

# 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 relax into a specially designed deep 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.

## *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

60 minutes

An organic and gentle exfoliating treatment utilizing Lemon and Ginger 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 Lemon Ginger 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, oils and lotions 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.