



At The Spa we use only the finest products that our clients expect and deserve. Our primary line for facial and body care is Aromatherapy Associates out of London. Aromatherapy Associates (AA) has been at the forefront of aromatherapy for over 30 years. From the beginning they have believed passionately in the healing powers of natural plant extracts, and their experience as therapists has shown that essential oils are highly effective in enhancing the state of our physical, mental and emotional wellbeing.

Since AA began, they have brought their knowledge and skills to the world's finest hotel and destination spas with signature treatments and rituals to restore health and vitality. From sourcing ingredients and developing products, to blending oils and creating their unique, recognizable aromas, AA maintains the highest standards of quality to bring you an aromatherapy experience that's as effective as it is luxurious.

## BODY MESSAGES

### THE ULTIMATE AROMATHERAPY EXPERIENCE <sup>AA</sup>

60 or 90 minutes

This hero treatment starts with a consultation to find out what your emotional and physical needs are. From that we carry out an aroma test to allow you to choose the oil most suitable for you. There are twelve signature oils to choose from, formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for body and mind.

With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, point-specific Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all of your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

■ RELAX   ■ DE-STRESS   ■ REVIVE   ■ SUPPORT   ■ ENRICH   ■ RENEW

### SWEDISH

60 or 90 minutes

This traditional massage uses firm pressure and long movements focused on the topmost layers of muscle. It is exceptionally beneficial to increase oxygen flow in the blood, release muscle toxins and knots, increase circulation and flexibility while providing complete relaxation. Especially suitable for individuals wanting to relax, experiencing altitude illness or wanting to prepare the body for a full range of mountain activities.

## DEEP TISSUE

60 or 90 minutes

Focusing on the muscles located below the surface of the top muscles, very strong point-specific pressure releases chronic patterns of tension in the body helping to restore muscle integrity and overall body balance. Especially suitable for individuals experiencing consistent pain or involved in heavy physical activity.

## MOUNTAIN RECOVERY

60 or 90 minutes

A “light” deep tissue massage using strong pressure and incorporating specific stretching techniques to relieve sore muscles after a day of activity on the mountain. This massage is better known as our “Sports Therapeutic” massage.

## HOT STONE

60 or 90 minutes

This relaxing, pampering massage features a fusion of firm to strong pressure, energy work, and the use of warm and cool stones, melting away stiffness and creating a feeling of deep relaxation. Stone therapy is a Native American Indian practice that has been used since ancient times as a soothing and healing treatment.

## UPPER BODY

30 minutes

Offered as an add on service to any of our full length facials or body treatments, this invigorating upper body massage focuses on your neck, shoulders, full back, scalp, arms and hands. It increases systematic circulation and is great for pre or post mountain activity. This massage may be received without removing your clothing.

## LOWER BODY

30 minutes

Offered as an add on service to any of our full length facials or body treatments, this amazing lower body massage focuses on your lower back, gluts, hamstrings, quads, calves, shins and feet. It is an excellent choice for a quick post mountain activity recovery. This massage may be received without removing your clothing.

## AROMATHERAPY OIL UPGRADE

(Add on to any massage or facial)

Improve the overall effectiveness of your massage by experiencing the therapeutic benefits of our signature AA organic, aromatherapy oil blends.

## NOURISHING SCALP TREATMENT

(Add on to any massage service)

Enhance your massage experience with a rejuvenating scalp treatment. This treatment uses a blend of Jojoba and Coconut oils along with essential oils to leave your scalp and hair Hydrated and feeling new.

## HYDRATING HAND AND FOOT TREATMENT (Add on to any massage service)

Enhance your massage experience with this divine all natural paraffin hydration treatment. Using chemical free soy based paraffin your hands and feet will be left feeling amazingly soft and smooth.

■ RELAX   ■ DE-STRESS   ■ REVIVE   ■ SUPPORT   ■ ENRICH   ■ RENEW

## WELL BEING TREATMENTS

### ■ INTENSIVE MUSCLE RELEASE <sup>AA</sup>

60 minutes

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful.

Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension.

### ■ IMMUNE RECOVERY <sup>AA</sup>

60 minutes

Keep your respiratory tract and sinuses clear and your immune system strong with this purifying, fortifying upper body treatment. Perfect for those recovering from seasonal allergies, chest complaints or anyone who spends too much time in polluted or stuffy environments, this treatment uses inhalation and a pressure point massage to open up airways and maximize effective breathing.

