

Come experience your  
treatment of choice  
today!



**All our prices are in USD**

**PLEASE NOTE:** Minimum 24h notice is required to cancel/  
postpone an appointment, otherwise a 100% cancellation fee  
will be incurred.

To book or for more information,  
please call The Spa in the Water Garden at  
ext. 7952

STOLENTIME<sup>®</sup>  
*Rendezvous*



THE SPA  
IN THE  
WATER GARDEN



# MASSAGE MOMENTS

## SIGNATURE SERENITY MASSAGE

A heavenly relaxing treatment using soothing essential oils, gently flowing Swedish and Lymphatic movements to ease tired muscles and calm the mind.

\$72-50 Minutes

## HAND & FOOT ZONE MASSAGE

Hands and feet are the most sensitive parts of our body. This massage is designed to relax these areas that often get neglected. The application of firm pressure to these points helps to unblock congestion and increase circulation related to corresponding areas of the body.

\$61-50 Minutes

## HAWAIIAN LOMI LOMI

The ancient art of Hawaiian Lomi Lomi has been practiced for hundreds of years. The gift of healing was passed down to the “chosen one” who spent their life practicing the healing arts. Lomi Lomi is a loving touch using thumbs, hands, forearms and elbows to massage. Indication: muscle spasm, knotted muscles, for increasing flexibility, lymphatic circulation.

\$138-50 Minutes



## PRE-NATAL MASSAGE

Ideal massage for expecting mothers, to help relieve tension in the lower and upper back, as well as to alleviate swelling of the hands and feet.

\$88-50 Minutes

## SIGNATURE ST. LUCIAN SIZZLER MASSAGE

A revitalising treatment using active and rhythmic movements offering welcome relief to muscle fatigue, increases vitality.

\$72-50 Minutes

## DELUXE COCONUT & SPICE COMBO

A seated chair massage that encompasses a range of powerful massage movements focused to relieve tense sore muscles in the neck, shoulder and back.

\$66-50 Minutes

## Blissful Body Radiance

The complete package for healthy looking, rehydrated skin from head to toe! This experience begins with a full body exfoliation which rubs away the dead skin cells on the surface revealing the younger, softer cells below. This is then complemented by a luxurious massage to rehydrate the skin and to boost circulation in the body. Finally enjoy an exquisite mini facial which will cleanse the pores and leave your skin glowing!

\$193-2 Hours

## Holistic Healing

Rejuvenation of both the mind and body. Shirodhara is a luxuriant and easy way to achieve instant calm and rejuvenation. As the oil strokes the third eye, it has a balancing effect on the deepest recesses of the brain, stimulating the endocrine system, the pituitary and pineal glands (for hormonal upsets) and pleasure neurotransmitters (for depression or emotional insecurity).

The oils are allowed to flow over the scalp and through the hair, creating a blissful sensation. This treatment is complemented by a Warm Basalt stone back massage which will relieve the tension and stress in your back.

\$143-50 Minutes



## Water Garden Escape

\$385

The Ultimate Spa Experience! It includes a scrub, wrap, facial and head to toe massage. It This is a one-of-a-kind package is a great way to pamper yourself during your stay.

Day 1-Exotic Ginger & Lime Body Scrub

Day 2-Head to Toe Massage

Day 3-Muscle Ease Body Wrap

Day 4-Hand and Foot Massage

Day 5-Elemis Skin Specific Facial

# PACKAGES

## MEN'S SPA

The complete package for a gentleman's time off. The experience starts with a foot soak and scrub to cleanse and remove dead skin cells, followed with a Deep Tissue Back Massage to release chronic muscle tension. Complete your experience with a Gentlemen Deep Cleansing Facial.

\$152-1 Hour 40 Minutes

## DETOX EXPERIENCE

Detoxify your body, revitalise your mind and restore your spirit with this wellness experience. This experience begins with a detoxifying body wrap to help remove toxins from the body, followed by a lymphatic drainage massage. The experience is completed with a foot detox whilst relaxing to a scalp and pressure point face massage.

