

# the bodyholiday

LeSPORT



The Wellness Centre



Give us your body for a week  
and we will give you back your mind

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## What's included in your holiday price

Only you and your body know what you want from a holiday. At The BodyHoliday we give you the opportunity to create a truly personal holiday experience. And we start you off with the essentials for enjoying an active beach holiday. Ask about our BodyAware programme that you can pre-book.

If you feel the need for renewal, we've included rejuvenating body treats at the wellness centre. If you like exploring exotic landscapes set your compass on our walks and bike tours that will introduce you to hundreds of years of colourful history. If you like being on the go with sports, no resort in the Caribbean can surpass our variety. And if you simply seek pleasure as a way of life, you can look forward to indulging in the luxurious accommodation, food and drink.

And, by the way, it feels good to have no need for pockets!

### **The price of your room includes:**

- Unlimited use of all the facilities at the resort
- Breakfast, lunch and dinner daily including afternoon tea
- All beverages including premium brand alcohol and wine by the bottle at dinner
- Fitness and relaxation classes including; step aerobics, tai chi, yoga, Pilates, meditation, master classes, studio circuit training, martial fun, morning walks, bike tours and circus sports and gymnastics, BodySPIN Beginners, BodySPIN and BodySPIN Max
- One (50-minute) spa treatment at the wellness centre, our award-winning spa, daily except on arrival and departure days. For more detailed information about your included treatments, visit - <http://www.thebodyholiday.com/wellness-centre/inclusive-treatments>
- Land and water sports including motorized water sports and morning and afternoon shore scuba dives
- On-property Golf Academy; Complimentary Golf Lesson
- Complimentary tennis lessons
- General Manager's Cocktail Party
- Nightly evening entertainment
- Taxes and gratuities



## The Training Academy

The Training Academy is a Centre of Excellence in Holistic Therapy Training. We are dedicated to educational development of both our staff and the spa industry at large. Our training courses are held throughout the year – a schedule that can fit everyone.

Our dynamic international team leads the health & well-being destination resort industry by offering world-class education in skin histology and theory, hands-on treatment techniques and theory, professional etiquette and ethics, guest care and post therapeutic care, recommendations and referrals.

We are now internationally accredited with CIBTAC (The Confederation of International Beauty Therapy and Cosmetology) which is an International Examination Board, responsible for the education and training of 'Beauty', 'Spa', 'Complementary' and 'Well-being' therapists worldwide. With a CIBTAC Diploma a therapist can work anywhere in the world.

CIBTAC has been a highly reputed and established, official UK awarding body for over 30 years, with more than 200 active schools and colleges to be the centre of excellence and we are proud to be associated with them.

A minimum of 3 Caribbean Examination Board Council qualifications or equivalent is required for entry into the Holistic Health and Beauty Therapy program. These qualifications should be in English, Mathematics and one other subject (Sciences are preferred) and should be at a Grade 3 or higher.

## Continuous Education

The Academy also offers Continuous Professional Development to practicing therapists throughout the Caribbean. Advanced workshops are available for Aestheticians and Holistic Therapists.

We offer experienced therapists and spa owners the opportunity to increase knowledge and expertise within the Spa industry.

# Holistic Health and Beauty Therapist Training Course

The course is developed from an internationally recognized Syllabus in Holistic Health and Beauty Therapy and includes the leading Spa product, Elemis. The following modules allow students to consistently achieve and accomplish their personal best for maximum success.

