



Soothing Touch Spa



MENU OF SERVICES

LOOK
FEEL **great**

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MASSAGE SERVICES

We do FULL 30, 60 & 90 minute treatments.



It is necessary to escape into another world due to our busy work schedule. There are lots of health benefits to shun all external stimuli and work on our inner selves - from a couple of hours to a few weeks.

If we can afford the time, take a couple of weeks off - fly to a new destination such as Marigot Beach Club. A change of environment can be good for the soul. You can visit us at www.marigotbeachclub.com to go through the spa menu to get an idea of what treatments are available.

So what does a day spa in the hotel provide? It can be a space to pamper ourselves in much needed "me" time, to chill out, relax, recharge, reflect, detox and re-energize. Our spa caters to a range of health promoting experiences. The curative powers of massage therapies have been developed on since early times. Spas and massage therapies are thus naturally connected. The caring touch of a skilled therapists' hands on our bodies benefits beyond the physical.

So here's our list of 10 benefits of our spa we can achieve through therapeutic massages:

1. Disengaged from work, family and friends.
2. Slow down and allows the body to re-generate.
3. Improves blood circulation hence sending more oxygen and nutrients through the body and cells.
4. Stimulates the lymphatic system to rid the body of toxins.
5. Releases Serotonin and enhancing the "feel good" factors.
6. Relieves chronic pain situations - arthritis, sciatica and muscle spasms.
7. Body exfoliating treatments polishes the skin, promotes cells re-generation, refines pores and offers skin relief.
8. Water is yin and yang - when body is submerged in water, it offers true balance.
9. Heat treatments to stimulate blood circulation and initiate purifying process.
10. Body wraps to re-mineralize the body, re-charge the body with nutrients and elements, boosting moisture in the skin, helping to rejuvenate and relax the body and mind.



BAY SIDE BLISS MASSAGES

OUTDOOR RELIEF MASSAGE

30 min **\$45**

60 min **\$85**

90 min **\$125**

Aromatherapy, steam & a full body massage, what a blissful outdoor treatment! You receive a Swedish, Sports or Deep Tissue Massage which is complimented by steam to hydrate and open your sinuses and a unique blend of essential oils to alleviate high altitude symptoms (headache, loss of sleep, and shortness of breath). This massage is the key to feeling your best at our Bay side Resort.

LAVENDER/LEMONGRASS MASSAGE

30 min **\$45**

60 min **\$75**

90 min **\$115**

When your excursion adventures are done and you are sore and tired, this is the best treatment for fast recovery. This therapy uses lavender to provide immediate relief to sore muscles. Lavender improves muscle recovery and reduces pain and bruising. It can also be used with Lemongrass that acts as an anti-inflammatory essential oil. This massage includes your choice of Swedish, Deep

Tissue or Sports Massage, enhanced with warm hot packs. The ultimate way to recover from your day!

CLASSIC MASSAGES

SIMPLE SWEDISH MASSAGE

30 min **\$45**

60 min **\$75**

90 min **\$115**

This wonderfully relaxing massage technique uses light pressure and smooth sweeping strokes to increase circulation, relieve tension, restore energy and create a sense of well being. This massage is perfect for those who don't enjoy deep pressure or are new to massage.

DEEP TISSUE MASSAGE

30 min **\$45**

60 min **\$75**

90 min **\$115**

Deep tissue massage is ideal for people who do enjoy deep pressure! This massage will locate and relieve tension, chronic problem areas and rebalance your energy flow. It is an invigorating massage with lasting therapeutic effects.

SPORTS MASSAGE

30 min **\$45**

60 min **\$75**

90 min **\$115**

This type of therapy is ideal for people who live life on the go. The therapy uses medium to deep pressure and will



enhance movement, flexibility and optimize muscle functioning. It includes muscle flushing, pressure, friction and stretching. This treatment can be used before or after athletic events or for maintenance between events.

COUPLE'S MASSAGES

Couples Massage is the perfect romantic choice for a couple's getaway. Choose the type of massage you'd like as individuals, but relax together in our beautiful couple's room. This service is intended for couples.

COUPLES BACK MASSAGE

30 min **\$55**

COUPLES FULL BODY MASSAGE

60 min **\$120**

SPECIALTY MASSAGES

HOT STONE MASSAGE

60 min **\$90**

90 min **\$130**

This pampering massage uses heated stones to provide a luxurious, gliding sensation of warmth that penetrates deeply into your tissues. The therapist works with stones and hands to help relieve tense, sore muscles and restore well being to your body and mind.



MOTHER TO BE MASSAGE- PRENATAL

30 min **\$45**

60 min **\$75**

90 min **\$115**

Now is the time to let someone else take care of you! Allow a therapist trained in prenatal massage aid in relieving the aches and pains that your body can feel from carrying a new life. This treatment is available to mothers who are 12 weeks and beyond. For mothers who are under 12 weeks, please bring a note from your OBGYN or nurse mid-wife stating that it is ok for you to receive massage in your first trimester.