An Ayurvedic scalp massage lightens a heavy head, while drainage movements help unblock sinuses and ease headaches. With the scent of fresh green leaves, essential oils of eucalyptus, tea tree and pine have a decongesting, purifying effect and, alongside lavender, they boost your natural immunity with their anti-bacterial, anti-viral properties. Used together, they help unblock a stuffy head and keep your airways clear.

Cleansing, clearing and decongesting, this is upper body treatment helps clear the mind and support the immune system.

### ■ CLEAR YOUR MIND <sup>AA</sup>

120 minutes

Calm a stressed and confused head with a refreshing yet soothing experience for body, mind and soul.

A camomile and olive grain scrub refreshes legs and feet before you are treated to a spiritually uplifting inhalation of frankincense and a traditional aromatherapy massage to target symptoms of stress. A blend of camomile, petitgrain and rosemary helps to calm and cleanse your thoughts, while an Ayurvedic scalp and facial massage works on your complete wellbeing to relieve anxiety and emotional exhaustion. Perfect for a troubled mind, this is an effective treatment any time of day to refresh your memory and get your brain back on track.

Perfect for times of stress and over activity, this treatment helps the mind unwind and refocus, getting you back on track.

## ■ UPLIFT YOUR MOOD <sup>AA</sup>

120 minutes

A truly indulgent and emotionally pampering ritual to harmonise and rejuvenate.

This is a complete experience that works on all the senses to boost your emotional wellbeing, while treating the body to some nurturing hands-on therapy. This treatment begins with a gentle olive grain exfoliation to legs and feet. A pressure point massage with uplifting oils of geranium, frankincense and rose encourage feelings of inner harmony, while a warm freshwater mud mask to the face works on your outer radiance. Combined with a relaxing scalp massage using a rich, conditioning hair oil infused with pure essential oils, body and soul are simultaneously nourished and uplifted.

For times when you need a little emotional pampering, this indulgent treatment helps to harmonise and rejuvenate the spirits.

## BODY TREATMENTS

### *BODY WRAPS*

#### DETOXIFYING BODY WRAP

75 minutes

This purifying body wrap combined with a full body hydration produces therapeutic benefits by cleansing the body of toxins while softening and purifying skin. Using dry brushing, a blend of warm clays, heat therapy and specialized oils, this treatment stimulates circulation and cleanses the body of toxins trapped beneath the skin's surface. Enjoy a relaxing scalp and foot massage as well as a hydrating face mask and cold compresses for the eyes while detoxifying!

#### ■ BODY REFINER <sup>AA</sup>

75 minutes

This toning and slimming treatment refines the body contours and eliminates excess fluids, leaving a slimmer silhouette and smoother skin. Your treatment starts with body brushing to awaken your skin. Then you are invigorated by a specially designed tissue detox massage targeting stubborn areas of cellulite. You'll be wrapped in freshwater mud to detoxify, firm and tone the skin, while foot reflex pressure massage encourages the release and elimination of toxins.

The cleansing, stimulating effect of the massage is complemented by the therapeutic and detoxifying properties of a combination of essential oils. Zesty pink grapefruit, sweet orange and mandarin to lift your mood and gently stimulate the body's energy flow, fresh green rosemary sharpens the senses, and purifying juniper and pine help to release negative emotions and eliminate excess body fluid due to their diuretic properties.

### EXPRESS DETOXIFYING BODY WRAP

30 minutes

Offered as an add on treatment to any of our full length body massages or facials, a relaxing full body wrap with marine mud to eliminate toxins from the body.

## BODY SCRUBS

### CLEMENTINE CLOVE BODY POLISH

60 minutes

An organic and gentle exfoliating treatment utilizing Clementine Clove salts revitalizes even the most sensitive skin types leaving the skin polished and smooth. This treatment begins with dry brushing of the body to stimulate and awaken the skin, followed by a full body polish with the salts to remove dead skin cells and prepare the body to be hydrated. A full body hydration with organic Clementine Clove oil provides long lasting moisture to replenish even the most dehydrated skin.

