SPA
We are totally dedicated to your wellness when you stay with us at Belmond. Whether lazing in our spa or dining on nutritious cuisine, practicing yoga on a beach or enjoying a moment’s peace in a tranquil hideaway, do take this special opportunity to refresh your body, mind and spirit.
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01 RELAX AND REVIVE AT ARAWAK SPA

Stop for a moment to admire your surroundings. Awaken senses that get lost in day-to-day living and take time to appreciate your body's inner magic. At Arawak Spa we embrace the idea that real beauty comes from within and spreads throughout your body and soul.

The Arawaks who inhabited this land celebrated the renewal and rejuvenation of each new day by honoring Atabeyra, the mother goddess of fertility. They would burn incense and offerings of sage, lemongrass and sacred herbs to awaken the mind and spirit.

Like the Arawaks, our spa rituals are designed to bring you into harmony with nature and refocus your energy. Join us in celebrating traditional Taino culture with ancient therapies, rare indigenous botanicals and a holistic approach to healing.

Enjoy three treatment rooms, a swimming pool with relaxation area, a fully equipped fitness studio and a wellbeing boutique. We also have two beach cabanas available for alfresco pampering.

All treatments are suitable for both men or women and can be a couple's experience unless otherwise stated.

Opening times: Daily, 9am - 7pm

Access: Villa 21

Reservations: Extension 5000
CELEBRATE THE FIRST LIGHT  50 MINUTES
SACRED GOLDEN MORNING RITUAL
According to Ayurveda, the morning is considered golden and sacred, a time to prepare mind, body and spirit for the gift of the new day. Your treatment begins with an energetic sage cleanse to prepare you for a tropical spice body polish. Crafted with local and organic ingredients such as Mount Gay rum, Anguillian salt, balsam bush or chamomile, depending on your skin type, this sloughs off dry skin and dulling debris to reveal smoother and even-toned skin. After rinsing you’ll feel uplifted and alive.

JULUCA INSPIRATION  110 MINUTES
BODY RITUAL AND MASSAGE
Achieve perfect balance and holistic rejuvenation through a variety of traditional techniques and touches. This effleurage (circular massage movements) begins with a sage bush cleanse. You are then given a unique sensory treatment combining the heat of volcanic stones with a personalized synergy of essential oils. Through rhythmic movements, your muscles and senses are brought into harmony to achieve maximum relaxation. This ritual is then completed with a 30 minute refreshing facial.

TAINO RITUAL  110 MINUTES
EXFOLIATION, BODY WRAP AND MASSAGE
Prepare to feel cleansed and renewed spiritually, mentally and physically. You will be invigorated by a full body exfoliating treatment, followed by a luxurious mud wrap. The combination of heat and herbs helps draw out unwanted toxins, tones and hydrates the skin. Finally, feel the healing power of Arawak Spa through an invigorating D-Stress massage.

ETERNAL ROMANCE  80 MINUTES
COUPLE’S MASSAGE
Take a moment to renew the spirit of your love. This ritual begins with a 10-minute foot bath that symbolizes rejoining the path as a couple and continues with a relaxing massage. To conclude, a drop of sage oil is placed over the third eye to deliver optimum relaxation and follow it with a soothing scalp massage.
QUIROGOLF 50 | 80 MINUTES
Ease and relieve muscle tension, joint pain and stiffness with this therapeutic, soothing massage. A unique pressure technique uses golf balls and deep tissue massage to help release trigger points and roll out sore muscles.

RELAXING MASSAGE 50 | 80 MINUTES
Cocoon your body in sumptuous relaxation with this medium-pressure massage. Gentle movements release tension and stress from your body, stimulate the lymphatic system and return clarity to your mind.

ATHLETIC TOUCH 50 | 80 MINUTES
Ideal for sports enthusiasts, this massage employs brisk, moderate-to-firm pressure movements focusing on areas of the body that are overused and stressed.

