



TENSING PEN



SPA
&
WELLNESS

RELAX. RESTORE. REJUVENATE

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RELAX. RESTORE. REJUVENATE

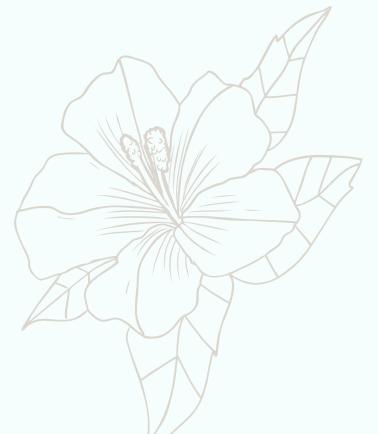
*Take a moment to inhale and exhale.
Welcome to a place of relaxation and serenity.*

*Allow our treatments to help you
balance your body, your mind and your spirit.*

*All our treatments are done within hearing of Nature's soothing
sounds, and sight of the Caribbean Sea's calming expanse.*

*You will feel relaxed in our open air Spa Hut, our Seasong Hut
or the privacy of your own room.*

*Our dedicated therapists will provide you with exceptional
care for an unforgettable experience.*



MASSAGES

RELAX. RESTORE. REJUVENATE



SWEDISH MASSAGE

60 MINUTES \$80
90 MINUTES \$110

A full body massage that combines gentle strokes and varying pressures to release tension in the muscles and tissues caused by stress. Therapist will ask you to specify your desired pressure level.

ALOE VERA MASSAGE

60 MINUTES \$85
90 MINUTES \$125

Used since ancient times to treat skin healing and rejuvenating, Aloe Vera is very useful on sunburns and after tanning. Locally produced Aloe Vera is used for this gentle massage treatment.

DEEP TISSUE MASSAGE

60 MINUTES \$90
90 MINUTES \$130

A deeper more focused body massage, targeting chronic tension in muscles and connective tissues, to free toxins, and restore circulation of blood and oxygen.

JAPANESE HOT STONE MASSAGE

60 MINUTES \$120
90 MINUTES \$160

A specialty massage using smooth heated stones and Tensing Pen's special blend of massage oil. The heat from the stones relaxes muscles and increases blood flow to the area treated, thereby accelerating the healing process.

FOUR HANDS BODY MASSAGE

60 MINUTES \$140

The ultimate relaxing full body massage, performed by two trained therapists working simultaneously to enhance your treatment.

REFLEXOLOGY FOOT MASSAGE

30 MINUTES \$40

A deep relaxing foot massage using acupressure. Acupressure is applied to the hands and feet in keeping with ancient oriental theory that meridian lines carry energy throughout the body.

BACK MASSAGE

30 MINUTES \$50

A shorter massage focused on the back and shoulders to relieve tension in the neck, shoulder, spine and lumbar region.



COUPLES TREATMENTS

RELAX. RESTORE. REJUVENATE

All our Couples Treatments can be arranged for groups.

We transform our Seasong Hut into a Wellness Space pampering up to 6 guests at once.

All our Couples Treatments can be upgraded for Bridal Couples, seeking relaxation before the Big Day.

COUPLES SWEDISH MASSAGE

60 MINUTES \$160
90 MINUTES \$220

Unwind side-by-side with your friend or partner while two trained therapists massage both of you. A great way for a couple or friends to spend quality time together while being totally pampered.

COUPLES DEEP TISSUE MASSAGE

60 MINUTES \$180
90 MINUTES \$250

A deeper more focused body massage for both of you, targeting chronic tension in muscles and connective tissues, to free toxins, and restore circulation of blood and oxygen.

COUPLES ALOE VERA MASSAGE

60 MINUTES \$170
90 MINUTES \$240

A deeper more focused body massage for both of you, targeting chronic tension in muscles and connective tissues, to free toxins, and restore circulation of blood and oxygen.

COUPLES PEDICURE AND MANICURE

90 MINUTES \$140

Enjoy a manicure and pedicure treatment along your friend or partner. Our therapist will soothe and enhance your hands and feet, nourishing the nails and softening your skin.

COUPLES BODY SCRUB WITH BROWN SUGAR & COCOA BUTTER

60 MINUTES \$160

Enjoy a fun time together, while our therapists use Jamaican Brown Sugar to exfoliate dull, dry skin cells. You will both notice your skin glowing and your muscles soothed after a gentle massage with cocoa butter, leaving your body soft and smooth.

