

#### Tranquility Spa operating hours are 9:00 AM to 5:00 P.M. daily

#### **Making Reservations**

#### How Do I Make A Spa Reservation?

The Spa is immensely popular with guests, so we strongly recommend that you book your Spa treatments well in advance. Reservations can be made in person at the Spa Reception.

#### I Am Pregnant What Treatments Do You Recommend?

Our number one priority is the safety and well-being of our guests. We do not, therefore, recommend any Spa treatments for women in their first trimester and no full body treatments throughout the term of pregnancy. To assist with your choice of available treatments, please contact one of our Spa Therapists.

#### What Happens If I Need To Cancel My Treatment?

If you would like to reschedule or cancel your booking, you can do so at any time subject to providing a minimum of 24 hours notice. If a cancellation is made less than 12 hours prior to your appointment time, a 50% charge will apply. If there is no notice provided, a full charge will be made for the services reserved.

#### Can I Have A Spa Treatment In My Villa?

Yes, most treatments are available for you to have in the privacy of your own villa. The treatment will have a surcharge of 50%. Please ask our Spa receptionists.

#### The Treatment Itself

#### What To Wear

There is no need to bring or wear any special clothing. For men, we recommend shaving prior to having a facial for maximum comfort and benefit to the skin. The Spa accepts no responsibility for the safety of your valuables and we ask that they be secured prior to your visit and stored in a safe place.

#### What Time Should I Arrive For My Treatment?

Please arrive at the Spa a minimum of 15 minutes before your scheduled appointment time – this allows you time to fill out your consultation form, enjoy the ambience and start the relaxation process before your treatment begins.

#### What Happens If I Am Late For My Appointment?

As a courtesy to all our guests, a prompt appointment schedule is adhered to. Late appointments may not be honoured if there is a treatment booked immediately after and will be charged the cancellation fee.

#### What Medical Or Physical Concerns Do I Need To Tell The Therapist?

All first-timers need to fill out a consultation form prior to their treatment – this is to provide you with the best possible experience and to assure your maximum safety and comfort. The consultation form can be found in the pocket of the Guest Directory in your suite or at the Spa Reception.

#### Payment?

We accept cash, all major credit cards, or the bill can be charged to your room. All prices are in US\$ and the 15% ABST (Antigua and Barbuda Sales Tax) is included.

#### **Gratuities?**

Our staff strives to do all we can to assure your satisfaction and tranquility. If you feel that we were successful and wish to show your appreciation, gratuities are happily accepted. Amounts are at your discretion and typically range from 10% to 25%. This may be paid directly to your therapist or added to your bill.

#### **Hammock Cove**

## Journey Experiences

## Antigua & The Sea

Begins with an energizing and re-mineralizing sea salt body scrub blended with pure tropical papaya and pineapple fruit extracts, followed by a crème fraiche body wrap. While the body is enveloped in this hydrating & de-aging crème wrap, a Myoxy-Caviar hard lift-off facial mask - a treatment for intense, dramatic skin repair and nourishment is performed to perfection. You'll be amazed with the results you'll see!

#### Nature's Hidden Paradise

2.5 hours / 360.00 USD

Begins with an Intensive Body Treatment, targeting cellulite and sagging skin due to body aging. Followed by a de-aging facial including the application of an elixir from a blend of pure plant stem cells meticulously massaged into facial lines, wrinkles, and areas of concern. At completion, this mighty face & body rejuvenation will have you turning back the clock to the seasons of your youth.

#### Cocktail at Cove 2.5 hours / 360.00 USD

Let your skin drink to its health! Featuring the most skin-friendly natural ingredients combined with the latest in anti-aging extracts and peptides, this relaxing wellness experience reveals more luminous, younger, firmer, and even-looking skin. Delivering immediate results and de-aging restoration for your face and body... you will be wondering what's the secret recipe.

#### Turquoise Waters Balance 2.5 hours / 360.00 USD

Strategically restore the skin's physiological balance while detoxifying trouble areas that can appear as cellulite, pigmentation, and other symptoms of accelerated aging. First, a facial infused with a high concentration of advanced vitamin C, stimulates your skin's firming and plumping collagen fibers, defeats free radicals, and addresses unwanted skin discolorations. Meanwhile, a superb collagen eye treatment is performed to deliver an instant eye-opening result, and the body gets wrapped in super slimming chlorogenic acid from premium green coffee. This extraordinary treatment trio renders your body smooth and toned, and your skin visibly repaired and luminously restored.

