

The background of the entire page is a warm, soft-focus photograph of a spa setting. It features several lit white candles in dark, rustic-style holders, smooth dark grey or black stones (likely for hot stone therapy), and delicate purple orchids. A white towel is folded in the upper left. The image is overlaid with large, semi-transparent geometric shapes in shades of coral, teal, and pink. In the top right corner, the resort's logo is displayed.

THE CLUB
BARBADOS
RESORT & SPA

Tranquility Spa

SPA
menu



MON - SUN 9AM - 6PM



EXT 4198



SPA@THECLUBBDS.COM

Let your worries dissolve as we nurture your entire being with opulent spa therapies, beauty services and state of the art facilities that promises to nurture mind, body and leave you feeling energized, revitalized and healthy.



THE MASSAGE COLLECTION

Tension Reducer Massage	This classic neck, back and shoulders massage will target the tension zones of the back and upper body.	30 min	US\$65 BD\$130
Foot and Leg Recover Massage	Bring harmony to the entire body through this energizing Ayurveda aromatherapy treatment recommended for relieving jet lag, improving circulation and de- stressing post travel.	30 min	US\$65 BD\$130
Bajan Head Massage	A relaxing treatment, concentrating on the scalp and neck to reduce stress and ease tension.	30 min	US\$65 BD\$130
Aroma Therapy Massage	This treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Carefully applied pressures stimulate the nervous system while Swedish and neuromuscular massage techniques relieve muscular tension and lymphatic drainage helps encourage a healthy circulation.	50 min	US\$115 BD\$230
		80 min	US\$165 BD\$330





THE MESSAGE COLLECTION

Couples Massage

Share the experience of a relaxing Swedish massage with your favorite person! Each of you will receive a soothing full-body massage as you lay side by side in the privacy of our couple's suite.

50 min

US\$210
BDS\$420

80 min

US\$330
BDS\$660

Classic Swedish Massage

This classic European massage, featuring long strokes and kneading techniques improves circulation, eases muscle pain and lower stress.

50 min

US\$115
BDS\$230

80 min

US\$160
BDS\$230

Exotic Sea Salt Massage

An exfoliating treatment that invigorates and rejuvenates your skin's natural beauty. This treatment will be followed by a body moisturizer. A deeply relaxing treatment for the full body.

60 min

US\$115
BDS\$230

Deep Tissue Massage

This massage utilizes the skills of the therapist's hands and the benefits of aromatherapy oils to alleviate muscle pain and achy joints. Perfect to relieve severe tension in the muscle and the connective tissue.

60 min

US\$125
BDS\$250





THE VICHY SHOWER EXPERIENCE

Waterfall Massage

Warm rain falls from the suspended Vichy shower, enveloping you as your therapist gives the ultimate massage treatment. A sensory journey like no other!

60 min

US\$115
BDS\$230

Vichy Shower Stones Massage

Harnessing the properties of Basalt stones, we bathe them in warm water, anoint them with healing oils and massage them on key energy points of the body. The deep penetrating heat of volcanic stones combined with massage and Vichy shower. A tranquility spa exclusive!

80 min

US\$155
BDS\$310

Vichy Shower Treatment

Gentle soothing rain from 7 suspended, full adjustable shower heads relaxes the body and mind; while custom blended aromatherapy and steam cleanse the respiratory system. Hydrotherapeutic jets can be intensified for deep tissue massage and improve circulation. We recommend this service before a massage to enhance deep relaxation.

30 min

US\$55
BDS\$110



THE VICHY SHOWER EXPERIENCE

Detoxifying Seaweed Wrap with Vichy Shower

Designed to ease tired muscle, arthritis and eliminate toxins from the body. Seaweed is gently warmed and then massaged the entire body before you are cocooned in a relaxing wrap. After the detoxification process, enjoy a Vichy shower and a back massage.

80 min

US\$155
BD\$310

Vichy Shower Salt Glow

A truly inspiring and unforgettable spa experience. An exfoliating treatment that invigorates and rejuvenates your skin's natural beauty, enjoy a Vichy shower followed by a Swedish massage.

80 min

US\$155
BD\$310





THE SPECIALTY COLLECTION

Caribbean Four Hands Therapy

This unique massage offers two therapists working in perfect synchrony to remove tension from tight muscle. This experience restores your energy, strengthens your health and wellness and empowers you to create your own escape to relaxation.

60 min

US\$150
BD\$300

Bamboo Massage

This unique new therapy uses bamboo sticks, excellent to relax tight muscles instantly. It's an effective way to release stress and tension, relieve aches and pains, loosen tight muscles and improve sports performance. The results go deeper and last longer than other massage techniques. The best part is that it feels Amazing!