SCRUBS & FACIALS

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BODY SCRUB WITH SEA SALT AND APRICOT

60 MINUTES \$80

Aromatic essential oils and sea salt are blended and massaged into your skin to remove impurities and improve circulation. This scrub warms your body as it softens, soothes and tones the skin. The treatment is completed with the application of a moisturizer.

HERBAL BODY SCRUB

60 MINUTES \$80

A melange of healing herbs are used to gently massage your body and detoxify the outer layers of the skin. It is left smooth to the touch, with healthy circulation.

BODY SCRUB WITH BROWN SUGAR & COCOA BUTTER

60 MINUTES \$80

Jamaican Brown Sugar is combined with lemongrass oil to exfoliate dull, dry skin cells and then a gentle massage of cocoa butter is applied to leave your body soft and smooth, A scrub designed to provide nutrients to dead, dry skin, improve circulation and render it smooth and buff.

FACELIFT MASSAGE

60 MINUTES \$85

Deep relaxing massage to stimulate the underlying layers of skin and soften the face. designed to reduce the visibility of Surface wrinkles and toning facial muscles.

TOTAL RELAXATION FACIAL

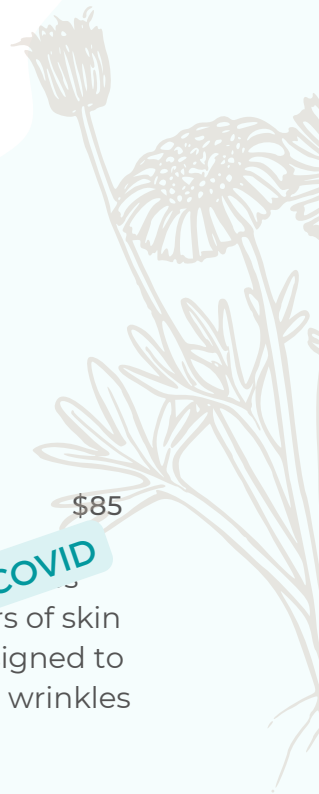
60 MINUTES \$75

The ultimate facial that includes cleansing, mud mask, moisturizing and massage. Designed to leave you with a sense of well-being. A hand, foot and calf massage is also included.

CLEANSING FACIAL WITH MUD AND SPICES

60 MINUTES

Deep cleanse, exfoliate and nourish sensitive skin with gently skin-renewing facial. This treatment is customized for sensitive skin.





OTHER SERVICES

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WAXING

Half arm	\$35	Half leg	\$45
Full arm	\$60	Full Leg	\$80
Under Arm	\$20	Bikini	\$30

NAILS

Salon services can be arranged in the privacy of your cottage, on your patio or balcony, as you enjoy the serenity of our gardens or the azure waters of the Caribbean Sea.

Regular Manicure	\$30	Regular Pedicure	\$40
French Manicure	\$38	French Pedicure	\$50
Make Up	Starts at \$55	Hair Styling	Starts at \$60

All Paws \$90
90 minutes Foot Massage and Manicure

A therapeutic foot massage rejuvenates and revitalizes your feet, relieves muscle soreness, improves circulation, and relaxes muscles. Finishing with a beauty treatment your hands and nails.

YOGA

Bring yourself closer to Nirvana at our Seasong Hut. Classes are suitable for beginners, intermediate or advanced, daily for 11:00 am. By appointment at the Front Desk.

US \$20 per person based on a minimum of three persons, or US \$60 for up to two persons.

Private Yoga classes may also be arranged for other times.





SPA ETIQUETTE

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Hours of Operation

9:00 AM - 6:00 PM

Appointment and Reservation

Please book your spa treatments at least 4 hours in advance. Appointment times and location are based on availability.

Cancellation

Kindly give us at least a 4 hours notice should you need to cancel your appointment.

Locations

Massage treatments are offered in our massage hut or the Seasong Hut. They can also be scheduled on your private veranda or balcony.

We offer several essences for our massage treatments, these change seasonally, and may consist of eucalyptus, lemongrass, coconut, coffee, etc.

Safety Protocol

Until the pandemic is abated, our facial treatments will be suspended for your safety.

Our therapists follow strick safety protocol, which include taking your temperature, and wearing PPE such as face mask, disposable apron, and face shield. All used equipment is thoroughly sanitized and sterilized before and after use.

