

The Rainforest Spa Treatment Menu

Enjoy the peaceful and tranquil surroundings of the rainforest spa residing at the bottom of the famous St Lucian Pitons. Take time out to reflect, uplift your spirits and awaken your senses whilst restoring harmony and balance to your life.

Our therapists are chosen for their caring nature and intuitive sense of touch. The tailored treatments have been designed for you to indulge and pamper yourself whilst relaxing in the cabanas.

Spa Treatment hours 9am-7pm

Couples Signature Treatments

Time for two cabana massage

A customized massage with organic coconut oil will induce deep relaxation. Relax further and enjoy the natural sounds of the rainforest while relaxing in your own natural watsu pool.

- ❖ \$250 per couple
- ❖ 50 minutes treatment
- ❖ 20 minutes watsu pool experience

Time for two facials

An introduction to clinical skin care with Environ products. This facial is tailored to the client's specific concerns.

- ❖ \$260 per couple
- ❖ 50 minutes treatment
- ❖ 20 minutes watsu pool experience.

Romantic Renaissance

Created for couples to share memorable moments together

This treatment will be performed in the double cabana where sparkling wine and lunch to be served after receiving a customized body massage. Relax further and enjoy the natural sounds of the rainforest while relaxing in your own natural watsu pool.

- ❖ \$325 per couple
- ❖ 50 minutes massage
- ❖ 60 minutes lunch and relaxation time

Sulphur Seduction

An unforgettable morning trip to St Lucia's very own volcanic sulphur springs. Your journey begins with a scenic tour of the island's ancient and active volcano. Bathe in the black waters of St Lucia's Sulphur Springs- straight from the heart of the volcano. Then enjoy a hot, exhilarating Sulphur Mud Bath. It increases metabolism, circulation, aids in the healing of eczema and psoriasis, warms aching muscles and joints allowing you to totally relax.

Your therapist will smoothen your body in mineral rich sulphur mud after which you will bask in the sun allowing the mud to tighten and dry to naturally exfoliate and detoxify the skin. You will be escorted to the breathtaking Piton waterfalls, where you can shower your body in warm water from Mother Nature herself. Light refreshments will be taken on this journey to enjoy and relax. Upon you return to the Spa you will receive a 20 minute back massage.

- ❖ Approximately 3 hrs
- ❖ \$170 per person

Facials

Non surgical solutions

Award winning anti-ageing skin rejuvenating treatments

Any treatment can be tailored to suit your individual needs and concerns. Your therapist will be happy to analyze your skin and recommend the treatment which would be best suited to you.

Origins of CACI (Computer Aided Cosmetology Instrument)

This instrument was created by Dr Thomas Wing of the United States to treat victims of Bells Palsy and Strokes. It first came to England in 1992 and was soon described to the media as a non-surgical facelift. It is also used for muscular injuries and widely used in hospital burn units.

Ultimate Anti-Ageing Facial

- ❖ The CACI Ultimate facial will leave your skin smoother, lifted, plumped and hydrated. Includes ultrasonic exfoliation, non-surgical face lift, use of the wrinkle comb with LED light therapy and ultrasonic skin rejuvenation.
- ❖ 90 minutes treatment
- ❖ \$195
- ❖ Course of 4 \$700

Ultra Anti-Ageing Hydratone Facial Plus

The treatment has all the benefits of CACI Anti Ageing facial but also concludes with the CACI Hydratone Mask. This soothing gel mask is infused with powerful hydrating properties such as Collagen, hyaluronic acid, rose water, Vitamin C and Vitamin E, giving the face a remarkably softer, radiant and more youthful appearance.

- ❖ 110 minutes treatment
- ❖ \$230
- ❖ Course of 4 \$850

Non Surgical Face Lift

The treatment lifts, tightens, tones and re-educates the facial muscles while smoothing the appearance of fine lines and wrinkles. Skin is beautifully rehydrated, while tone and texture is improved leaving the skin with a wonderful glow and a firmer, more supple appearance. A course of four is recommended for lasting results.