LOMI LOMI 50 | 80 MINUTES
Part of traditional Hawaiian medicine, this technique brings you one of the oldest and deepest forms of restorative body work. By massaging the muscles with continuous, flowing strokes we encourage complete relaxation.

REFLEXOLOGY 30 | 50 MINUTES
In this ancient Chinese healing technique, points on the feet are linked to particular areas and organs of the body. By massaging the feet, your therapist can target any specific areas of concern while easing tension and improving circulation.

ANGUILLIAN MUD MASSAGE 50 | 80 MINUTES
In line with Taino healing rituals, this massage using natural clay brings wonderful relief to anyone with stiff joints or hormonal imbalances or those recovering from surgery or sport injuries. The rich, therapeutic mud contains anti-inflammatory and anti-aging properties as well as natural antibiotics.

HOT ZEMI EXPERIENCE 80 MINUTES
Stimulate your body’s energy centers to encourage the flow of vital energy. Volcanic hot stones are used to melt away tension, reduce muscle stiffness and promote deep relaxation. Harmonize your mind, body and spirit while improving your circulatory system and releasing toxins from the skin.

BODY POLISH 50 MINUTES
An invigorating deep clean exfoliation that will gently infuse and slough away dull, dry skin to reveal softer, smoother skin with an overall radiant complexion.
LOMI-JUMA  EXFOLIATION AND MASSAGE
80 MINUTES
Start the experience with an organic exfoliation to improve microcirculation. A relaxing de-stress massage restores balance and harmony between body and mind. Journey to a peaceful oasis where physical and mental wellbeing are restored.

RAINDROP AROMATHERAPY 80 MINUTES
The raindrop technique helps bring balance and harmony to the body. We begin the experience with the application of eight essential oils without using hard pressure is applied along the spine as you sink into a blissful state of calm. This experience is known to enhance the body’s natural defenses and soothe the central nervous system. A warm aromatherapy pillow is placed along your back infusing the oils into the skin. A full body massage beginning with your lower legs enhanced with essential oil placed along the spine of the foot reflex. Emerge from this unique experience feeling rested, restored and rejuvenated.

RELIEF FOR TROPICAL SKIN 50 MINUTES
If your skin is a little more than sun-kissed, gain instant relief with our handmade blend of local aloe and healing herbs. As your sunburn is eased and your body recovers its elasticity and hydration, we’ll soothe you further with a relaxing scalp or foot massage.

MOTHER-TO-BE 50 MINUTES
Feel nourished and revived with our therapist’s specialized techniques, designed to alleviate any areas of discomfort arising during pregnancy. This relaxing, sweet and embracing massage is ideal for connecting mother with baby after the first trimester.
05  **FACIAL THERAPIES**

**3D COLLAGEN SHOCK**  
50 | 80 MINUTES  
Firms · Redefines · Tightens  
Achieve remarkable firming and toning results with this powerful regenerative and rejuvenating treatment, based on a smart combination of three types of collagen (high, medium and low weight). With an incredible lifting and redefining effect, this innovative facial improves skin density and minimizes wrinkles and fine lines while preserving optimal moisture.

**THE O2 RELAX**  
50 MINUTES  
Purifies · Brightens · Balances  
Awaken your skin with the revitalizing energy of pure oxygen to decongest, brighten and clarify a dull complexion. Perfect for the frequent flier and city dwellers whose skin suffers from daily environmental aggressors.

**THE SKIN COMFORT**  
50 / 60 MINUTES  
Soothes · Comforts · Calms  
Pamper your complexion with an exclusive combination of botanical ingredients that soothe sensitized skin. This calming facial is the perfect answer for hypersensitivity and rosacea.
CARIBBEAN MANICURE
BY SALT OF THE EARTH
Treat your hands to a hydrating massage and nails to your choice of lacquer. Opt for a longer manicure that includes an enriching hand mask to improve the tone and texture of your skin.

