

# *Petit St. Vincent Wellness Spa*

The Grenadines, West Indies





## *A luxurious hillside spa dedicated to wellness*

*Welcome to Petit St. Vincent's luxurious hillside spa and wellness center. Dedicated to providing you with the ultimate rejuvenating experience, our highly experienced team of therapists combine the long tradition of Balinese spa culture with the relaxing Caribbean essence of warmth and tranquility.*

*Refresh your mind and body, and experience attentive and graceful service in any of the four open-air spa rooms hidden among the tropical vegetation of Marni Hill. Each offer spectacular views of the sea, serenaded by the songs of our resident humming birds—creating a soothing, peaceful environment ideal for de-stressing.*

*All prices are in US\$ and are subject to a 16% government and 10% service charge.*

## MASSAGE

### Island Haze

A gentle but thorough massage specifically devised for sensitive skin. Using long palm strokes and thumb pressure, warm aromatherapy oils are then poured onto the center of the body and massaged into the skin to relieve tired muscles.

60 minutes - \$135 | 90 minutes - \$165

### Balinese

A medium strong, deep tissue massage that applies thumb, palm and forearm pressure with firm strokes using a unique blend of essential oils with warming qualities. This massage will help to stimulate blood circulation, improve energy flow and relieve tension.

60 minutes - \$145 | 90 minutes - \$175

### Warm Stone

A therapeutic, full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension.

60 minutes - \$145 | 90 minutes - \$175

### Shirodhara

Shirodhara is an Ayurvedic treatment using the warm and consistent flow of aromatic oils on the forehead or “third eye”, the chakra point just above and between the eyebrows, as well as over the scalp and hair creating a blissful sensation.

60 minutes - \$145

### Island Fusion

A medium strong massage without the use of oil, based on traditional Thai massage techniques. Palm and thumbs are applied to pressure points to relieve tired muscles and improve blood circulation. Please wear a two-piece outfit.

60 minutes - \$145 | 90 minutes - \$175

### Back Massage

For those who spend long hours working at a desk, this massage will serve as the perfect answer for relief of backaches due to sitting, ironing out any underlying tension to relieve pain.

30 minutes - \$75

### Hawaiian Lomi-Lomi

Hawaiian Lomi-Lomi is a deep, full body massage performed by two therapists using four hands simultaneously.

Using coconut oil to loosen stressed muscles, graceful strokes are then applied with the thumbs, palms, and elbows in a synchronized rhythm over the entire body, leaving the body completely relaxed, refreshed and revitalized.

60 minutes | \$220

*Should you desire to have a treatment in the privacy of your cottage or beach villa, most treatments can be accommodated and a therapist will come to you.*



## MASSAGE FOR COUPLES

### Ocean Romance

Together you will be welcomed to your treatment room, a private sanctuary to share in this truly relaxing experience.

Complete body pampering starts with a foot bath and warm foot massage, followed by an exfoliating Lulur scrub, containing turmeric, rice flour, sandalwood, ylang ylang and frangipani essence. Our therapists will then restore freshness and vitality with a traditional Balinese massage.

The treatment finishes with a choice of a deluxe facial or manicure for her and a choice of reflexology or deluxe pedicure for him.

150 minutes - \$500 per couple

## BODY SCRUBS

### Coconut Scrub

This simple, natural exfoliating scrub is made from coconut and rice and very rich in vitamin E, giving your skin the nutrition it needs as well as helping to soften your skin.

45 minutes - \$85

### Cinnamon Scrub

Our cinnamon body scrub is a deeply fragrant, sweet and spicy combination of cinnamon powder and aloe vera extract.

45 minutes - \$85

*Our aromatherapy oils and body scrubs are prepared with a combination of herbs, spices and aromatic plants from the Caribbean and Asia, renowned for their healing abilities.*



### Marni Scrub

Suitable for all skin types, this body scrub is made up of a combination of jasmine, ginger and lemongrass powder to aid in the prevention of skin disorders.

45 minutes - \$85

### After Sun Soother

Using fresh aloe plants from our own garden, this aloe treatment will bring instant relief from sun exposure to sooth your skin. Aloe is an intensive moisturizer that hydrates and softens dry, sensitive, sunburnt or flaky skin.

60 minutes - \$110

## FACIALS: WITH THE CARITA EXPERIENCE

### Island Cleansing

This signature facial treatment consists of a purity scrub and a hydrating mask to revitalize the skin, providing deep cleansing for all skin types.

Included with this treatment is a head, neck and arm massage to enhance relaxation.

