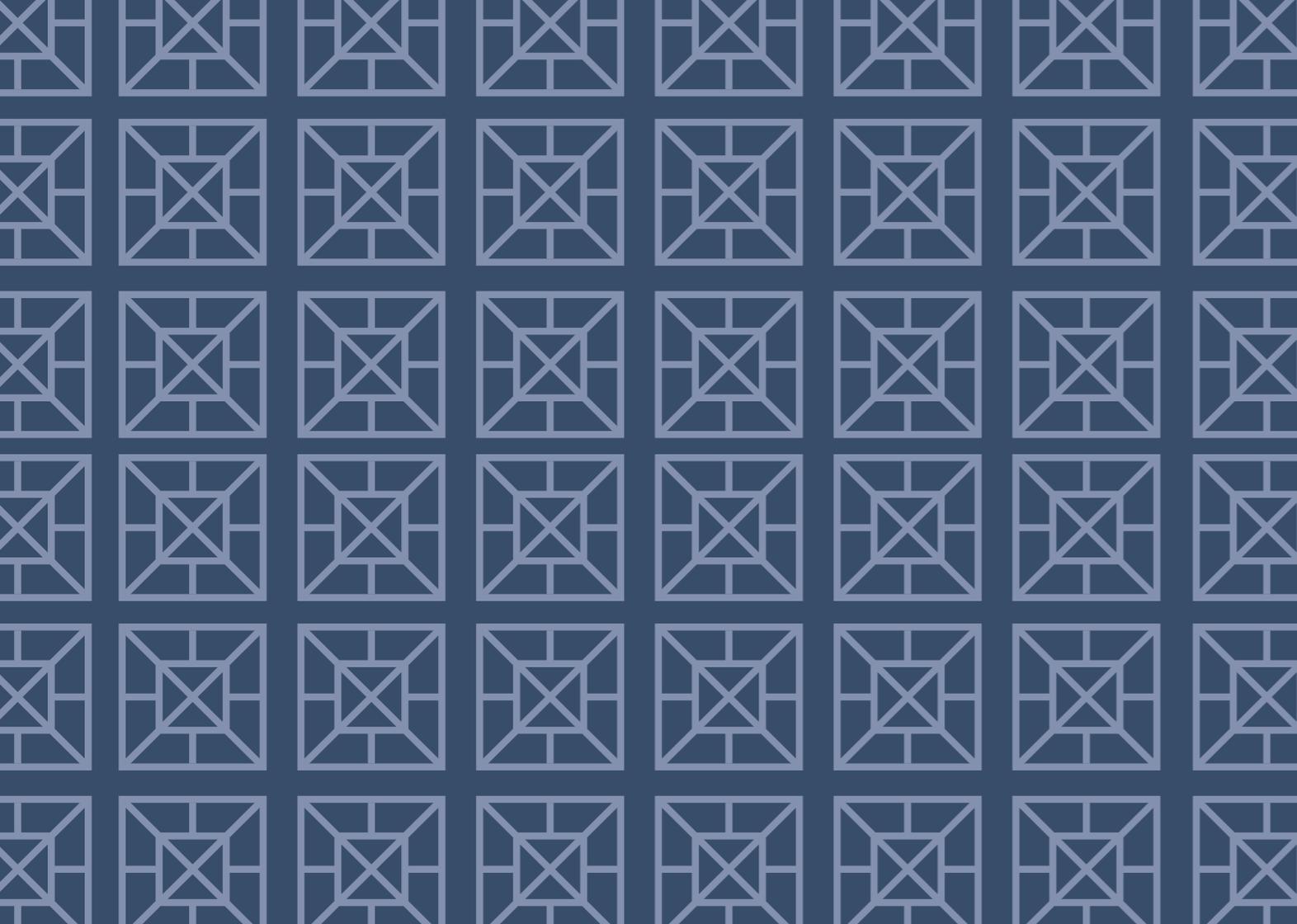




CARLISLE BAY
ANTIGUA

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 notice the dramatic results with your skin, body and overall wellbeing following one of our relaxing treatments.

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





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 wellbeing. A consultation prior to your appointment will reveal which treatment is best suited to your needs.

West Indian Massage	50 minutes	80 minutes
Swedish Massage	50 minutes	80 minutes
Deep Tissue Massage	50 minutes	80 minutes
Arawak Massage	80 minutes	
Back Massage	30 minutes	
Hot Stone Massage	30 minutes	
Indian Head Massage	30 minutes	
Reflexology	50 minutes	
Prenatal Massage	50 minutes	
Deep Sports Massage	90 minutes	
Reiki	60 minutes	
Destressor	60 minutes	

Couples Massage 50 minutes 80 minutes

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 leaves you refreshed and renewed.

Pepperpot of Massages 120 minutes

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 very best spa experience. Our luxurious treatments will stimulate your senses and encourage deep relaxation, detoxification and rejuvenation.

Rescue Me Ritual 90 minutes

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 first organic seaweed oil which possesses anti-microbial and anti-inflammatory properties.

Herbal Infuse Massage Ritual 90 minutes

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 your skin looks and feels.

Lavender Seaweed Scrub
Bladderwrack Body Buff
Peppermint Sugar Scrub
Dead Sea Salt Glow

Calming
Detoxifying
Energizing
Stimulating and Purifying

40 minutes

Ocean Blend

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

60 minutes

Seaweed Leaf Body Lift

This power-packed anti-aging body experience stimulates the renewal of damaged skin cells; improving 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 bladderwrack body scrub which deeply stimulates and prepares your skin for further detoxification and hydration.