- ❖ 60 minutes
- ❖ \$160
- ❖ Course of 4 \$560

CACI Ultra Hydratone Facial

This intensive skin hydration and firming treatment, using a mask infused with Collagen, hyaluronic acid and Vitamin E&C. The skin is cleansed and exfoliated before the mask is applied. Dehydrated and environmentally damaged skin is quenched, while deep lines and wrinkles are plumped out, leaving the skin looking radiant, softer and more youthful.

- ❖ 30 minutes
- ❖ \$110

CACI Ultra Deep Wrinkle Treatment

This treatment includes exfoliation, use of the wrinkle comb with LED light therapy to target the areas of concern and hydratone mask to soften, plump and rehydrate the skin.

- ❖ 45 minutes
- ❖ \$130

CACI Ultra Eye Treatment

Concentrating on the eye area, this treatment lifts smooths and plumps, easing fine lines, rehydrating and repairing the eye area. This treatment includes exfoliation, use of wrinkle comb and the hydratone mask.

- ❖ 45 minutes
- ❖ \$125

A treatment to be enjoyed on its own or added to any other facial

CACI Ultra Hand Treatment + Manicure

The treatment offers you the benefits of CACI Ultra Hand Treatment as seen in the show *Ten Years Younger*, to target lines and age spots with the use of ultrasonic exfoliation to smooth and exfoliate. The wrinkle comb softens lines leaving the hands hydrated and younger in appearance.

- ❖ 140 minutes
- ❖ \$170

CACI Ultra Body Treatments

This non-invasive technique helps to lift, tone, improve lymphatic drainage and tackle cellulite.

Legs and Buttocks

- ❖ 60 minutes treatment
- ❖ \$185

Stomach / hips

- ❖ 50 minutes treatment
- ❖ \$80

Environ Facials

Vitamin C Revitalizing Facial

To restore radiance, this superb treatment infuses the skin with Vitamin C to improve signs of sun damage. Powerful antioxidants help to re-establish the skin's clarity and repair damage done by time and other elements. Skin will be brighter, firmer and more radiant.

- ❖ 50 minutes
- ❖ \$115

Hydrating Facial

Humidity is the number one reason for dehydrated skin. An intense and luxurious hydrating facial for a winter parched or sun damaged skin. A lactic acid mask adds moisture as it gently exfoliates. Vitamin A and C are infused into the skin to help restore moisture and firmness, improves the skin's texture and reduces irritation. Skin will be renewed, healthy, hydrated and glowing.

- ❖ 50 minutes treatment
- ❖ \$115

Ultra Sensitive

This unique facial uses the most gentle, calming products designed to cleanse, hydrate, nurture and soothe, leaving your skin radiantly clean, smooth and velvety soft and supple. This treatment is ideal for clients with conditions such as Rosacea, Eczema or sunburn. Using a combination of vitamins, antioxidants and growth factors, we will begin to rebalance and restore the skin's integrity.

- ❖ 50 minutes treatment
- ❖ \$115

Consultations / Skin Analysis

- ❖ 15 minutes

Available upon request

Body Treatments

Temascal

The word *temascal* originates from the Aztec, "tema," meaning house, and "calli," meaning vapor or steam. The structure made from mortar and stone is symbolic of Mother Nature's womb. Through the use of steam and healing herbs, the temascal aids in the purification of both the body and the spirit. The stones from which the temascal is built represent generations of grandmothers who embody the knowledge of the earth.

The purpose of the treatment is a preheat treatment prior to a body treatment

We recommend that you:

- ❖ *Wear a sarong or bathing suit free of zippers, metal clasps or buttons*
- ❖ *Do not wear jewelry*
- ❖ *Eat only a light meal before*

- ❖ ***Do not participate in the Temascal if you suffer from any of the following: heart conditions, high or low blood pressure, epilepsy, if you are pregnant, or if you have an open wound or intense sunburn***

Wraps

Sulphur & Lime

This body wrap is refreshing, stimulating for the mind and body. Sulphur remineralises the skin. Lime exfoliates the skin leaving you feeling soft smooth and re-energized. The sulphur will promote healing, reducing inflammation and irritation.

