

## TRADITIONAL MASSAGES

### *Swedish Massage*

Uses relaxing traditional European techniques to unwind you, stimulate blood circulation and eliminate toxins

**60 Min. \$80**

**90 Min. \$100**

### *Deep Tissue Massage*

Focuses on specific areas and tense muscles using deeper pressure and more firm techniques, this improves muscle flexibility and stress relief.

**60 Min. \$90**

**90 Min. \$110**

Combine a hot stone massage with your traditional treatment for extended relaxation. **Add \$10**

## PERSONALIZE YOUR SPA EXPERIENCE

### *Aromatherapy*

Customize your own massage experience with your choice of oils, a natural facemask and eye pads.

### *Oils*

**Coconut** A natural moisturizer; preventing liver spots and aging.

**Cocoa** A deep moisturizer; relaxing and relieving stress.

**Eucalyptus** A muscle and joint pain reliever; cooling and invigorating, relieves sunburn and insect bite irritation as well as sinus congestion

**Grapefruit** An anti-depressant, energizing and uplifting.

**Lemon** A powerful astringent, rejuvenating & adding radiance to dull skin

**Lemon Grass** A muscle & tissue toner; preventing the formation of acne.

**Orange Sweet** A detoxifier; soothing relief for dry, irritated skin.

**Peppermint** Cools and nourishes, improving oily skin and reducing irritation and redness.

**Rosemary** Improves blood flow and circulation.

**Tea Tree** Used to brighten and tighten skin for more radiant, younger skin and to boost the immune system.

## Masks

**Avocado** Nourishes sensitive or dry skin, leaving a smooth glow

**Aloe Vera** Locks in skin's moisture, maintaining elasticity and suppleness, reducing wrinkles, and giving oxygen to skin cells.

**Oatmeal** Restores the skin's natural moisture balance by protecting the skin from water loss. Also effective for blackheads and excess oil.

**Olive Oil, Honey and Lime** Treats sensitive and very dry skin.

**Papaya** Eliminates old dead skin cells, reducing the signs of premature aging.

**Tomato** Removes excess oils of the skin, its natural acidity keeping a balanced complexion.

## Eye Pads

Cucumbers

Kiwi

Potato

Star Fruit

## Body Treatments

The signature ingredients infused in all our spa treatments are carefully selected from our organic garden as well as the surrounding regions. The earth's natural minerals and botanicals help the skin's impurities, improve natural appearance and restore well-being.

All facial masks and body treatments are freshly hand prepared by our spa technician.

You may choose to start each treatment with a:

Hot Towels - Chamomile Tea Soaks

Chamomile is not only good for a relaxing evening tea, it's very soothing to the skin, while calming and rejuvenating. Unwind and let go of all stress.



## Body Scrubs

A suspension of coarse granules in a semi – liquid medium, body scrubs help to remove dead skin cells from the body while exposing a supple layer of younger skin. It leaves your skin feeling soft, fresh and rejuvenated.

### Cocoa

A very rich, handmade chocolate scrub designed to exfoliate, hydrate, and regenerate the skin. The body is exfoliated with cacao, brown sugar and sweet orange oil, followed by a light tissue massage using cacao body oil to complete this chocolate sensation. **90 Min. \$130**

### Heavenly Coffee

Wonderfully rich and aromatic, this coffee scrub uses freshly ground coffee beans and honey, while helping to exfoliate the skin and gives it a deep cleanse. The natural acids help to soothe and revitalize tired skin. This scrumptious scrub is followed by a mango / coconut glaze and light tissue massage.

**90 Min. \$130**

### Cinnamon, Olive Oil and Brown Sugar

Packed with vitamin rich olive oil, cinnamon and brown sugar, this smoothing scrub also exfoliates, moisturizes while leaving your body sinfully irresistible. The ingredients are a natural boost for the immune system and treats itchy skin. A light massage follows this treatment for continued relaxation. **60 Min. \$95**

### Queen Conch-Shell

Found in the shallows of the Caribbean, queen conch shells are rich in proteins and anti-aging keratins. These exotic conch shells are ground into powdery shell bits and mixed with aromatic oils to create a gentle scrub while polishing and revitalizing dry skin. A light massage follows this treatment for continued relaxation. **60 Min. \$95**

### Citrus Scrub, Lemon Oil, Blended Oranges, and Brown Sugar

A hydrating, replenishing, and exfoliating body scrub, the natural oils from the orange puts back moisture back into the skin, while revitalizing and bringing out its natural glow. A light massage follows this treatment for continued relaxation. **90 Min. \$100**

## Wraps

A body wrap has a slimming effect on the body, tightening and firming the skin. It also decreases excess water weight from the body while nourishing the skin.

