

The Spa
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CALABASH
GRENADA

MASSAGES

BODY STRETCHES

Loosen stiff and tired muscles that need a little bit of care and attention.

20 minutes \$40

HEAD, NECK & SHOULDER MASSAGE

Relieve yourself from the tensions built up from the daily stresses of life with this quick but effective restorative treatment on the parts of the body that bear the most burden.

20 minutes \$45

HANDS & FEET MASSAGE

Loosen the muscles and joints that are most used during the day and improve blood circulation to keep these vital parts of the body in good condition.

45 minutes \$55

BACK MASSAGE

Emerge with the soothing feeling of relaxation and well-being as invigorating Swedish techniques are used to restore tired muscles and eliminate unwanted toxins.

30 minutes \$60
45 minutes \$75

BACK & FEET MASSAGE

This combination is *bliss*. After indulging in Swedish pleasures on the back, top it off with a soothing foot massage that leaves you floating on air.

45 minutes \$70

REFLEXOLOGY

This is a gentle and effective form of therapeutic treatment applied to the feet. Reflexology is an ancient treatment dated as far as 4000BC. Relax and enjoy this noninvasive treatment while the entire body is stimulated.

45 minutes \$75

All prices are in US\$ and are subject to 10% Service Charge + 15% V.A.T.

MUM TO BE – PREGNANCY MASSAGE

Take a moment to pamper yourself and your growing baby as we relieve your aches and pains during this special time. This treatment minimizes discomfort and promotes restful sleep patterns.

1 hour	\$90
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SWEDISH FULL BODY MASSAGE

Indulge in this combination of warm oils and manipulation of your muscles using various Swedish techniques to help improve your flexibility, boost immunity and stimulate circulation.

1 hour	\$95
1 hour 30 minutes	\$145

TOTAL HARMONY – SIGNATURE MASSAGE

Indulge yourself 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 a herbal foot bath ritual - perfect for jet lag.

1 hour 30 minutes	\$160
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AROMA SENSATION – AROMATHERAPY MASSAGE

This combination of gentle strokes and aromatic pleasures will stimulate the sensory nerves to invoke wellness and calm.

1 hour	\$110
1 hour 30 minutes	\$160

CARIBBEAN RESCUE – DEEP TISSUE MASSAGE

Relieve any pain or muscle tension throughout your body. This type of massage is extremely beneficial because it reaches the deepest layer of the muscles – the fascia (connective tissue surrounding the joints) and tendons. The aim of a deep tissue massage is to break down adhesions (tense areas within the muscle), which are very important to address as they cause pain, inflammation and limit the motion of muscles and joints.

45 minute	\$100
1 hour	\$130
1 hour 30 minutes	\$150

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 warming journey for the soul.

1 hour	\$155
1 hour 30 minutes	\$175

COUPLES MASSAGE

Enjoy this peaceful experience with your partner, while the soothing touches of our professionals extract the everyday stresses and tensions of life.

1 hour	\$195
1 hour 30 minutes	\$315

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B O D Y B E A U T Y

ELEMIS BODY POLISH

Purify your skin and indulge in this tropical escape. Dry body brushing and a salt exfoliation re-energize the skin, and after a refreshing shower you are pampered with a luxurious body cream of your choice.

1 hour

\$95

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.

60 minutes

\$85

ULTIMATE REHYDRATION THERAPY

Rehydrate your skin by indulging in this body brushing and gentle exfoliation, followed by a massage and body wrap in luxurious body milk. This treatment boosts circulation, brightens skin, adds moisture and helps to prevent premature aging.

1hr 45 minutes

\$195

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ELEMIS

SPA THERAPY

SKIN CARE

(ALL SKIN TYPES)

ELEMIS SENSITIVE SOOTHER FACIAL

Soothe any redness and sensitivity with this calming, comforting treatment.

1 hour

\$140

ELEMIS SUPER FOOD PRO- RADIANCE FACIAL

Restore vital moisture and nutrient levels while adopting a fresh, vibrant look.

1 hour

\$140

ELEMIS PRO COLLAGEN AGE DEFYING FACIAL

Regenerate your cells and diminish the visibility of unwanted lines and wrinkles.

1 hour

\$140

ELEMIS ANTI-BLEMISH MATTIFY AND CALM FACIAL

Detoxify and decongest very oily skin with this deep clean treatment – best suited for oily, unsettled, congested and hormonal skin.

1 hour

\$140

ELEMIS HIGH PERFORMANCE SKIN ENERGIZER FACIAL

Rehydrate and rejuvenate with this facial tailored specifically to the facial needs of men.

1 hour

\$140

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HANDS & FEET

MANICURE

45 minutes \$30

LUXURY MANICURE

1 hour \$35

POLISH CHANGE \$12

PEDICURE

55 minutes \$45

LUXURY PEDICURE

1 hour \$55

WAXING & TINTING

UPPER LIP	\$8
CHIN	\$8
EYEBROW SHAPING	\$12
UNDER ARM	\$25
BASIC BIKINI	\$30
BRAZILIAN	\$50
CHEST	\$35
BACK	\$40
HALF ARM	\$25
FULL ARM	\$40
HALF LEG	\$35
FULL LEG	\$45
EYEBROW TINT	\$12
EYELASH TINT	\$12

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