

The Spa

AT PALM ISLAND RESORT





WELCOME TO

The Spa

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Every element expresses a responsible ethical approach to health and well-being. We have selected what we believe to be the best quality brands to give you a range of treatments for your every need and inclination. We can also help you choose what may be right for you, so that spending time here is as pleasurable as possible.

Please note that The Spa is open daily from 10am until 7pm.

HOW TO SPA



RESERVATIONS & CANCELLATIONS

Please book spa treatments at least 12 hours in advance. Whilst walk in appointments are accepted, they are also subject to availability. Should you wish to cancel a 'Spa Package' clients are requested to provide 24 hours' notice otherwise 100% of the appointment cost will be charged to your room.

For all other treatments clients are requested to provide 12 hours' notice otherwise 50% of the appointment cost will be charged to your room. If you do not arrive for your appointment we will charge the full treatment price.

BEFORE YOUR TREATMENT

We ask that you allow enough time for your experience and to arrive 15 minutes prior to your appointment so that we can offer you a refreshment and the opportunity to relax before your treatment. We will ask you to complete a consultation form that will include questions regarding your current medical status.

Please note that treatments often stimulate an increased blood flow which may be inadvisable for those with certain medical conditions. We want to ensure that your chosen treatment is suitable for you and that you get the most from your experience with us.

ATTIRE

Our recommendation is to be comfortable. Less is best to experience the full benefit of each treatment. Robes, disposable underwear and slippers are available at the Spa or please feel free to come dressed in room robes.

PERSONAL BELONGINGS

We recommend that you leave all valuables in your room safe as we cannot take any responsibility for loss or damage to personal belongings. We request that you do not use your mobile phone whilst in the Spa.

PAYMENT & GRATUITIES

Payments are to be made at the hotel Reception and we accept cash and all major credit cards. For your convenience 15% VAT (St Vincent and the Grenadines Value Added Tax) will be added automatically to your bill. Gratuities are happily accepted at your discretion and can be made directly to your therapist or added to your bill.

Signature Treatments

ULTIMATE MASSAGE (90 Mins) \$140

Specialized techniques, drawn from all over the world to offer you a bespoke and unique treatment. This treatment includes deep yet soothing massage movements and stretches, focusing on the back, neck and shoulders, feet and scalp. However we can focus on your areas of concern, depending on your needs.

BATHING EXPERIENCE (Bath lasts 30 Mins) \$50

Relax and indulge the soul with a beautiful aromatherapy bath to heighten the senses and clear the mind.

Caribbean Blue Naturals

- Frangipani bath oil
- Hibiscus bath oil

Aromatherapy Associates

- Light Relax
- Revive
- Rose (suitable during pregnancy)

Alternatively, we invite you to relax in our jacuzzi for 30 minutes, before or after any treatment for \$30 per person or \$45 per couple.

THE HIBISCUS PACKAGE (150 Mins) \$220 OR \$400 for two people

Renowned for being 'the botox of the Caribbean', the hibiscus flower boasts many magical properties that we've harnessed for this superior treatment. Starting with a Hibiscus Oil bath to calm and relax, your body is then rejuvenated with a hibiscus scrub and wrap treatment. The experience then continues with a blissful body massage and concludes with the revolutionary hibiscus facial to smooth, brighten and tighten the skin.

HARMONIZED MASSAGE (50 Mins) \$130

This sensational massage is uniquely provided by two therapists, working together in perfect harmony. The synchronization will balance the pressure of the whole body whilst greatly improving circulation. This indulgent treatment is based upon a combination of shiatsu, traditional and Lomi- Lomi massage that will leave you entirely re-energized.



Aromatherapy Associates

At the forefront of aromatherapy for over 30 years, Aromatherapy Associates believe passionately in the healing powers of natural plant extracts. From sourcing ingredients and developing products, to blending oils and creating their unique, recognizable aromas, Aromatherapy Associates maintain the highest standards of quality to bring you an aromatherapy experience that's as effective as it is luxurious

SIGNATURE BODY TREATMENT

The Ultimate Aromatherapy Experience (60 Mins) \$100 or (90 Mins) \$140

This balancing treatment starts with a consultation to find out what your emotional and physical needs are. From that we carry out an aromatherapy smell test to allow you to choose the oil most suitable for you.

There are twelve signature oils to choose from, formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for body and mind. In the longer treatment extra attention is given to the facial massage.

FACIAL TREATMENTS

Ultimate Aromatherapy Associates Facial (90 Mins) \$130

A bespoke facial, designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous.

Essential Rose Facial (60 Mins) \$90 or (90 Mins) with back massage \$130

Luxurious rose oils help condition the skin and deeply nourish. The result is a smooth, radiant complexion and a relaxed state of mind.

SCRUB & WRAP TREATMENTS

Intense Nourishment (90 Mins) \$140

A deep treatment for dry, devitalized skin, to leave the whole body intensely nourished and smooth. Includes a scrub, followed by the layering of hydrating marine algae and a velvety moisturizing body butter.

Rose Hydrator (60 Mins) \$100

This intensely hydrating treatment includes the layering of rich rose serum, oil and cream. Your body will be left radiant, soft and smooth. Your spirits will be bright and uplifted.



AROMATHERAPY
ASSOCIATES
LONDON



WELL BEING TREATMENTS

Intensive Muscle Release (60 Mins) \$100

An intensive massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension.