\$219-1 Hour 40 minutes

## BEAUTY EXPERIENCE

This experience includes a Luxurious manicure and pedicure, followed with a Skin Specific Facial. Customised to your skin type, this facial combines skin conditioning, plant actives and a prescribed mask.

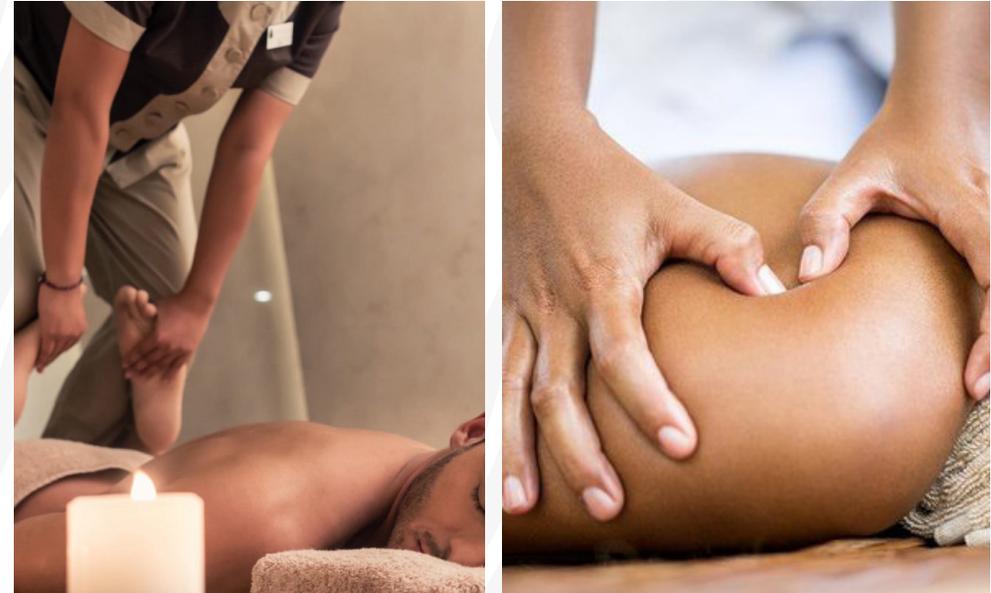
\$190-2 Hours



## BALINESE MASSAGE

Balinese Massage uses a variety of techniques including skin rolling, kneading, acupressure and reflexology. It is a perfect therapeutic treatment to soothe strained and sore muscles and reduce stress. It re-dresses and re-balances the entire body and mind to bring harmony and serenity.

\$105-50 Minutes



## THERAPEUTIC MASSAGE

This warm-towel treatment provides moist heat that penetrates the skin into your muscles to promote deep relaxation and tissue softening. The aching muscles will be massaged and a warm towel will be placed on the area of concern to help you relax.

\$110-50 Minutes

## REFLEXOLOGY

This treatment stimulates reflex areas, improves blood supply and promotes the unblocking of nerve impulses, which aids the body in its healing process. Reflexology encourages a state of relaxation, so that tension and the resultant toxicity held in the internal organs and muscles are released, thereby promoting healing.

\$132-50 Minutes or

\$83-30 Minutes

## BAMBOO MASSAGE

Bamboo massages can be used to treat a variety of chronic pain conditions. The technique utilises bamboo sticks as an extension of the hands and fingertips. It consists of kneading, rolling and tapping along the body.

\$165-60 Minutes or

\$88-30 Minutes



## BACK THERAPY

A treatment designed to relieve muscle tension, knots and aches. This treatment combines the amazing benefit of Deep Tissue Massage technique, with the therapeutic use of the Hot Stone Treatment to allow for a deeply relaxing back massage that provides a very healing and effective experience.

\$138-50 Minutes or

\$83-30 Minutes



## ELEMIS PRO-DEFINITION LIFT AND CONTOUR

Achieve a clearer, radiant and more balanced skin! This anti-aging facial is designed for skin challenged by modern living. Bursting with antioxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum.

\$138-50 Minutes



# FACIAL TREATMENTS

## ELEMIS PRO-COLLAGEN AGE DEFY

Suitable for all skin types, even sensitive skin. Gentle massage techniques are combined with a Japanese Silk Mask infused with calming activities to comfort stressed skin. The superior treatment is enhanced by a luxurious hand and arm massage plus a pressure point scalp massage.

