

CARLISLE BAY

ANTIGUA

MASSAGE AND HOLISTIC THERAPIES

Swedish Massage	50 minutes	US\$120
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A traditional Swedish massage designed to improve circulation, ease tension, reduce stress and relax the body.

Aromatherapy Massage	50 minutes	US\$130
	80 minutes	US\$155

Aromatherapy massage combines the power of pure essential oils with a specialized massage drawn from the traditions of both east and west, using carefully applied spinal pressures to target the nervous system and bring mind and body back into balance.

Wellbeing Massage For Two	50 minutes	US\$220
	80 minutes	US\$290

Relax and indulge with your partner or friend whilst enjoying a massage together.

West Indian Massage	50 minutes	US\$135
	80 minutes	US\$155

A combination of Swedish and deep tissue massage techniques work together to release muscular tension. The massage uses slow strokes, direct pressure and friction, usually on a focused problem area.

Deep Tissue Massage	50 minutes	US\$135
	80 minutes	US\$160

Specialized and intensive deep tissue techniques are used to warm, manipulate and ease the muscles, with stretching and drainage to release and disperse. Relax into a scalp massage to take your mind off it all while foot reflex pressures target the neck, shoulders, spine and hips.

Hot Stone Massage	50 minutes	US\$125
	80 minutes	US\$140

This unique massage blends aromatic oils, warm stones and a full body massage to release stress and tension and encourage the flow of blocked energy.

Add an aromatherapy massage oil US\$10

Four Hand Massage**50 minutes****US\$180**

Four expert hands compliment each other to deliver fluid, seamless moves over the body to ease you into a state of oblivion.

Reiki**50 minutes****US\$100**

An ancient Japanese healing art, working with life force energy, Reiki restores wholeness by activating the body's natural healing ability. Little or no pressure is involved in this relaxing treatment in which the therapist places their hands over certain areas of the body to work with the energy, evoking a sense of calm and serenity.

Reflexology**50 minutes****US\$120**

This ancient healing technique dates back to Egyptian times where scenes depict working on the feet to promote good health. By stimulating reflex points on the feet effects are felt on the corresponding areas of the body.

Sports Relief Massage**50 minutes****US\$120**

Deep muscle manipulation and gentle stretching will get you back on your game, whatever it may be. Not recommended for the first timer.

Couples Massage Instruction**80 minutes****US\$125**

We invite you to come as a couple and learn about massage and how you can share the benefits of it at home. Your therapist will demonstrate various massage techniques and then allow you to practice under their supervision and guidance.

Back Massage**30 minutes****US\$55****50 minutes****US\$110**

This massage is perfect for people who want to concentrate on this area.

Indian Head Massage**30 minutes****US\$55**

This relaxing and soothing holistic treatment involves an acupressure massage to the head, face, neck and shoulders to help rebalance the body's energies.

SPECIALIZED MASSAGE TREATMENTS**Revive Jet Lag Treatment****50 minutes****US\$130**

A rejuvenating treatment using physical manipulation to transport you quickly into the right time zone. Body brushing and deep massage techniques encourage effective circulation and digestion. A must have treatment for the traveler.

De-Stress Muscle Release**50 minutes****US\$ 140**

Specialized and intensive deep tissue techniques are used to warm, manipulate and ease the muscles, with stretching and drainage to release and disperse tension. Rosemary, ginger and black pepper oils will stimulate, invigorate and release pure, untapped energy.

Anti-Cellulite Treatment**50 minutes****US\$ 125**

Detox, eliminate and tone with this invigorating and effective body treatment designed to target areas of cellulite. Brisk body brushing and a combination of deep, manipulative tissue massage and superficial stimulation to the buttocks, thighs and stomach encourage circulation to help flush out toxins while refreshing the skin.

SCRUB & WRAP TREATMENTS

Aromatherapy Associates scrub and wrap treatments are intensive body treatments that have been developed to bring both physical and emotional benefits to the guest, while the natural plant and marine ingredients enhance skin condition. The Aromatherapy Associates scrub and wrap treatments starts with an all over body exfoliation followed by an application of gels, oils and creams to moisturize, nourish and hydrate the skin.

De-Stressing Soother**50 minutes****US\$ 100**

Feel a thousand miles away from the pressure and confusion of everyday life as mind and body indulge in the benefits of deep, meditative relaxation. Your body is enveloped in a comforting wrap relaxing and fortifying frankincense, chamomile and rosemary. A massage of the neck, shoulders and scalp eases the stresses and strains of any demanding lifestyle.