**1 Module: Anatomy and Physiology**

**2 Module: Swedish Massage including consultations and contra-indications**

**3 Module: Skin treatments including product knowledge and retail skills**

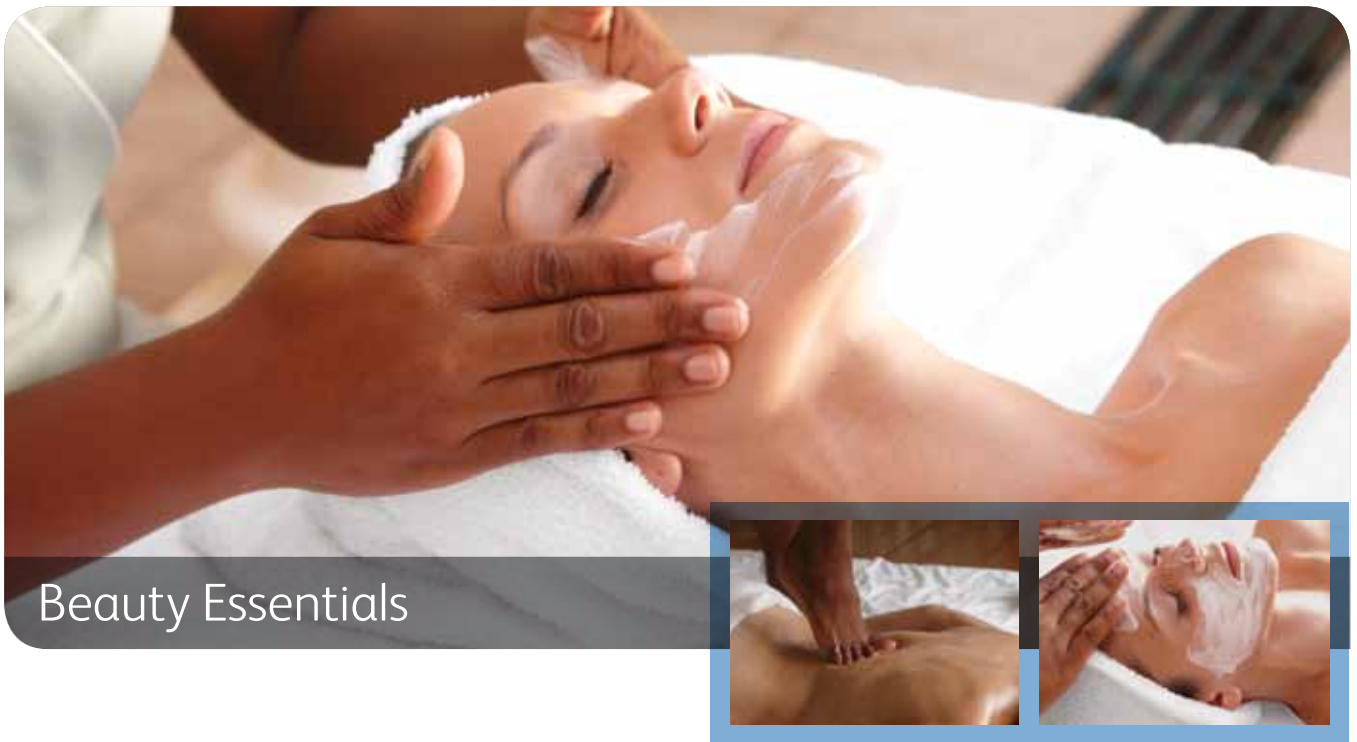
**4 Module: Indian Head Massage**

Health and Hygiene along with guest care and communication are also included in each practical module.

This intensive 12-week programme incorporates Swedish Massage, Anatomy and Physiology, Aesthetics, customer care and retailing skills, health and safety, hygiene and specialized products and skills.

Assessment is continuous throughout the course and includes a series of assignments, projects and short question papers to monitor progress. Homework and home study is essential to achieving final certification. Final multiple choice exam papers require completion to qualify.

Our guests benefit from our trained therapists by receiving the best in treatments. But we also open our Spa Academy to any spa facility around the world who wants first-class training for themselves and their staff.



## Beauty Essentials

The following supplementary treatments are available at the wellness centre:

### Luxury Manicure

The hands are pampered with a luxurious range of treatments designed to nourish and revitalize. Includes nail shape, cuticle work, exfoliation, mask, hand massage and polish.

### Luxury Pedicure

The feet are pampered with a foot soak, nail shape, cuticle work, exfoliation, rough skin removal, foot mask, foot massage and polish.

#### Beauty Essentials

- Eyelash tint
- Eyebrow tint
- Eyelash and eyebrow tint
- Eyebrow shaping
- Eyebrow shape and tint