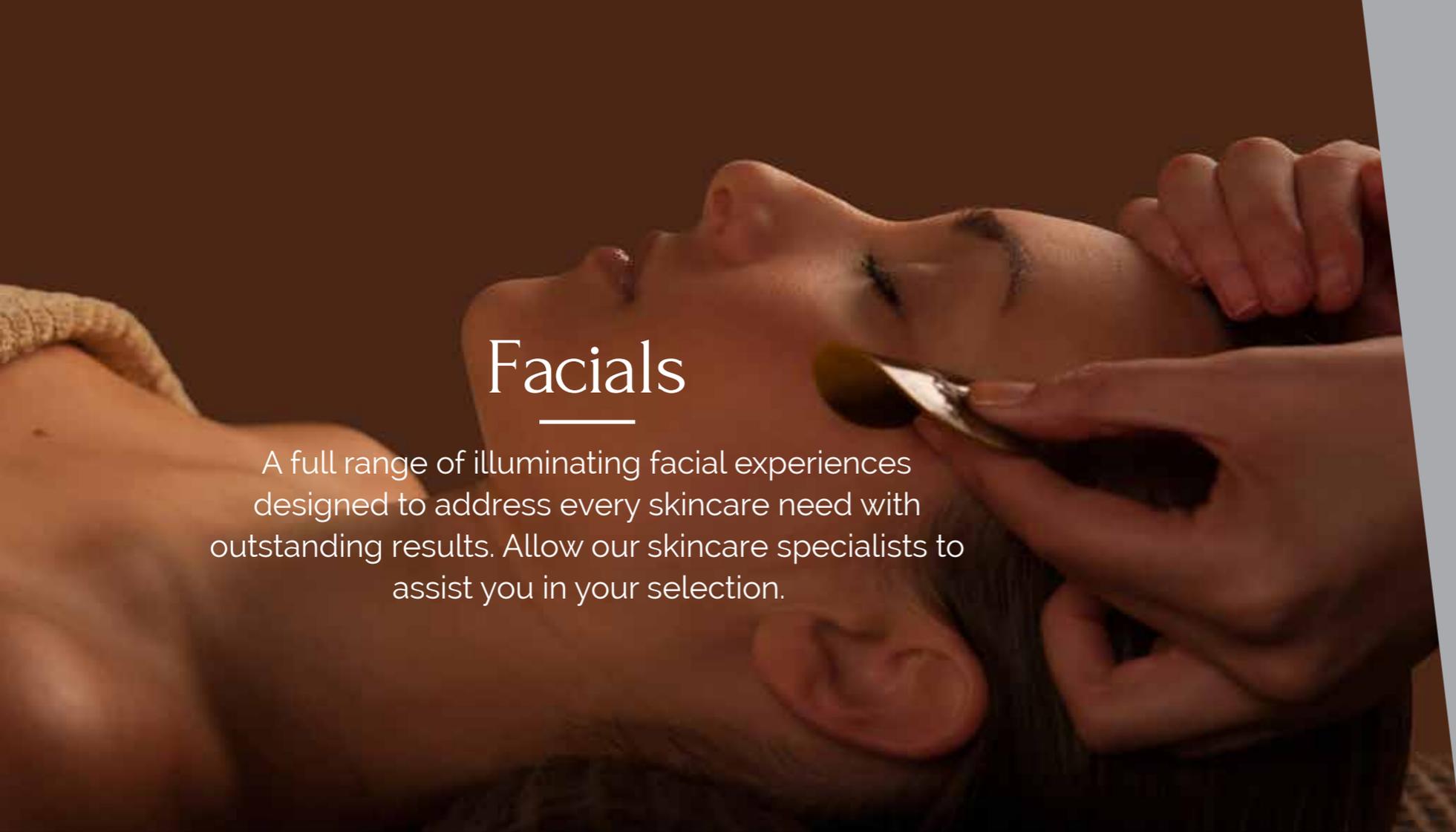
80 minutes

Seaweed Bath (In-Room)

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

30 minutes





Facials

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

Get Glowing Facial

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

50 minutes

Shining C & Sea Facial

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

50 minutes

Blue Renew Hydrating Facial

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.

60 minutes

The Ocean Blue

The Ocean Blue facial experience is formulated for men's 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.

60 minutes

Radiance

Our Radiance anti-aging facial is ideal for firming and toning. Seaweed leaf combined with avocado, shea butter and pro-collagen will restore vital moisture levels and maximize cell regeneration.

90 minutes

Seaweed Marine Eye Treatment

Seaweed leaf, vitamin C and green tea extract penetrates the delicate eye area and dramatically reduces puffiness and the appearance of dark circles, brightens and hydrates.

30 minutes



Beauty Treatments & Teens

Hands & Feet

Classic Manicure
Classic Pedicure
Seaweed Luxury Foot Ritual
Seaweed Luxury Hand Ritual
Callus remover
French polish
Polish change

Hair

Blow dry from
Shampoo & blow dry from
Shampoo & set from
Flat iron from
Style (up do) from
Lady's haircut from
Men's haircut from
Head shave from
Single braid from
Half head of braids from
Full head of braids from
Children's haircut (up to 10 years old) from
Make-up from

Teens

50 minutes A selected range of treats specifically for teenagers.
50 minutes
80 minutes T Facial 50 minutes
80 minutes Designed to address the needs of our younger guests. Our teen
30 minutes facial begins with deep cleansing to unclog pores, exfoliation to
20 minutes remove build-up of dead skin and healing vitamins to rehydrate
20 minutes or eliminate oily particles.

T Manicure (up to age 15) 30 minutes
T Pedicure (up to age 15) 40 minutes
T Massage 50 minutes

Waxing

Bikini line 30 minutes
Brazilian 45 minutes
Underarm 25 minutes
Half leg 40 minutes
Full leg 60 minutes
Brow, lip or chin 20 minutes
Back



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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WWW.CARLISLE-BAY.COM

