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INDULGE

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*Spa*

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RELAX • REJUVENATE • REFRESH

# WELCOME TO INDULGE SPA

RELAX • REJUVENATE • REFRESH

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 the Spa is open daily from 10am until 6pm and 10am until 3pm on Sundays.

# 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 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 is not advisable for those with certain medical conditions.

## 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 VALUABLES

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

We accept cash and all major credit cards, or we can charge directly to your room. For your convenience, 15% Government 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.

\* All treatments commence with a full consultation by our trained therapists



# FACIAL THERAPIES

## INDULGE SIGNATURE FACIAL & BODY WELLNESS

90 mins

Our signature facial begins with a skin analysis by your trained therapist to determine the perfect balance of oils to use during the treatment. With your chosen oils, your therapist will carry out a pressure point massage to stimulate your nervous system before applying a skin-specific mask. This is followed by a half hour back massage using essential oils. Your skin and body will be left feeling relaxed, rejuvenated and refreshed.

## AGE REPAIR FACIAL

75 mins

This repairing and anti-aging facial works with natural oils to stimulate collagen formation and deliver firm and tightened skin. The anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of aging skin. After cleansing and exfoliating, your skin is then massaged using apple seed extract, raspberry seed oil and date palm oil which are renowned for their cell renewal and anti-oxidant effects. Two masks are applied, a rose gel to hydrate, and an intense strawberry seed and frankincense mask to firm and plump. The eye area is treated with a lymphatic massage to improve suppleness and elasticity. For ultimate luxury your scalp is massaged to release stress and tension.

## TIMELESS REJUVENATION

75 mins

### Myoxy Caviar™ & Pearl Mask

This opulent anti-aging treatment lavishes your skin with pure caviar and pearl extract. This luxurious mask improves elasticity, increases skin oxygenation and suppleness. Promoting rejuvenation, it visibly resurfaces and dramatically reduces facial expression lines and wrinkles.

## LUMINOUS RENEWAL

60 mins

### Luminous C & Sea Mask

An essential facial treatment for dull and dehydrated skin. This mask combines the high potency of Vitamin C with a stimulating freeze-dried seaweed rendering skin firmer, brighter and rejuvenated. A great treatment for those with sun-damaged skin, restoring a youthful appearance with a luminous glow.

## SOOTHING FACIAL

60 mins

This facial is perfect for sensitive, over exposed sun-damaged skin and those with broken capillaries. Each facial will begin with a gentle cleanse and exfoliation, followed by a powerful mask which incorporates the healing powers of chamomile and liquorice root. Puffiness and discomfort are gently but effectively eased away, leaving your skin looking refreshed and feeling more comfortable.

## SKIN FIT FOR HIM

60 mins

Counteract the aging process with a proven-effective advanced treatment specifically formulated for men.

## EYE TREATMENT - CAN BE ADDED TO ANY FACIAL TREATMENT

### EYE CONTOUR TREATMENT

30 mins

Excellent for smoothing fine lines across the eye zone. Eye contour freeze-dried treatment reduces congestion, stress and fatigue, while combating the signs of aging.

### INSTANT EYE REPAIR

30 mins

Specialised massage techniques to help improve micro-circulation and drainage, resulting in the reduction of puffiness. Natural plant extract and oils work to leave eyes fresh, bright and youthful.

### GINKGO BILOBA EYE MASK

30 mins

Decongests puffy eyelids and alleviates dark circles.

# SPA BODY TREATMENTS

## INTENSE NOURISHMENT

60 mins

Nourish body and soul with this luxurious treatment designed to rejuvenate dry, out-of-condition skin.

An intensive salt and coffee body exfoliation stimulates the circulation to revive dull tired-looking skin. Hands and feet are given special attention with applications of rich Vitamin E oil to cuticles and heels. A freshwater mud mask is applied to soften and condition the skin. Your body is layered in a deeply hydrating gel and then massaged, Swedish style, with a blend of four highly nourishing plant oils. The skin is then protected with a moisturising body butter. Finally, a scalp massage dissolves tension and stress so that mind and body are nourished and rejuvenated.

