

SPA MENU

WELCOME TO THE WONDERFUL WORLD OF BELMOND

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 THE SPA

Welcome to our haven of relaxation.

You've traveled far and wide to luxuriate in our heavenly St Martin resort, and we intend to make your experience even more rewarding. Our highly trained therapists are ready to pamper you in the warm and indulgent atmosphere of our sanctuary, a retreat set among exotic gardens.

Enjoy soothing therapies in seven treatment rooms, including five outdoor/indoor suites – each with a private Zen garden and outdoor shower. Every treatment is customized to your individual needs.

Let the harmonious blend of Mediterranean *joie de vivre* and Caribbean heart and soul wash over you, leaving you feeling refreshed and rejuvenated from head to toe.

All treatments are suitable for both men and women unless otherwise stated.

Open from Monday to Saturday, 10.00am – 7.00pm

Location: Next to Fort Louis building, across from block N

Extension: 6569

02 SIGNATURE INDULGENCES

ROUCOU PRE-TANNING TREATMENT

50 MINUTES

Face & body exfoliation

Treat your skin to this pampering experience, starting with a gentle all-over peel to remove dry skin, followed by a full-body roucou oil application. Roucou is a Caribbean plant composed of red seeds. For centuries, the Arawaks used it to hydrate and protect their skin from the sun. It also doubled up as an effective mosquito repellent. We use a naturally red oil that will help ensure your tan stays golden and beautiful.

JUST ARRIVED

80 MINUTES

Body scrub · Swedish massage

Start your vacation off in style with an invigorating body scrub and a 50-minute Swedish massage. Soothe any aches and pains and rejuvenate muscles that may be weary from traveling.

03 **MASSAGES**

SWEDISH

50 | 80 MINUTES

A great favorite among Belmond La Samanna guests, this treatment combines long strokes, kneading, rolling and a variety of pressures to relax you and release stress.

LOMI LOMI MASSAGE

50 | 80 MINUTES

Benefit from a traditional Hawaiian massage, in which the therapist uses elbows and forearms to rhythmically stimulate your muscles. Feel energized and soothed as your circulation is stimulated and any stiffness melts away. The treatment can also provide spiritual and emotional healing, replacing anxiety or worry with positive feelings. You'll feel deeply relaxed. Choose the 80-minute massage for the optimum experience.

DEEP TISSUE MASSAGE

50 | 80 MINUTES

Relieve tight, stiff muscles and let go of emotional stress with this soothing treatment. Using expert techniques, we apply strong kneading pressure to restore flexibility to your muscles, neck and spine while enhancing overall wellbeing.

HOT STONE

50 | 80 MINUTES

This unique therapy uses heated, high-energy palm stones, which are carefully placed on your chakras to instill meditative calm.

04 **ASIAN RITUALS**

SHIATSU

50 | 80 MINUTES

Bring your body back into balance with this therapy designed to regulate the flow of life energy. Shiatsu uses natural body weight as pressure to produce deep relaxation and increase your vitality.

TRADITIONAL REFLEXOLOGY

50 MINUTES

Regain your natural energy balance with this ancient Chinese healing technique. By massaging reflex points on the sole of your feet, your therapist is able to target particular areas of concern throughout your body. Among the benefits, reflexology can: control blood pressure and promote sleep, help your body adjust to the major hormonal changes during pregnancy, stimulate circulation (particularly before or after a flight), raise levels and enhance nerve sensitivity.

05 **BODY RITUALS**

BODY POLISH

50 MINUTES

Let us purify your entire body and whisk away dry skin with a specially formulated non-irritating scrub. We then apply an intense hydrating lotion that leaves your skin feeling smooth and silky all over.

SUNBURN RESCUE

45 MINUTES

Repair your skin after exposure to the strong Caribbean sun with this refreshing aloe and mint-based gel wrap. Experience ultra-soothing hydration and immediate relief. We will soothe you further with a relaxing foot and head massage.