Citrus Detox Reviver**50 minutes****US\$ 100**

Feel cleansed inside and out with this powerful treatment. After exfoliation to smooth and refine the skin, a stimulating massage, along with pressures to foot reflex points encourage the release and elimination of unwanted toxins. Citrus gels and oils leave the skin smooth and thoroughly refreshed.

Lavender & Peppermint Cooler**50 minutes****US\$ 100**

Rescue your skin after overdoing it in the sun with a cooling and soothing body wrap. The legendary healing powers of lavender cool your overheated skin, while peppermint and rose comfort and soothe your body.

Rose Hydrating Cocoon**50 minutes****US\$ 110**

Rich oils and creams of Damask rose are smoothed into freshly exfoliated skin leaving it glowing, silky and revitalized. Indulge in this nourishing and deeply moisturizing treatment which incorporates a relaxing Ayurvedic scalp massage.

Enrich Body Treatment**50 minutes****US\$115****80 minutes****US\$140**

Nourish body and soul with this luxurious treatment, designed to rejuvenate dry, out of condition skin with the fragrances of exotic flowers, seductive ylang ylang and rich vanilla.

Thai Lemon Grass Scrub**30 minutes****US\$50**

Lemon grass is essential to Thai culture and is traditionally used to detoxify the liver as well as an astringent. This treatment uses these properties to gently exfoliate, increase blood circulation and detoxify the liver.

FACIAL TREATMENTS**Renew Rose Radiance Facial****50 minutes****US\$120**

Our beautifying and luxurious Renew Rose Radiance Facial softens, moisturizes and nourishes, using natural rose water to support circulation and purify your skin. More than a facial, this is a facial experience. Cleansing, toning, exfoliation, a rejuvenating facial massage and application of a hydrating mask are topped and tailed with a relaxing scalp massage and a silky, soft layering of hands and arms. This facial will leave your skin toned, polished, deliciously scented and quite simply radiant.

Renew Rose Anti-Age Facial**80 minutes****US\$150**

This is a natural, highly effective treatment to reduce the signs of ageing without the use of harsh chemicals. The natural oils of inca inchi and larch extract stimulate collagen, whilst pomegranate and rosehip seed oil work to slow down the effects of ageing.

Renew Rose Total Indulgence Facial**80minutes****US\$150**

Complete Bliss! The Indulgence Facial moisturizes and nourishes your skin using natural rose water, whilst geranium and evening primrose oils help to support circulation and purify your skin. This facial includes a back, neck and shoulder massage incorporating spinal pressures to target the nervous system easing away any stress.

Balance Deep Cleansing Facial**50 minutes****US\$120**

This deep cleansing facial uses the natural antiseptic properties of lavender and tea tree to condition the skin and balance the its natural oils. After cleansing and exfoliation, steam compresses help to remove unwanted impurities. Next a purifying mask and facial drainage massage draw out oiliness and revitalize your complexion to leave your skin feeling fresh, soft and super clean.

Balance Men's Facial	50 minutes	US\$ 120
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Freshening and brightening essential oils leave the skin clean, clear and invigorated. A stimulating scalp massage increases circulation to the hair follicles, while a foot massage with reflex pressures leaves body and mind balanced.

80 minutes with a back massage	US\$ 150
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Back Cleanser	50 minutes	US\$ 110
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Special attention for this hard to reach area! This service includes deep cleansing, exfoliation, a mask and an option for extractions or a back massage. Your back will be left looking and feeling its best.

60 minutes with extractions	US\$ 120
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MOTHER TO BE & NEW MOTHER TREATMENTS

Mother to Be Massage	50 minutes	US\$ 120
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This specially designed pregnancy massage will help to ease any discomfort. A light-to-moderate pressure is used to stimulate circulation and relax tense muscles. A special treatment for a special time! (Must be past the first trimester)

Rose Hydrating Cocoon for the Mother to Be	50 minutes	US\$ 105
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Your skin is smoothed over top to toe with rich and softening gels, oils and creams as you lie wrapped up in a comfortable, aroma cocoon.

Renew Rose Radiance Facial for the Mother to Be	50 minutes	US\$ 105
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More than a facial, this is a facial experience. Our beautifying and luxurious Renew Rose Radiance Facial softens, moisturizes and nourishes, using natural Damask rose water, geranium and evening primrose oil to support circulation and purify your skin.

Rose Hydrating Cocoon for the New Mother	50 minutes	US\$ 105
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Help your body back into shape with specially chosen nurturing essential oils to restore your skin condition and refine stretch marks after the stresses of pregnancy. Ayurvedic scalp massage supports circulation and promotes healthy hair growth.

