



ISLAND ESSENCE

SPA

SPA WELCOME RITUAL FOR ISLAND ROMANCE COUPLES MASSAGE

Luxuriate in our beautifully appointed Relaxation Room prior to the start of your Couples Massage, indulging in a foot and head ritual designed to put you into a total state of relaxation.

THE MASSAGE COLLECTION

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| Sam Lords Swedish Massage | 60 mins | US\$170 | BDS\$340 |
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| | 90 mins | US\$255 | BDS\$510 |
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Indulge in a soothing massage that uses light to medium pressure, combining long flowing strokes with mesmerizing body oils. Let tension dissolve as each movement gently relaxes your muscles, promoting calmness and leaving you refreshed and restored.

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| Deep Sea Massage | 60 mins | US\$185 | BDS\$370 |
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| | 90 mins | US\$277 | BDS\$554 |
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Experience the power of deep tissue massage, where firm, deep focused pressure targets muscles to release built up tension and alleviate chronic pain. Precision techniques and deliberate, slower strokes work on tight, tense areas to bring relief and restore balance to the body.

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| Sam Lords Hot Stone Massage | 60 mins | US\$185 | BDS\$370 |
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| | 90 mins | US\$277 | BDS\$554 |
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Immerse yourself in the soothing warmth of a hot stone massage, where heated, smooth stones are gently placed and glided over your body. The comforting heat penetrates deep into your muscles, melting away tension and enhancing relaxation while hot stones are placed on the chakra points, rebalancing the body leaving you feeling completely renewed.

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| Back, Neck and Shoulder Massage (with hot stones) | 30 mins | US\$92 | BDS\$184 |
| | 45 mins | US\$138 | BDS\$276 |
| (without hot stones) | 30 mins | US\$85 | BDS\$170 |
| | 45 mins | US\$127 | BDS\$254 |

Melt away tension and restore balance with this deeply soothing treatment that focuses on areas where stress and tension accumulate the most, the upper back, neck and shoulders.

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| Nurturing mother to be Massage (after 1st trimester) | 60 mins | US\$170 | BDS\$340 |
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Embrace the beauty of motherhood with our Nurturing Mother to be Massage, a soothing and gentle treatment designed to provide comfort, relaxation and relief during this special time. Safe and nurturing techniques are used along with cushioned support that ensures you are fully comfortable.

SPECIALTY MASSAGE COLLECTION

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| Thai Herbal Ball Massage | 60 mins | US\$180 | BDS\$360 |
| | 90 mins | US\$270 | BDS\$540 |

Experience the healing power of nature with our Thai Herbal ball massage. This is a centuries old therapy designed to rejuvenate both body and mind. This unique treatment combines the use of heated herbal compresses filled with such aromatic Thai herbs as lemongrass, turmeric, kaffir lime and camphor, with massage to bring relief to tired muscles, address muscle pains, arthritis and in general restore balance to your senses and energy. This is a true indulgent and healing treatment. These herbs all have anti-inflammatory, astringent, anti-oxidant, and anti-microbial properties that help restore the body's health.

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| Signature Warm Candle Massage | 60 mins | US\$180 | BDS\$360 |
| | 90 mins | US\$270 | BDS\$540 |



Indulge in a truly unique experience that you will find nowhere else!
Choose from luxurious body butter candles either in toasted coconut which has a warm, tropical and soothing scent, or sandalwood which has grounding and calming effects. As the candle melts, the warm velvety oil is gently poured and massaged into your skin using long, flowing strokes.
This hydrating and deeply relaxing treatment soothes tired muscles, improves circulation and leaves your skin silky soft and radiant.

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| Bamboo Massage | 60 mins | US\$180 | BDS\$360 |
| | 90 mins | US\$270 | BDS\$540 |

Experience the grounding power of nature with our Bamboo Massage, a unique therapy that blends deep tissue techniques with the use of bamboo sticks to melt away tension and restore balance. This rhythmic massage promotes circulation, eases muscle stiffness and improves flexibility.

SCRUB AND BATH COLLECTION

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| Bath Ritual | 20 mins | US\$50 | BDS\$100 |
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Immerse yourself in the luxurious embrace of our Coconut Milk bath ritual.
A deeply hydrating and skin softening experience inspired by ancient beauty traditions. As you soak, the creamy coconut infusion calms the mind and softens the skin and transports you to a tropical paradise of relaxation. Coconut Epsom salts can also be used, which when gently dissolving, release magnesium to relax tired muscles and ease tension.

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| Coconut Sugar Glow Body Scrub | 25 mins | US\$100 | BDS\$200 |
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Experience the Ultimate in skin renewal, with our Coconut Sugar Glow Body scrub. This tropical indulgence blends pure coconut oil with bajan brown sugar to exfoliate and buff away dead skin cells while the rich coconut oil hydrates and softens, leaving your skin silky, smooth and radiant.