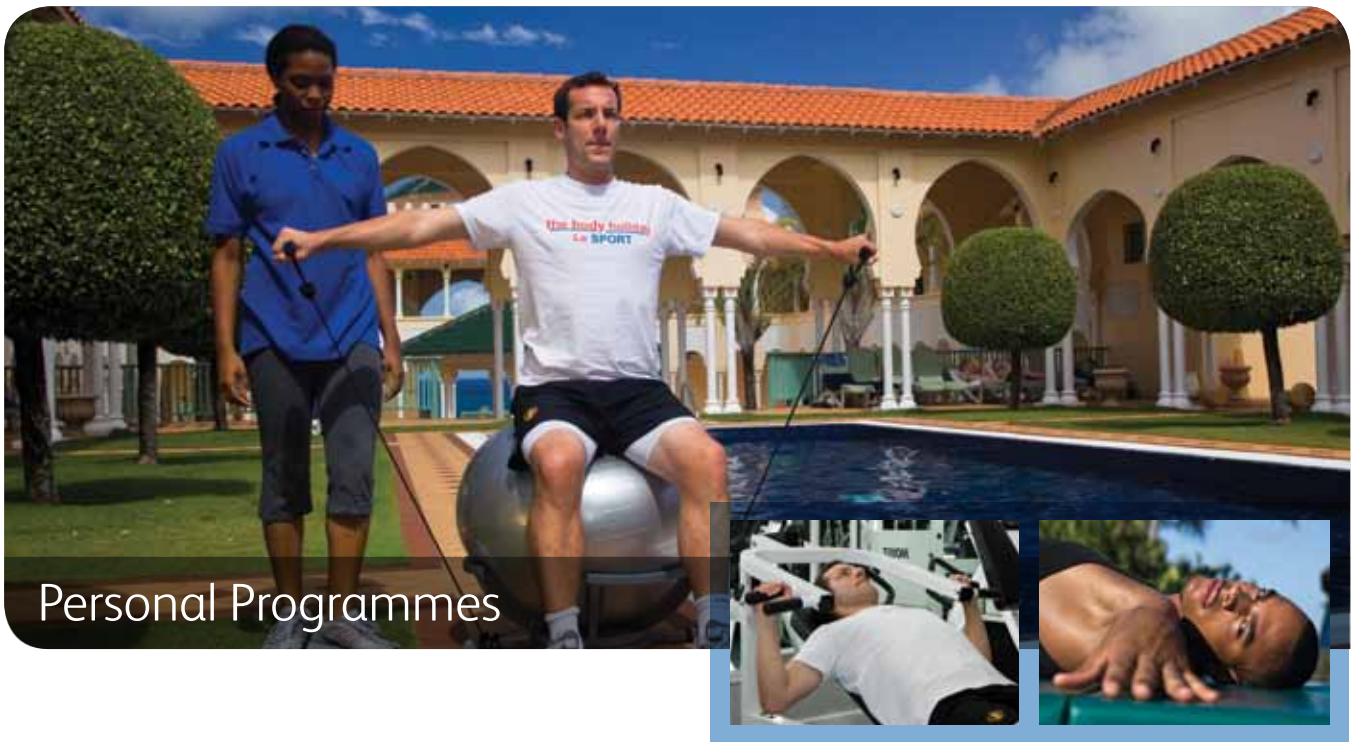
# Depilatory Waxing

Half leg; Full leg; Bikini; Underarm; Facial waxing; Back and/or Chest.

## Threading

Threading is a hair removal method using specialty thread. Hair becomes finer and sparser after regular treatments. Unlike tweezing, threading can remove an entire row of hair at one time, resulting in a straighter eyebrow line. Threading is great for clients with sensitive skin.

- Full Face 45 Minutes
- Eyebrows 20 Minutes
- Upper Lip & Chin 15 Minutes
- Upper & Lower Lip 10 Minutes



## Personal Programmes

### De-Stress With A Breathe Programme

Alleviate your symptoms and learn to understand and gain control over your body's responses to stress.

- 1 session Lifestyle and Nutritional consultation
- Personal Yoga class and tuition together with meditation
- 2 Shirodhara treatments
- 1 Mind Body Restoration
- 1 Aromatherapy
- Mind and body restoration
- 1 Reflexology
- 1 Reiki
- 2 types of Yoga classes
- Pilates classes
- Meditation classes
- Morning walks
- 1 sunset meditation walk on the beach
- Debrief and Recommendations

**Duration: 7 days**

# Detox Programme

Detoxify your system and calm your mind. Detoxing helps in conditions such as lazy digestion and slow metabolism.

- 1 session Lifestyle and Nutritional consultation
- 2 sessions Body Sculpting
- 1 session Shirodhara
- 2 sessions Manual Lymphatic Drainage
- 1 session dosha specific Synchronised Abhyanga
- 1 session yoga one-to-one
- 1 session of Mind and Body Restoration
- 2 types Yoga classes
- Pilates classes
- Meditation classes
- Morning walks
- 1 sunset meditation walk on the beach
- Debrief and recommendations

**Duration: 7 Days**

# Cellulite Flush

Combines the best of holistic therapies to work at the deepest level to flush and cleanse the circulatory, lymphatic and digestive systems.

- 3 Udvartana
- 2 Body Sculpting
- 1 Lulur Lulur
- 1 Lifestyle and Nutritional Consultation
- 1 personalised Pilates
- 2 types of Yoga classes
- Pilates classes
- Morning walks
- Debrief and Recommendations

**Duration: 7 Days**



## Journeys

### Ayurveda Ecstasy From South India

The journey includes four of the most popular traditional Ayurveda therapies to work on the physical, mental and emotional levels.

#### Day 1:

- 1 Synchronized Abhyanga Massage (two practitioners)
- 1 Mukhalepa Facial

#### Day 2:

- 1 Udvartana
- 1 Shirodhara

**Duration: 2 days**

### Detox Today And Rejuvenate Tomorrow

Totally unique combination of detoxification with rejuvenation

#### Day 1:

- 1 Udvartana
- 1 Bolus Bag Massage

#### Day 2:

- 1 Synchronised Abhyanga Massage (two practitioners)
- 1 Boreh Boreh Wrap

**Duration: 2 days**

## Sinus Treatment Synergy

Therapeutically designed series of treatments that target recurrent sinus, ear, nose and upper respiratory tract infections.

### Day 1:

- 1 Prana Breathe
- 1 Hopi Ear Candling

### Day 2:

- 1 Prana Breathe
- 1 Facial Marma

**Duration: 2 days**

## Sleep Restoration

We have put together a series of treatments to assist the promotion of quality sleep and retrain poor sleeping habits.

### Day 1:

- 1 Sacral Therapy
- 1 Mind and Body Restoration

### Day 2:

- 1 Reflexology
- 1 Shirodhara

**Duration: 2 days**

## Balinese Exotic Indulgence

Using authentic Balinese and locally sourced organic products to include flowers, herbs, spices, red rice powder, sandalwood, turmeric and naturally made yoghurt.

### Day 1:

- 1 Lulur Lulur
- 1 Balinese Massage

### Day 2:

- 1 Boreh Boreh
- 1 Balinese Facial

**Duration: 2 days**

# Body Renaissance

These unique and traditional massages are the most frequently requested at The wellness centre and include outstanding body massages from four different regions of the world. A truly global experience!

Allow us to pamper your body to revive and restore your good health.