Jet Lag Cure (90 Mins) \$140

A treatment for weary travellers to get you back on track when you're feeling fuzzy, tired and sluggish.

Intensely Nourishing Hair Treatment (30 Mins) \$60

Richly scented essential oils are massaged into the hair, releasing tension, conditioning the scalp and leaving hair super-shiny, glossy and nourished.

PREGNANCY TREATMENT

Ultimate Rose Pregnancy Massage (60 Mins) \$100

Relieve stresses and strains, heavy legs and an aching back with this all over body treatment. Includes relaxing and rejuvenating full scalp and facial massage.



Caribbean Blue Naturals

Caribbean Blue Naturals are a 100% all-natural spa products made with the finest quality ingredients from the exotic island of St. Lucia, West Indies and beyond. Only the best ingredients are used in formulating exquisite products that will nourish your skin and enhance your appearance for a radiant healthy glow. Free of artificial colours, preservatives, mineral oils or other harsh ingredients.

ORGANIC OILS

Yang Ylang, lavender & patchouli (anti aging)
Lavender & lemongrass (relaxing)
Basil, papaya & lime (harmony)
Frangipani (calming & rejuvenating)
Hibiscus (firming & lifting)
Grapefruit, black pepper, anise & peppermint (anti-cellulite)

SIGNATURE BODY TREATMENTS

🌸 **The Palm Island Massage (90 Mins) \$130 or (120 Mins) \$170 to include use of the jacuzzi prior to treatment**

Achieve a deeper dimension of relaxation, health and well being with this combination treatment that's been exclusively created for our guests. Starting with 30 minutes of deep tissue massage to warm the muscles, treatment continues with 10 minutes of Shiatsu and then 20 minutes of warm stones massage to truly melt away tension. 30 minutes of reflexology will conclude your treatment, restore your energy and improve your health.

🌸 **Indian Head Massage (45 Mins) \$60**

This treatment is based on the Ayurvedic system of healing which has been practiced in India for over a thousand years. It releases the stress that has accumulated in the tissues, muscles and joints of the face, neck and shoulders.

🌸 **Reflexology (50 Mins) \$80**

Reflexology is an ancient therapy that was introduced to the Western World over a 100 years ago. It is a non-intrusive complementary therapy which is based on the theory that different points of the feet, lower leg, hands, face and ears correspond with different areas of the body.

🌸 **Caribbean Traditional Massage (60 Mins) \$90**

This full body massage from the top of your head to your toes, stimulates your blood circulation, improves your energy and releases tension.





🌸 Shiatsu Massage (60 Mins) \$90

Physical therapy that supports and strengthens the body's natural ability to heal and balance. Using touch, comfortable pressure and manipulative techniques to adjust the body's physical structure and balance its energy flow.

FACIAL TREATMENTS

🌸 Hibiscus Facial (60 Mins) \$90

An intensive anti-aging treatment using the rejuvenating properties of hibiscus. Your skin will be smoother, brighter, firmer and more supple due to the improved hydration and elasticity.

🌸 Frangipani Facial (60 Mins) \$90

This calming treatment uses facial pressure point massage to ease tension and clear the mind. The slow rhythmic massage technique used on the shoulders, back and head provide complete tranquility and relaxation, promoting a sense of well being.

SCRUB & WRAP TREATMENTS

🌸 Frangipani or Hibiscus (90 Mins) \$130 or \$200 for two people

Indulge your body and senses with Frangipani - one of the best ingredients for the skin and with one of the highest level of anti-oxidants. Alternatively, you may decide to opt for the Hibiscus treatment - our natural botox of the Caribbean! Packed with smoothing and hydrating capabilities, hibiscus is excellent for increasing the natural elasticity of the skin.

Your chosen treatment will include an invigorating body scrub which is then followed by a hydrating body wrap. The treatment concludes with a relaxing and heavenly scented oil massage to the body

WELL BEING TREATMENTS

- ✿ **Sun Worshipper (50 Mins) \$85**
After a day spent in the Sun, come and enjoy our special treatment to calm, soothe and rehydrate your skin. Cucumber and honey will cool and soothe your body before an application of Aloe Vera eases sun burn, helps to prevent skin peeling and locks in moisture.
- ✿ **Anti Cellulite (90 Mins) \$130**
This effective treatment begins with a dynamic hibiscus scrub, which contains active ingredients to encourage lymphatic drainage and to stimulate an increase in blood circulation. A citrus-based blend of essentials oils eases tension of the mind, aids in the break down of fatty acid deposits and, leaves the skin toned and energized. The treatment concludes with a purifying mud mask which contains volcanic ash to promote the synthesis of collagen in the skin.
- ✿ **Spa Luxury Manicure (50 Mins) \$70**
Including a warm hydrating soak, aromatherapy hand massage, nail shaping and cuticle conditioning treatment. A detoxifying paraffin wax treatment will leave your hands smooth and moisturized before nails are polished and painted to perfection.
- ✿ **Spa Luxury Pedicure (50 Mins) \$70**
Starting with a warm fragrant foot bath to relax the senses, your feet will then be buffed with marine sea salts before being wrapped in thermal mud to smooth and brighten. A detoxifying paraffin wax treatment prepares your feet for rich, hydrating creams to be massaged in before your toes are polished and painted to perfection.
- ✿ **Shellac Manicure (50 Mins) \$70**
- ✿ **Shellac Pedicure (50 Mins) \$70**





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