SALTY MARINES PEDICURE
BY SALT OF THE EARTH
Indulge in this traditional pedicure, beginning with a cleansing of the feet and legs and continuing with a melt scrub and organic hydrating mask. After rough areas are smoothed away, limbs massaged and reinvigorated, a high-shine lacquer is applied to toenails.

POLISH CHANGE

HAIR SALON
Styling - Short Hair
Styling - Long Hair Men’s
Haircut
Blow Dry
Special Occasions

MAKE-UP
Touch Of Color
Full Make-Up

WAXING
Lip
Eyebrow
Bikini
Brazilian Waxing
Chin And Lip Underarm
Full Legs
Half Legs
Back
SHORT AND SWEET INDULGENCES  25 MINUTES
Add an extra 25 minutes as the perfect complement to your treatment and will leave you rejuvenated and relaxed.

SCALP MASSAGE
REFLEXOLOGY
REFRESHING FACIAL
Surrender yourself to a tropical beachside cabana experience. Discover the exotic aromas of organic products that rejuvenate, replenish and renourish. Our qualified therapists are highly skilled in delivering sumptuous experiences.

AUTHENTIC ISLAND CABANA MASSAGE  50 MINUTES
Relax in the shade of a traditional Anguillian bure, surrounded by the sound of the ocean waves, as your expert therapist gently eases tense muscles with a soothing, relaxing massage.

TROPICAL HYDRA-LIFT FACIAL  50 MINUTES
Revive a dehydrated complexion with our botanical blend of oils and powerful plant actives. This treatment rapidly restores balance and suppleness to your skin for renewed beauty.

NURTURING MASSAGE & FACIAL  80 MINUTES
Enjoy an exotic, soothing massage fused with coconut fragrances to leave you feeling relaxed and nurtured. Combine it with an essential facial, adding moisture and nourishment to the skin.

OCEANIC BODY RETREAT  80 MINUTES
Indulge in an invigorating Anguillian salt body buff to remove dead skin cells leaving you with a rejuvenated glow. This enchanting massage with zemi stones will leave you with enduring memories of Arawak Spa.

All cabana escapes may also be booked as a couple’s experience. Please speak with our cabana therapists or spa reception staff for details.

We are mindful of our environment and only use products which are organic, vegan, reef-friendly and cruelty-free.
## WELLNESS DELIGHTS

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<th>Activity</th>
<th>Duration</th>
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<tr>
<td>Boot Camp</td>
<td>50 minutes</td>
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<tr>
<td>Dance Class (SOCA), Anguillian Style</td>
<td>50 minutes</td>
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<tr>
<td>Personal Training</td>
<td>50 minutes</td>
</tr>
<tr>
<td>Spinning Class</td>
<td>50 minutes</td>
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<tr>
<td>Yoga Session</td>
<td>50 minutes</td>
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<tr>
<td>Meditation Session</td>
<td>50 minutes</td>
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<tr>
<td>Pilates</td>
<td>50 minutes</td>
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<tr>
<td>TRX Suspension Training</td>
<td>50 minutes</td>
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We’re delighted you will be joining us. Our spa is an oasis of calm, and we therefore ask that you help us maintain the peaceful ambience by speaking in a soft voice and turning off your cell phone.

OPENING HOURS
Arawak Spa is open 9 am-7 pm daily
The Fitness Centre is open 24 hours

APPOINTMENTS
As treatments are subject to availability, we strongly recommend scheduling your appointments in advance. We will need a credit card or gift voucher to guarantee the reservation. Please let our spa team know if you have any special requirements. We can also help advise on the best choice of treatment for you.

RESERVATIONS
Extension: 5000
Telephone number: +1 264 497 6666
Email: concierge.cap@belmond.com

CANCELLATIONS
We ask that you make any cancellation or change to treatment at least 12 hours prior to your scheduled appointment time to avoid a charge. Cancellations made with less than 12 hours’ notice or no-shows will be charged in full.

ARRIVAL
We invite you to arrive at least 10 minutes before your appointment so that you may relax and enjoy the spa facilities. For your comfort we provide robes, towels and slippers. As a courtesy to other guests, should you arrive late we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the treatment or service will still be charged.