EXCLUSIVE MESSAGES

TRADITIONAL THAI YOGA MASSAGE

60 min **\$80**

90 min **\$120**

An ancient healing art also known as "lazy yoga" because it is like doing yoga without any work. The therapist moves your body into a series of Thai yoga stretches while integrating kneading, compression and acupressure along energy lines. It will improve your body's mobility and flexibility. Thai Yoga massage is performed on floor mats, fully clothed and without the use of oils or creams, so please wear warm,

comfortable clothing. Please check for availability. Please check for availability.

KEEP IT SIMPLE MASSAGES

FULL BODY MASSAGE

60 min **\$75**

BACK MASSAGE

30min **\$33**

LEG MASSAGE

30 min **\$22**

MASSAGE ADDITIONS

AROMATHERAPY

*Add **\$5** to any massage*

Let one of our therapists help you choose an essential oil or blend of essential oils to compliment your treatment and enhance the therapeutic benefits of your massage.

MIX IT UP!

*Add **\$5-\$10** extra depending. Please ask.*

Have a special request? Well, don't be afraid to mix it up. Add a few hot stones, do a Swedish/ Deep Tissue mix, add in extra stretching, add a high altitude treatment to a Tibetan Massage or Hot Stone. The sky is the limit!



TREATMENTS



SOOTHING FACIAL MASSAGE

30 min **\$50**

Combine with a 30, 60 or 90 min massage for \$5 off

Rejuvenate with a simple, 30 minute facial using steamed towels, refreshing lemon cleanser and nourishing avocado moisturizer. Indulge with a head, neck and shoulder massage.

(performed by massage therapist).

FEET TREAT

30 min **\$50**

Combine with a 30, 60 or 90 min massage for \$5 off

Love your feet. Give them a treat. It is a great way to detox and unwind. Enjoy a foot scrub, reflexology and peppermint leg massage.

SKIN CARE

THE PERFECT FACIAL

60 min **\$90**

90 min **\$135**

Indulge and unwind with a results oriented facial using high concentrations of active, biogenic ingredients found naturally in your skin. Our facial focuses on your individual skin care needs to reverse signs of aging, treat skin conditions, brighten, hydrate & nourish. This treatment includes skin analysis, deep cleansing,

steam, exfoliation, extraction, massage & serums to leave your complexion refreshed and radiant.

MINI FACIAL

30 min **\$55**

Combine with a 30, 60 or 90 min massage for \$5 off

The same concept as The Perfect Facial, but abbreviated! This treatment is great alone or the perfect compliment to a massage session.

ULTIMATE ANTI-AGING FACIAL

60 min **\$120**

90 min **\$180**

This facial takes all the wonders of The Perfect Facial and adds amazing anti-aging flair. Take it up a notch with a deep enzyme or lactic exfoliating mask. Enjoy a Peptide & Vitamin A eye treatment. Get a powerful Vitamin C mask & finish off with a high dose of collagen & elastin stimulating peptides.

POST EXCURSION FACIAL SOOTHER

30 min **\$55**

60 min **\$90**

90 min **\$135**

When your excursion adventures are done and your face is rosy and chapped, choose this facial to soothe & heal. This treatment includes 2 calming masks & finishes off with a potent Vitamin K serum





to restore your face to glory. This facial is great for all skin types & especially perfect for those with sensitive skin.

NUFACE FACELIFT FACIAL

30 min **\$60**

60 min **\$120**

90 min **\$180**

This facial uses the technology of NuFace microcurrent to gently stimulate the skin and improve it's appearance. This facial also includes a cleanse, exfoliation, steam & serums to make your face look lifted and hydrated.

EXPRESS FACIAL

30mins **\$33**

TROPICAL FACIAL

30mins **\$40**

NATURE FACIAL

40-50mins **\$45**

SKIN CARE ENHANCEMENTS

FACIAL ENHANCEMENTS

Enhancements do not increase any treatment time.

*Add **\$15** to any facial above.*

- Lactic Peel Masque for deeper exfoliation
- Peptide Serum - Professional Strength!
- Vitamin C Lip Treatment
- Peptide & Vitamin A Eye Treatment
- Lemon Cream Arm & Hand Exfoliation



PEELS

Add **\$15** to any facial above.

If you are serious about reducing fine lines & wrinkles, brightening skin, evening out skin texture and exfoliation, then getting a peel is the way to go! Only recommended for those who plan to avoid direct sun exposure for 3-7 days. Post peel kit recommended.

Lactic Peel

Glycolic Peel 20%

Salicylic Peel

TCA Peel

WAXING

Bikini **\$35 & up**

Eyebrow **\$20**

Lip or Chin **\$15**

Underarm **\$20**

1/2 Leg **\$35**

Full Leg **\$65**

Arm **\$35**

Back **\$55**

Chest **\$45**

NAIL CARE

PAINT JOB

15 min **\$11**

MANICURE

60 min **\$39**

EXPRESS MANICURE

30 min **\$28**

PEDICURE

60 min **\$44**

EXPRESS PEDICURE

30 min **\$28**



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