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| Coconut Salt Glow Body Scrub | 25 mins | US\$100 | BDS\$200 |
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Refresh and revitalize your skin with our Coconut Salt Glow Body scrub. This invigorating treatment blends pure coconut oil with mineral- rich sea salt to gently exfoliate, detoxify and deeply nourish your skin. Ideal for dry



or rough skin, this scrub not only polishes but also promotes circulation and rejuvenation, while the warm tropical scent of coconut soothes your senses.



THE FACIAL COLLECTION

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| Essential Prescriptive Facial | 60 mins | US\$180 | BDS\$360 |
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A prescriptive facial tailored to your current skin condition to achieve the best skin possible.

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| Detox Deep Cleanse Facial | 60 mins | US\$185 | BDS\$370 |
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Revitalize your skin with this deep cleansing facial designed to detoxify and restore balance. This treatment begins with a gentle exfoliation and steam to open pores, followed by extractions to remove impurities. High frequency is applied to calm inflammation, kill bacteria and stimulate cell renewal, leaving your skin visibly clearer and more radiant. Ideal for oily to combination, acne prone skin.

SPA JOURNEYS

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| Island Romance Couples Massage | 1hr 15 mins | US\$370 | BDS\$740 |
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This is a romantic journey of relaxation and renewal. Begin with a 15 mins serene head and foot ritual in our beautifully appointed relaxation room that is designed to ground you and prepare you for the indulgent escape ahead.

Then retreat into our private couple's suite for a Signature Warm Candle Massage with candlelight and rose petals to create that romantic ambiance.

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| Castle Escape | 1hr 45 mins | SOLO | US\$340 | BDS\$680 |
| Coconut Salt/Sugar Glow Body Scrub | | COUPLE | US\$660 | BDS\$1,320 |
| Bath Ritual | | | | |
| Signature Warm Candle Massage | | | | |



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| Bamboo Renewal | 2 hs | SOLO | US\$370 | BDS\$740 |
| Bamboo Massage | | COUPLE | US\$732 | BDS\$1,464 |
| Essential Prescriptive facial | | | | |

HALF AND FULL DAY SPA EXPERIENCES

- All Half and Full day Spa Experiences include a 3 course Spa Lunch with a bottle of Sparling Wine.
- The spa lunch menu will be emailed at the time of booking as there is a 24hour notice period needed.
- All lunches will be eaten in Papaya Paradise or Sugarcane Oasis treatment room patios overlooking the beautiful spa Pool.
- Lunch can be ordered with any treatment 90 minutes or longer but 24hour notice is to be given.
- The Spa lunch is US\$100 per person once purchased separately outside of the Spa Experiences.

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| Zen for Two-A Blissful Couples Retreat | 3 hrs | | US\$810 *per couple | BDS\$1,620 *per couple |
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Escape into tranquility with our Zen for Two Blissful couples spa experience, designed to bring harmony and relaxation to you and your partner. This indulgent journey begins with a revitalizing Coconut sugar scrub, gently exfoliating your skin to reveal a radiant glow. Next, sink into a luxurious milk bath with rose petals to soften and hydrate your skin and finish by unwinding side by side with a deeply soothing warm candle massage in a candlelit room, melting away stress and tension.

Foot ritual - Coconut Sugar Scrub - Bath Ritual - Couples Signature Warm Candle Massage 60 mins - Spa Lunch

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| Blissful Bond Mother and Daughter Spa experience | 3 hrs 30 mins | | US\$794 *for two | BDS\$1,588 *for two |
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Celebrate the special bond between mother and daughter with our Blissful Bond Mother and Daughter Spa experience, a luxurious half day retreat designed to relax, rejuvenate and reconnect. Begin your journey with a soothing foot ritual that will prepare you for your relaxing massage. Your pampering continues with an express facial that will leave you glowing, followed by a delectable 3 course Spa lunch where you can unwind and reminisce on your day together. Complete your experience with the Soft Feet pedicure that will leave your feet silky smooth and refreshed.

Foot Ritual - 45 mins Massage - 30 mins Express facial - Spa Lunch - Soft Feet Pedicure



Girlfriend's Luxe Escape
(Up to 4 girlfriends)

3 hrs 40 mins

US\$550

BDS\$1,100

*per person *per person

Indulge in the ultimate spa retreat designed for you and your closest confidante. Our Girlfriend's Luxe Escape is a lavish journey of relaxation and rejuvenation, set in a serene oasis of tranquility. Your experience begins with an exquisite foot ritual, followed by a Coconut salt or sugar scrub to gently exfoliate the skin leaving it silky smooth. Surrender to pure bliss with a soothing Sam Lord's Swedish Massage expertly designed to melt away tension and restore harmony to body and mind. Then revel in the glow of a luxurious facial tailored to deeply hydrate, refresh and illuminate your complexion. Complete your escape where you and your friend can reconnect over a 3course gourmet lunch to compliment your day of indulgence.

