

The Spa
at
Shores of Panama



Professionally managed by Oases Resorts • Panama City Beach, FL

Massages

Neck, Back & Shoulder •

{25 minutes \$65 • 50 minutes \$85}

An introduction to our mini-massage, this massage utilizes a variety of techniques to relieve the tension in commonly overstressed areas, usually the neck, back and shoulders.

Swedish Massage •

{50 minutes \$85 • 80 minutes \$125}

A relaxing massage using European techniques to soothe tight and aching muscles. Pressure can range from light to medium.

Deep Tissue Massage •

{50 minutes \$105 • 80 minutes \$155}

A firmer massage recommended for those with muscle fatigue and chronic pain. This massage incorporates deep compression, work on the joints, and some stretching. The deep tissue massage is excellent after a workout, golf, or tennis.

Foot Rescue • {25 minutes \$45 • 50 minutes \$85}

Body Butter Massage •

{50 minutes \$90 • 80 minutes \$130}

Your choice of one of the following body butters; coconut, mango or white gingerlily. The butter is then applied to the body for stress relief and purification. This unique massage hydrates the body and soothes the mind.

Duet Massage •

{50 minutes \$85 per person}

Nestled side by side, a couple can receive a massage in our couple's treatment suite. Pressure can range from light to medium.

Ultimate Massage •

{50 minutes \$180 • 80 minutes \$270}

Two therapists provide a synchronized, full body massage. They will incorporate Swedish massage techniques of light to medium pressure, ultimately relieving stress and tension. Select one of our massage oils including coconut, mango or white gingerlily.

Exotic Stones •

{50 minutes \$105 • 80 minutes \$155}

Warm stones are placed on the body and combined with a nourishing exotic body massage oil of your choice (coconut, pineapple & mango). Made to release tension, restore balance, and increase positive energy flow. The stones are used gently to encourage sore muscles to relax and surrender. The exotic stone massage improves circulation bringing a sense of well being and harmony.

Golfer's Massage •

{50 minutes \$95 • 80 minutes \$130}

Proassage lotion is applied to specific areas of the body in order to activate circulation and release tension. To help reduce pain and stress, different techniques such as deep tissue massage, trigger points, and stretching are used.

Prenatal Massage •

{50 minutes \$90 • 80 minutes \$135}

Performed by a specially trained therapist, this uniquely designed treatment uses a massage table designed for pregnancy to protect both your baby and you. Massages are not recommended during the first trimester.

Lymphatic Massage •

{50 minutes \$105 • 80 minutes \$155}

Light, rhythmic strokes are used to improve the flow of lymph throughout the body. This massage is the most effective for circulation, and especially for any form of edema (swelling). It is used for post-traumatic injury or surgery, to reduce the swelling and speed up the healing time. It can also help treat migraines, sinusitis, acne, tinnitus, and high blood pressure and is also helpful wherever there is poor circulation, or a need for detoxification.

You Deserve This



Facials & Skin Care

Island Renewal Facial •

{50 minutes • women \$90, men \$85}

From the tropical isles of Fiji, we use an ancient, exotic blend of drift nut oils and powerful plant actives, combined with the latest in dermatological revelation in order to produce a phenomenal woman's facial care solution. Pure Fiji botanical blends, peptides cold press oils and deep sea algae nourish and encourage cellular renewal, increase hydration and cellular water flow while stimulating the process to reduce wrinkles and slow the aging process.

Hot Stone Facial •

{50 minutes \$105.00}

Peaceful and relaxing, this facial uses smooth, heated stones, which are strategically arranged on pressure points over the face and body. This relieves stressed facial and neck muscles by creating a sense of balance throughout the body.

Purifying Facial •

{50 minutes \$90.00}

This relaxing cleansing treatment includes personal skin analysis and addresses individual skin concerns. Your treatment will include stress relieving rituals with customized aroma and facial massage techniques particular to your needs.



All cancellations must be made 24 hours in advance to your scheduled spa appointment. 50% late charge will be applied to any cancellation made within 24 hours.

Body Therapy

Coconut Crème Polish & Coconut Oil Scalp Massage •

{80 minutes \$120}

Cleanse, polish, and protect your skin while pineapple extracts gently buff away dull skin cells and unclog pores rejuvenating your skin. This is followed by an application of hydrating body lotion that rapidly hydrates your skin with fresh coconut milk and a nourishing blend of exotic nut oils which will stay with you all day.

Spa Packages

Sunset at the Shore •

{2.5 hours \$200.00}

Body Butter Massage with choice of coconut, mango or white gingerlily butter, Foot Rescue & Island Renewal Facial.

Mother to Be •

{2 hours \$160.00}

Prenatal Massage, oil scalp massage and Foot Rescue

Total Renew •

{3 hours \$250.00}

Begins with 50min Reiki Healing Session followed by Swedish Massage and our exotic island renewal facial.

B.F.F. Package •

{1.5 hours \$180.00}

Best Friends Forever. Experience a little taste of each service in this package. Includes two half hour massages, two half hour facials with foot treatments.

Coconut Delight •

{2 hours \$140.00}

Coconut Crème Polish with Coconut oil scalp massage followed by a Coconut Foot Treatment



5908 Thomas Drive • Panama City Beach, Florida
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..... Spa Hours

Wednesday through Monday

Nine A.M. to Six P.M.

850.636.9669 or ext. 75120

Shores of Panama Resort

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