- ❖ 50 minutes treatment
- ❖ \$100

Detox Wrap

Purifies the body of toxins, reduces swelling, good for arthritis, sinusitis, asthma, and allergies.

- ❖ 60 minutes treatment
- ❖ \$120

Scrubs

Nourishing Chocolate Body Scrub

Mouth-watering pampering for the body using Dead Sea Salts, essential oils 100% organic cocoa. The body scrub and massage are unforgettable. A guilt-free sensation to leave skin hydrated remineralised and smelling gorgeous.

- ❖ 50 minutes treatment
- ❖ \$100

Caribbean Glow

Relax your body with a scrub made of sea salt and raw coconut that gently revives the skin and exfoliates dead cells away leaving your skin feeling smooth and refreshed. Stimulates the circulation and enhances the appearance of the skin.

- ❖ 50 minutes treatment
- ❖ \$100

Papaya and Sea Salt Body Polish

Exfoliates, nourishes and reduces dryness with papaya enzymes while the natural sea salt removes any build up of dead skin cells. Your skin will feel soft and re-nourished.

- ❖ 50 minutes treatment
- ❖ \$100

Rainforest Spa Treatments

Relaxing Royal Bamboo Massage

Three sizes of bamboo are used in this treatment to perfectly fit the body's contours and provide a deep revitalizing massage. Lotus flower is used for purity and perfection, water lily for softening and soothing.

- ❖ 50 minutes treatment
- ❖ \$150

Tonifying Celestial Spheres

An energizing treatment melting away tension buried in the heart of the muscle. The moon shaped spheres provide relief and allow inner peace. Lotus flower is used for purity and perfection, and pain relief; white tea for energy and vitality; and hibiscus refreshes and tones the skin.

- ❖ 50 minutes treatment
- ❖ \$110

Detoxifying treatment (Wacapau Stones)

Wooden stones made of wacapou wood help to redefine the bodies contours using sculpturing techniques. Used with lotus flower for the relief of pain, and essential oils of pine, lavender, lemon, marjorum, myrtle and rosemary.

- ❖ 50 minutes treatment
- ❖ \$150

Firming Body Treatment (Coco Cups)

Uplifting sensations during this treatment bring the mind and body to blend with the smooth rhythm of gentle waves. The incredible firmness of artful massage incorporates powerful hands and forearms and soft coco cups. Lotus flower – for pain relief, coconut oil moisturizes the skin, and tamanu oil reconstitutes the collagen fibers.

- ❖ 50 minutes treatment
- ❖ \$145

Raindrop Therapy

Drops of essential oil fall like rain onto the spine and are then massaged in using a gentle feathering technique to stimulate the central nervous system. Your therapist then performs a full body massage that leaves you detoxified and balanced. The service concludes with a comforting foot massage.

- ❖ 90 minutes
- ❖ \$175

Hot Candle Massage

The Candle is specifically formulated to be used to massage the body. The candle features naturally bended moisturizing oils. Feel the wonderful warm oil drizzled along the body, whilst our skilled therapists will perform a Swedish massage. Take the candle home to massage your partner with.

- ❖ 60 minutes
- ❖ \$130

Hot Stone Massage

Heated volcanic stones are used in combination with a full body massage to provide penetrating heat to the body. This treatment induces a state of profound relaxation that allows you to take a truly relaxing internal journey.

- ❖ 50 minutes
- ❖ \$125
- ❖ 90 minutes
- ❖ \$185

Swedish massage

Escape to tranquility with massage. Select your intentions to detoxify increase the circulation, or find deep relaxation and your therapist will use luxurious aromatic body oils to help achieve your goal. The stress and tension will melt away.