60 minutes - \$145



*The "Carita Experience" is a perfected beauty brand and philosophy that combines luxury femininity and skill with quality skincare products that will leave you feeling ageless and beautiful.*

### Fruit Facial

This facial is designed for cleansing, toning and exfoliating, first with a face massage and then applying a mask. Using fruit, aloe vera, St. Vincentian honey, almond scrub and oatmeal, this mask will leave the skin feeling fresh and cool. Please book a day before.

60 minutes - \$110

### Anti-Aging

This facial is designed for a matured, dry skin to reverse the signs of fatigue, wrinkles and fine lines. The therapist will use a firming massage technique on your face followed by a mask with skin tightening effects to leave you absolutely radiant.

60 minutes - \$165

## HOPI EAR CANDLING

Ear candling can help to equalize the pressure in the head and ears by working on a chimney principle, drawing any impurities to the surface where they can be gently removed. The candles are made from the natural ingredients including beeswax and honey extracts.

30 minutes - \$70





## HAND AND FOOT

### Hand Essential

Keep your hand and nails in tip-top condition by having your nails trimmed and shaped after a relaxing hand massage and before your application of nail polish or nail buff.

50 minutes - \$90

### Foot Essential

Give your feet the attention that they deserve with this foot care treatment, followed by a relaxing foot massage and ending with a neat application of nail polish or buff.

50 minutes - \$90

### Relaxing Foot Massage

This healing foot therapy is highly recommended for those with tired legs and feet. The massage aids in alleviating stress and boosting body circulation.

45 minutes - \$85

### Hand Royale

Before your nails are trimmed and shaped, an intensive, nourishing hand scrub and mask treatment will help to renew the skin and to prevent premature aging. During the mask treatment, a head and shoulder massage will be performed. Nail painting or buffing perfect the picture.

75 minutes - \$135

### Foot Royale

The treatment begins with a routine of cleansing and conditioning followed by relaxing massage. A foot mask wraps up this indulgent pedicure experience. Walk away with polished feet thanks to an application of nail painting or buffing.

75 minutes - \$135

### Nail Polish

Choose from a wide selection.

30 minutes - \$55

## DEPILATORY WAXING

Experience fast and effective hair removal using a gentle wax.

### Full Leg Wax

40 minutes - \$65

### Half Leg Wax

30 minutes - \$50

### Bikini Wax

15 minutes - \$55

### Underarm Wax

15 minutes - \$40

### Lip and Chin

15 minutes - \$35

### Eyebrow Shape

15 minutes - \$30

## SPA QUESTIONS AND ETIQUETTE

### **Q. What time does the Spa and Wellness Center open and where is it located?**

Opening hours are 9:30 am–8:00 pm. It is located above the Beach Restaurant and Bar, slightly elevated on Marni Hill.

### **Q. Are reservations necessary?**

Yes, please stop by our front office and our team will assist in booking your reservation. For cancellations, kindly let us know at least 4 hours in advance to avoid a cancellation fee of 50% of the treatment reserved, as we may have made special preparations for your private appointment. In the event of a no show, the full price will be charged to your cottage bill.

### **Q. When do I pay for the appointment?**

The treatment charge will be added to your cottage bill and presented on checkout.

### **Q. How are the prices structured?**

Prices are listed per treatment, per person, unless specified as per couple. All prices are in US\$ subject to 16% government tax and 10% service charge.

### **Q. When should I arrive at the spa?**

Please arrive 15 minutes before your treatment in order to have enough time to relax and change into appropriate clothing. Arriving late will shorten your session as your treatment needs to finish on time to prevent further delays for other guests.

### **Q. Can I have my treatment in the privacy of my own cottage or villa?**

Yes, although it is not possible for every treatment. Please kindly contact us for additional information in each case.

### **Q. Can I have a treatment if I have a medical condition?**

Please tell the therapist prior to treatment if you have any medical conditions such as high blood pressure, blood allergies, are pregnant or if you have any injuries etc. Also, please refrain from drinking alcohol or eating a meal before a treatment.

### **Q. Is the Spa for women and men?**

Yes, our spa caters to individuals or if desired, couples.

### **Q. What should I wear?**

We provide disposable underwear and bathrobes for your convenience and comfort while in the spa area. However, please feel free to wear your own underwear during treatment. Dress casually as we recommend that treatment oils remain on your skin following treatment for maximum benefit and pleasure. Our therapist will always use a draping technique to respect your privacy. Please remove and store valuable items, such as jewelry, watches, wallets and cash in your cottage safety box.

### **Q. Can I wear contact lenses?**

Our therapists recommend taking out contact lenses to insure complete comfort during the treatments.

### **Q. Is there anything else I should consider or be aware of?**

Please allow your feelings and senses to take the lead during your treatment as our therapists work their magic to soothe your body and mind. Relax...take long, deep breaths and let go!





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