AMA

DAY SPA

Menu of Rituals

SOUTH MIAMI, FLORIDA

Taking care of yourself is the most powerful way to begin to take care of others.

Our rituals are designed as immersive journeys, not just appointments, weaving mindful touch, aroma, and results-driven care into a complete experience of balance, inside and out. Every treatment in these pages invites you to slow down, receive, and return to the world feeling grounded, restored, and radiant.

Whether it is your first visit or your fiftieth, our team is here to listen first, and then to gently guide. The choosing, too, is part of the care.

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IF YOU ARE UNSURE, BEGIN HERE

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STILL DECIDING	A complimentary skincare consultation, *fifteen minutes*

Simply ask. The choosing, too, is part of the care.



THE FLAGSHIP RITUAL

The HydraFacial®

"Glass skin, no filter needed."

SIGNATURE · DELUXE · PLATINUM

Three depths. One glow.

A vortex of water, serums, and light. The HydraFacial is the rare treatment that works as beautifully as it feels: skin is cleansed, gently resurfaced, and flooded with actives chosen for you in the moment.

There is no downtime, only the glow. Skin looks plumper, clearer, and luminous from the very first session. Choose your depth, and let your skin do the talking.

THE DETAILS

Signature · 30 Min — 199

Cleanse, exfoliate, extract, and hydrate for the essential glow.

Deluxe · 50 Min — 275

Adds a customized serum booster and LED light.

Platinum · 60–75 Min — 325

Adds lymphatic drainage for the deepest reset.

ENHANCE THE RITUAL

Dermaplaning — +55

Silk-smooth canvas, brighter finish.

Lip Perk — +50

Plumped, glossed, perfected.

Eye Perk — +50

Awakened, brightened, refreshed.

Lip + Eye Duo — +80

The full finishing touch.

Best for · occasions, congestion, and chasing the glow.

The HydraFacial®, Head to Toe

The same vortex of water, serums, and light, everywhere the seasons reach. Choose Signature or Deluxe depth, whole or half areas, on their own or added to your facial.

Neck & Décolleté

Deluxe	249
Signature	199
With your facial	99

Back

Deluxe · Full	349
Deluxe · Half	249
Signature · Full	299
Signature · Half	199

Booty

Deluxe	349
Signature	299

Arms, Hands Included

Deluxe · Full	349
Deluxe · Half	249
Signature · Full	299
Signature · Half	199

Hands

Deluxe	59
With your facial	49

Legs

Deluxe · Full	349
Deluxe · Half	249
Signature · Full	299
Signature · Half	199

SCULPT WITH LYMPHATIC THERAPY

Rhythmic, feather-light strokes that de-puff and define. Each area on its own, or added to any HydraFacial.

Facial Lymphatic	120 · With Facial 75
Arms	65 · With Facial 40
Abdomen	75 · With Facial 50
Legs	65 · With Facial 40
Back	75 · With Facial 50



Skincare

Our expert estheticians, your skin renewed

CHAPTER ONE

Signature Facial

SIXTY MINUTES · 125

The facial everyone asks about. A personalized skin analysis leads into a double cleanse, exfoliation, extractions, and an extended facial massage with nutrient-rich botanical formulations, leaving skin supple, oxygenated, and deeply revitalized.

ENHANCE THE RITUAL

Marine Collagen +50

A firming serum infusion that refines texture and softens fatigue, for skin that has lost its bounce.

Nano-Needling +50

Painless micro-channels that carry serums deeper, for guests chasing lasting smoothness.

Microdermabrasion +100

A gentle diamond-tip polish for texture, spots, and dullness, a smoother canvas in one pass.

LightStim LED +50

Red light firms and softens fine lines for all skin; blue light calms breakouts. Radiance, zero downtime.

Best for · your first visit, and every visit after.

Luminous C Brightening Facial

SIXTY MINUTES · 150

Vitamin C at every step: a glycolic cleansing whip, a fifteen percent C and ferulic booster, a chamomile brightening mask, and a licorice root gelee to seal it all in. FarmHouse Fresh® botanicals brighten while they soothe, and dullness quietly loses its grip.

