

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 \$50

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.

30 minutes \$55

LOWER LEG MASSAGE

Relieve tension in the lower leg to help bring the full body into relaxation

30 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.

45 minutes \$95

FULL LEG SPORTS MASSAGE

Restore free movement in the muscles which are overused and stressed from repetitive and often aggressive movement

45 minutes \$95

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.

1 hour \$110

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

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 \$120

INDIAN HEAD MASSAGE

Rebalance your body's energies through the use of acupressure massage techniques on the head, face, neck and shoulders. This massage may help to relieve tension and pain, clear sinuses, and help you to sleep better.

1 hour \$120

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 \$125

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 \$135
1 hour 30 minutes \$195

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 40 minutes \$200

AROMA SENSATION – AROMATHERAPY MASSAGE

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

1 hour \$145
1 hour 30 minutes \$210

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 minutes \$140
1 hour \$175
1 hour 30 minutes \$205

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

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	\$205
1 hour 30 minutes	\$245

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	\$270
1 hour 30 minutes	\$390

BODY BEAUTY

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.

45 minutes

\$120

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

\$105

BLACK BALTIC BODY WRAP

This detoxifying treatment will help to extract pore clogging impurities and improve skin texture

60 minutes

\$130

ROSE MUD WRAP

Refine and soften your skin and enhance your skin cell renewal with this deeply hydrating wrap.

60 minutes

\$130

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 ageing.

1hr 45 minutes

\$240

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



ELEMIS

SPA THERAPY

SKIN CARE

(ALL SKIN TYPES)

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

\$175

ELEMIS SENSITIVE SOOTHER FACIAL

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

1 hour

\$175

ELEMIS SUPER FOOD PRO- RADIANCE FACIAL

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

1 hour

\$175

ELEMIS PRO COLLAGEN AGE DEFYING FACIAL

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

1 hour

\$175

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

HANDS & FEET

MANICURE

45 minutes \$40

PEDICURE

55 minutes \$60

LUXURY MANICURE

1 hour \$45

LUXURY PEDICURE

1 hour \$75

POLISH CHANGE \$15

ADD ONS

CND SHELLAC POLISH \$18

CND VINYLUX \$15

WAXING & TINTING

UPPER LIP \$10

CHIN \$10

EYEBROW SHAPING \$15

UNDER ARM \$30

BASIC BIKINI \$35

BRAZILIAN \$65

CHEST \$40

BACK \$50

HALF ARM \$30

FULL ARM \$50

HALF LEG \$45

FULL LEG \$55

EYEBROW TINT \$15

EYELASH TINT \$15

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