## **Day 1:**

Thai Massage from Thailand “the land of the free”

Marma Massage from Kerala “God’s own country”

## **Day 2:**

Balinese Massage from Bali “the island of a thousand temples”

Chavutti Massage Deep Barefoot Massage, the therapist holds onto overhead ropes for balance, using the feet

**Duration: 2 days**



## Ayurvedic Treatments

### Synchronised Abhyanga (Four Handed Ayurvedic Massage)

This four handed technique is designed to work the “Dosha”. Specific herbal oils are used on the body providing a smooth rhythmical massage flow. The oils transmit their own qualities to the body in a deep physiological and psychological level. It gives the taste of a real Ayurveda experience.

**50 Minutes**

### Ayurvedic Back And Shoulder

This warm oil massage acts as a powerful recharger and rejuvenator of mind and body. It provides the means for transdermal absorption of the healing qualities of herbs used in the massage. This massage concentrates on the back, shoulder and head, and is beneficial in enhancing the three main circulatory systems.

**25 Minutes**

### Abhyanga (Two Handed Ayurvedic Massage)

A full-body warm oil massage acts as a powerful recharger and rejuvenator of mind and body. It provides the means for trans-dermal absorption of the healing qualities of the herbs used in the massage. This involves deeply relaxing long strokes and includes the head and feet. This treatment is beneficial in enhancing the three main circulatory systems such as blood, lymph and the nervous system.

**50 Minutes**

### Ayurvedic Hand And Foot

This amazing treatment commences with a traditional foot scrub in a copper vessel using medicinal oils and herbs to exfoliate the skin, increase circulation and relieves edema.

**50 Minutes**

## Indian Head Massage

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

**30 Minutes**

## Kizhis – Bolus Bag Massages

The entire body is massaged with a warm muslin bag containing Dosha specific products from organic herbs. The choices of 3 specific massages are:

### Rejuvenation

using B-vitamin powerful grains, which help to slow down the aging process.

### Detoxification

using powdered herbs to relieve the congestion of the skin and to allow excess sweating and evacuation of toxins naturally.

### Panacea for pain

using a blend of medicinal leaves to improve circulation.

Beneficial in nerve cramps, tingling of the limbs, and Reynaud's disease.

## Therapeutic effects:

- certain types of neurological conditions
- certain conditions in arthritis caused due to block of vata by kapha.
- over weight and obesity
- some types of acute pains like sciatica, lumbago etc.

**50 Minutes**

## Marma Massage

This treatment originated from the ancient art of 'Kalari payattu' – a martial art from Kerala, South India. This massage involves deep tissue techniques that help in invigorating the tissues and to breakdown the extra fat beneath the skin. "Marma points" are the 108 vital points in the body that would coincide with the key acupuncture points. This helps in correcting imbalances in the tri-dosha through manipulation of the 108 Marma points.

**50 Minutes**

## Mukhalepam

Let yourself experience the very best your skin has to offer through our unique “dosha” specific facial therapies using natural and local organic products, fruits, yoghurt and honey.

## Vata Facial

This facial is rehydrating and addresses dryness and aging which in turn stimulates cell renewal and delivers a smooth more vibrant looking skin.

## Pitta Facial

This facial is for irritated, blotchy or reactive skin and helps soothe and hydrate to bring your skin back to balance, strength and health.

## Kapha Facial

This facial is invigorating, rebalancing and detoxifying. Excellent for a dull and lifeless skin with blocked pores and congestion. This is a stimulating facial for thickened and oily skin. According to skin type

**50 Minutes**

## Prana Breathe

Begins with a relaxing massage to feet, chest, neck, head and face using the pressure points to mobilize and drain mucus. “Dosha” specific oils are then instilled in the ears and nose followed by inhalation of steam from the herbs and oils.

**50 Minutes**

## Shirodhara

A “dosha” specific oil or medicated liquid flows continuously on the forehead over the third eye for a specific duration to stimulate the nervous and hormonal systems thus bringing tranquility and clarity of mind. Shirodhara has been traditionally shown to help with fatigue, mental exhaustion, anxiety, insomnia, mental disorders, headache, excessive thinking, nervousness, and many other conditions commonly affecting the western society in today’s active lifestyle.

**50 Minutes**

## Tarpanam

A special modified procedure to suit the anatomical and physiological peculiarities of the eyes. Medicated oil is kept over the eyes for a specific duration followed by an eye wash with an herbal cleanser. Best indicated in pain and stiffness of eyes, dry eyes, eyestrain, squint, glaucoma, degeneration of retina and blurred vision.

**40 Minutes**

## Udwarthan

This is a powerful detoxifying technique using organic herbs from Southern India. This 3-in-1 treatment combines massage, exfoliation using a fragrant blend of herbs and a full body wrap. The skin is then fed with a nourishing herbal finisher

**50 Minutes**

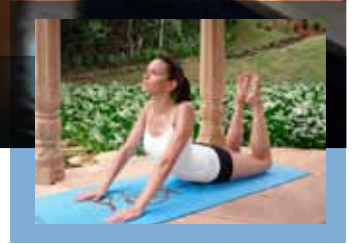
## Vasthi

This treatment is useful in inflammatory and degenerative conditions of the spine. The therapeutic oil remains placed over the affected areas by making a circular bund with a semi solid paste of black gram powder that holds hot medicated oil - followed by a soothing massage.

