



INDULGE

Spa

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



A close-up photograph of several thick, green, pointed leaves of an aloe vera plant. The leaves are arranged in a fan-like pattern, with their serrated edges clearly visible. They are set against a plain, light grey background.

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. Repair, Nourish, Strengthen and Radiate for brighter and healthier looking skin.

(ALL FACIALS ARE GENDER NUTUAL.)

SPA BODY TREATMENTS

Chocolate Total Body Indulgence 60 mins

Nourish body and soul with this luxurious treatment designed to rejuvenate dry, out-of-condition skin. Bringing Youth and Beauty to the face and body.

Lusciously foaming, this divinely aromatic and deeply cleansing chocolate scrub for face and body delivers a multifunctional, sensorial exfoliation experience. It blends rich Cacao Extract and energizing Sea Salt with moisturizing Caramel drizzle, leaving skin smoothed, refined, glowing and protected.

HARMONY OF TROPICAL FRUIT WRAP 60mins

This papaya-pineapple or mango-passionfruit 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 exfoliating body brushing, and mud mask stimulate lymphatic drainage, remove dead skin cells while re-mineralizing 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 reenergized body.

SUMMER SKIN COOLER 50 mins

This treatment harnesses the organic blend of aloe and cucumber with 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 50 mins

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

BESPOKE BODY POLISH 30 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 BODY EXFOLIATION 45 mins

A unique blend of exfoliating grains and essential oils customized to treat bug bites, to reduce and eliminate the discomfort. This treatment consists of a body scrub 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 customized 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 customized 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 specialized and intensive deep tissue techniques to warm, manipulate and ease the muscles.

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-energizing 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 Indulges 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.

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
Includes a complimentary Freshly Steeped Lemongrass & Mint Tea and Detoxifying Foot Bath

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
Luxury 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

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
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Cut & Blow Dry	Styling
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Men’s Hair Cut

Deep Conditioning Hair Treatment

45-60mins

MAKE-UP

PRICE LIST

FACIAL TREATMENTS

Indulge Signature Facial 90 mins : \$200.00 USD
Age Repair Facial 75 mins : \$150.00 USD
Timeless Rejuvenation 75 mins : \$150.00 USD
Luminous Renewal 60 mins : \$130.00 USD
Soothing Facial 60 mins : \$130.00 USD
Skin Fit for Him 60 mins: \$130.00 USD

EYE TREATMENTS OPTIONS (Upgrade to Facials: \$30.00 USD)

Instant Eye Repair (Puffiness Be Gone)
Eye Contour Treatment (Dark Circle Control)

SPA BODY TREATMENTS

Chocolate Total Body Indulgence 60 mins : \$160.00 USD
Harmony of Tropical Fruit Wrap 60 mins : \$160.00 USD
Detox and Revive 50 mins : \$110.00 USD
Summer Skin Cooler 50 mins : \$110.00 USD
Water Lily After-Sun Soothing Wrap 50 mins : \$110.00 USD
Bespoke Body Polish 30 mins : \$65.00 USD
Bug Bite Be Gone Body Exfoliation 45 mins : \$90.00 USD

INDIGENOUS ANTIGUAN SPA EXPERIENCE

Indulge Coconut Cocoon 90 mins : \$165.00
Lemongrass and Ginger Body Wellness 90 mins : \$165.00
Essence of the Garden 60 mins : \$150.00 USD

MASSAGE BODY TREATMENTS

Ultimate Aromatherapy Massage 30 mins : \$80.00 / 60 mins : \$125.00 / 90 mins : \$160.00 USD
Eclectic Massage 60 mins : \$135.00 / 90 mins : \$165.00 USD
Swedish Massage 30 mins : \$70.00 / 60 mins \$115.00 / 90 mins : \$155.00 USD
Deep Tissue Massage 30 mins : \$85.00 / 60 mins : \$125.00 / 90 mins : \$170.00 USD
Hot Stone Therapy 60 mins : \$135.00 / 90 mins : \$165.00 USD
Relaxing Massage For Mother-To-Be 60 mins : \$130.00 USD
Couples Massage 60 mins : \$230.00 / 90 mins : \$300.00 USD
Reflexology 45 mins : \$90.00 USD
Indian Head Massage 30 mins : \$80.00 USD

SPA PACKAGES

Island Life 2.5hrs : 360.00 USD
Couples Indulgence 2hrs : \$540.00 USD
Body Rejuvenation 2hrs : \$260.00 USD
Bride To Be Spa Day 3hrs : \$340.00 USD
Groom To Be Spa Day 3hrs : \$340.00 USD

BEAUTY ESSENTIALS

Spa Manicure : \$50.00 USD
Luxury Manicure : \$60.00 USD
Spa Pedicure : \$65.00 USD
Luxury Pedicure : \$75.00 USD
French Polish add \$15.00 USD
Polish Change: \$25.00 USD
Detoxifying Foot Bath with foot Massage :\$55.00 USD
Soak Off : \$25.00 USD
Makeup : \$110.00 USD

WAXING

Eyebrows/lip/chin : \$25.00 USD
Bikini Line : \$45.00 USD
Full Bikini : \$50.00 USD
Back/Chest : From \$60.00 USD
Brazilian : \$65.00 USD
Underarm : \$35.00 USD
Full Leg : \$85.00 USD
Half Leg :\$60.00 USD
Full Arm: \$65.00 USD
Half Arm : \$45.00 USD

HAIR SERVICES

Shampoo & Blow Dry : From \$35.00 USD
Ladies Hair Cut : From \$30.00 USD
Bridal Style : From \$75.00 USD
Up-Do 60 mins : From \$80.00 USD
Men’s Hair Cut : \$30.00 USD

*17% 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



GALLEYBAYRESORT.COM