## HARMONY OF TROPICAL FRUIT WRAP

60mins

This papaya-pineapple body wrap is enriched with Crème Fraîche natural butter, calcium, vitamin A, pomegranate extract and other anti-aging ingredients. The luscious Crème Fraîche formula is applied all over your body for a glorious sensory escape.

This two-step treatment unites a unique blend of tropical fruit extracts and promotes a quick deep absorption, refreshing and firming skin texture. An excellent anti-aging treatment.

## DETOX & REVIVE

50 mins

Perfect for times of over-indulgence or when you're just feeling a little sluggish. The ultimate trilogy of body brushing, exfoliation and mud mask stimulate lymphatic drainage, remove dead skin cells while re-mineralising the skin. This enables the application of the Revive Body Gel, Revive Body Oil and Revive Body Lotion to penetrate efficiently into the body, resulting in a deeply recharged mind and reenergised body.

## SUMMER SKIN COOLER

45 mins

This treatment harnesses the natural power of lavender, peppermint and rose essential oils. The body is left feeling thoroughly nourished and refreshed. The perfect remedy for clients who have been in the sun and for those feeling uncomfortable in the heat.

## WATER LILY AFTER-SUN SOOTHING WRAP

45mins

The ultimate after-sun soother. This treatment is specifically formulated to desensitise, moisturise, decrease skin temperature and reduce the burning and redness associated with over exposure to the sun.

## BESPOKE BODY POLISH

45 mins

A relaxing all over exfoliation and layering of richly nourishing products to leave the skin looking radiant and feeling wonderfully smooth.

## BUG BITE BE GONE

25 mins

A unique blend of essential oils customised to treat bug bites, to reduce and eliminate the discomfort. This treatment consists of a wrap and warm compress to affected areas and ends with a light soothing application of essential oils.

## INDIGENOUS ANTIGUAN SPA EXPERIENCE

### INDULGE COCONUT COCOON

90 mins

An exclusive indulgence for couples. The experience starts with the application of a grated coconut body polish before being cocooned in a wrap of coconut milk and finishing with a relaxing coconut oil massage. This treatment will leave you both feeling rejuvenated, refreshed and relaxed.

### LEMONGRASS & GINGER BODY WELLNESS

90 mins

This treatment begins with a foot bath created using a combination of herbs that are harvested from our spa garden. A lemongrass and ginger infused body scrub will naturally boost blood flow to the muscles and is followed by a soothing body wrap to reduce water retention and detoxify the body. The treatment is completed with a relaxing warm candle back massage.

### ESSENCE OF THE GARDEN

60 mins

Exotic blend of hibiscus flower customised to hydrate and soothe the skin. This experience starts with a combination of mint, hibiscus and rosemary to create a soothing foot bath followed by a body scrub to enhance the skin texture and is completed with a relaxing warm candle back massage.

# MASSAGE BODY TREATMENTS

## THE ULTIMATE AROMATHERAPY EXPERIENCE BODY MASSAGE 30/60/90 mins

This is an intense massage ritual drawn from an infusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit. With your chosen oil the therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged.

## ECLECTIC MASSAGE 60/90 mins

An original blend of techniques customised to suit individual clients who enjoy the benefits of multiple modalities including Deep Tissue Massage, Swedish Massage and Thai Massage. Select 90 min option to include Hot Stone Therapy.

## SWEDISH MASSAGE 30/60/90 mins

This type of massage is still the most effective in relieving aches and pains, particularly in the neck and back. It increases circulation and promotes a sense of well-being.

## DEEP TISSUE MASSAGE 30/60/90 mins

A deep full body massage treatment designed to work on stiff, tight and fatigued muscles and joints. Involves specialised and intensive deep tissue techniques to warm, manipulate and ease the muscles.

\*\*\* upgrade with specific essential oils to target muscle issue +\$10

## HOT STONE THERAPY 60/90 mins

This treatment is a mind, body and spirit experience where you will reach the point of ultimate relaxation, along with pain relief, stress relief and rejuvenation of the mind. Using basalt stones, the stones elicit a re-energising response from the body.

## RELAXING MASSAGE FOR MOTHER-TO-BE 60 mins

From the soles of the feet to the scalp, a totally relaxing experience that helps to relieve tension as well as eliminating water retention. A special treatment for a special time.