WELLBEING
For your safety and comfort, we ask you to complete a pre-treatment survey. Please notify us of any specific requirements for your visit which may include injuries, physical complaints or conditions, recently undergone operations, metabolic disorders, allergies or pregnancy.

COMMUNICATION
Prior to the start of your treatment, kindly advise your therapist of the areas you would like to focus on and any areas to be avoided. During your service, please let your therapist know if you feel any discomfort. Communication is the key to obtaining the full benefit of your spa experience.
CHILDREN
We warmly welcome children, accompanied by an adult, at our spa. We offer a selection of treatments tailored to ages 4 to 12.

GRATUITIES
Our treatments are subject to a 15% service charge and a 2% environmental fee. If you have enjoyed your treatment, please feel free to leave an additional gratuity at your discretion.

GIFT CARDS
Our gift certificates make perfect presents for spa lovers. Choose an individual treatment, a special package or a voucher for a specific denomination.
All prices are quoted in American Dollars. Treatments are automatically subject to a 15% service charge.

**SIGNATURE INDULGENCES**
- SACRED GOLDEN MORNING RITUAL 50 minutes $145
- JULUCA INSPIRATION 110 minutes $350
- TAINO RITUAL 110 minutes $350
- ETERNAL ROMANCE 80 minutes $260 p/p.

**MASSAGES**
- QUIROGOLF 50/80 minutes $190/265
- RELAXING MASSAGE 50/80 minutes $190/260
- ATHLETIC TOUCH 50/80 minutes $190/265
- LOMI LOMI 50/80 minutes $175/250
- REFLEXOLOGY 30/50 minutes $135/165
- ANGUIILLIAN MUD MASSAGE 50/80 minutes $190/260
- HOT ZEMI EXPERIENCE 50/80 minutes $190/260
- BODY POLISH 80 minutes $175

**BODY RITUALS**
- LOMI-JUMA 80 minutes $220
- RAINDROP AROMATHERAPY 50/80 minutes $245/325
- RELIEF FOR TROPICAL SKIN 50 minutes $165
- MOTHER TO BE 50 minutes $180

**FACIAL THERAPIES**
- 3D COLLAGEN SHOCK 50/80 minutes $205/265
- THE O2 RELAX Gentleman’s 50 minutes $190
- THE SKIN COMFORT 50 minutes $190

**FINISHING TOUCHES**
- CARIBBEAN MANICURE 50/80 minutes $70/100
- SALTY MARINES PEDICURE POLISH 50/80 minutes $100/150
- CHANGE 30 minutes $35

**HAIR SALON**
- Styling - Short Hair $60
- Styling - Long Hair $70
- Men’s Haircut $55
- Shampoo & Blow Dry From $100
- Special Occasions From $120
PRICE LIST

MAKE-UP
Touch of color $80
Full make-up $120

WAXING
Lip $20
Eyebrow $20
Bikini $65
Brazilian waxing From $85
Chin and lip $35
Underarm $40
Full legs $160
Half legs $80
Back $95

SHORT AND SWEET INDULGENCES
(Service add-ons)
Scalp Massage 30 minutes $50
Reflexology 30 minutes $50
Refreshing Facial 30 minutes $50

ARAWAK CABANA ESCAPES
AUTHENTIC ISLAND CABANA 50 minutes $170
MASSAGE TROPICAL HYDRA-LIFT 50 minutes $170
FACIAL NURTURING MASSAGE & FACIAL OCEANIC BODY RETREAT 80 minutes $230

WELLNESS DELIGHTS
Boot Camp 50 minutes $130
Dance Class (Soca) Anguillian Style 50 minutes $130
Personal Training 50 minutes $130
Spinning Class 50 minutes $130
Yoga Session 50 minutes $130
Meditation Session 50 minutes $130
Pilates 50 minutes $130
TRX 50 minutes $130