

The Spa
at
CALABASH
GRENADA

MASSAGES

BODY STRETCHES

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

20 minutes \$30

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 \$35

LOWER LEG MASSAGE

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

30 minutes \$35

FULL LEG SPORTS MASSAGE

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

45 minutes \$45

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 \$50

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 \$60

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

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 \$60

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 \$80

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 \$85

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 \$125

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 \$130

AROMA SENSATION – AROMATHERAPY MASSAGE

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

1 hour \$100
1 hour 30 minutes \$130

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

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	\$100
1 hour	\$115
1 hour 30 minutes	\$130

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	\$130
1 hour 30 minutes	\$150

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

BODY BEAUTY

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.

45 minutes

\$60

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

\$55

BLACK BALTIC BODY WRAP

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

60 minutes

\$75

ROSE MUD WRAP

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

60 minutes

\$75

CARIBBEAN GLOW

Flaunt that glow that was gracefully gained from your Caribbean vacation. Begin with a gentle salt and honey body exfoliation and face cleanse. Followed by a massage with warm stones and handmade coconut oil. The best time to enjoy this treatment is shortly after arrival to Grenada.

1hr 30 minutes

\$120

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

\$140

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



FACIALS

ELEMIS SENSITIVE SOOTHER FACIAL 1 hr \$75

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

ELEMIS SUPER FOOD PRO- RADIANCE FACIAL 1 hr \$75

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

ELEMIS PRO COLLAGEN AGE DEFYING FACIAL 1 hr \$75

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

ELEMIS ANTI-BLEMISH MATTIFY AND CALM FACIAL 1 hr \$75

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

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

HANDS & FEET

MANICURE

45 minutes \$30

LUXURY MANICURE

1 hour \$35

POLISH CHANGE \$7

PEDICURE

55 minutes \$45

LUXURY PEDICURE

1 hour \$55

ADD ONS

CND SHELLAC POLISH \$12

CND VINYLUX \$10

WAXING & TINTING

UPPER LIP \$7
CHIN \$7
EYEBROW SHAPING \$10
UNDER ARM \$20
BASIC BIKINI \$30
BRAZILIAN \$55
CHEST \$20
BACK \$30
HALF ARM \$25
FULL ARM \$35
HALF LEG \$30
FULL LEG \$45

EYEBROW TINT \$12
EYELASH TINT \$12

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

SPA ETIQUETTE

APPOINTMENTS

Spa Reservations are necessary and can be made through our concierge desk or online:

[Book Online](#)

Concierge: Ext: 2041 WhatsApp: 473 534 5941 Email: frontdesk@calabashgrenada.com

BOOKING ADVICE

Please notify your therapist of any medical conditions, skin allergies or experience of adverse reactions to products. Also, please advise of any recent medical procedures or pregnancy, prior to scheduling your appointment.

ARRIVAL

We ask that you arrive 5 minutes prior to your appointment time to fully relax. We also ask that you shower in advance of your arrival at the spa in order to remove lotions and oils from your skin in preparation for your treatment, and kindly wear a mask throughout treatments that do not involve the face.

Completion of our consultation form is required to ensure our therapists can perform treatments best suited to your needs. We offer our guests a reliable treatment schedule. Consequently, late arrivals will not receive an extension of their treatment time, however the full treatment price will apply.

AGE RESTRICTIONS

Spa treatments are available to guests aged 12 yrs and above. Babies and small children are not permitted within the Spa.

CANCELLATION POLICY

We exercise an 8 hour cancellation policy with 30% treatment cost being applied. All Spa guests are required to provide credit card details when booking multiple treatments or group bookings.

CLOTHING APPAREL

Robes and slippers are provided within the Spa. Our Spa Therapists are professionally trained in draping techniques to ensure your privacy and comfort.

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

VALUABLES

We recommend valuables are left within the safety of your room. We cannot be held responsible for any lost items.

GRATUITY

10% Service Charge and VAT is included. You may add an additional gratuity for your therapist if you wish, but it is not expected.