\$121-75 minutes

## ELEMIS ANTI-BLEMISH MATTIFY AND CALM

A facial that is perfect for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clearer, brighter skin.

\$121-75 Minutes

## ELEMIS SENSITIVE SKIN SOOTHER

A facial perfect for sensitive skin! A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Your Skin is left supremely soothed, comfortable, and calm. This soothing facial is clinically proven to reduce irritation and calm the skin..

\$121-75 Minutes

## ELEMIS DYNAMIC RESURFACING PRECISION PEEL

Clinically proven: after just one treatment up to 75% resurfacing and up to 32% increased skin smoothness. This treatment delivers a renewed level of evenness and clarity to the complexion. The skin is left clean, smooth and radiant. The Tri-enzyme resurfacing programme promises to reduce fine lines and wrinkles. It delivers results by exfoliating without irritation. Cell renewal is increased therefore reducing uneven pigmentation and scarring beneficial for an aging and problematic skin.

\$149-60 Minutes

## ELEMIS SUPERFOOD PRO-RADIANCE

This anti-aging face and eye treatment instantly firms, rejuvenates and plumps up the skin whilst reducing dark circles around the eye contour. Moisturisation levels of the skin are proven to increase by up to 38% and elasticity by 28% after just 1 treatment. Specialised micro-circulatory massage techniques are combined with the powerful proven formulations of Liquid Radiance, Cellular Recovery and the Amino Active Mask to help smooth, sculpt and restore skin radiance and plumpness. This superior treatment is further enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in scientific skin-therapy.

\$132-75 Minutes

## THE BRIDE-TO-BE: PRE-WEDDING PREPARATIONS

Prepare, indulge and beautify yourself for the most important day of your life. A luxurious facial that brings a luminous and radiant quality to the skin, preparing it for your wedding day make-up. Exquisite hands, beautiful nails, manicure and pedicure. Heavenly aroma-massage with aromatic natural oils; tensions are soothed and stress is released leaving your body restored and filled with new energy.

*(You have the option to book a hairdresser at a supplementary cost.)*

\$275-3.5 Hours



## THE GROOM: PRE-WEDDING PREPARATIONS (MAN SPA)

Prepare for your special day! Enjoy a Serenity Full Body Massage, a Hydrating and Purifying Facial and a Manicure. Your body will be totally relaxed and rejuvenated and your face looking firmer and more radiant.

Serenity Full Body Massage and Men's Pavilion manicure.

\$219-2.5 Hours



## AROMATHERAPY MASSAGE

Your therapist will choose the appropriate premium blends of essential oils specific to your concerns, e.g. relaxing, tonifying, detoxifying, uplifting - the oils may also be purchased to continue the beneficial effects after treatment. Aromatherapy assists the lymphatic system in eliminating waste products, excess fluid and cellulite from the body. It brings a profound sense of calmness, relaxation and equilibrium to the entire body, mind, emotions and spirit.

\$99-50 Minutes

## WARM AROMA STONE THERAPY

Stones are placed on key energy points of the body, evoking an aura of warmth, whilst the deep penetrating heat from the stones are used to massage the body using traditional techniques to ease the pain and tension of aching muscles as well as deeply relax and rebalance the mind and body.

\$110-50 Minutes

\$165-75 Minutes



## DEEP REMEDIAL TISSUE MASSAGE

This massage works on the connective tissues and their functions through transversal, slow and deep hand movements working on stiff, tight and fatigued muscles and joints. It involves specialised and intensive deep tissue techniques to warm and manipulate the muscles with stretching and drainage to release and ease discomfort.

\$116-50 Minutes



## DEVILS MINT SCRUB

This exfoliating body treatment is a revitalising, fresh mint body scrub that gently cleanses, nourishes and smooths the body by removing dead skin cells. Your skin is deeply cleansed, polished and softened to perfection.

\$99-50 Minutes

## BOREH BOREH

This treatment uses a blend of turmeric, ginger, black pepper, clove and rice powder to detoxify and infuse dry skin. The skin is then conditioned with a body lotion.