60 min

US\$125
BD\$250

30 min

US\$75
BD\$150

Foot Zone Therapy

This ancient Chinese therapy involves working with pressure points across the reflex zones of the feet to leave a sense of well-being. Each zone corresponds with vital organs or parts of our body and naturally restores and maintains balance.

60 min

US\$125
BD\$250

Aroma Stones Massage

Harnessing the properties of Basalt stones, we bathe them in warm water, anoint them with healing oils and massage them on key energy points of the body. The deep penetrating heat of volcanic stones combined with massage and warmed oils are simply divine....

60 min

US\$120
BD\$240





EARLY BIRDS SPECIAL

US\$ **90**
BDS\$ 180

**BOOK ANY OF THE
FOLLOWING 50 MINUTES
TREATMENTS BETWEEN THE
HOURS OF 9AM TO 11AM**

- *Aroma Stones Massage*
- *Classic Swedish Massage*
- *Aromatherapy Massage*
- *Exotic Sea Salt Massage*

**CALL TRANQUILITY SPA
EXT 4198**



BODY WRAP TREATMENTS

Chocolate Wrap

Luxury at its best, made with cocoa nibs, this all-natural chocolate wrap is a heavenly treat for chocolate lovers. Not only will it woo your senses, it will feed your skin with powerful antioxidants for a younger-looking, radiant glow. Completed with a warm shower and full body moisturizer at the end.

80 min

US\$115
BD\$230

Aloe Cooler Wrap

Designed to soothe skin after a day in the bright bajan sun, this wrap treatment nourishes and rehydrates the skin using the healing powers of aloe-ideal for sunburns.

60 min

US\$115
BD\$230

Detoxifying Seaweed Wrap

Designed to ease tired muscle, arthritis and eliminate toxins from the body. Seaweed is gently warmed and then massaged the entire body before you are cocooned in a relaxing wrap. After the detoxification process, enjoy a warm shower completed with a full body moisturizer.

60 min

US\$115
BD\$230





FACIAL TREATMENTS

Tranquility Deep Cleansing Facial

All skin types can benefit for this purifying facial as it combines cleansing, steaming and essential oil massage that will nourish the face and décolleté' with antioxidants.

60 min

**US\$ 110
BD\$220**

Pavonia Facials

Plantomer Facial

This nourishing facial treatment visibly enhances your skin's texture and maximizes hydration with a soothing propolis skin serum, leaving your skin nourished and undeniably radiant.

60 min

**US\$125
BD\$250**

Luminous "C" and Sea Facial

This restoring facial is a potent blend of vitamin "C" and dried seaweed; ideal for reducing fine lines, strengthening elasticity and providing relief to dull, sun damaged skin.

80 min

**US\$150
BD\$300**

The Gentlemen's Fitness Facial

A truly masculine facial treatment for the man who knows his worth: this facial integrates a simple yet effective protocol to visibly preserve a youthful rejuvenated appearance. It empowers the skin and helps fight the aging process

80 min

**US\$120
BD\$240**



THE DAY SPA EXPERIENCE

Tropical Spa Experience

- Tropical Pedicure
- Tropical Facial
- Classic Back Massage

2 hrs. **US\$195**
BD\$390

Chocolate Spa Experience

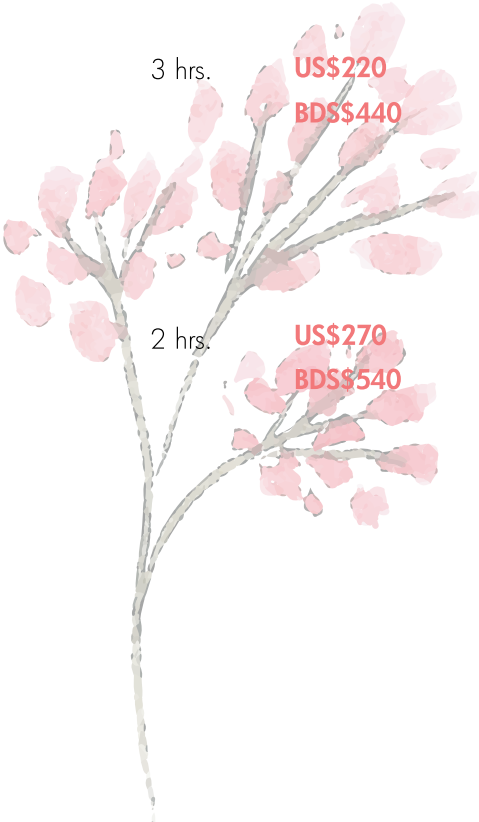
- Chocolate Massage
- Chocolate Wrap
- Chocolate Scrub
- Chocolate Pedicure

3 hrs. **US\$220**
BD\$440

Couples Spa Experience

- Classic Back Massage
- Tropical manicure
- Tropical Pedicure

2 hrs. **US\$270**
BD\$540





SPA OUTINGS

Ladies Day

Join us for a day of pure indulgence to include, classic back massage, foot massage, tropical facial, scalp massage.