**45 Minutes**



## Holistic and Specialised Therapies



The BodyHoliday offers many specialized treatments at the wellness centre. These treatments are performed by our experienced practitioners coming to us from different corners of the world.

### Iridology And Nutrition

Iris is the colored part of the eye around the pupil. Every fiber, color, pattern, and defect in the iris is believed to have a reflex correlation with a disease manifestation or organ system malfunction. It can reveal an individual's overall state of health, as well as their tendencies toward inherited disease and possible future problems. A detailed and personalized nutrition plan is provided on basis of this iris assessment according to your need and inclination.

**50 Minutes**

### Acupuncture

Acupuncture is a method of encouraging the body to promote natural healing. This is done by inserting needles and applying stimulation at very precise acupuncture points. Needling the acupuncture points stimulates the nervous system to release chemicals in the muscles, spinal cord, and brain. The improved energy and biochemical balance produced by acupuncture results in stimulating the body's natural healing abilities, and in promoting physical and emotional well-being.

**50 Minutes**

## One-On-One Yoga

Based on an individual's health condition, best practices are picked from the traditional Indian science of Yoga. The highly customized session aims at teaching these selected techniques in a one-on-one session conducted in serene settings. The detailed summary of the whole session is then issued.

**50 Minutes**

## Postural Alignment

Postural Alignment is a technique found very useful for people suffering from chronic aches and pains, particularly in neck, shoulder and back areas. In this 30 minute session your posture in various positions is practically analyzed and suggestions are given to 'unlearn' the wrong postures. A personalized printed summary of the session is also given.

**30 Minutes**

## Balinese Exotic Facial

This treatment uses natural and fresh ingredients like flowers, spices, herbs and leaves. These products have been used in Indonesia for generations for their beautifying and healing qualities. This facial treatment is beneficial for deep cleansing, exfoliating and detoxifying. It leaves the skin soft and clean. It incorporates pressure points to encourage lymphatic drainage.

**50 Minutes**

## Balinese Massage

Balinese massage uses a variety of techniques including skin rolling, kneading and stroking, acupressure and reflexology. Essential oils are used to relax and soothe the body. This is a rigorous and luxurious spa treatment and a great one to choose if you want to experience a variety of massage techniques, relax and feel spiritually renewed at the same time. Balinese massage is related to the Ayurveda - the Indian holistic medical system. It works deeply to soothe damaged tissue and relieves pain. The boost to your circulation will help reduce stress and rebalance your body.

**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.

**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

**50 Minutes**

## Lulur Lular

This traditional Indonesian ritual commences with a luxurious massage with scented flower oil and continues with a skin scrub using organic rice and turmeric paste to exfoliate and sweeten the skin. After the skin has been cleansed, your body is pampered with a traditional yoghurt application and an exotic flower bath.

**50 Minutes**

## Thai Massage

Thai Massage, Originated from the time of Buddha is an extraordinary method of aligning the energies of the body, an interactive manipulation of the body using passive stretching and gentle pressure along energy lines.

These movements help to:

- adjust the skeletal structure
- increase flexibility
- relieve muscular and joint tension
- stimulate internal organs
- balance the body's energy system by working on the meridians

**50 Minutes**

## Reiki

Reiki is a Japanese technique for stress reduction and relaxation. Reiki is a specific type of subtle energy work in which healing is performed by the touch of the hand, allowing the flow of energy from a limitless source (Universal Energy) to the patient via the Reiki Practitioner. Reiki is excellent for healing any physical, mental, emotional and spiritual issues of any kind and it gives wonderful results.

**50 Minutes**

## Reflexology

By stimulating and applying pressure to the feet, you are increasing circulation and promoting specific bodily and muscular functions. Similar to how we use our eyes to detect light; the feet detect pressure, stretch, movement and weight distribution. Indication: insomnia, stress, anxiety, backache, improves immunity, health and well-being

**40 Minutes**

## Psychotherapy/Hypnotherapy

Psychotherapy and Hypnotherapy help those suffering from stress relationship difficulties, psychosomatic illnesses, phobias or fears, unwanted habits and emotional problems. It also encourages self improvement and confidence business, educational, personal, social or sports.

**90 Minutes**

## Stress Management

Stress is a problem which concerns us all. However creative we might be, it prevents us from using our full potential, causes physical fatigue, a dull mind, inhibiting the clear thinking necessary for decision making, leading to deterioration in personal relationships and when severe, can lead to heart disease and other functional disorders. Stress Management is a practical approach to help clients understand how harmful stress can be and to manage their stress reactions better.

**50 Minutes**

## Remedial Massage

Touch is a most effective form of healing. The energy that flows from the hands can refresh, regenerate and revitalize. When the muscles and tendons become damaged or impaired, knotted and tense or immobile, Remedial massage provides a healing treatment that can be gentle or strong, deep or shallow to work holistically treating the whole body. The Remedial Massage Specialist uses various techniques to address health concerns such as Fibrositis, Spondylitis, Arthritis, Frozen shoulder, muscular cramps, Whiplash, muscular atrophy, Sports and dancing injuries.

