be in, ahh and out within an hour. Choose between a full shoulder-to-toe rubdown or targeted treatment of specific spots with knots. (Talk about a happy hour.) | 50 min \$130

→ **Deep Tissue Massage** | FOR THE DEEPLY COMMITTED CF BF

Like a workout for the body. this mega-muscle relaxing massage with spasm-soothing oil gets to the root cause — be it muscle pain, stress or tension. Your most painful parts are pinpointed to release toxins, increase circulation, alleviate aches, and help the rapid recovery of strained muscles.

| 50 min (targeted massage) \$155 | 80 min (full body) \$215

→ **Great Expectations** | FOR THE MOTHER-TO-BE CF BF

This bump-friendly version of our Blissage relieves tired muscles, swelling and sluggish circulation to leave maxed-out moms-to-be feeling totally refreshed. After the first trimester only. | 75 min \$185

→ **The Rubber Neck®** | FOR THE DETAIL FOCUSED BF

Shrug off tension with this targeted rubdown, which includes a pre-massage parafango pack followed by kneading, stretching and acupressure to work the boulders out of your neck, shoulders and scalp. | 60 min \$145

CF | Cruelty-free

BF | Blissfully-free from parabens, phthalates and more.

Feel positively body-positive.

THE BODY COLLECTION

Later, rough spots. See ya, stress. Our results-driven body therapies polish and purify for a super-smooth, I-feel-zenned-out glow.

→ **The Ginger Rub™** | FOR THE LUXURY SEEKER CF BF

A luxurious massage legend. Bask in a rub of freshly-grated, circulation-stimulating ginger root, blended with warm, detoxifying essential oils. Soak in the healing benefits while cocooned in a cozy, warming, foil wrap followed by a full-body massage to relax the body and get to the root of your tension. | 105 min \$240

→ **The Hot Salt Scrub™** | FOR THE ULTIMATE BODY BUFF CF BF

Looking for a stimulating and smoothing session? You're getting warmer. This shoulder-to-shin rubdown softens skin with a self-heating, sinus-clearing, rosemary and eucalyptus oil sea salt scrub. | 45 min \$130

→ **Scrub&Rub™** | FOR THE ABSOLUTE WIND DOWN CF BF

An ultra-nourishing scrub to cleanse and soften your skin. Includes hydrating body butter application and a targeted 30-minute rubdown. | 60 min \$145

→ **Fabgirlfirm®** | FOR THE FIRM BELIEVER* CF BF

Fab for sure. This body-toning treatment includes a full-body brushing, detoxifying oils, a trouble-zone targeted firming body mask, a heated wrap, and the expert application of our famed Fabgirlfirm® contouring cream. | 75 min \$175

→ **The Deep Sea Detox™** | FOR THE TOTAL TONE UP* CF BF

This super wrap includes a full-body brushing followed by a warm purée of sea plants and marine algae to detoxify, reduce appearance of cellulite, and relieve discomfort caused by fluid retention. | 90 min \$205

→ **Lime and Ginger Salt Glow** | FOR A GLOWING BODY CF BF

Bring vitality to your skin with this invigorating polish. After a light body brushing, warm oil is luxuriously drizzled all over before applying a lime and ginger-tinged salt scrub. Skin is left soft, smooth and ready for the limelight. | 45 min \$135

**These firming and toning treatments are most effective when booked in a series of multiple sessions. Purchase a series of five and your sixth session is free!*

Massage & Body Enhancements

Behold more Bliss. Our collection of massage and body enhancements enrich or extend your experience.

AROMATHERAPY

Add aroma to your massage with one of these essential oil blends:

→ **The Nerve Whacker™** (CF) (BF)

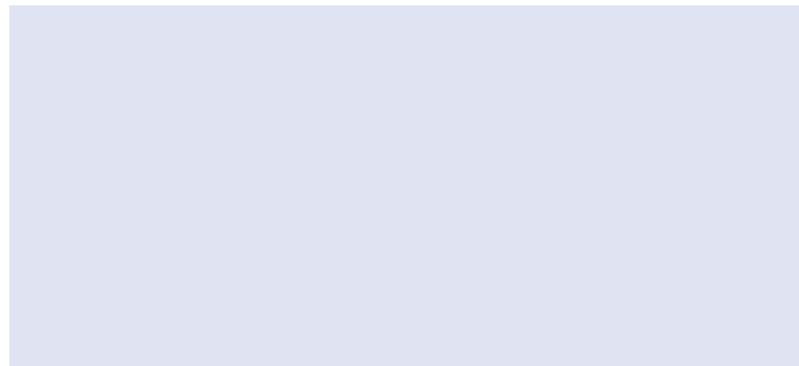
Tame tension, nerves and related mood swerves with a mellowing mix of sweet orange, chamomile and spearmint. **\$15**