### Cacao

A soothing treatment for tired skin. Indulge in a rich and warm rejuvenating body wrap, which cares for the silhouette as it reduces contours, caresses the skin. This wrap is removed with warm gloves and a shower followed by a purifying honey, mint and lime body polish with light and long traditional stroking movements. **90 Min. \$140**

### Coffee

Nourish your skin while detoxifying. Coffee is a natural weight loss treatment which also removes dead skin cells and impurities from the body. The mud wrap is generously brushed over the body and removed with warm gloves and a shower, followed by a purifying honey, mint and lime body polish with light and long traditional stroking movements.

**90 Min. \$140**

### Mud

This experience is exceptionally soothing, while alleviating stress and fatigue. The mud treatment relieves muscle aches, tension, and cramps associated with athletic and particular pain, as well as rheumatism and arthritis. This treatment hydrates, tones and detoxifies the skin, infusing the body with minerals and elements. After applying the mud, the body is then wrapped in plastic and covered with warm linens. The mud is removed after 20 minutes with warm gloves and a shower, followed by an optional massage. **90 Min. \$120**

For better results from the body wraps, the spa technician recommends drinking water before and after treatment to help the flushing of toxins.

Enjoy an optional drink with each treatment:

Ginger tea

Refreshing ginger drink with lime

Fresh fruit juices

Make your wraps more interesting and continue your coffee or cocoa experience with a chocolate coffee smoothie.

## Recommended treatments

### Sunburn Soother

Over exposure to the sun causes skin to burn and dehydrate. Relax and treat the skin in chamomile lotion with light strokes and a cool Aloe Vera face mask. **45 Min. \$40**

### Mosquito bite treatment

Sooth your itches and swollen skin with warm, fresh lime juice and baking soda paste. Removed with warm towels followed by soothing strokes over affected areas with ice rapped in a cloth which numbs the affected area to continue that soothing feeling. **45 Min. \$40**

These treatments can be repeated twice during your stay.

## Facials

The "Cher Mere" range of natural and herbal products have over the last seven years developed from a small scale skin care treatment to a highly intricate beauty care line. These facial products are made and imported from the Caribbean island of Trinidad and Tobago.

Basic "without mask" **\$50**    Deep cleanse "with mask" **\$70**



## Natural Facials masks

### Avocado

Keeps the skin plump, youthful looking and helps to prevent dry skin. It has both vitamin C and E and works well together as a powerful skin anti-aging combination.

### Aloe Vera

A great cleanser, toner and moisturizer for the face, this acts as a natural acne treatment and skin toner.

### Oatmeal

A recommended best treatment for removing excess oil.

### Olive Oil Honey and Lime

Rejuvenate and moisturize your face with this natural and simple face mask for dry or fissured skin. Honey, a nourishing beauty aid with antioxidants, coupled with lime, smoothens out the skin's complexion and prevents acne. Olive oil is a natural moisturizer and combined with the other substances acts as a UV protector.

### Papaya

Naturally exfoliates the skin and treats and eliminates old dead cells. Reduces signs of premature aging and other skin disorders

### Tomato

Not only is this good for acne but also for evening out skin complexion.

## Welcome Foot soaks

During consultations with your spa technician, pamper your feet with one of our foot refreshing foot soaks:

- Freshly sliced ginger and sweet lemon oil soaked in water heated to your preference. Very soothing for swollen and tired feet
- Freshly sliced cucumbers and peppermint oil soaked in water cooled to your preference.

## Citrus Feet and Hand scrubs

Just sit, relax and be pampered. Give yourself a boost of energy with this vibrant orange scrub. Antioxidant treatment relieves sun-damaged skin and helps fight the signs of premature aging. Citrus appeal provides an extraordinary experience for your skin by drenching it with essential vitamins and nutrients. Skin will emerge nourished and revitalized. **\$30**  
Added to any other treatment **\$20**

## *Honey Moon Package*

### **Head to Toe (day time)**

Let our spa technician pamper you!

Start your 2 hour special with a customized aromatherapy massage. Choose your own oils and facial mask, followed by a scalp massage while seated and having your feet soaked in a cucumber and peppermint water treatment. Enjoy a hot stone foot massage while being served a complimentary drink to complete your relaxation. Choose to sit inside or lounge outside while your partner receives his/her treatment.

**2 Hours \$190**

### **Romantic Spa Time (evening time)**

Start your experience from outside our spa 10 minutes prior to your spa treatment while sitting in our lounge chairs relax and enjoy a little private time surrounded by nature, lit candles, soothing music and if desired, a drink from the bar. Start your indoor treatment with the cocoa body wrap, followed by mask of your choice and neck and shoulder massage with light strokes. Or try our warm ginger and sweet lemon foot soak while you await your partner's treatment to be over.

**2 Hours \$220**

