



The Spa

AT PALM ISLAND RESORT

ST VINCENT AND THE GRENADINES

WELCOME TO THE SPA

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 desire.

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 16% 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

The Hibiscus Package

(150 Mins) \$230 or \$450 per couple

Renowned for being 'the botox of the Caribbean', the hibiscus flower boasts many magical properties. The treatment includes a Hibiscus oil bath to calm and relax - followed by a rejuvenating scrub and wrap. The experience continues with a deep relaxing body massage and concluded with the Hibiscus facial which smooths, brightens and firms the skin.

Ultimate Deep Tissue Massage

(90 Mins) \$140

Specialised 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, scalp and feet. However we can focus on your areas of concern, depending on your needs.

Harmonized Massage

(60 Mins) \$140

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
LONDON

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, recognisable aromas, Aromatherapy Associates maintain the highest standards of quality to bring you an aromatherapy experience that's as effective as it is luxurious.

Signature Treatments

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. After 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

Age Repair Facial (90 Mins) \$130

An intensive treatment for those concerned with the signs of ageing. Award-winning natural products are used in conjunction with a unique dual layering of intensive masks, with a specific lifting, plumping and firming massage. Delivers instantly visible results.

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, devitalised skin, to leave the whole body intensely nourished and smooth. Includes a scrub, followed by the layering of hydrating marine algae and a velvety moisturising 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.

Well-Being Treatments

Cleanse Your Mind (120 Mins) \$180

The perfect ritual for those feeling the ill-effects of stress and a hectic lifestyle. Traditional aromatherapy massage, fused with Ayurvedic scalp and facial massage using our award-winning De-Stress Mind Body Oil, will help clear your mind and refocus your thoughts.

Intensive Muscle Release (60 Mins) \$100

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

Body Refiner (60 Mins) \$100

A toning and slimming treatment to refine the body contours and eliminate excess fluids. Using our highly effective Revive Body Gel and Revive Morning Body Oil you will see a visible difference with beautiful smoother skin.

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.

Organic Oils:

Ylang Ylang, Lavender & Patchouli: Anti-ageing

Lavender, Lemongrass & Basil: Relaxing

Papaya & Lime: Harmony

Frangipani: Calming & rejuvenating

Hibiscus: Firming & lifting



CARIBBEAN BLUE
NATURALS[®]
ST LUCIA

Caribbean Blue Naturals made in the tropical island paradise of St Lucia, West Indies and formulated by naturopathic doctors, using the finest natural and effective ingredients. Free of artificial colours, preservatives, mineral oils or other harsh ingredients, the range of products are formulated with health-promoting natural ingredients.

Signature Treatments

The Frangipani or Hibiscus Package

(150 Mins) \$230 or \$450 per couple

Frangipani offers superior soothing and moisturising benefits for the skin alongside the ability to relieve inflammation and reduce stress.

Hibiscus promotes smoother, hydrated skin with increased elasticity - it's the natural botox of the Caribbean!

Your treatment begins with a scented bath to calm and relax, your body is then rejuvenated with a scrub and wrap treatment. Continuing with a blissful body massage and concluding with our signature facial to soothe, smooth and moisturise the skin.

The Palm Island Massage

(90 Mins) \$140

Achieve a deeper dimension of relaxation, health and well-being with this treatment that's been exclusively created for our guests including a combination of blissful Tissue Massage with Hot Stones and Pressure Points. Tensions will melt away and energy levels will be restored.

Deep Tissue Massage

(75 Mins) \$130

Perfect for both men and women, this powerful treatment will help to improve the suppleness and flexibility of muscles and joints. Blood circulation will be enhanced to promote quicker healing of any damaged or stressed muscle tissues and joints. Deep massage, trigger point therapy and guided stretching combine to promote the prevention of further tendon injuries.

Caribbean Traditional Massage

(60 Mins) \$100

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

Thai Massage

(75 Mins) \$130

This soothing sequential treatment draws upon the ancient Chinese, Indian and South East Asian traditions in medicine to effectively aid the removal of occlusions from energy flow and also rehabilitate the body from stress and pain.

Shiatsu Massage

(60 Mins) \$100

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-ageing 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 tranquillity and relaxation, promoting a sense of well-being.

Scrub & Wrap Treatments

Frangipani or Hibiscus

(90 Mins) \$130 or \$220 for two people

Indulge your body and senses with Frangipani - one of the best ingredients for the skin and with one of the highest levels 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 followed by a hydrating body wrap. The treatment concludes with a relaxing body massage with oil infused with Hibiscus.

Well-Being Treatments

Sun Worshipper

(60 Mins) \$100

After a day spent in the sun, come and enjoy our special treatment to calm, soothe and rehydrate your skin. An application of Aloe Vera will cool and soothe your body whilst easing any sunburn, locking in important moisture and help to prevent the skin from peeling.

Reflexology

(50 Mins) \$100

Reflexology promotes healing by stimulating the nerves in the body and encouraging the flow of blood. This therapeutic method is fantastic for relieving pain by stimulating predefined pressure points on the feet, alleviating allergy symptoms, as well as stress, back pain, and chronic fatigue. Reflexology can be as effective for promoting good health and for preventing illness as it may be for the relieving symptoms of stress, injury, and illness.

Indian Head Massage

(60 Mins) \$100

This treatment is based on the Ayurvedic system of healing which has been practised 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.



Spa Luxury Manicure

(50 Mins) \$90

The ultimate manicure for hands includes a relaxing body massage with oil infused with Hibiscus. 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 moisturised before nails are polished and painted to perfection.

Spa Luxury Pedicure

(50 Mins) \$90

This luxury pedicure starts 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 the skin. A detoxifying paraffin wax treatment prepares your feet for rich, hydrating creams to be massaged in before your toenails are polished and painted to perfection.

Aromatherapy Bathing Experience

(Bath lasts 30 Mins) \$35 per person or \$50 per couple

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

Choose from:

Aromatherapy Associates

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

Caribbean Blue Naturals

- Frangipani bath oil
- Hibiscus bath oil



RELAX
REFRESH
RENEW



PALMISLANDRESORTGRENADINES.COM