Foot Ritual - Coconut Salt Scrub - Sam Lords Swedish Massage 60 mins - Prescriptive Facial - Spa Lunch

The Ultimate Indulgence

5 hrs 45 mins

US\$770

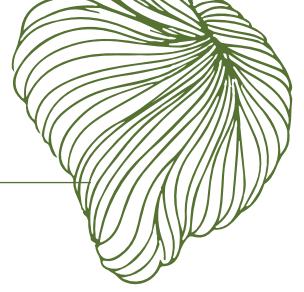
BDS\$1,540

Immerse yourself in a day of pure luxury and relaxation with the Ultimate Indulgence Retreat, a full day experience designed to restore your body, mind and spirit. Your journey begins with an exquisite coconut sugar scrub, gently buffing away dry skin to reveal a radiant, silky-smooth glow. Then slip into a state of serenity with a soothing bath ritual, where warm fragrant waters melt away stress and prepare you for a deeper relaxation. Next, surrender to the healing touch of the Sam Lord's Hot Stone Massage where the warmth from the stones will ease muscle tension and restore balance, followed by a luxurious facial that hydrates, nourishes, and enhances your natural radiance.

After a rejuvenating morning, enjoy a 3 course spa lunch with a bottle of sparkling wine looking onto the beautiful Spa Pool. Conclude your day of indulgence with an expertly crafted manicure and pedicure leaving your hands and feet polished and refreshed.

Coconut Sugar Scrub - Bath Ritual - 60 mins Sam Lord's Hot Stone Massage - Prescriptive Facial - Spa Lunch - Pomegranate Paradise Manicure - Soft Feet pedicure





WAXING

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|---------------------|---------|---------|----------|
| Full Leg | 45 mins | US\$105 | BDS\$210 |
| Half Leg | 30 mins | US\$80 | BDS\$160 |
| Bikini | 15 mins | US\$50 | BDS\$100 |
| Brazilian | 60 mins | US\$65 | BDS\$130 |
| Underarm | 15mins | US\$50 | BDS\$100 |
| Lip and Chin | 15 mins | US\$45 | BDS\$90 |
| Eyebrow | 15 mins | US\$45 | BDS\$90 |
| Nose | 10 mins | US\$20 | BDS\$40 |
| Full arm | 45 mins | US\$100 | BDS\$200 |
| Half arm | 25 mins | US\$50 | BDS\$100 |
| Chest | 45 mins | US\$100 | BDS\$200 |

EYEBROWS AND EYELASHES

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| Eyebrow Tint | 15 mins | US\$40 | BDS\$80 |
| Eyelash Tint | 30 mins | US\$55 | BDS\$110 |

NAIL CARE

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| Soft Feet Pedicure | 60 mins | US\$80 | BDS\$160 |
| Pomegranate Paradise Manicure | 60 mins | US\$75 | BDS\$150 |
| Tropical Delight Pedicure | 50 mins | US\$65 | BDS\$130 |
| Island Oasis Manicure | 45 mins | US\$55 | BDS\$110 |
| File and Polish Change | 15 mins | US\$20 | BDS\$40 |
| French polish Change | 30 mins | US\$30 | BDS\$60 |
| Gel French Polish Change | 30 mins | US\$35 | BDS\$70 |
| Gel Polish | 20 mins | US\$30 | BDS\$60 |
| Gel removal/soak off | 30 mins | US\$30 | BDS\$60 |





SPA RESERVATIONS

Internal - Ext 6700/ 6701
External: 246-622-1200 Ext 6700 and 6701

OPENING HOURS

Sunday to Thursday 9-5:30pm Friday and Saturday 9:30-6pm

CANCELLATION POLICY

Cancellations are accepted 4 hrs or more prior to the start of your treatment without incurring a charge. If notification is given within 4 hours or less to the start of the treatment, you are charged 50%. If you fail to show up for your treatment you will be charged in full.

CHECKING IN

We recommend you arrive at least 30 minutes prior to your appointment to allow time to fill in your medical consultation card , change and relax either in the Relaxation Room or by the private pool. Please bring your swimsuit in order to use the pool area. Should you arrive late, your appointment will be shortened to facilitate the next appointment.

AGE REQUIREMENT

The Spa is an adult only environment. The minimum age for access is 16 years.

Please respect the privacy of all guests and we kindly remind you our spa is a phone and smoke free space.



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