\$99-50 Minutes

## SEASONAL ORGANIC BODY SCRUB

A gentle purifying full body exfoliation, using local coconut, rice powder and delicious fruits of the season, to remove the dead skin cells, leaving your skin silky smooth.

\$83-50 Minutes

## SEASONAL ORGANIC BODY WRAP

A nourishing and detoxifying full body wrap, made from exotic local seasonal fruits and coconut. Perfect for rehydrating your skin.

\$88-50 Minutes

## ELEMIS WRAPS & SCRUBS

Combining the richness of sea plants and pure unpolluted marine algae with the power of aromatherapy. These instantly effective body treatments use warm aromatherapy oils and seaweed masks which are applied over the body, then cocooned in a warm wrap.

### CELLUTOX WRAP: *for Cellulite & Detoxifying*

To stimulate the body's systems using the powerful synergy of body cleansing essential oils, including juniper and lemon to detoxify and decongest.

\$105-50 Minutes

### ELEMIS BODY NECTAR NOURISHING WRAP

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm, while the mood-balancing aromatics and skin conditioning oil do their work.

\$121-50 Minutes

### MUSCLE EASE WRAP

Using essential oils of pine and rosemary to ease discomfort of muscle spasms, fatigue and arthritic joints while seaweed extracts and demineralise the body.

\$105-50 Minutes

### ELEMIS TARGETED TONING TIGHTENER

A powerful blend of pine and detoxifying clay for targeted toning and tightening on the hips, thighs, abdomen and forearms. Clinically proven to reduce the appearance of cellulite after just one treatment.

\$149-50 Minutes

### EXOTIC COCONUT MILK WRAP

Rejuvenate the skin with the full body exfoliation. The skin is brushed with coconut milk then cocooned allowing this exotic milk to do its work as a mini facial is performed. This treatment will leave your skin nourished and rejuvenated.

\$110-50 Minutes



## BEAUTY SERVICES

### WAXING

Eyebrows | \$16.00

Upper Lip | \$16.00

Chin | \$16.00

Eyebrows, Upper Lip and Chin | \$43.00

Half Leg | \$39.00

Full Leg | \$55.00

Half Leg and Bikini | \$61.00

Full Leg and Bikini | \$77.00

Bikini | \$25.00

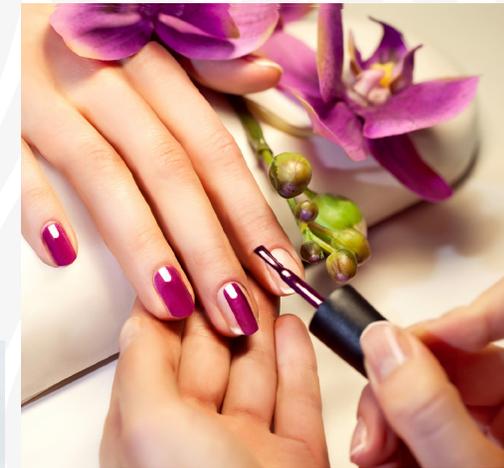
Under-Arm | \$25.00

Half Back Wax | \$33.00

### LUXURY MANICURE

A gentle exfoliation, nail and cuticle work, along with hand and forearm massage. Beautify your nails with a colour of your choice.

\$55-50 Minutes



### LUXURY PEDICURE

Exfoliation, nail and cuticle work, followed by foot to knee massage. Beautify your nails with a colour of your choice.

\$66-60 Minutes

# BODY TREATMENTS

## SPORTS MASSAGE

Every person has his or her weak areas of the body caused by injury, undue stress on joints, ligaments and tendons, illness or accidents generating trigger points (points of maximum tension.) Sports Massage will help relieve fatigue, swelling, and reduce muscle tension which in turn promotes flexibility, strength and renewed circulation into the specific area, helping to prevent future injuries.