Best for · dullness, uneven tone, dark spots, and bringing the light back.

Oxygen Facial

SIXTY MINUTES · 150

A hydration-rich infusion of pure oxygen and nourishing serums for an instant, dewy glow, smoothing the look of fine lines with zero downtime. The finish that photographs beautifully.

Best for · event days, dry or tired skin, and instant luminosity.

Back Facial

SIXTY MINUTES · 125

A facial for the skin you cannot reach: deep cleanse, gentle exfoliation, targeted extractions, and a hydrating mask across the back and shoulders.

Best for · breakouts beyond arm's reach, backless occasions, and post-gym skin.

AMA Men's Facial

SIXTY MINUTES · 125

Built for men's skin and the pace men keep. A deep cleanse and controlled exfoliation clear oil, congestion, and the daily wear of shaving, while a targeted facial massage releases the tension the week left behind.

It is straightforward and unfussy: no visible peeling, no routine to maintain afterward, just skin that looks rested, feels calmer, and works better under a razor.

ASKED, ANSWERED

Do I need to do anything after? *Nothing. No products required, no routine to keep.*

Will anyone be able to tell? *Only that you look rested.*

What about the beard? *Worked around, never against.*

Best for · shave-stressed skin, oil and congestion, and first-timers.



Deep Pore Detox Facial

NINETY MINUTES · 195

A deep-cleansing ritual for congested, blemish-prone skin. Steam softens, extractions are done gently and properly, and a purifying mask draws out what the city left behind, a true reset for your skin.

Best for · congestion, blackheads, and the occasional full reset.

Dermaplaning Glow Facial

SEVENTY-FIVE MINUTES · 220

A precision blade treatment that lifts dull surface cells and soft peach fuzz, revealing baby-soft, makeup-ready skin. Not recommended for active cystic acne.

Best for · dullness, peach fuzz, and flawless makeup days.

Collagen with Myoxinol® Contour

NINETY MINUTES · 245

An age-defying ritual built around the Biomatrice Myo-Lift mask with Myoxinol™, a botanical approach inspired by nature rather than needles. Expression lines soften, contours feel lifted, and skin regains a supple firmness. The ninety minutes move slowly by design: a sculpting facial massage, the mask's quiet work, and a finish that leaves the face looking rested rather than done.

Pairs beautifully with · LightStim LED, to amplify the lift.

Best for · expression lines, loss of firmness, and needle-free results.

Quartz Meridian Reset

SIXTY MINUTES · 115

Cool quartz, warm stillness. Smooth crystals are drawn slowly across the face and rested on its quiet points, thirty seconds at a time, through seven unhurried cycles. The rhythm is the treatment: the jaw softens, the brow lets go, and the mind follows.

Not quite a facial, closer to a meditation you can feel. You rise lighter, clearer, and profoundly rested.

A note of care · not offered during pregnancy or while undergoing cancer treatment; your safety leads always.

Best for · a racing mind, a clenched jaw, and rest that goes deeper than sleep.

The Frost Facial

SIXTY MINUTES · 175

A next-generation, needle-free treatment using controlled cold-plasma energy to soothe and renew. Its cooling action calms redness and settles reactive, acne- or rosacea-prone skin on contact.

Beneath the calm, the work continues: the same energy encourages collagen, firming and refining tone with every session. The results are quiet at first, then unmistakable.

THE DETAILS

Face · 60 Min	175
Face, Neck & Décolleté	420
Series of 3 · 5 · 8	450 · 725 · 1,120

Best results come in a series; your esthetician will map the cadence.

Best for · redness and reactive skin, acne-prone complexions, and building results over time.

Microdermabrasion Facial

BY AREA · 175 – 225

A complexion-renewing polish using a diamond tip to soften the look of fine lines, age spots, and acne scarring, resurfacing texture one gentle pass at a time.

FACE, NECK & CHEST 225 · ARMS & HANDS 175

Best for · texture, spots, and a smoother canvas.

Microchanneling

SEVENTY-FIVE MINUTES · 300 – 400

Precision microchanneling paired with a targeted serum infusion, supporting firmness, tone, and smoother texture that builds session over session. A short recovery period may follow.

