

The Spa
at
CALABASH

Luxury Boutique Hotel

GRENADA

 RELAIS & CHATEAUX

TREATMENT GUIDE





THE SPA AT CALABASH

Discover the calming spirit of The Spa at Calabash where we offer holistic treatments, yoga and other holistic approaches to mental quietude, physical wellbeing and spiritual balance.

The Spa at Calabash's experience has been designed to empower our guests to reposition themselves at the center of their own lives by tending to their bodies, their minds and their spirits.

[BOOK HERE](#)

Open 9:00am to 5:00pm daily
Reservations are required

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MASSAGE

Using a combination of cleansing mineral salts, oil blends and aromatics with an unparalleled level of expertise in massage and conditioning, leaving healthy, revitalised skin and deeply eased muscles.



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.

45m \$125 | 1h \$145 | 1h 30m \$165

FULL BODY SWEDISH 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.

1h \$120 | 1h 30m \$155

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.

45m \$65

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.

1h \$165 | 1h 30m \$190

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.

1h \$105

MASSAGE

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.

30m \$45

LOWER LEG MASSAGE

Designed to soothe the lower legs and improve circulation.

30m \$45

FULL LEG SPORTS MASSAGE

A great treatment for cyclist and hikers.

45m \$55

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.

45m \$75

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.

45m \$100

BACK & NECK MASSAGE

30m \$45 / 1h \$90

INDIAN HEAD MASSAGE

A treatment that focuses on massaging accupressure points along the head, neck, and shoulders, often using circular massage strokes to improve hair and scalp condition, also for preventing headaches and migranes.

45m \$75

AROMATHERAPY MASSAGE

1hr \$125 / 1h30m \$165





FACIAL

Using Elemis products, our treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. Elemis product is applied using a combination of ancient and modern massage techniques, resulting in thriving, visibly healthy and energised skin.

PRO COLLAGEN AGE DEFYING FACIAL

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

1h \$115

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.

1h \$95

SENSITIVE SOOTHER FACIAL

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

1h \$95

SUPER FOOD PRO-RADIANCE FACIAL

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

1h \$100

CALABASH



ZERO MILES SPA

Using ingredients carefully sourced by local artisans from the island, we have put together a selection of treatments to nourish your body, harmonizing with Grenada's organically grown products. Each treatment is specifically designed to relax and restore, revealing healthy and nourished skin.

LEMONGRASS DEEP TISSUE MASSAGE

Reach the deepest layer of your muscles whilst hydrating the skin with whipped cocoa butter infused with lemongrass. Cocoa's natural properties increase blood flow and detoxify, protecting the skin from free radical and UV damage whilst lemongrass removes impurities. Designed to relax and restore, revealing healthy, clean feeling skin.

1h \$145 | 1h 30m \$165

HARMONIZING HONEY FACIAL

Harmonize your skin with purity of Grenada's organically grown ingredients. The facial begins with a gentle cleanse before a detoxifying honey mask drawing any deep-set impurities out. Next, a cocoa polish is applied, its natural healing properties reduce the risk of scarring and contains natural enzymes that have a gentle exfoliating effect, keeping skin hydrated and supporting the natural moisture barrier.

45m \$80

LEMONGRASS BACK MASSAGE

Envelop in a rejuvenating back massage using ingredients carefully sourced by local artisans on the island. Softly whipped lemongrass infused cocoa butter accompanies Swedish techniques that soothe muscle tension and releases unwanted toxins whilst softening the skin.

45m \$65

CALABASH

BODY TREATMENTS

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 your arrival to Grenada.

1h 30m \$150

BACK RECOVERY

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.

50m \$70

BLACK BALTIC BODY WRAP

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

1h \$95

ELEMIS BODY POLISH

An exotic exfoliation ritual to invigorate and revitalize the body. After a light body brushing, your skin is deeply cleansed, polished and softened to perfection. The ritual is completed by an application of hydration body balm.

45m \$75

ROSE MUD WRAP

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

1h \$95

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.

1h 45m \$175



COCOA INFUSED TREATMENTS

Using the best of Grenada's antioxidant-rich cocoa, our selection of chocolate-infused treatments are designed to enliven and invigorate the skin. The polyphenols found in cocoa deliver deep and lasting hydration that boost skin's elasticity, leaving your skin restored and uplifted to a healthy balance.



CHOCOLATE BODY WRAP WITH FACIAL

Luxuriate in our soothing chocolate body wrap. The treatment begins with a light exfoliation of chocolate mousse body polish before being wrapped to lock in the detoxifying power of Grenada's antioxidant-rich cocoa. Whipped cocoa butter is used as a silky rich finish, delivering deep and lasting hydration that boosts skin's elasticity. Finish with a detoxifying face mask, readying the skin for the hydration of moringa facial oil, a natural humectant that draws moisture to the skin and boosts collagen production.

1h \$125

SOOTHING COCOA FACIAL

Our soothing cocoa facial begins with a gentle facial cleanse. A honey & cocoa mask is then applied, its natural healing properties support the skin's moisture barrier and promote cellular regeneration. Lastly, the skin is lightly moisturised with rose cocoa butter. The polyphenols from cocoa deliver deep and lasting hydration, leaving your skin restored to a healthy balance and glowing complexion.

45m \$80

SWEDISH MASSAGE WITH LAVENDER OIL

Re-establish the body's circadian rhythm through the healing power of lavender, relaxing the body ready for a peaceful night's sleep. Using Swedish techniques to relax tight muscles, lavender calms and soothes with its anti-inflammatory properties, reducing joint and muscle pain.

1h \$120 | 1h 30m \$155

TOTAL HARMONY SIGNATURE MASSAGE

Indulge yourself with this signature aromatic warm oil massage. Long connective strokes and gentle stretching are fused to create a powerful sense of wellbeing. This massage concludes with a herbal foot bath ritual --perfect for jet lag.

1h 40m \$165

SLEEP RESCUE & JET LAG RECOVERY

We have a selection of deeply restorative treatments designed to nurture and acclimatise the body's circadian rhythm through the healing power of plants,



CALABASH



WAXING

Upper Lip Wax
15m \$10

Chin
15m \$10

Under Arm Wax
30m \$25

Eyebrow Shaping
20m \$15

Chest
40m \$25

Back
40m \$40

Half Arm Wax
30m \$30

Full Arm Wax
45m \$40

Half Leg Wax
40m \$40

Full Leg Wax
1h \$55

HANDS & FEET

Manicure
45m \$40

Pedicure
55 \$55

Polish Change
15m \$10

Gel Polish Removal
20m \$10

CND Shellac Manicure
1hr 10m \$55

CND Shellac Pedicure
1hr 10m \$70



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