### LAVENDER GERANIUM BODY POLISH

60 minutes

An organic and gentle exfoliating treatment utilizing lavender geranium salts revitalizes even the most sensitive skin types leaving the skin polished and smooth. This treatment begins with dry brushing of the body to stimulate and awaken the skin, followed by a full body polish with the salts to remove dead skin cells and prepare the body to be hydrated. A full body hydration with organic Lavender geranium oil provides long lasting moisture to replenish even the most dehydrated skin.

### ■ INTENSE NOURISHMENT <sup>AA</sup> 90 minutes

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

The sensual fragrance of exotic flowers such as fresh tuberose, seductive ylang ylang and rich vanilla bring their calming, expansive properties to this treatment. An intensive salt and coffee body exfoliation stimulates the circulation and sloughs off dead cells to revive dull tired-looking skin. Hands and feet are given special attention with the application of a freshwater mud mask to truly soften and condition the skin.

Your body is layered in hydrating and mineralizing marine algae and then hydrated with the application of a blend of four highly nourishing plant oils. Skin is then protected with velvety moisturising body butter.

Finally a scalp massage dissolves tension and stress so that mind and body are nourished and rejuvenated.

You skin has never felt so amazing.

### ■ DETOX & REVIVE <sup>AA</sup>

60 minutes

Feel fresh and alive with this detoxifying treatment.

The perfect pick-me-up for when you're feeling sluggish or lethargic with out-of-condition skin, this treatment combines sweet zesty pink grapefruit, fresh green rosemary and rich, woody juniper berry for a strengthening, detoxifying effect. Exfoliation refines the pores and reveals fresh, new skin then, while you are enveloped in layers of gels and oils, a stimulating foot reflex pressure massage encourages the release and elimination of toxins.

This treatment leaves you feeling invigorated and full of energy.

### EXPRESS BODY POLISH

30 minutes

Offered as an add on treatment to any of our full length massages or facials, a relaxing full body exfoliation to leave the skin looking radiant and feeling wonderfully smooth.

## FACIALS

### ■ THE SPA SIGNATURE FACIAL (FOR MEN AND WOMEN)

75 minutes

A bespoke facial, designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques after steam/extractions and a triple exfoliation, to restore and recondition the skin, leaving the complexion smooth and luminous.

Not only will you see instant results, but experience the ultimate in relaxation from a pampering, therapeutic scalp, hand and foot massage using aromatherapy oils to renew your mind and body.

### ■ AGE REPAIR FACIAL <sup>AA</sup>

75 minutes

This is natural, highly effective skincare to reduce the signs of ageing without using harsh chemicals.

This repairing and anti-ageing facial works with natural oils of inca inchi and larch extract which stimulate collagen formation to deliver firm and tightened skin, while the anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing skin.

True to Aromatherapy Associates' skincare philosophy, your skin is prepared by cleansing and exfoliating with jojoba beads or corncob granules, enzymes and rotating brush. It 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. While the masks take effect, the eye area is taken care of with a lymphatic massage to improve skin suppleness and elasticity.

For ultimate luxury, your scalp, hands and feet are massaged to release stress and tension.

### ■ TEEN DEEP CLEANSE FACIAL <sup>AA</sup>

60 minutes

A purifying treatment for oily and combination skin. Powerful essential oils of lavender, ylang ylang and tea tree are at the heart of this facial. With natural antibacterial properties, they penetrate deep into the skin, helping to regulate sebum production.

Cleansing and exfoliation is followed by steaming, extraction and a hot towel compress to refine the pores. A facial massage follows using drainage techniques to improve circulation and help eliminate toxins while special pressure points ease tension and stress. A freshwater mud mask is then applied to draw out dirt and harmful impurities. As relaxing as it is cleansing, this treatment also includes a scalp massage. Because healthy skin starts from within, recommendations on diet are included as well as an at home skin care regimen.

This treatment refreshes and balances, leaving the complexion super clean and fresh.

■ **PERFECT BACK** <sup>AA</sup>  
30 minutes

Offered as an add on treatment to any of our full length massages or body treatments...Prepare to show off your back with this skin-refining treatment.

Orange Flower water calms inflamed or irritated skin, while gently toning and regulating the production of natural oils. The renowned healing properties of lavender promote healthy cell renewal, and tea tree has an anti-bacterial effect.