**50 Minutes**

## Sports Massage

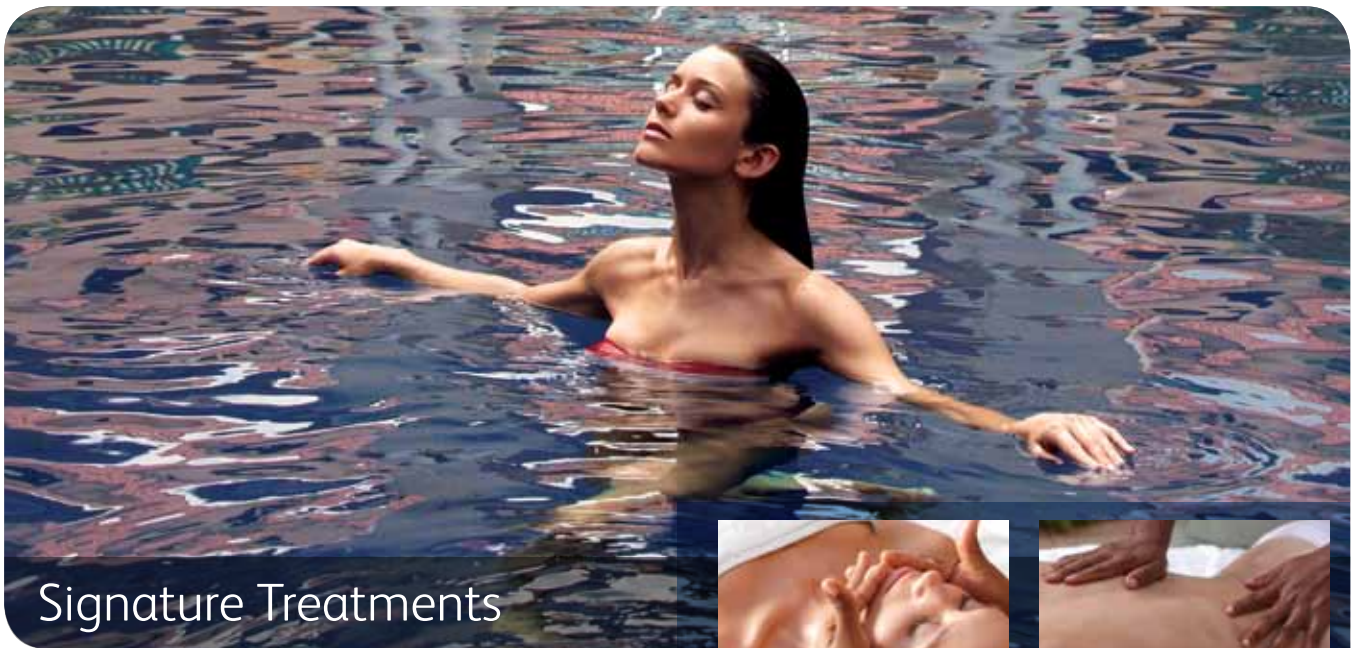
Geared towards both active and not so active individuals, this unique treatment incorporates the same techniques used with competitive athletes such as, range of motion, isolated stretching, and shaking. Because this is a highly invigorating treatment it works well to help: relax cramped or stiff muscles, increase mobility, and alleviate jet lag. Sports Massage is also a great complement to the numerous activities you will be enjoying at The BodyHoliday.

**50 Minutes**

## Deep Tissue Massage

In this full body treatment deep manipulative strokes are used to locate, stimulate and release trigger points deep within the muscular structure. A deep tissue massage is a great treatment to address imbalances situated below the superficial layers of muscles. With the use of firm pressure and friction, chronic conditions such as neck and back pain can be eased. Also, it is ideal for breaking down knots and scar tissue.

**50 Minutes**



## Aromastone Therapy

Since the birth of time, many ancient cultures have used the healing power of stones for medicinal and spiritual purposes. In Bali it is believed that “batu” stones are filled with the vitality and energy of the water that flows over them in an eternal stream.

Harnessing the properties of the stones, we bathe them in warm water, anoint them with the spicy, sensual aromas of the Orient, and place them on key energy points of the body to harmonize the spirit. Then, in a firm rhythmic massage sequence, which mimics the strong but steady stream of flowing water, the stones give up their power and warmth to tired and tense muscles, promoting inner peace and releasing muscular tension. A treatment, which excites every sense and provides a unique aromatic journey for the soul.

**75 Minutes**

## Aromatherapy

Aromatherapy means “treatment using scents”. The essential oils are massaged into the skin. Aromatherapy is used for the relief of pain, care for the skin, alleviate tension and fatigue and invigorate the entire body. The smells enter through cilia (the fine hairs lining the nose) to the limbic system, the part of the brain that controls our moods, emotions, memory and learning. The oils also work on the brain and nervous system through stimulation of the olfactory nerves.

**75 Minutes**

## Wellness Centre Deep Tissue Massage

A technique of massage targeting large muscle groups such as thighs, buttocks and back to broaden and stretch tight muscles. The Deep Tissue Massage releases the sluggish blood flow and toxins that gather in tired, overworked muscles. This Deep Tissue technique stretches limbs whilst applying deep pressure into the muscle resulting in a supple re-aligned body.