→ **Hot Off the Stresses™** (CF) (BF)

Fight stress-induced fatigue and flagging energy with an uplifting blend of lavender, bergamot and sage. **\$15**

→ **Jet Out™** (CF) (BF)

Jilt jet lag with a time-aligning rub of pine, rosemary and eucalyptus. **\$15**



BOOST THE BLISS*

→ **Back Buffing** (CF) (BF)

A hot salt, skin-softening exfoliation of entire back to buff out the old and reveal the new. **\$25**

→ **Dry Brush** (CF) (BF)

A fantastic technique to improve detoxification. Firms, exfoliates and softens skin. **\$15**

→ **Hot Paraffin Pack™** (CF) (BF)

Stimulates circulation, relieves stiff necks and sore lower backs, or hydrates dry hands or feet. **\$15**

→ **Parafango** (BF)

This warm sea mineral mud pack can be applied to any part of your body (within reason) to draw out toxins, increase circulation, and relieve sore muscles and tension. **\$30**

**Boost the Bliss with a service enhancer that is built in to your service without adding time.*

BUILD THE BLISS*

→ **More Massage** (CF) (BF)

Knead to prolong your rubdown? Ask about extending your massage by 15 minutes if your technician's schedule allows. | **15 min \$30**

**Build the Bliss with a service enhancer that adds time to your service.*

(CF) | Cruelty-free

(BF) | Blissfully-free from parabens, phthalates and more.

Two words: perfectly polished.

THE NAIL COLLECTION

Are things a little out of hand? Let's get those nails in tip-top shape. Our team of highly experienced techs not only abolish calluses, hangnails and other hand and foot fails, they will groom your hands and feet to healthy, polished perfection.

→ Hot Cream Manicure | THE FIXER-UPPER

A **maintenance must-have mani** that includes a hot cream hand soak, cuticle trimming, nail clipping, shaping and polishing. | 30 min \$30

→ The Upper Hand Manicure | TURN BACK THE HANDS OF TIME

A **youth-inducing treatment** for dry or sun-damaged hands, featuring a brightening mask, warm wax wrap, hot cream hand massage, nail shaping, and polish. | 60 min \$65

→ The Fab Feet Pedicure | FOR A FAB 10

This **reviving pedicure** includes a softening soak and scrub, clipping, trimming, buffing and perfect painting. | 60 min \$60

→ Foot Patrol® Pedicure | FOR THE ULTIMATE POWER PEDI

The **major overhaul for overworked feet**. This pedicure includes all the essentials, plus added attention to callus buffing and smoothing. It's topped off with a hyper-hydrating paraffin wrap to soften the feet. | 75 min \$90

→ Heel, Yes! Pedicure | FOR SOLES THAT NEED SAVING

Takes **extremely dry, cracked soles to cloud nine** with a soothing oatmeal bath soak, callus-eliminating foot mask, and mega-moisturizing massage followed by a complete pedicure. | 60 min \$75

→ The Hot Milk and Almond Pedicure™ | FOR THE GOT MILK TREATMENT

This **perennially popular service** includes a nutritious warm milk and almond oil soak, a skin softening scrub, and a perfect pedicure. | 60 min \$65

→ Shellac™ Manicure and Pedicure by CND™ | FOR THE NO-CHIP POLISH

A **hybrid nail color** that brushes on like polish but holds up like a gel. Its natural, glossy, wet look finish can stay smudge- and chip-free for up to 2 weeks and doesn't require power tools for removal! To remove and reapply, select a Re-Shellac™ service. | manicure 45 min \$45 | pedicure 60 min \$75

→ Re-Shellac™ Removal & Re-application

| manicure 60 min \$55 | pedicure 60 min \$85

For All Mankind

→ The Manly Cure™ | ESSENTIAL MANI FOR HIM

His **manicure** includes a nail soak, cuticle-sprucing, and buffing and shaping session for a smoothed dapper finish. | 30 min \$30

→ Well-groomed Pedicure | SOLELY FOR MEN

An **ideal foot treatment for men**. Includes soaking, de-roughing, clipping, trimming and buffing. | 60 min \$60

ADDITIONAL NAIL SERVICES & ENHANCEMENTS

French Polish - \$10

Gel Removal - \$15

Hot Paraffin Pack™ - \$15

Nail Art & Design - \$10

Polish Change (Hands or Feet) - \$20

Shellac™ Removal - \$10

The Callus Conqueror - \$20

Vynylux Polish - \$5

CF | Cruelty-free

BF | Blissfully-free from parabens, phthalates and more.