## Trade Winds Escape 2.5 hours / 330.00 USD

Calm your mind and skin while also addressing surface irritations like sunburn, rashes, and eczema. During this "cool" experience, your eye contour will be cared for with ginkgo biloba, a proven ingredient to relieve both under eye dark circles and puffiness, while your face gets a treat with soothing propolis extract to heal facial breakouts and sensitivity. But the best is yet to come as your body is covered with a veil of the most delightful and comforting water lily recovery wrap. This restorative, calming journey will leave your whole body immediately relieved and utterly soothed.

# Massage Therapy

#### Hammock Cove Well Being Massage 60 mins / 140.00 USD Couples / 280.00 USD

Hammock Cove signature massage, this is a relaxing experience incorporating Swedish techniques as well as movement designed to improve circulation, ease tension, reduce stress and relax the body.

## Aromatherapy De-stressor

Close your eyes, relax, and bid stress farewell. Your therapist rhythmically applies proven-effective Swedish massage techniques combined with aromatherapy scented oils to help you de-stress, unwind, and achieve a deep sense of wellness. Your circulation is boosted as sore joints and muscles are quickly alleviated.

## Ocean's Deep Restoration 60 mins / 150.00 USD

Specifically customized, this deep tissue massage targets your body areas of concern. A variety of therapeutic techniques are combined to ensure stress related tenderness is immediately alleviated.

#### Sports Relief Massage 60 mins / 150.00 USD

Muscles ache and painful body after your sports or activity, this massage helps reduce muscle aches, sore calves, including stretching that will increase your range of motion.

#### **Back, Shoulder & Head Massage**

30 mins / 70.00 - 60 mins / 140.00 USD

Focusing this area of back, shoulder & head is great for reducing tightness, easing tension and concentrating the stiff neck area.

#### Reflexology a la Antigua

60 mins 140.00 USD / 30 mins 70.00 USD (May be added to any facial treatment)

This dynamic pressure point massage technique is applied to the feet to relieve soreness and release tension. Each pressure point corresponds to an area of the body to immediately alleviate and promote healing. Especially beneficial for those on their feet for extended periods of time.

### **Pregnancy Soothing Massage**

60 mins / 140.00 USD

This soothing and gentle massage eases muscle tension, fatigue during pregnancy, focusing on the special needs of the mother-to-be. (Must be more than 3 months)

#### **Caribbean Warm Bamboo Fusion Massage** 60 mins / 170.00 USD

Experience this deep penetrating massage using the warm bamboo tools, the body is able to extremely relax as muscles get looser and joints more flexible.

#### **Hot Stone Therapy** 60 mins / 170.00 USD

Stubborn knots, muscle pain, muscle spasm, tightness, this hot stone therapy is extremely beneficial to the areas of concern. The heat increases blood flow to the area and relax tight muscles and irritated nerves.

# Facial Therapy for Both

Our Specialty Facial Treatments are suitable for Women and Men according to Skin Demands. Your skin care specialist will recommend the best suitable treatment while you enjoy our customized services.

#### The Cove's Facial by Sea & "C"

(Luminous "C" and "Sea" Mask Treatment)
60 minutes / 170.00 USD

A radical facial treatment for dull and dehydrated skin. This facial combines the high potency of Vitamin "C" with a stimulating Freeze-Dried Seaweed rendering skin firmer, brighter, more rejuvenated, and velvety-soft. An excellent treatment for sun bathers, smokers, and sun-damaged skin. Soft lift-off mask.

#### **Waving at the Sun Facial**

(Plantomer Mask Treatment)
60 minutes / 160.00 USD

This highly effective, soothing treatment calms redness and alleviates irritated or sensitive skin. A healing propolis ampoule is expertly applied to desensitize the skin's surface and calm irritations. A cooling, soft lift-off mask is then added to seal in the benefits of the nutrient-enriched ampoule and replenish hydration.