This thoroughly cleansing back treatment works deeply into the skin to encourage the effective elimination of toxins and balance the production of the skins own natural oils. A smoothing corn cob and jojoba scrub is followed by a freshwater mud mask to help draw out impurities and soften the skin. Then while the mask goes to work, your therapist will work on detoxifying your entire system with a foot pressure point massage.

The result is glowing, polished skin.

**EXPRESS SPA FACIAL**  
30 minutes

Offered as an add on treatment to any of our full length massages or body treatments, the express spa facial provides a deep cleanse, exfoliation and hydration using products customized to your skin condition. It leaves your skin soft and bright.

■ **INSTANT EYE REPAIR** <sup>AA</sup>  
15 minutes (add on to any facial)

Refresh and brighten your eyes with this revitalizing eye treatment, the perfect addition to any facial. The delicate eye area is the first place to show tiredness and ageing and it really benefits from some special care and attention. This treatment uses specialized massage techniques to improve micro-circulation and drainage, helping reduce puffiness.

Herbal extracts of toning black tea, cranberry and strawberry delicately firm the skin while working on dark circles and fine lines. Rich in powerful antioxidants, they protect against free radicals and environmental damage. Protective rose wax and shea butter nourish the skin and help it stay hydrated and soft. Gentle shoulder release techniques and a scalp massage free the circulation and improve blood supply to the eyes.

Feel rejuvenated with eyes looking fresh, bright and youthful.

■ **INTENSELY NOURISHING HAIR TREATMENT** <sup>AA</sup>  
15 minutes (add on to any facial)

Restore health and shine to dull, lifeless hair-the perfect add on to any facial.

This enriching treatment is based on pure essential oils of rosemary, geranium, ylang ylang and patchouli combined with coconut oil. Known for their beneficial effect on the scalp and hair, these richly scented oils encourage circulation and balance sebaceous activity, helping to promote healthy, conditioned hair.

A nourishing hair oil is massaged into the hair and scalp as part of an Ayurvedic head massage. Working on the muscles and pressure points of the head, tension is released - a deep state of relaxation follows.

Still a busy mind while simultaneously conditioning the scalp and hair.

**HAND & FOOT TREATMENT**

15 minutes (add on to any facial)

For the ultimate pampering experience, upgrade your 75 minute facial to 90 minutes and experience your softest, smoothest, most hydrated hands and feet from a complete hand and foot treatment. With this upgrade, you will receive a full exfoliation of the lower arms and legs, hands and feet followed by the application of nutrient rich, hydrating serum to feed the skin and prepare it for the application of shea butter rich lotion and therapeutic aromatherapy oils.

## HAND & FOOT TREATMENTS

**HAND TREATMENT** <sup>AA</sup>

20 minutes

A carefully selected combination of restorative oils deeply nourishes rough, dry hands leaving them soft, smooth and comfortable.

Your hands are immersed in a warm, aromatic soak of fragrant aromatic essential oils chosen to ease stress and refresh the mind. A natural and hydrating scrub then prepares the hands. Using Swedish style massage techniques, the lower arms are layered in hydrating gel and deeply nourishing oils and creams.

Hands and arms feel smooth, soft and deeply moisturized.

■ DE-STRESS

■ REVIVE

■ ENRICH

■ RENEW

**FOOT TREATMENT** <sup>AA</sup>

30 minutes

A carefully selected combination of restorative oils soften and smooth out of condition, dry feet.

A carefully selected combination of restorative oils deeply nourishes rough, dry feet to leave them feeling soft, smooth and comfortable. A natural, hydrating scrub exfoliates dead skin cells and prepares the skin for the treat to follow. A hydrating gel is applied. Layers of oils and creams are then massaged into the skin to deeply nourish.

Lower legs and feet feel soft, smoothed and refreshed.

■ DE-STRESS

■ REVIVE

■ ENRICH

■ RENEW

## MUD MASK UPGRADE <sup>AA</sup>

To experience the ultimate hydration, upgrade your hand or foot treatment with a nourishing clay mud mask. With hydrating mask applied to the hands and feet.

## PRENATAL TREATMENTS

### ■ ULTIMATE ROSE PREGNANCY MASSAGE <sup>AA</sup> (must be beyond 1<sup>st</sup> Trimester in Pregnancy) 60 or 90 minutes

Feel nurtured and supported in a time of constant change.