**50 Minutes**

## Exotic Coconut Milk Wrap

Indulge your body in this exotic and luxuriating treatment, which begins with a gentle exfoliation using coconut, mungbean, spices and lavender. Warm Skin Nourishing Milk Bath is then poured over the entire body, which is then wrapped and cocooned in foil. This opulent wrap is combined with a mini facial and relaxing pressure point scalp massage.

**50 Minutes**

## Exotic Ginger Lime Glow

An exotic exfoliation ritual to invigorate and revitalize the body. After light body brushing, warm oils are drizzled luxuriously all over your body before our sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Your skin is deeply cleansed, polished and softened to perfection, completed with an application of Exotic Island Flower Body Balm leaving the skin glowing and vibrant, replenished and flawless.

**60 Minutes**

## Body Sculpting Thrapy

Cellulite is associated with poor circulation, fluid retention and a congested digestive system. This treatment works at the deepest level to flush and cleanse all three systems. A detoxifying fennel and birch body mask is applied to the hips and the thighs, which are followed by a specialized drainage massage to help smooth the appearance of cellulite, boost the blood circulation and reduce fluid retention. Cleansing of the colon is a non-invasive abdominal massage

**50 Minutes**

## Frangipani Body Nourish Wrap

This nourishing body wrap drenches the skin in moisture for immediate softness. Warm oil is drizzled over and massaged into the body. Whilst cocooned in a foil wrap you will receive a facial cleanse, tone, scalp and acupressure point massage. An application of bod lotion leaves the skin radiant.

**50 Minutes**

## Honeymoon Massage

The classical Swedish Massage movements taught within this 1 hour lesson bring about a physical and emotional closeness between partners and teach you how to bring about a feeling of relaxation and well-being ion your partner, helping to soothe away stress and strains and have you both feel pampered.

**50 Minutes**

## Pro-Collagen Marine Facial

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

This treatment is made up of two facials:

### Oxygen Skin Calm

For restructuring tired, fragile and sensitive skins.

### SOS Purifying

With added Vitamin C harmonizes problem, congested and oil rich skins.

**75 Minutes**

## Mind Body Restoration

This exclusive and ingenious treatment goes beyond a 'Hands on Therapy'. A unique combination of oils is applied to the body enhancing and stimulating the senses. The seven Chakra points are then awakened with hot stone placement. Corresponding Reflex zones of the feet stimulated. The resulting relaxation period is designed to awaken the senses helping the body to reach equilibrium.

**50 Minutes**

## Hopi Ear Candling

Hopi ear candle is actually a cotton tube; impregnated with beeswax, honey extracts, 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, relieve 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.

**45 Minutes**

## Musclease/Cellutox Warp

Combining the richness of sea plants and pure unpolluted marine algae with the power of aromatherapy, this revolutionary body treatment is deeply detoxifying at all levels. A warm aromatherapy seaweed body mask is applied in massage movements over the body. It is then cocooned in a warm wrap, whilst the Essential Oils work, with the option of using a dry float to envelop the body in the comfort and warmth of water therapy. Two options are available to customize the treatments for individual needs.

### Cellutox – Cellulite and detoxifying

Contains a powerful synergy of body cleansing essential oils including Juniper and Lemon to help detoxify, decongest and stimulate all the body's systems.

### Musclease – Muscle tension

Contains a warm blend of Pine and Rosemary essential oils to ease arthritis, fatigue and muscle spasm.

**75 Minutes**

## Nuturing Massage For Mother-To-Be

The nine-month journey of nurturing is a special time. Connecting with the mother through the power of touch and working with two heartbeats as one. Specialized positioning is used to ensure the ultimate in comfort and relaxation. Helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, whilst easing the mind and uplifting the spirit.

**50 Minutes**

## Time For Two Aromatherapy Massage

Massage strokes ranging from frictional to relaxing are blended seamlessly to allow the body's internal system to benefit from the properties of premium grade blended essential oils. The combination of massage techniques, rhythmic movements and fragrant aromas refresh and renew to ease your tired, tense muscles and calm your racing mind.

**75 Minutes**

## Time for Two Facials (Pro-Collagen Marine Facial)

Experience the ultimate in scientific holistic skin therapy. This advanced booster facial is combined with a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in holistic skin therapy that promises to take your skin on a journey of total renewal. You will receive two facial masques specific to your skin types, specialized lifting massage techniques and natural Japanese silk protein serum or sulphur compresses.

**75 Minutes**

## Time For Two Wraps

### 1) Exotic Coconut Milk Wrap

Indulge your body in this exotic and luxuriating treatment, which begins with a gentle exfoliation using coconut, mungbean, spices and lavender. Warm Skin Nourishing Milk Bath is then poured over the entire body, which is then wrapped and cocooned in foil. This opulent wrap is combined with a mini facial and relaxing pressure point scalp massage.

**60 Minutes**

### 2) Frangipani Body Nourish Wrap

This nourishing body wrap drenches the skin in moisture for immediate softness. Warm oil is drizzled over and massaged into the body. Whilst cocooned in a foil wrap you will receive a facial cleanse, tone, scalp and acupuncture point massage. An application of body lotion leaves the skin radiant.

