

Spa Menu



Massage treatments

- ***Deep Tissue (Relaxing Massage)***
Designed to relieve severe tension in the muscle, the connective tissue and to stimulate the circulation
- ***Shiatsu***
A Japanese system using finger pressure on specific stress points of the body
- ***Sport***
Improve performance, endurance and recovery time with a special deep massage and stretching technique, designed to aid an athletes specific needs.
- ***Marine Surge (Back Massage)***
To release tension and muscular pain in shoulders arms, shoulders and neck
- ***Caribbean Aromatherapy***
Based on an ancient practice using oils applied all over your body
- ***Universe (Hands and feet reflexology)***
Applying pressure and rotation in both your hands and feet without oil.
- ***Stone Therapy***
The rubbing of smooth heated stones across tired tight muscles including deep relaxation well being and balance .

Facial

- ***Deep Cleansing***
A deep-cleansing treatment nourishment for the skin and the therapeutic touch of essential oils that will open your senses

Manicure and Pedicure

- ***Traditional Manicure & Pedicure***
Our basic manicure & pedicure includes, soaking, buffing, cuticle clipping (optional), base coat pushing and painting French or regular
- ***SPA Manicure and Pedicure***
This manicure and pedicure is the ultimate in pampering tired. Nails are expertly groomed, cuticles softened, and hands are gently massaged finished of by your choice of polish color.