## Hammock's Boosting Facial 60 minutes / 170.00 USD

Seeking a custom facial treatment with extraordinary instant results? Ask your skincare specialist which ampoule treatment is ideal to address your specific concerns. All ampoule treatments include an expert cleansing, steaming, and exfoliation. The custom ampoule to best address your concerns will then be gently massaged, followed by your selected mask for optimum benefits.

# Anti-Aging Facial Treatments

#### **Caviar by the Sea**

(Myoxy-Caviar® Mask Treatment)
75 minutes / 190.00 USD

This opulent anti-aging treatment lavishes your skin with pure caviar and a revolutionary blend of phyto-extracts: Escutox® to smooth wrinkles, strengthen elasticity, and render your skin full of life. This luxurious, antiaging mask treatment increases skin oxygenation, moisture, and suppleness while reducing signs of aging. Hard lift-off mask for ultimate rejuvenation.

#### **Stem Cells Facial Argan & Comfrey Root**

(Stem Cells Phyto-Elite® Treatment)
75 minutes / 185.00 USD

This groundbreaking plant-based treatment redefines the de-aging facial! Infused with the first-ever blend of argan and comfrey stem cells and supercharged de-agers like collagen, retinol, elastin and other key actives, this exceptional age reversing treatment visibly reduces lines and wrinkles, delivers a smoother skin surface, and long-term protection of your skin's naturally repairing stem cells.

# Facial Enhancing Eye, Lip, Neck & Chest Treatments

#### **Youth Renew Eyes**

(Smoothing Eye Treatment with Collagen) 45.00 USD + facial of choice

Treat your eye area to the repairing benefits of 100% pure marine collagen. This potent treatment immediately smooth's fine lines and wrinkles while reducing creepiness. Your eye contour is wonderfully rejuvenated.

#### **Luxury Lips**

(Lip Renew™ Plump & De-Age Treatment) 45.00 USD + facial of choice

Enviable, fuller and plumper lips are now achievable instantly with revolutionary Lip Renew™ Plump & De-Age Treatment. Highly active, this intense anti-aging treatment features a powerhouse blend of collagen, hyaluronic acid, shea butter and other key ingredients. Proven to instantly plump the lips as it works to visibly blur imperfections, decrease laugh lines and smooth wrinkles around the lip contour.

#### The Ultimate Island Restorative and Rejuvenating Neck and Chest treatment... For Sun Lovers

60.00 USD + facial of choice

Restore and enhance any of your facial treatments with this amazing neck and chest treatment that will rejuvenate and restore this area of the body that is often neglected while diminishing aging signs caused by sun exposure and time. Formulated with breakthrough extracts from DipalmitoylHydroxyproline, Shiitake Mushroom, Kigelia Africana, and other superb ingredients this reparative de-aging treatment will tighten and reduce sagging, plump, smooth, brighten, and deeply hydrate the skin while restoring a youthful appearance.

# Body Therapy

## EXFOLIATIONS

#### Salt, Tropical Smooth Skin

(Saltmousse-Glow Full Body Exfoliating Treatment)
30 minutes perfect to pair with any massage / 95.00 USD

Increase negative ions released into the skin for a healthier and softer body.

French sea salt and organic fruit extracts enriched in pro-vitamin A and carrot seed oil are applied to your body recreating the seawater ambiance experience. You may choose from two natural extract aromas:

papaya-pineapple or mango-passion fruit.

#### BODYWRAPS

#### Stem Cells Body Contouring Wrap with Argan & Comfrey Root (Stem Cells Phyto-Elite® Intensive Body Contouring Wrap)

(Stem Cells Phyto-Elite® Intensive Body Contouring Wrap)
75 minutes / 170.00 USD

An exquisite 3-in-1 exfoliating, contouring, and regenerating wellness experience, this results-driven breakthrough therapy features a duodermal target repair technology! It infuses your skin with the latest de-aging actives and natural argan and comfrey plant stem cells blended with green coffee, avocado, shea butter and other potent ingredients.

Proven to dissolve unwanted fat and cellulitic deposits while reducing skin sagging, and repairing sun damage, this treatment leaves you with an envious youthful-looking body!

