

The Spa  
at  
CALABASH  
GRENADA

MASSAGES

HEAD, NECK & SHOULDER MASSAGE

Our classic massage relaxing the head, neck and shoulders. This is the ideal treatment for those who work at computers all day—or those who've just completed long international flights.

20 minutes \$60

BACK MASSAGE

Luxurious relief for tight, stressed muscles in the neck and back to relieve tension.

30 minutes \$80

HANDS & FEET MASSAGE

Relax aching hands and feet with using warm towels to relax easing the stress away

45 minutes \$80

BACK & FEET MASSAGE

Focusing on the back down through the knees to the feet down using warm towels to cleanse, calm and relax the muscles.

45 minutes \$95

TOTAL HARMONY – SIGNATURE MASSAGE

Indulge with this signature aromatic warm oil massage. Long connective strokes and gentle stretching are fused with Asian and Thai techniques to create a powerful sense of well-being. This massage concludes with an herbal foot bath ritual (perfect for jet lag)

1 hour 30 minutes \$220

CARIBBEAN RESCUE – DEEP TISSUE MASSAGE

This intensive muscle melt deep tissue massage targets the deeper layers of the muscle and connective tissue. It improves flexibility, relieves pain and chronic soreness, and was designed for those who place strenuous demands on their bodies.

1 hour 15 minutes \$205  
1 hour 30 minutes \$250

PRICES ARE IN US\$ INCLUSIVE OF 10% SERVICE CHARGE AND 15% VAT

#### MUM TO BE – PREGNANCY MASSAGE

Take a moment to pamper you and baby with this nourishing massage, as we relieve your aches and pains during this special time. This treatment minimizes discomforts and promotes restful sleep patterns.

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|--------|-------|
| 1 hour | \$145 |
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#### AROMA SENSATION – AROMATHERAPY MASSAGE

A traditional massage, commencing with an inhalation of essential oils. Feel your body sigh with relief with this indulgent experience.

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|-------------------|-------|
| 1 hour            | \$150 |
| 1 hour 30 minutes | \$225 |

#### SWEDISH MASSAGE

A traditional massage full body massage. Our therapist gently manipulates your muscles with the use of massage oils. Improves flexibility and stimulates circulation.

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|-------------------|-------|
| 1 hour            | \$160 |
| 1 hour 30 minutes | \$240 |

#### REFLEXOLOGY

This treatment channels the ancient Chinese technique of pressure point foot massage. Increasing circulation and restoring the flow of energy throughout the body.

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|------------|-------|
| 45 minutes | \$120 |
|------------|-------|

#### HOT STONE MASSAGE

This massage uses the power of heated volcanic basalt stones to release deep-seated tension. The stones are placed on the key energy points of the body, relaxing all the muscles and creating a true warm journey for the soul.

|                   |       |
|-------------------|-------|
| 1 hour 15 minutes | \$200 |
| 1 hour 30 minutes | \$240 |

#### COUPLES MASSAGE

Enjoy this peaceful experience with your partner, while our therapists massage away the stresses of daily life.

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|-------------------|-------|
| 1 hour            | \$260 |
| 1 hour 30 minutes | \$410 |

## SPA JOURNEYS

### FOUR HAND MASSAGE

Lose yourself in a unique experience designed to relax your body and rebalance your mind. Two therapists will work in complete synergy to remove tension from tight muscles, relaxation and profound harmony.

1 hour

\$245

### COUPLE ROMANCE JOURNEY (Massage and Pedicure for 2 guests)

Escape with each other on this romantic journey of warmth and peace. Enjoy a side by side warm candle massage and pedicures.

2 hours

\$495

## BODY BEAUTY

### SKIN RENAISSANCE

Purify your skin and indulge in this tropical escape. Dry body brushing and a salt exfoliation re-energizes the skin, and after a refreshing shower you are pampered with a body butter massage.

1 hour

\$135

### BACK RECOVERY (Facial on the back)

This deep cleansing back facial was created to eliminate tension and bring relief to sore back muscles. This treatment includes deep cleansing, exfoliation, steam and extractions if necessary. A detoxifying clay mask is applied and concluded with a massage on the back and soles of the feet.

50 minutes

\$100



# ELEMIS

SPA THERAPY

SKIN CARE

(ALL SKIN TYPES)

## ELEMIS SENSITIVE SOOTHER FACIAL

This facial will soothe redness and sensitivity while making the skin feel calm and comforted.

1 hour

\$175

## ELEMIS SUPER FOOD PRO- RADIANCE FACIAL

This Facial will restore vital moisture and nutrient levels while offering a fresh, vibrant look.

1 hour

\$175

## ELEMIS PRO COLLAGEN AGE DEFYING FACIAL

This facial offers maximized cellular regeneration while allowing fine lines and wrinkles to be less visible.

1 hour

\$175

## ELEMIS ANTI-BLEMISH MATTIFY AND CALM FACIAL

This facial is best utilized by anyone with very oily skin to deep clean, detoxify and decongest the skin. It balances the oily, unsettled, congested and hormonal skin.

1 hour

\$175

## ELEMIS HIGH PERFORMANCE SKIN ENERGIZER FACIAL

This facial is catered to the facial needs of men and offers the rejuvenation and relaxation every man needs. It restores vital moisture, rehydrates tired eyes and revitalizes the skin.

1 hour

\$175

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## HANDS & FEET

### CALABASH SIGNATURE MANICURE

45 minutes                      \$55

### ULTIMATE MANICURE

1 hour                              \$65

### CALABASH SIGNATURE PEDICURE

55 minutes                      \$70

### ULTIMATE PEDICURE

1 hour                              \$80

## WAXING

|                  |          |
|------------------|----------|
| EYEBROWS         | \$22     |
| CHIN / UPPER LIP | \$10     |
| UNDER ARM        | \$30     |
| HALF ARM         | \$30     |
| FULL ARM         | \$60     |
| HALF LEG         | \$55     |
| FULL LEG         | \$80     |
| EYEBROW TINT     | \$30     |
| EYELASH TINT     | \$30     |
| BIKINI           | \$45     |
| BRAZILIAN WAX    | \$ 5 5   |
| HOLLYWOOD WAX    | \$ 6 5   |
| CHEST            | \$ 5 5   |
| BACK             | \$ 5 5   |
| FULL BODY        | \$ 2 0 0 |