Renew Rose Leg & Foot Refresher	25 minutes	US\$ 45
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Ease away the physical stresses and strains on your legs and feet while you are carrying extra weight during pregnancy. A soothing massage to lower legs, ankles and feet encourages effective circulation in the areas needing it most.

BEAUTY TREATMENTS

HANDS & FEET

Classic Manicure	30 minutes	US\$30
Classic Pedicure	45 minutes	US\$35
Luxury Manicure	60 minutes	US\$50
Luxury Pedicure	60 minutes	US\$60
Polish Change	10 minutes	US\$15
Add French polish to any manicure or pedicure	20 minutes	US\$15

WAXING

Bikini Line	US\$35
Brazilian	US\$50
Back Wax	US\$45
Underarm	US\$20
Half Leg	US\$40
Full Leg	US\$55
Eyebrows/Lip/Chin (each)	US\$15

HAIR

Shampoo/Blow Dry	from	US\$60
Blow Dry	from	US\$40
Flat Iron	from	US\$25
Ladies Hair Cut	from	US\$45
Style (Up Do)	from	US\$75
Braids (Single Braid)		US\$2
Braids Full Head		US\$60
Braids Half Head		US\$40
Gentleman's Haircut		US\$45
Nourishing Hair Treatment		US\$20

This enriching treatment uses essential oils of rosemary, geranium, ylang ylang and patchouli – each known for their beneficial effects on the scalp and hair. It can be added to any treatment to restore health and shine.

Make Up	from	US\$60
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TREATMENTS FOR TEENS

We have the pleasure of offering a selection of treatments for young guests from 13 to 17 years. These treatments are specially designed with the needs of teens in mind. Guests must be at least 13 years old and guests under 18 must be accompanied by an adult.

Demi Facial

30 minutes

US\$60

The express facial offers instant revitalization. Using classic techniques, such as cleansing the skin, exfoliating and moisturizing with a range of our luxury products, your skin will be completely refreshed.

Nail Candy Pedicure

40 minutes

US\$40

Give your feet a treat with this gentle pedicure that includes the hottest, hippest nail polish colors.

Nail Candy Manicure

25 minutes

US\$30

This manicure includes a nail buff and polish with a choice of the hottest colors – plus tips on how to take care of your nails at home.

COMPLIMENTARY FACILITIES

Our complimentary facilities include a state-of-the-art gymnasium, sauna and plunge pool experience and a chill out zone.

TREATMENT ROOMS

Blue Spa has six treatment rooms for you to enjoy, including a luxurious double treatment room should you want to take your treatments together.

CANCELLATION POLICY

We ask that you notify us at least 8 hours in advance if you need to cancel or re-schedule an appointment. A charge of 50% of the value of the service will apply if less than 8 hours notice is given for a change or cancellation. A charge of 100% will apply if no show.

Spa bookings from guests not staying at Carlisle Bay require 24 hours notice.

All prices are inclusive of tax and service charge.

HOW TO SPA

What are the benefits of visiting a spa?

Blue Spa provides a relaxing, stress-free environment for you to come and enjoy treatments or just relax with a fresh juice. Virtually all of our spa treatments aim to ease aches and pains and reduce stress.

Should I avoid visiting the spa if I am pregnant?

Not at all, there are many treatments still available for you to enjoy whilst pregnant or breastfeeding. Our therapists are trained in pre and post natal techniques and we will be happy to advise you on any treatments that should be avoided.

What if I am unsure which treatments to book?

Our spa receptionists are very knowledgeable on all of our services and will be happy to assist you in planning your day. Please be sure to advise us of any special needs at the time of booking.

Should I inform someone if I have any medical conditions, disabilities or allergies?

Absolutely, in particular if you have high blood pressure, are pregnant or suffer with allergies. Please inform the spa receptionist when booking your appointments so that we can ensure we create a programme to suit your needs.

Should I book my appointments in advance?

We strongly recommend advance bookings in order to secure the most convenient times for your appointments. All appointments are subject to availability.

How early should I arrive for my spa treatments?

We recommend arriving at least 15 minutes prior to your first scheduled appointment to allow yourself ample time to change, utilize the sauna and plunge pool, shower and relax with a juice before your treatment begins.

What do I need to bring?

When you arrive at Blue Spa you will be provided with a locker, this contains a robe, slippers and towels for your convenience.

What about my jewelry?

We recommend placing all items of jewelry into your room safe as you will be asked to remove all jewelry before the treatment commences. The Blue Spa does not accept responsibility for any items lost within the spa.

Can I still go out in the sun after my treatments?

We do not recommend exposure to the sun immediately following most spa treatments. Our spa receptionist can give you advice about a particular treatment and what our recommendations are.