

Massage, Rituals & Body Treatments



Massage

Our experienced therapists are trained in a wide variety of massages to promote relaxation, ease aching muscles and give you a great sense of well being. A consultation prior to your appointment will reveal which treatment is best suited to your needs.

West Indian Massage (Swedish)	50 minutes US\$130	80 minutes US\$170
Deep Tissue Massage	50 minutes US\$130	80 minutes US\$170
Arawak Massage	50 minutes US\$130	80 minutes US\$170
Back Massage	30 minutes US\$75	
Hot Stone Massage	80 minutes US\$170	
Indian Head Massage	30 minutes US\$65	
Reflexology	50 minutes US\$130	
Prenatal Massage*	50 minutes US\$130	
Deep Sports Massage	90 minutes US\$200	
Reiki	60 minutes US\$130	
De-stressor	60 minutes US\$130	

Couples Massage **50 minutes US\$235** **80 minutes US\$315**

Enjoy a peaceful journey with someone special while you indulge your mind, body and soul in our Scents of the Caribbean Couples massage. It stimulates tired muscles and leave you refresh and renewed.

Pepperpot of Massages **120 minutes US\$255**

Experience the ultimate in relaxation when you indulge in four of our delightful massages in one treatment. Hot Lava Stone, Foot Reflexology, West Indian and Indian head. You will be re-energized revitalized and restored to wellness after our massage sampler.

Rituals

Hand-harvested organic seaweed and aromatic organic essential oils coupled to bring you the best in spa experience. Our luxurious treatments will stimulate your senses and encourage deep relaxation, detoxification and rejuvenation.

Rescue me Ritual **90 minutes US\$200**

A complete relaxation journey from head to toe, incorporating scalp massage light exfoliation, stretches and body massage that replicates the movement of the sea. The ultimate luxury treatment to relieve muscle fatigue aches and pains with the world's 1st organic seaweed oil which possess anti-microbial and anti-inflammatory properties.

Herbal Infuse Massage Ritual **90 minutes US\$200**

This therapeutic warm herbal infuse massage ritual will capture your senses, heal your body, mind and spirit taking you to total wellness. The finest organic herbs and seaweed are used to massage into your skin to gently exfoliate and nourish skin cells.

Body Treatments

Make your selection(s) from our list of organic body treatments. This is an excellent way to remove dead skin cells in order to achieve an even glow. You will love the way you skin looks and feel.

Lavender Seaweed Scrub	Calming	40 minutes US\$80
Bladder wrack Body Buff	Detoxifying	
Peppermint Sugar Scrub	Energizing	
Dead Sea Salt Glow	Stimulating and Purifying	

Ocean Blend

60minutesUS\$150

Our hydrating and detoxifying body wrap helps with the elimination of water retention, cellulite and balances metabolism. Your experience begins with a gently body buff followed by the application of a power packed seaweed blend to stimulates the blood and lymph flow, encourages the renewal of skin cells, leaving you hydrated and glowing.

Seaweed Leaf Body Lift

80 minutes US\$180

This power packed Anti-aging body experience stimulates the renewal of damage skin cells; improve suppleness and elasticity of the skin by promoting tissue regeneration. Seaweed Leaf body wrap is excellent for water retention, cellulite and re-mineralizing of the skin. It incorporates our organic bladder wrack body scrub which deeply stimulates and prepares your skin for further detoxification and hydration.

Seaweed Bath (In-Room)

30 minutes US\$100

Experience our relaxing Signature Seaweed bath which detoxifies and re-mineralizes. This anti-aging bath will stimulate lymphatic and alleviate sore and tired muscles. Please call us at the blue spa and we will make all the arrangements.

Please call 4126 to make your appointment. Our therapists will be delighted to guide you in selecting the most suitable treatment(s) according to you needs. All prices are in US dollars and are subject to 10% service charge and 15%

government tax.

Facials





Facials

A full range of illuminating facial experience designed to address every skincare needs with outstanding results. Allow our skincare specialists to assist you in your selection.

Get Glowing Facial

50 minutes US\$130

Gentle facial for sensitive skin. Soothing and de-sensitizing organic plants extracts and aromatherapy oil such as chamomile, green tea and passion flower gently cleanse and nourish fragile skin. Reduce sensitivity, calm skin and soothe.

Shining C & Sea Facial

50 minutes US\$130

This unique facial experience is designed to target blemishes, uneven skin tone, revealing a younger looking skin. Natural clay reduces impurities and restores balance, while Rose hip and Aloe reduce redness

Blue Renew Hydrating Facial

60 minutes US\$150

Nourish and revitalize your skin with our Blue Renew hydrating facial, inspired by Rose of Jericho plant and frankincense. It smooths fine lines and hydrates for healthy, radiant and youthful skin.