- ❖ 50 minutes
- ❖ \$95

Back Revival

Relieving stress and tension in the main areas, back, neck and shoulders

- ❖ 25 minutes
- ❖ \$70

Remedial Massage / Deep tissue

A concentrated massage that employs a variety of techniques, your therapist's hands will focus on relieving tense and painful muscles and increasing range of motion. A great pre or post workout massage, concentrating on specific areas.

- ❖ 50 minutes
- ❖ \$130
- ❖ Course of 4 \$440

Reflexology

Therapy based on oriental techniques will allow you to experience a sense of total relaxation and healing. By applying pressure to specific meridian points of the hands and feet that are connected to the primary organs of the body, reflexology allows blocked energy to once again flow freely, releasing accumulated tension

- ❖ 55 minutes
- ❖ \$150

Mother to Be

Body Massage

A full body massages using our safe but effective pre-natal techniques to relax those specific lower back muscles that are carrying that beautiful bump. Specially designed pillow will support the muscles and ease tension so both you and your baby can relax and be rejuvenated.

- ❖ 50 minutes treatment
- ❖ \$95

The Smoothie

The benefit of keeping your skin supple and elastic is important during these months. This gentle exfoliation combined with a relaxing massage will exfoliate nourish and maximize skin's strength.

- ❖ 50 minutes treatment
- ❖ \$95

Men's Treatments

Skin Refining Facial treatment

For revitalized, younger looking skin, a lactic acid mask adds moisture as it gently exfoliates. Vitamin A and C are infused into the skin to help restore moisture and firmness, improves the skin's texture and reduces irritation. Skin will be renewed, healthy, hydrated and.

- ❖ 50 minutes treatment
- ❖ \$90
- ❖ Including a back massage 80 minutes \$160

De-Stress Muscle Release

Keep fit and healthy with this intensive, physical massage releasing and energizing essential oils focusing on areas that bear the most stress and strain. Specially recommended for sportsmen and gym enthusiastic

- ❖ 50 minutes treatment
- ❖ \$125

Stress Reduction massage with Stones

This massage uses specific techniques concentrating on the areas of the back neck and shoulders most affected by stress. We use a combination of techniques and hot stones to ensure that every day stress just melts away.

- ❖ 40 minutes treatment
- ❖ \$65

Nail care

Manicure / Pedicure OPI products are used

50 Minute Manicure

Filing, cuticle work, massage, polishes application

- ❖ 50 minutes
- ❖ \$50

60 Minute Manicure

Filing, cuticle work, exfoliation, massage, hand mask, and polish application

- ❖ 60minutes
- ❖ \$60

50 minute Pedicure

Filings, cuticle work, massage, and polish application

- ❖ 50 minutes
- ❖ \$50

60 Minute Pedicure

Filing, cuticle work, exfoliation, massage, hand mask, and polish application

- ❖ 60minutes
- ❖ \$60

French polish application \$5 extra, allow 10 more minutes for application

Eye Treatments

Brow shaping	15minutes	\$30
Lash and brow Tint	15 minutes	\$45
Brow Waxing	30 Minutes	\$35
Eyelash Tint	30 minutes	\$35
Eyebrow Tint	15 minutes	\$15
Eyelash extensions available upon request		

Make Up

Becca Mineral Make up

Make up Lesson	45 minutes	\$50
Make up Application	30 minutes	\$35
Wedding makeup trial + On the wedding day application	2 sessions	\$65

Hair

Shampoo and blow dry (Neck Length)	30 minutes	\$45
Shampoo and blow dry (Shoulder length)	45 minutes	\$65
Shampoo and blow dry (Long)	1hr	\$75
Hair put ups	Depending on the length of the hair	\$60 plus
Wedding Hair Trial	1 hour allowed	\$45
Wedding hair style	1 hour allowed	\$100
Intensive Conditioning Treatments	with blow dry	\$25 extra
+ blow dry	45 minutes	\$60

Wedding hair trials are recommended to be booked a minimum of 48 hours before the wedding.