\$127-50 Minutes

## HOT AND COOLING STONE BODY AND FACIAL THERAPY

Pure body indulgence with exceptional preventative ageing facial results! In just 55 minutes your therapist will customise a unique 'ice-cool and thermal muscles massage'. We use basalt stones and specific techniques to your specific problem areas, alleviating stress and aching muscles. Whilst your body is in a pure state of blissful relaxation, your therapist will select the appropriate skin specific booster facial that will leave you glowing.

\$165-55 Minutes



## EXOTIC GINGER & LIME SALT SCRUB

A full body exfoliation that will eliminate dead skin cells, give a deep cleanse of the skin, rehydrate and refine the texture of your skin. After body brushing, oil is drizzled over the body followed by a combination of dead-sea salts, coconut oil, freshly grated ginger root, lime and essential oils, your body is then wrapped allowing you to sweat out toxins. Whilst you are cocooned and warm, your therapist will perform an acupressure point massage on your face neck and décolleté to stimulate elimination of fluid and waste matter. A rich and luxurious super hydrating body lotion completes the experience leaving the skin softer and glowing than you ever imagined. This treatment is ideal for anyone wanting an even and prolonged tan!

\$88-50 Minutes



## UDWARTHAN

This is a powerful detoxifying technique that uses organic herbs combining massage, exfoliation and a full body wrap. It will leave you feeling nourished and cleansed.

\$142-50 Minutes

## ABHYANGA MASSAGE

This two-handed Ayurvedic massage is a full body warm oil massage that benefits blood circulation in the lymph and nervous systems. The oil and herb combination ensures a deeply relaxing treatment.

\$121-50 Minutes

## SYNCHRONISED ABHYANGA MASSAGE

Using a combination of herbal oils, this four-handed treatment provides a smooth and rhythmic massage to leave you feeling mentally calm and physically restored.

\$219-75 Minutes

## INDIAN HEAD MASSAGE

This extremely relaxing treatment starts with the application of oil on the vertex of the head, followed by a head, face, neck and shoulder massage to release the stress that has accumulated in the tissues and muscles.

\$99-50 Minutes

# AYURVEDA THERAPIES

Ayurveda, defined as “knowledge of life”, is a philosophy from the first century that reveres the power of nature tempered by wisdom as the path to enlightenment, health and beauty. Originating from India, Ayurveda understands and treats the whole person and considers all aspects such as body constitution, behaviour, likes, dislikes and emotions.

## SHIRODHARA – ‘Peace of Mind’

This classic Ayurvedic Practice begins with a thin stream of soothing warm ‘shanti oil’ slowly poured onto your ‘third eye’ (the centre of your forehead) to restore mental clarity, decisiveness, balance and profound relaxation for mind and body. The treatment includes a massage of the shoulders, neck, face and head.

\$121-50 Minutes

## HOPI EAR CANDLING

Hopi ear candle is actually a cotton tube; impregnated with beeswax, honey extract, and natural and organic herbs such as sage, St. John’s wart, Chamomile, beta-carotene and organically grown flax. This is painlessly inserted into the ear to draw out impurities, relieves pressure in the head and sinuses, and aid hearing problems. The original source of the technique seems to be from medical ceremonies performed by a Native American Indian tribe called the Hopis (*meaning ‘peaceful people’*). Useful in conditions as sinusitis, wax in the ear, pressure inside the ear, jetlag, insomnia, anxiety.