FACE 300 · FACE & NECK 400

Best for · fine lines, uneven tone, and the long game of renewal.

Salmon-Silk Facial

PDRN INFUSION · SIXTY OR SEVENTY-FIVE MINUTES · 300 – 400

Elevate skin rejuvenation to a molecular art form. Our Salmon-Silk Facial harnesses the bio-revitalizing power of Polydeoxyribonucleotide (PDRN), derived from purified salmon DNA renowned for its remarkable DNA synthesis and tissue-repair matrix. Engineered to awaken dormant cellular pathways, this high-performance treatment repairs compromised barriers, erases micro-fatigue, and restores a luminous, glass-skin density from the inside out.

FACE, SIXTY MINUTES 300 · FACE & NECK, SEVENTY-FIVE MINUTES 400

Best for · compromised barriers, micro-fatigue, and glass-skin density.

Add to Any Ritual

The quiet finishing touches. Tell us what your skin is asking for, and we will fold the right one into your ritual.

Chemical Peel — 70 – 120

FACE / NECK / CHEST 120 · ARMS / HANDS 70

A customized AHA-based peel infused with hyaluronic acid to clear congestion, soften fine lines, and prepare skin to better absorb what follows. Other areas upon request.

Add it when · congestion lingers, tone looks tired, or a big week is coming.

LED Light Therapy — 50 – 80

FACE 50, RED OR BLUE · BACK 80, BLUE

A soothing LightStim MultiWave® light bath that calms redness, softens fine lines, and supports collagen. The Back treatment is ideal for back-acne-prone skin.

Add it when · redness needs settling, or you want the glow to hold longer.

Unsure which? Simply ask. The choosing, too, is part of the care.



CHAPTER TWO

Massage

Let tension dissolve, and stillness take its place

Swedish Massage

FROM SIXTY MINUTES · FROM 130

Drift into stillness with a customized Swedish-style massage, tailored to your needs with light to moderate pressure. A nutrient-rich botanical oil blend, Sunflower, Caviar Oil, Squalane, Shea Butter, and Vitamins A, E, and F, nourishes as it glides.

Ginseng and Lemon extracts lift the senses; Lavender and Orange essential oils settle them again. You leave slower than you arrived, in the best way.

THE DETAILS

Ninety Minutes	180
One Hundred Twenty Minutes	230

Aromatherapy add-on · 30 · a custom-blended essential oil infusion, any massage except Pre-Natal.

Best for · stress that is everywhere and nowhere, first massages, and the full-body exhale.



Deep Tissue Massage

FROM SIXTY MINUTES · FROM 155

Firm, deliberate pressure that follows the muscle, releasing the knots that desk hours and workouts leave behind. Slow strokes, real relief, and a therapist who listens to what your shoulders are saying.

Ninety Minutes	205
One Hundred Twenty Minutes	255

Best for · the knot you can point to, desk-and-training tension, and pressure with purpose.

Hot Stone Massage

FROM SIXTY MINUTES · FROM 140

Smooth basalt stones, warmed and glided along tired muscles, melting tension that hands alone take longer to reach. Warmth does half the work; skilled hands do the rest.

Ninety Minutes	190
One Hundred Twenty Minutes	240

Best for · tension that sits deep and cold, and bodies that answer to warmth.

Reflexology

SIXTY MINUTES · 100

Pressure-point therapy for the feet that speaks to the whole body, easing stress and restoring balance from the ground up.

Best for · feet that have carried too much, a full-body reset, and those who prefer to stay dressed.

Pre-Natal Massage

SIXTY TO NINETY MINUTES · 120 – 170

A gentle, side-lying massage designed around you and your bump, easing the back, hips, and legs that are working overtime.

From the second trimester onward; your comfort guides everything.

Best for · the aches of carrying, swollen ankles, and rest that is finally comfortable.

Lymphatic Drainage

SIXTY TO NINETY MINUTES · 170 – 220

Feather-light, rhythmic strokes that encourage the body's own detox pathways, easing puffiness and heaviness.

Best for · post-flight puffiness, water retention, and gentle recovery.