Let's get you out of that hairy situation.

THE WAX COLLECTION CF BF

We zero out hair with zero judgment. Our world-famous Poetic Waxing® is quick, effective and practically painless, deleting unwanted hair from (just about) anywhere.

Brow - \$35

Cheeks - \$15

Nose or Ear - \$15

Lip or Chin - \$15

Shoulder - \$30

Underarms - \$30

Half Arm - \$30

Full Arm - \$50

Chest - \$60

Stomach - \$30

Half Back - \$40

Full Back - \$70

Basic Bikini - \$40

The Betweeny™ Wax - \$65

Brazilian Bikini - \$80

Cheeks (Buttocks) Women - \$40

Upper Leg - \$65

Upper Leg/Bikini - \$90

Upper Leg/Betweeny™ - \$115

Upper Leg/Brazilian - \$125

Lower Leg - \$45

Full Leg - \$95

Full Leg/Bikini - \$115

Full Leg/Betweeny™ - \$140

Full Leg/Brazilian - \$155

Extra Hair There - \$15

For best results, hair length should be at least 1/4 inch.

→ Bikini Ingrown Eliminator CF BF

This bump-banishing treatment uses microdermabrasion on the bikini line to exfoliate and lighten skin followed by gentle removal of stray ingrown hairs.

| 15 min \$70

Save on multiple sessions. Ask us how.

CF | Cruelty-free

BF | Blissfully-free from parabens, phthalates and more.

The Gentleman's Wax — Only for Him CF BF

Basic Brief | \$45

Cheeks (Buttocks) | \$50

Between the Cheeks | \$40

The Ultimate | \$130

Spa Information | Read up before you Bliss out.

Reservations and Cancellation

To schedule treatments, you may dial extension 3123 from a hotel phone, or call 305-938-3123 from an outside line. You may also book online at blissspa.com.

A major credit card is required to book your reservation. If you are unable to keep your scheduled appointment, you must provide a minimum of 24-hours' notice to avoid being charged the full price of your missed treatments.

Minimum Age Requirements

Spa guests under the age of 17 must have a consent form signed by a parent or guardian. Guests ages 13-17 can enjoy facials, waxing (not including bikini area), massages and nail services. Guests ages 12 and under may enjoy nail services only and must be accompanied by an adult. Guests ages 13-15 must have a parent or guardian in the treatment room during the entire service. Guests ages 16-17 must have a parent or guardian on premise during the entire service (unless state law differs) and service must be performed by therapist of the same gender.

Arrival

Please arrive at least 20 minutes prior to your scheduled appointment so you can decompress and make full use of the spa facilities. To maintain the blissfulness of the spa, we ask you silence your cell phones and electronic devices upon arrival. Regretfully, untimely arrivals may be subject to reduced treatment time to remain on schedule for subsequent guests.

Valuables

For your convenience, lockers are available to store your personal belongings. However, we suggest you leave your valuables at home. Bliss will not be responsible for lost or stolen items.

Services & Prices

Services and prices vary by location. We reserve the right to modify, discontinue or change services and prices without notice to ensure that maximum standards of service and quality are being met.

Gratuity

Our staff works hard to help you achieve a higher state of happy. While gratuity is optional and at your discretion, it is kindly accepted. We suggest 20% of the full price of the service provided.

For Your Safety

Guests with medical conditions are advised to consult their doctors prior to booking any spa services. Kindly inform your spa technician of any existing medical conditions by completing a Guest Check-In form prior to receiving your treatments. Bliss reserves the right to discontinue a service for any reason to ensure the safety of all parties.

The Gift of Bliss

Gift cards are available in any dollar amount. For a last-minute e-gift card, visit blissspa.com.

Our Locations

Find a Bliss Spa near you.
Visit blissspa.com for the full list of locations.

Bliss Spa W South Beach
2201 Collins Avenue
Miami Beach, FL 33139

Hours of Operation
Open daily from 9am to 9pm

LOVE BLISS?

Ask us about our
Bliss Spa Membership
Program's exclusive
perks and benefits,
or learn more
at blissspa.com.