## Sun Damaged Water Lily Recovery Wrap 55 minutes / 120.00 USD

Relieve your sun damaged or sun-sensitive skin with this soothing body wrap Cooling and desensitizing Water Lily, Green Tea and Chamomile relieve the discomfort of over exposed skin. Alleviating your skin's sunburn and stinging sensation, this treatment heals, de-sensitizes and decreases skin temperature.

#### **Seashore Lift & Glow**

(Lumafirm® Body Firm & Glow) 75 minutes / 170.00 USD

Firm, glow, and go! Feel confident looking your very best with the lumafirm® Firm & Glow Body Wrap. Enriched with an exclusive combination of anti aging extracts, the latest in peptides, and an amazing liposomic technology, you will be looking youthfully radiant from head to toe. Deeply repairing, smoothing, and de-aging, this wrap leaves every inch of skin velvety soft while rendering your body visibly rejuvenated, instantly firmer, and more toned.

Experience the visible difference for yourself!

## Tropical Body Wrap enriched with Papaya-Pineapple

(Crème Fraîche Body Wrap Treatment)
75 minutes / 170.00 USD

This papaya-pineapple body wrap is enriched with Crème Fraîche natural butter, calcium, vitamin A, pomegranate extract, and other anti-aging ingredients such as wrinkle smoothing collagen polypeptides and firming elastin polypeptides. The luscious Crème Fraîche formula is applied all over your body for a glorious sensory escape. As you are enveloped by the scent of vanilla and enticing tropical fruits, your skin is deeply nourished and rejuvenated revealing an astonishing youthful look.

## The Ultimate De-Aging Yogurt Body Wrap Treatment 75 minutes / 170.00 USD

This mango-passion fruit tropical yogurt wrap is rich in: malic, tartaric, and citric acids, potassium, calcium, glucose, and other key anti-aging ingredients such as repairing vitamin C. As the creamy yogurt formula is applied all over your body, you are transported to a sublime tropical oasis where your senses are gently awakened and phenomenal visible results are obtained. Your skin emerges revived, refreshed, smoother, firmer, and vividly brighter.

## Salon Services

## **Nail care**

#### Renewed Hands Spa Manicure 30 minutes / 50.00 USD

Pamper your hand with this enjoyable hand manicure that will treat you with a nail shaping, removal of cuticle, hand exfoliation followed by your nail polish of choice.

## Island De-Aging Tropical Hand Manicure 55 minutes / 70.00 USD

Rejuvenate, smooth, and escape to the tropics with this brightening and oxygenating manicure treatment. Complete with all the manicure must-haves, this refreshing treatment also includes a sea salt scrub, a nourishing and luxurious hand mask, a paraffin treatment that detoxifies and sooth, leaving your hand smooth and soft.

## Renewed Spa Pedicure 30 minutes / 60.00 USD

Pamper your foot with this enjoyable pedicure that will treat you with a shaping of your toe nail, cuticle removal, foot scrubbing and exfoliation, followed by your nail polish of choice.

## Island De-Aging Tropical Spa Pedicure 60 minutes / 90.00 USD

Rejuvenate and smooth the skin while you escape to the tropics with this Brightening and oxygenating pedicure treatment. Complete with all the Pedicure must-haves, this refreshing treatment also includes a sea salt scrub, A nourishing and luxurious foot mask, and a paraffin treatment that detoxifies and sooth your feet, leaving it smooth and soft.

#### Natural Wellness Foot Soak 45 minutes / 70.00 USD

This unique, luxury foot bath ritual transports you to a state of relaxation while grounding your physical soles to your spiritual soul. Treatment begin with a dry brush exfoliation, warm foot soak, Light Feet Treatment Mask, followed by 15 minutes relaxing foot massage.

#### **Salon Services**

Saloli Sel vices
Shellac off
Hair Care
Ladies Haircut
Waxing         Eyebrows       18.00 USD         Chin       18.00 USD         Lip       18.00 USD         Underarm       35.00 USD         Half Leg       65.00 USD         Full Leg       95.00 USD         Bikini       40.00 USD         Brazilian       75.00 USD         Back (starting at)       55.00 USD
Chest (Starting at)55.00 USD