CHAPTER THREE

Body

Every touch, a return to yourself

Oriental Silk Spice Ritual

SIXTY OR NINETY MINUTES · FROM 225

"Supple. Lighter. Deeply grounded."

Surrender to a warm, sensorial journey where liquid-gold Marula oil is slowly draped over the body, cocooning the skin in antioxidant-rich nourishment that softens, exfoliates, and hydrates to enhance natural radiance.

Heated potlis follow, filled with a fragrant blend of cinnamon, sandalwood, clove, rose petals, nutmeg, cardamom, angelica root, and bay leaf, their rhythmic compressions easing muscle fatigue and pressing warmth into the places the week has tightened.

THE DETAILS

Sixty Minutes	225
Ninety Minutes	285

Complete the journey · with a Healing Body Wrap, or with the Signature Facial, this ritual's most-loved companion.

Best for · deep relaxation, awakening the senses, and recovering from a demanding week.

Dead Sea Minerals Detox Polish

THIRTY TO FORTY MINUTES · 95

A luxurious full-body exfoliation infused with Dead Sea salts, caviar, argan oil, and ginseng to detoxify, remineralize, and de-stress the body for skin that's remarkably smooth and renewed.

Best for · rough or dull skin head to toe, and the start of any body journey.

Healing Body Wrap

SIXTY MINUTES · 150

A rejuvenating Algae Wrap that calms, cools, and replenishes sun-exposed or stressed skin, easing discomfort from poor circulation, heavy legs, or varicose veins.

Best for · after-sun rescue, tired or heavy legs, and skin that needs calming.

Detox Body Wrap

SIXTY MINUTES · 150

A revitalizing journey beginning with a no-mess Gel Exfoliation, followed by a Slimming and Firming Algae Wrap rich in marine minerals to stimulate circulation and soften the skin.

Best for · a fresh start, water retention, and skin that wants firming.



CHAPTER FOUR

Beauty

The finishing details, done beautifully

Waxing

BY AREA · 15 – 95

Gentle, high-quality wax designed to minimize discomfort and redness. Combine two or more services for 10% off.

Back	95	Full Arms	50
Bikini	45	Full Legs	70
Brazilian	60	Half Arms	40
Buttocks	50	Half Legs	45
Cheeks	20	Hollywood	70
Chin	20	Lips	15
Ears	15	Stomach	20
Eyebrows	25	Under Arms	35
Forehead	20		

Best for · smoothness that lasts weeks, not days.

Threading

30 – 55

EYEBROWS 35 · EYEBROWS & LIPS 55 · ADDITIONAL AREAS 30 EACH

A natural, chemical-free hair removal technique using cotton thread for a clean, well-defined arch. Ideal for sensitive skin.

Best for · sensitive skin, and the cleanest possible arch.

Frame the Eyes

TINTS, LIFT & LAMINATION · 35 – 110

Color, curl, or fullness. Tell us what your mornings ask for, and we will point you to the right one.

Tints 35 – 65

Custom-blended, semi-permanent color that deepens lashes and defines brows. Lasts four to six weeks.

Lash Tint	TWENTY-FIVE MINUTES · 40
Brow Tint	TWENTY MINUTES · 35
Lash & Brow Combo	THIRTY TO THIRTY-FIVE MINUTES · 65

Best for · lashes and brows that vanish without makeup, and waking up defined for weeks.

Brow Lamination 110

FORTY-FIVE MINUTES

Tames unruly hairs and adds fullness and symmetry for a polished, natural look that lasts for weeks.

Best for · brows that grow in every direction, and the brushed-up look without daily gel.

Eyelash Lift 100

FORTY-FIVE MINUTES

Shapes natural lashes from root to tip for a soft, wide-awake curl, no daily curling required.

Best for · straight lashes hiding their length, and the wide-awake curl without extensions.

Eyelash Extensions

FULL SETS · FROM 215

A detailed styling consult and lash mapping design the ideal curl, length, and fullness for your eye shape. Individual extensions, weight-balanced for comfort and lash health, are applied with professional-grade products and medical-grade, formaldehyde-free adhesive for soft, seamless, mascara-free definition.