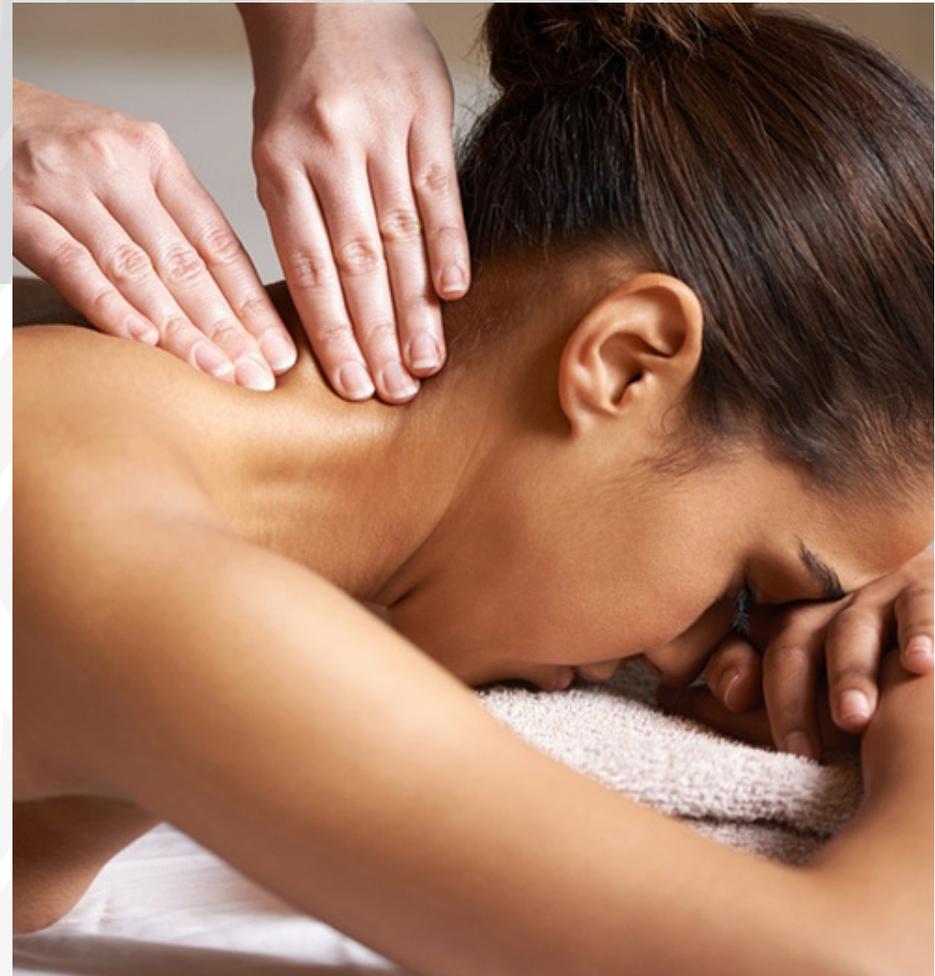
\$99-45 Minutes



## MIND/BODY RESTORATION

This relaxing treatment is a unique combination of techniques that together, stimulate the seven chakra points of the body. Selective specifically blended oils are applied, and hot stones are placed on the pressure points of the body, whilst corresponding zones of the feet are being stimulated.

\$94-50 Minutes



# COUPLES RETREAT

## SWEET SUITE

Enjoy a sensational full body massage along with your partner specifically tailored to ease your tired tense muscles and calm your racing mind. This experience is complemented by an A1 top of the line Elemis Skin Specific Facial.

\$308-1 Hour 40 Minutes

## LOVER'S ROCK

A delightful getaway for you and your partner! Relax as the warmth of the basalt stones are used to massage your back, relieving the pain and tension of tired, aching back muscles.

\$165-30 Minutes

## HIS N' HERS RELAXATION

Make the most of your time to bring you closer together. Start with The Warm Aroma Stone Massage each followed by the Elemis legendary Pro-Collagen Quartz Lift Facial 'for her' and *Dynamic Resurfacing Precision Peel* 'for him'.

\$600-2 Hours 15 Minutes

## HONEYMOON MASSAGE

With romance in mind take pleasure in this side-by-side soothing and calming full body massage. The 'perfect escape' for the two of you. Treasure this experience with your partner.

\$138-50 Minutes

## COUPLES MASSAGE *(Learn to Massage Each Other)*

One of our highly trained holistic therapists will instruct couples in the art of Swedish massage techniques and routine. Whether you are on honeymoon, renewing your vows or reliving your honeymoon, this is one experience you cannot miss. You get to practice on each other and take home a lifetime skill. You will be given a recommended list of oils for certain conditions that you can choose and blend together.

\$105-50 Minutes

## SIGNATURE COUPLES MASSAGE

The side-by-side signature massage uses the combination of gentle strokes and a variety of techniques for a deep, full-body relaxing massage. It is then completed with a pressure point facial and scalp massage. A truly calming experience for two.

\$165-50 Minutes

