



# ELEVATE SPA

## MASSAGES

### RELAXING / DEEP TISSUE MASSAGE | 60 or 90 minutes

\$195 / \$260

Aim to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the tense areas and help realigning the deeper layers of connective and muscle tissue. It relieves stress, rehabilitate injured muscles, lowers blood pressure and heart rate among many other benefits.

### BAMBOO MASSAGE | 60 or 90 minutes

\$195 / \$260

A deep tissue technique using a roll of heated bamboo to stimulate blood circulation. This can help improve muscle stiffness, sleep quality, clarity of mind, lymphatic drainage, and releases endorphins.

### THAI MASSAGE | 90 minutes

\$350

A therapeutic touch that differs in many ways traditional massage. Instead of a massage table, you lie on a mat on the floor while the therapist manipulates your body in certain ways to stimulate organs and improve flexibility. It helps with relaxation, stress, muscle tension and improved cardio.

### CUPPING THERAPY | 45 minutes

\$175

Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. It helps with cell regeneration, relieve pain, inflammation, blood flow, and relaxation.

### BABY & ME | 60 minutes

\$165

A relaxing time for mom and baby as of the second trimester. With each gentle stroke, your baby will feel nurtured and loved, strengthening the bond between the two of you.

### HOT STONE | 90 minutes

\$275

Using heated basalt river rocks on different parts/back of the body, it helps relieve tension, pain, stress, anxiety, aids sleep and managing chronic pain with a combination of hand strokes to areas of concerns without causing any discomfort.

### REFLEXOLOGY | 45 minutes

\$175

Reflexology is a therapy that uses pressure on specific points on the feet and hands to help ease stress, improve energy levels and helps your body work better.

## BODY TREATMENTS

### BODY SCRUBS | 60 minutes

\$180

Buff your skin to perfection with raw sugarcane granules, infused potent scrub for deep hydration to reveal a fresh layer of clean, smooth, and moisturized skin. Your choice of coconut, stone crop, and cranberry scrub.

### BODY WRAPS | 60 minutes

\$180

This "Body Cocoon" treatment is specifically created to enhance the health and appearance of skin. It is also designed for sunburn, and/or sensitive skin with a relaxing scalp massage. Your choice of chocolate, blueberry, or mango wraps.

## BEAUTY TREATMENTS

### FACIAL | 45 minutes

\$210

Cleaning, exfoliation, extractions, moisturizing tonic, eye contour, moisturizing mask and facial massage. Options: Anti-aging, hydrating and detox face impurities.

### EYEBROW HEAVEN | 60 minutes

\$200

A combination of Indian threading, brow lamination, henna eyebrow tint.

### INDIAN THREADING | 60 minutes

\$125

A simple process that requires practice to perfect but has quick, controlled results. Indian threading uses a thin piece of cotton thread to shape eyebrow hair.

### BROW LAMINATION

\$75

Involves the "perming" of your eyebrow hairs to provide a fuller, more even look and help keep them in place after washing off any cosmetics you wear.

### HENNA EYEBROW TINT

\$75

It is a fantastic way to try out a shape before committing to semi-permanent makeup, or if you just want your eyebrows shaped and filled temporarily.

## COUPLES PACKAGES

### COUPLES DELIGHT | 60 or 90 minutes at our Oceanfront Cabana

\$420 / \$520

Deep tissue massage with long strokes, pain relief points and stretching techniques.

Enjoy your treatment at the privacy of your villa or bungalow for \$110 per person. Extended any treatment by 30 minutes for an additional \$110 per person.