Choose from a selection of three oils each safely formulated to be used during pregnancy to nourish and care for your expanding skin. Using the traditional aromatherapy pressure point massage for the upper back and paying particular attention to tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this top to toe treatment.

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you.

### PRENATAL MASSAGE (must be beyond 1<sup>st</sup> Trimester in Pregnancy) 60 or 90 minutes

A gentle and relaxing massage for the mommy-to-be to alleviate back pains and aching feet. The massage is done sidelined while the mommy is able to relax with the support of a full-body pillow. This massage uses Swedish style strokes with special attention being paid to avoid specific pressure points. Mommy is left feeling refreshed and renewed.

### ■ ESSENTIAL ROSE FACIAL <sup>AA</sup> 75 minutes

This luxurious facial harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions. This treatment helps to boost your circulation and promote cell renewal and regeneration, leaving your skin radiant, dewy and delicately scented.

A calming frankincense inhalation helps you let go of the day's stresses, turning your focus inward as your treatment begins. A scalp massage releases muscular tension and prepares you for your facial. Your skin is thoroughly cleansed, exfoliated and toned using our rose preparations, rich in pure regenerating

damask rose, skin balancing geranium, and nourishing jojoba oil. A traditional aromatherapy pressure point massage combined with lymphatic drainage releases facial tension and congestion. Then while a hydrating facial mask goes to work, your arms and hands are massaged and your skin is finally treated with a deeply moisturizing facial oil and moisturizer.

The result is a smooth, radiant complexion and a relaxed state of mind.

## SPA DAY PACKAGES

### QUICK SILVER (“The Beginner”)

2 hours

30-minute Express Body Polish  
60-minute Swedish Massage  
30-minute Express Facial  
Spa Refreshment

### MERCURY (“Intermediate”)

3 hours

30-minute Aching Foot Relaxer  
30-minute Express Body Polish  
60-minute Mountain Recovery Massage  
60-minute The Spa Signature Facial  
Spa Refreshment

### T-Bar (“Experienced”)

4 hours

30-minute Express Body Polish  
30-minute Express Detoxifying Body Wrap  
60-minute Hot Stone Massage  
60-minute The Spa Signature Facial  
60-minute Tired Hands & Aching Foot Relaxer  
Spa Refreshment

### IMPERIAL (“Extreme”)

5 hours

90-minute Intense Nourishment Body Treatment  
90-minute Deep Tissue Massage  
60-minute The Spa Signature Facial  
30-minute Aching Foot Treatment  
30-minute Nourishing Rose Hand Treatment  
Spa Refreshment

## **SPA ETIQUETTE**

### **SPA ARRIVAL**

You are encouraged to arrive 30 minutes prior to your appointment to enjoy the exclusive facilities at The Spa. Please understand that late arrivals may result in a reduction of treatment time. You are also welcome to use the facilities following your treatment.

### **SCHEDULING AN APPOINTMENT**

To ensure your preferred time and treatment is available, we recommend booking your appointment in advance. Our specialist reservations team is available to guide and assist you in selecting the most suitable treatment. Please note that we do have both male and female therapists. If you have a preference, please let us know at the time of booking so we can do our best to accommodate your preference.

### **DURING YOUR SPA VISIT**

Please respect all Spa Guests' right to privacy and serenity. In light of this, The Spa is a cell-phone, pager and smoking free zone.

Our locker/steam room facilities for male and female clients are separate, and, therefore, the use of swimwear is optional and of personal preference. Our heated pool and heated conversation tubs are coed and swimwear is required.

During your massage, body treatment or facial, undergarments are not recommended but may be worn basis your personal preference. The therapists will adjust their techniques as needed to work around the garments.

The Spa will provide robes, slippers, towels and all amenities required for use during your visit.

### **AGE REQUIREMENT**

The minimum age requirement for access and treatment in The Spa is 18. Parental consent is required for ages under 18.

### **GRATUITY**

Our menu prices do not reflect gratuity. The recommended gratuity for excellent service is 20%.

### **CANCELLATION POLICY**

We require a credit card number to reserve your appointment. We take all major credit cards except American Express. A 100% cancellation charge will be incurred for any treatment or service not cancelled a full 24 hours prior to an appointment, 48 hours prior to a full day spa retreat and a full 7 days prior to large group events.

### **HOMECARE**

To continue your spa regime and experience at home, all products used in the treatments can be purchased from The Spa reception.