THE DETAILS

Xtreme Lashes, Full Set	120 Min · From 225
PLA Light Cured Eyelash Extensions, Full Set	120 Min · From 215

UPKEEP

Touch Up, Weekly	100+

The recommended interval to keep a set full and seamless.

Pre-care · arrive with clean, makeup-free lashes; skip waterproof mascara for 48 hours before; go easy on caffeine the day of your appointment.

Best for · mascara-free mornings, and definition that outlasts Miami weather.



CHAPTER FIVE

Nails

Hand and foot rituals, from quick polish to full retreat

Luxurious Mindful Oasis

THE FULL RITUAL · 95 — 125

"Serene. Renewed. Beautifully polished."

Begin with a calming breath ritual, custom aroma consult, and botanical tea as you unwind into an aromatic soak and gentle exfoliation. A Callus Peel smooths roughness, followed by a hydrating warm-towel mask and nourishing paraffin for hands and feet.

Melt into a restorative hot stone massage with Lemongrass Oud Oil, then finish with meticulous nail detailing and your choice of polish or natural buff, leaving you serene, renewed, and beautifully polished.

THE DETAILS

The Oasis Manicure	SIXTY MINUTES · 95
The Oasis Pedicure	SEVENTY-FIVE MINUTES · 125

Includes · soak, exfoliation, Callus Peel, warm-towel mask, paraffin, hot stone massage, detailing, and polish or buff.

Best for · hard-working hands and feet, and the appointment that feels like a retreat.

Classic Citrus Avenue

35 – 60

MANI · 25 MIN · 35 PEDI · 50 MIN · 60

A bright, uplifting citrus soak with mineral exfoliation, file, shape, buff, and cuticle care.

Best for · the classic reset, bright and quick.

Deluxe Aroma Ritual

70 – 90

MANI · 45 MIN · 70 PEDI · 60 MIN · 90

A refreshing, polished look with aromatic gel and an extended Rose de Mai oil massage, the extra time given entirely to the experience.

Best for · lasting polish with deeper hydration.

Gel Manicure & Pedicure

65 – 80

MANI · 45 MIN · 65 PEDI · 60 MIN · 80

A long-lasting, high-shine gel color that resists chipping for weeks. The pedicure adds a warm soak, shaping, callus smoothing, and exfoliation beneath the chip-resistant finish.

Best for · color that survives the calendar.

Little Limes · Kids

20 – 30

MANI · 20 MIN · 20 PEDI · 25 MIN · 30

A playful, gentle service with soft citrus or vanilla aromas and fast-dry polish. No cuticle cutting.

Best for · small guests, big occasions.

Après Gel-X Sculpt Extensions — 110

90 – 120 MIN · REFILL 70

Lightweight, durable soft-gel extensions that shape to the natural nail for instant length and strength.

Best for · instant length with a natural feel.

Luminary Builder Gel Manicure — 85

NINETY MINUTES

A strengthening, long-wear overlay for weak, brittle, or peeling nails, with superior durability.

Best for · weak or peeling nails that need armor.

Acrylic — 85

90 MIN · REFILL 70

Durable, customizable acrylic enhancements sculpted onto the natural nail or tips.

Best for · maximum durability and sculpted shape.

Dip Manicure — 90

NINETY MINUTES

Powder-dip color built layer by layer for chip-resistant wear that lasts for weeks, gentler than acrylic, stronger than polish.

Best for · weeks of color without the fuss.

Russian Manicure 55

FORTY-FIVE MINUTES

A meticulous dry manicure: fine e-file detailing lifts every trace from the cuticle area for an immaculate, glass-clean finish that lasts longer between visits.

Best for · immaculate cuticles, and polish that outlasts the ordinary.

QUICK VISITS

Express Buff, File & Polish	HANDS 20 · FEET 30
Express Gel Polish Change	HANDS 35 · FEET 40

The Finishing Touches

UPGRADES

French Finish	+10	Callus Peel	+15
Manicure Gel Removal	+10	Hot Stones	+15
Pedicure Gel Removal	+15	Paraffin	+15
Nail Repair	10 EACH	Nail Design, Gel Polish	FROM 20



Curated Journeys

Complete rituals, thoughtfully composed

CHAPTER SIX

The Ultimate Anti-Aging Ritual

ONE HUNDRED FIFTY MINUTES · 420

"Firmer. Brighter. Beautifully transformed."