80 min

US\$160
BDS\$320

Man's Day

Join us for the most relaxing experience known to man to include, classic back massage, scalp massage, refresh facial and foot massage.

80 min

US\$160
BDS\$320

Hen Party

Indulge in an aroma stone back massage, tropical facial, foot ritual, scalp massage.

80 min

US\$120
BDS\$240





FINISHING TOUCHES

NAILS

Traditional Manicure

Perfect between regular manicures or when pressed for time, this quick fix includes nail filing, buffing, cuticles work and polish.

30 min

US\$41
BD\$82

Gel Manicure

This traditional manicure includes nail filing, buffing, cuticles work and gel polish.

45 min

US\$80
BD\$160

Traditional Pedicure

This traditional pedicure includes nail filing, buffing, cuticles work, foot buffing and gel polish.

45 min

US\$52
BD\$104

Gel Pedicure

Perfect between regular pedicures or when pressed for time, this quick fix includes nail filing, buffing, cuticles work, foot buffing and polish..

50 min

US\$90
BD\$180

Chocolate Spa Manicure

A luxury treatment of the hands starting with file, buff, cuticle work, chocolate exfoliation, chocolate mask, chocolate massage and polish. This nourishing manicure leaves your hands velvety soft and well groomed.

45 min

US\$60
BD\$120

Chocolate Spa Pedicure

A luxury treatment of the feet starting with file, buff, cuticle work, foot buff, chocolate exfoliation, chocolate mask, chocolate massage and polish. This treatment will restore moisture to damage feet and heels. This nourishing manicure leaves your hands velvety soft and well groomed.



Gel Polish

Gel Removal

French Polish

File & Polish

Paraffin Treatment - Add-on
WAXING – HAIR REMOVAL

Eyebrow Wax

Lip and Chin Wax

Bikini Wax

Half Leg Wax

Full Leg Wax

Underarm Wax

Back Wax



15 min **US\$40**
BDS\$80

15 min **US\$18**
BDS\$36

15 min **US\$40**
BDS\$80

15 min **US\$35**
BDS\$70

US\$15
BDS\$30

15 min **US\$20**
BDS\$40

15 min **US\$26**
BDS\$52

30 min **US\$46**
BDS\$92

30 min **US\$75**
BDS\$150

1 hr. **US\$99**
BDS\$198

20 min **US\$41**
BDS\$82

30 min **US\$75**
BDS\$150

HAIR CARE

	US\$60
Dutch Braids	BDS\$12
	US\$50
Shampoo & blow-dry	BDS\$100
	US\$70
Shampoo & cut only	BDS\$140
	US\$90
Shampoo, cut blow-dry	BDS\$180
	US\$80
Bridal hair style only	BDS\$160
	US\$100
Bridal up-do with Curls	BDS\$200
	US\$130
Bridal shampoo up-do	BDS\$260
	US\$30
Ladies' Hair cut	BDS\$60

MAKE UP

	US\$90
Day-Evening make up	BDS\$180
	US\$125
Bridal Make-up	BDS\$250

HOW TO SPA

SPA AT HOME

Relaxation is achieved through daily practice. Your therapist will be happy to recommend a home care regimen to continue your treatment at home.

APPOINTMENTS

We recommend you arrive in the spa 15 minutes prior to your scheduled treatment time so that you can complete a guest consultation form.

CANCELLATIONS

If you do need to cancel, please give us 24 hours notice to avoid 50% cancellation fee.

PRICING

Prices are inclusive of government tax (vat). Prices may be subject to change. Prices are in US dollars and BDS dollars

ONLY BRING WHAT YOU NEED

Please leave all personal belongings in your guest room safe as the spa cannot accept responsibility for items left in the treatment room.

FOR YOUR COMFORT

In accordance with international spa industry standards, certain medical conditions may prohibit your ability to experience some of our services. Please inform your professional staff of any allergies, sensitivities or if you are pregnant. As a courtesy to other guest, mobile phones, while a necessary part of modern living are not permitted in any of our treatment rooms.