## COUPLES MASSAGE 60/90 mins

Treatment is conducted in either the romantic setting of one of Spa Indulge's open treatment pods or the seclusion of our air-conditioned cottage. A creative blend of massage modalities aid in body relaxation and rejuvenation. Enjoy the application of a warm aromatic compress to the back and feet.

## REFLEXOLOGY 45 mins

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 relieving symptoms of stress, injury, and illness.

\* upgrade to include detoxifying foot soak pre-treatment +US\$10

## INDIAN HEAD MASSAGE 30 mins

A therapeutic and relaxing treatment, massaging the scalp, releases tension throughout the body, alleviates headaches and produces a complete sense of calm.

\* upgrade to include nourishing essential hair oil +US\$10.

# SPA PACKAGES

## ISLAND LIFE

2.5hrs

Lemongrass, Coconut or Hibiscus Body Scrub  
Body Wrap of Choice (Revive or Hydrate)  
Eye Compress with Herb Facial Steam (Half Hour)  
Warm Candle Body Massage x2 Sessions  
Includes a complimentary Freshly Steeped Lemongrass & Mint Tea

## COUPLES INDULGENCE

2 hrs.

His and Hers Facial with Eye Treatment  
His and Hers Rose Body Wrap  
Aromatherapy Body Massage

## BODY REJUVENATION

2 hrs.

Foot Bath  
Body Exfoliant or Wrap  
Back Massage or Ayurvedic Scalp Massage  
Manicure or Pedicure

## BRIDE TO BE SPA DAY

3 hrs

Manicure and Pedicure (Can be substituted for hand and foot nourishment if nails are previously done)  
Beauty Bliss Facial (Half Hour)  
Body Scrub  
Aromatherapy Massage  
Bridal Style on Wedding Day  
Includes a complimentary glass of champagne

## GROOM TO BE SPA DAY

3 hrs.

Bespoke Body Scrub  
Men's Facial  
Nail Grooming (hands & feet) including a Foot Bath  
Deep Tissue Body Massage  
Includes a complimentary glass of champagne

# BEAUTY ESSENTIALS

## HANDS & FEET

Spa Manicure	30 mins
Luxury Manicure (incl. nourishing hand treatment)	50 mins
Spa Pedicure	45 mins
Luxury Pedicure (incl. nourishing foot treatment)	60 mins
French Polish	add 10 mins
Polish Change	30 mins
Tired Hands Massage	25mins
Age Repair Hands Massage	25mins
Aching Foot Relaxer Massage	25mins
Intense Nourishing Foot Treatment	25mins

## WAXING

Using the warm wax method, regular removal will weaken hair growth and help to soften the skin

Eyebrows/Lips/Chin	Underarms
Bikini Line	Half Arm
Full Bikini	Full Arm
Back/ Chest	Half Leg
Brazilian	Full Leg

## HAIR SERVICES

Hair styling services include luxury shampoo and condition, followed by a blow dry and advice on home care

Shampoo & Blow Dry	Hair Up Bridal
Cut & Blow Dry	Styling
Men's Hair Cut	
Intensely Nourishing Hair Treatment	25mins

## MAKE-UP

45-60mins



# PRICE LIST

## FACIAL TREATMENTS

- Indulge Signature Facial 90 mins : \$180.00 USD
- Age Repair Facial "Fountain of Youth" Body Wellness 75 mins : \$140.00 USD
- Timeless Rejuvenation 75 mins : \$140.00 USD
- Luminous Renewal 60 mins : \$120.00 USD
- Soothing Facial 60 mins : \$120.00 USD
- Skin Fit for Him 60 mins : \$120.00 USD

## EYE TREATMENTS

- Eye Contour Treatment 25 mins : \$40.00 USD
- Instant Eye Repair 25 mins : \$40.00 USD
- Ginkgo Biloba Mask 25 mins : \$40.00 USD

## SPA BODY TREATMENTS

- Intense Nourishment 60 mins : \$140.00 USD
- Harmony of Tropical Fruit Wrap 60 mins : \$140.00 USD
- Detox and Revive 50 mins : \$90.00 USD
- Summer Skin Cooler 45 mins : \$85.00 USD
- Water Lily After-Sun Soothing Wrap 45 mins : \$90.00 USD
- Bespoke Body Polish 45 mins : \$65.00 USD
- Bug Bite Be Gone 25 mins : \$40.00 USD