06 **FACIAL THERAPIES**

FACIAL

50 MINUTES

Our customized facial begins with a personalized evaluation of your specific skin type by one of our skilled therapists to determine which kind of treatment is right for you: moisturizing, purifying or re-balancing. We will soothe you further with a relaxing cranial massage.

ANTI-AGING

80 MINUTES

Replenish your complexion and feel your face and neck toned with our uplifting facial. This specialized treatment protects against free radicals (a major cause of premature aging of the skin) and helps soften the appearance of fine lines and wrinkles. We will soothe you further with a relaxing cranial and hand massage.

EYE CONTOUR

25 MINUTES

Refresh and calm tired eyelids and restore a youthful appearance to your eye area. We evaluate your needs individually but typically recommend a minimum of 5 sessions for optimal results.

07 **FINISHING TOUCHES**

CLASSIC MANICURE

FRENCH MANICURE

BEAUTY PEDICURE

Enjoy a soothing foot treatment that begins with a scrub, followed by nail shaping and cuticle care. Finish with a moisturizing foot massage and your choice of regular nail lacquer.

BEAUTY FRENCH PEDICURE

POLISH CHANGE

FRENCH NAIL POLISH

Please note we are not able to offer gel, shellac or semi-permanent polish.

We kindly remind you that we can only offer beauty treatments as our therapist cannot perform medical pedicures. We will not be able to proceed with the treatment if a guest's skin is inflamed or infected. This includes athlete's foot, eczema and similar conditions.

08 INDULGENCE PACKAGE

Get the very best of our relaxing spa treatments by booking one of our special customized spa packages.

SUN PREPARATION

140 MINUTES

Body scrub · Swedish massage · Facial

Prepare your skin for the sun with a body polish, a 50-minute Swedish massage with refreshing roucou oil and a purifying facial.

STRESS REDUCTION

130 MINUTES

80-minute Swedish massage + 50-minute facial

ELEGANCE

210 MINUTES

Body scrub · Swedish massage · Facial · Manicure · Pedicure

FACIAL REJUVENATION

100 MINUTES

Anti-aging facial · Eye contour · Collagen mask

09 **ANGEL BLISS**

We offer a fun range of treatments designed with the young spa enthusiast in mind.

MASSAGE

SUNBURN RESCUE

FACIAL

MANICURE

PEDICURE

10 SPA ETIQUETTE

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

The Spa is open 10.00am - 7.00pm from Monday to Saturday.

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.

Extension: 6569

Telephone: +590 590 87 6569

Email: spa.las@belmond.com or concierge.las@belmond.com

CANCELLATIONS

We ask that you make any cancellation or change to treatment at least 18 hours prior to your scheduled appointment time to avoid a charge. Cancellations made with less than 18 hours' notice or no-shows will be charged in full.

ARRIVAL

We invite you to arrive 5 minutes before your appointment. 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, recent operations, metabolic disorders, allergies or pregnancy. For safety and medical reasons, our therapists cannot perform a treatment if a guest's skin is inflamed or infected. This includes athlete's foot, eczema and similar conditions.

PRECAUTIONS

We recommend eating and drinking in moderation and avoiding alcoholic beverages prior to your spa treatment or exercise class. If you need to shave (particularly beardless men receiving a facial), do so at least two hours before your appointment. Do not shave your legs prior to a body scrub treatment. Sunburn may limit enjoyment of your spa treatments; please be vigilant and use sun protection.

10 **SPA ETIQUETTE**

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.

MODESTY

Our therapists are trained to drape towels or sheets discreetly to protect your privacy at all times.

CHILDREN

We warmly welcome children, accompanied by an adult, at our spa. We offer a selection of treatments tailored to ages 6 to 12.

GRATUITIES

Gratuities are not included in our rates. If you have enjoyed your treatment, please feel free to leave a 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.

PREGNANCY

Please allow our Spa Team to recommend which treatments are most suitable during this special time.

HAIR SALON

Please contact our Concierge at concierge.las@belmond.com to schedule a hair appointment in your room or villa..