The Ocean Blue

60 minutes US\$150

The Ocean blue facial experience is formulated for men skin type. Our anti-oxidant and anti-aging facial therapy eliminates toxins, rebalances and tightens your skin, leaving it calm, purified and uplifted. Includes a warm foam back cleanse.

Radiance

90 minutes US\$200

Our Radiance anti-ageing facial is ideal for firming and toning. Seaweed leaf combined with Avocado, Shea Butter and Pro-collagen that will restore vital moisture levels and maximizes cell regeneration.

Seaweed Marine Eye Treatment

30 minutes US\$45

Seaweed leaf, vitamin c and green tea extract penetrates delicate eye area and dramatically reduce puffiness and the appearance of dark circles, brighten and hydrates.

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Beauty Treatments & Teens



Beauty Treatments

Hands & Feet

Classic Manicure	50 minutes US\$50
Classic Pedicure	50 minutes US\$60
Seaweed Luxury Foot Ritual	80 minutes US\$100
Seaweed Luxury Hand Ritual	80 minutes US\$80
Callus remover	30 minutes US\$45
French polish	20 minutes US\$20
Polish change	20 minutes US\$15

Waxing

Bikini line	30 minutes US\$40
Brazilian	45 minutes US\$70
Underarm	25 minutes US\$20
Half leg	40 minutes US\$40
Full leg	60 minutes US\$65
Brow, lip or chin	20 minutes US\$20
Back	from US\$50

Hair

Blow dry	from US\$35
Shampoo & blow dry	from US\$50
Shampoo & set	from US\$55
Flat iron	from US\$20
Style (up do)	from US\$60
Lady's haircut	from US\$45
Men's haircut	from US\$40
Head shave	from US\$30
Single braid	from US\$2
Half head of braids	from US\$35
Full head of braids	from US\$50
Children's haircut (up to 10 years old)	from US\$20
Make-up	from US\$75

Teens

A selected range of treats specifically for teenagers.

T Facial

50 minutes US\$95

Design to address the needs of our younger guests. Our teen facial begins with deep cleansing to unclog pores, exfoliation to remove buildup of dead skin and healing vitamins to rehydrate or eliminate oily particles

T Manicure (up to age 15)

30 minutes US\$30

T Pedicure (up to age 15)

40 minutes US\$40

T Massage

50 minutes US\$100

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Blue Spa



Blue Spa

Health, wellbeing and feeling fantastic, all three are fundamental to the Blue Spa philosophy.

With a gentle breeze through the plantation shutters, lie back in our relaxation area and unwind with a fresh juice. Prepare your skin for your choice of treatments with time in the sauna and plunge pool. Following your blissful treatment, return to the chill out space and sip a calming organic herbal tea.

Blue Spa is proud to work with Voya– certified organic wild hand-harvested seaweed which is 100% Irish. You will be sure to notice dramatic results in the skincare and body care line, all delivered in a range of relaxing treatments.

Frequently Asked Questions

Consultation

If you would like further information on any of our treatments or would like to discuss your specific needs and have a treatment recommended, please do not hesitate to contact us – we will be happy to assist.

Arrival

Please ensure you arrive at least fifteen minutes prior to your appointment to allow time to change, relax and complete any necessary consultation forms. This will ensure you enjoy the full duration of your treatment.

What to bring

Towels and robes are provided. We encourage

you to wear your own slippers to support our green initiatives, although we do provide slippers if requested. Showers, sauna and plunge pool are available along with complimentary bath products. Please leave all valuables and jewellery in your suite as the spa will not be held responsible for mis-placed valuables.

Non-residents

24 hours notice is required for spa bookings for guests not staying at Carlisle Bay.

What to wear

For the majority of treatments you will be provided with a robe and asked to undress, leaving your underwear garments on.

You may wish to change in your suite and arrive at the spa in your robe.

Refreshments

Relax after your treatment in our chill out area with a herbal tea of your choice.

Cancellation policy

Should you wish to cancel your appointment, please contact us at least

eight hours in advance to re-schedule or cancel with no charge. If you cancel within eight hours, a cancellation fee of 50% will apply. Any non-arrivals will be charged at the full amount.

Opening hours

Open daily from 8am to 6.30pm, until 9pm in selected weeks.

Gifts

A Blue Spa treatment makes the perfect gift. Please ask at the Blue Spa reception for assistance with a gift certificate.

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