**60 Minutes**

## Tri-Enzyme Resurfacing Facial

Clinically proven: after just one treatment up to 75% resurfacing & 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 ageing and problematic skin.

Beneficial for aging and problematic skin.

**75 Minutes**

## Visible Brilliance Facial

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.

Specialized 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 & arm massage and de-stress scalp treatment for the ultimate in scientific skin-therapy.

**75 Minutes**

## Cooling Hot Stone Body Facial

Pure body indulgence with exceptional preventative ageing facial results! In just 55 minutes your wellness centre therapist will customize 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.

**55 Minutes**

## Manual Lymphatic Drainage

Commonly referred to as MLD this involves light rhythmical massage that aids the body in collecting and moving lymphatic fluid, which plays a key role in delivering nutrients antibodies and other immune constituents to the tissue cells of the body and removing debris such as toxins, cell waste and dead particles which are then cleansed by clusters of lymph nodes. MLD also reduces stress and improves sleep.

**50 Minutes**



## Hydra Peel Facial

Micro-peel is the ultimate in skin rejuvenation and deep pore cleansing, softening lines and giving instant youth to the skin. Micro-glycolic acids combined with high frequency current to break down the problem areas from inside the epidermis layers. Acne prone skin will benefit from less infection and congestion.

**55 Minutes**

## Hydrapell Intensif Facial

This intensive facial combines the dramatic and immediate results of the Hydra Peel Facial with the added benefit of two Age Zone Treatments of your choice.

**75 Minutes**

## Hydralift Facial

This advanced preventative aging treatment is designed to offer fast and dramatic results in the fight against time. Combining the effects of micro current, high frequency and lymphatic drainage, this treatment is suitable for even the most sensitive.

**55 Minutes**

## Hydralift Intensif Facial

This intensive facial combines the effective tightening and lifting of the muscles and super hydration. Recharge the texture and elasticity of the skin with the added benefit of two of the Age Zones of your choice.

**75 Minutes**

## Express Age Zone Treatments

Targeting primary areas of concern, they are designed to deliver an intensive boost of anti-oxidants to detoxify, renew and nourish. Using low micro-current and a cooling hydrating gel, gentle exfoliation, eye serum, mask and lymphatic drainage massage.

### Hydra Eye Intensif

Hydra Eye Intensif: softens fine lines, dark circles and puffiness.

**30 Minutes**

### Hydra Hand Intensif

Hydra Hand Intensif: reduce age spots, rehydrate dry or chapped hands.

**30 Minutes**

### Hydra Lip Intensif

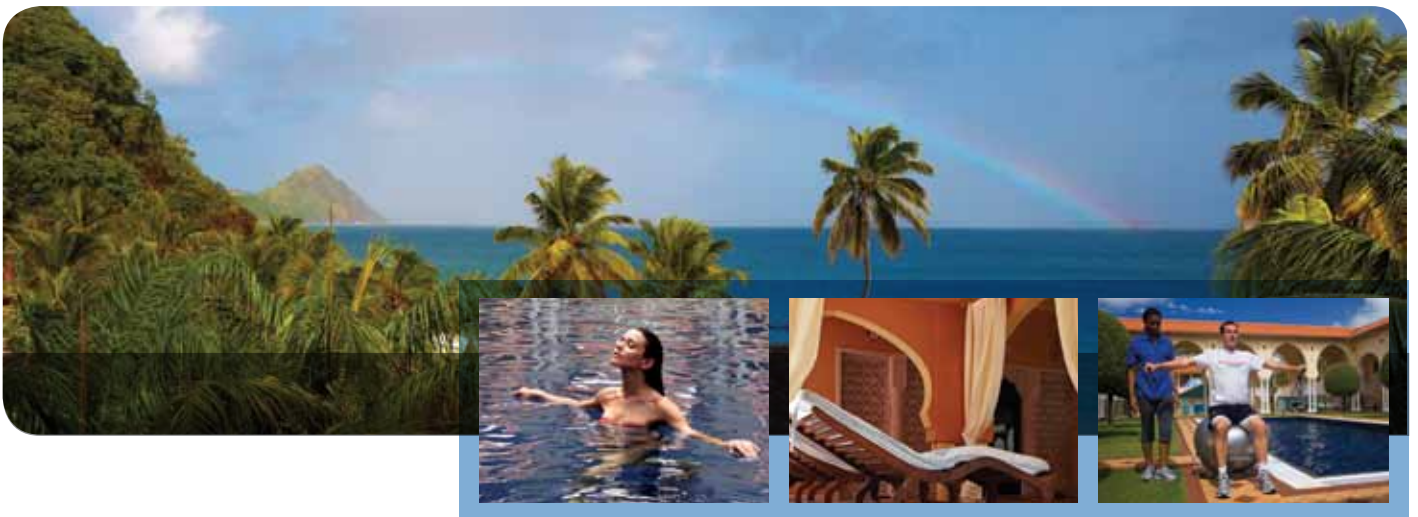
Hydra Lip Intensif: boost collagen to plump lips, whilst smoothing away fine lines.

**30 Minutes**

### Hydra Neck Intensif

Hydra Neck Intensif: to firm, lift and rehydrate the delicate skin of the neck and décolleté.

**30 Minutes**



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