Experience the pinnacle of rejuvenation with this age-defying ritual designed to firm, smooth, and illuminate. Your journey begins with our Collagen Contour Facial featuring Myoxinol™, a natural alternative to Botox, to visibly lift and restore youthful elasticity.

Arms and hands are then renewed with a gentle Microdermabrasion polish, followed by an LED enhancement to amplify radiance. The result: skin that feels firmer, brighter, and beautifully transformed.



THIS JOURNEY INCLUDES

Collagen Contour Facial — 90 MINUTES
With Myoxinol™.

Arms & Hands Microdermabrasion
A gentle renewing polish.

LED Light Therapy
To amplify radiance.

Best for · milestone occasions, and the most complete renewal we offer.

South Miami Escape

200

APPROX. 135 MINUTES

A personalized Swedish Massage infused with custom aromatherapy, followed by our Classic Citrus Manicure and Pedicure, for a refreshing ritual that smooths, nourishes, and leaves you polished and radiant from head to toe.

Best for · head-to-toe polish in one unhurried afternoon.

Detox & Renew

330

APPROX. 140 MINUTES

A Dead Sea Minerals Detox Body Polish and a rejuvenating Detox Body Wrap, followed by our Signature Facial and a soothing scalp massage, leaving you renewed, radiant, and deeply refreshed.

Best for · the full reset, body first, glow after.

Men's Recharge

155

APPROX. 90 MINUTES

Our AMA Men's Facial addresses character lines and signs of aging, followed by a targeted Reflexology session to alleviate stress and put your best face forward.

Best for · a full reset in ninety efficient minutes.

Mama-To-Be Serenity

135

APPROX. 60 MINUTES

A stress-reducing Pre-Natal Massage paired with a soothing foot scrub, designed to relieve aches and promote relaxation during this special time.

Best for · the second trimester onward, and an hour that is all yours.

Quick Radiance Boost

300

APPROX. 60 MINUTES · DELUXE HYDRAFACIAL

A 50-minute Deluxe HydraFacial to deeply cleanse and revitalize, complemented by precision brow, lip, and chin waxing for a polished, photo-ready finish.

Best for · forty-eight hours before the photographs.



The Series

Prepaid rituals, priced to reward the return

CHAPTER SEVEN

The Series

Commit to the ritual, and the ritual gives back. Prepaid series, priced to reward the return.

MASSAGE SERIES

Ten Swedish Massages · Sixty Minutes	1,040
Ten Hot Stone Massages · Sixty Minutes	1,120
Ten Deep Tissue Massages · Sixty Minutes	1,240
Ten Swedish Massages · Ninety Minutes	1,440
Ten Hot Stone Massages · Ninety Minutes	1,520
Ten Deep Tissue Massages · Ninety Minutes	1,640

PLATINUM HYDRAFACIAL®

Four Treatments	1,199
299 per treatment, against 325.	
Six Treatments	1,650
275 per treatment.	
Twelve Treatments	3,120
260 per treatment.	

DELUXE HYDRAFACIAL®

Four Treatments	1,015
254 per treatment, against 275.	
Six Treatments	1,395
233 per treatment.	
Twelve Treatments	2,640
220 per treatment.	

Your Moment Awaits

If you have been in our care before, thank you. It is a privilege we never take lightly. And if we have not yet met, come exactly as you are. We will take it from there.

RESERVE YOUR SANCTUARY

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amadayspa.com/book-now

SCAN TO RESERVE

5900 SW 73rd Street, Suite 103, South Miami, FL 33143

Tuesday through Sunday, 10 AM to 7 PM

amadayspa.com/shop · take the ritual home

Guest entrance and complimentary parking on SW 59th Avenue, between SW 73rd and SW 74th Street.

We will save some quiet for you.

WITH GRATITUDE



AMA Day Spa

Where Calm Becomes Luxury