Hair Braiding
Full head from \$40
Half a head from \$25
Single Braid \$3 each
Haircuts available upon request

Waxing (semi permanent hair removal)

I/2 leg wax	30 minutes	\$40
Full leg wax	60 minutes	\$75
Underarm wax	15 minutes	\$20
Bikini wax	20 minutes	\$25
Eyebrow wax	15 minutes	\$20
Lip wax	15 minutes	\$20

Children's Treatments

5-12 years of age
25 minutes treatments

Chocolate wrap \$30
First facial \$35
Honey scrub \$30
Pedicure with hand and foot massage \$35

13-16 years of age
25 minutes treatments

Teenage Facial \$45
Manicure or pedicure \$40
Back revival \$45
Hair Treatment \$35
Banana wrap \$35

Make up lesson 30 minutes \$40
Skin care lesson 30 minutes \$40

Skin consultation upon request (must be attended with a parent)

Villa packages

Relax in the quietness of your own villa while your therapist pampers you with Organic essential oils, hydrating and regenerating skin care products and manicure your nails with luscious colors.

Swedish massage

Escape to tranquility with massage. Select your intensions to detoxify, increase circulation, or enjoy deep relaxation and your therapist will use luxurious aromatic body oils to help achieve your goal. The stress and tension will melt away.

- ❖ 50 minutes
- ❖ \$95

Environ facials

Vitamin C Revitalizing Facial
Hydrating facial
Ultra Sensitive

- ❖ All 50 minutes treatments
- ❖ Cost \$115

Please see facial section for a full description.

50 minute Manicure

- ❖ 50 minutes
- ❖ \$50

60 Minute Pedicure

- ❖ 60 minutes
- ❖ \$60

All Villa Treatments will incur a supplemental charge of 30%.

Bridal Package

Pre Wedding treatments

CACI Ultra Hydratone Facial

This intensive skin hydration and firming treatment, using a mask infused with Collagen, hyaluronic acid and Vitamin E & C. The skin is cleansed and exfoliated before the mask is applied. Dehydrated and environmentally damaged skin is quenched, while deep lines and wrinkles are plumped out, leaving the skin looking radiant, softer and more youthful.

- ❖ 30 minutes
- ❖ \$110

CACI Ultra Hand Treatment + Manicure

This treatment offers you the benefits of CACI Ultra hand treatment as seen in the show *Ten Years Younger*, to target lines and age spots with the use of ultrasonic exfoliation to smooth and exfoliate, while the wrinkle comb softens lines leaving the hands hydrated and younger in appearance.

- ❖ 140 minutes
- ❖ \$170

60 minute Pedicure

Filing, cuticle work, exfoliation, massage, hand mask, and polish application

- ❖ 60 minutes
- ❖ \$60

Papaya and Sea Salt Body Polish

Exfoliate, nourish and reduce skin dryness with papaya enzymes while natural sea salt removes any build up of dead skin cells. Your skin will feel soft and re-nourished.

- ❖ 50 minutes treatment
- ❖ \$100

Hair Trial, make-up trial prior to the wedding
Make up application and hair style for the wedding day
Total cost \$200

Medical Conditions

Please note that all treatments and packages are booked subject to medical status. Each treatment will have contra-indications key above the treatment description for your information.

If you are unsure please consult your doctor. Suitability of treatments will be re-confirmed on arrival at the spa during your consultation with your therapist. If Treatments are unsuitable we will endeavor to offer alternatives where possible.

The following key highlights all major contra –indications.

A, Nut and Wheat allergies
BP, High or Low blood pressure
C, Cancer
CL, Claustrophobia
D, Diabetes
E, Epilepsy
EL, Ear infections
H, Heart problems
M, Mobility problems
MP, Metal pins and plates
P, Pregnancy
S, Surgery in the last 3 months
SA, Seafood/ Shellfish allergies
SC, Skin conditions
T, Thyroid over/under active
VV, Varicose veins
I, Iodine allergy