## INDIGENOUS ANTIGUAN SPA EXPERIENCE

- Indulge Coconut Cocoon 90 mins : \$155.00
- Lemongrass and Ginger Body Wellness 90 mins : \$150.00
- Essence of the Garden 60 mins : \$130.00 USD

## MASSAGE BODY TREATMENTS

- Ultimate Aromatherapy Massage 30 mins : \$70.00 / 60 mins : \$115.00 / 90 mins : \$150.00 USD
- Eclectic Massage 60 mins : \$125.00 / 90 mins : \$155.00 USD
- Swedish Massage 30 mins : \$60.00 / 60 mins : \$105.00 / 90 mins : \$145.00 USD
- Deep Tissue Massage 30 mins : \$75.00 / 60 mins : \$115.00 / 90 mins : \$160.00 USD
- Hot Stone Therapy 60 mins : \$125.00 / 90 mins : \$155.00 USD
- Relaxing Massage For Mother-To-Be 60 mins : \$120.00 USD
- Couples Massage 60 mins : \$210.00 / 90 mins : \$280.00 USD
- Reflexology 45 mins : \$85.00 USD
- Indian Head Massage 30 mins : \$70.00 USD

## SPA PACKAGES

- Island Life 2.5hrs : 340.00 USD
- Couples Indulgence 2hrs : \$500.00 USD
- Body Rejuvenation 2hrs : \$240.00 USD
- Bride To Be Spa Day 3hrs : \$300.00 USD
- Groom To Be Spa Day 3hrs : \$300.00 USD

## BEAUTY ESSENTIALS

- Spa Manicure 30 mins : \$45.00 USD
- Luxury Manicure 50 mins : \$55.00 USD
- Spa Pedicure 45 mins : \$55.00 USD
- Luxury Pedicure 60 mins : \$65.00 USD
- French Polish add \$10.00 USD
- Polish Change 20 mins : \$20.00 USD
- Detoxifying Foot Bath with foot Massage 25 mins : \$45.00 USD
- Soak Off 20 mins : \$10.00 USD
- Makeup 40 mins : \$80.00 USD

## ADD-ONS

- Tired Hands 25 mins : \$25.00 USD
- Age Repair Hands 25 mins : \$25.00 USD
- Aching Foot Relaxer 25 mins : \$25.00 USD
- Intense Nourishing Foot Treatment 25 mins : \$25.00 USD
- Intensely Nourished Hair Treatment 25 mins : \$25.00 USD

## WAXING

- Eyebrows/lip/chin 10 mins : \$25.00 USD
- Bikini Line 20 mins : \$30.00 USD
- Full Bikini 30 mins : \$35.00 USD
- Back/Chest 40 mins : From \$50.00 USD
- Brazilian 30 mins : \$55.00 USD
- Underarm 10 mins : \$30.00 USD
- Full Leg 30 mins : \$70.00 USD
- Half Leg 20 mins : \$45.00 USD
- Full Arm 20 mins : \$50.00 USD
- Half Arm 15 mins : \$35.00 USD

## HAIR SERVICES

- Shampoo & Blow Dry 60 mins : From \$30.00 USD
- Ladies Hair Cut 40 mins : From \$25.00 USD
- Bridal Style 60 mins : From \$60.00 USD
- Up-Do 60 mins : From \$65.00 USD
- Men's Hair Cut 30 mins : \$25.00 USD

\*15% Government Tax is added to all treatments

# INDULGE

RELAX • REJUVENATE • REFRESH

## RELAX

in the heart of the Galley Bay gardens on the edge of the lagoon.

## REJUVENATE

enjoy open air treatments with cool breezes and a chorus of birds.

## REFRESH

body and mind in a tropical paradise in the Caribbean.

RELAX YOUR BODY • REJUVENATE  
YOUR MIND • REFRESH YOUR SOUL

We are here to look after our guests so they receive the ultimate experience.  
Please call or visit the Spa to book time to Indulge.

Spa Indulge, Galley Bay Resort & Spa, Ext 114



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