

### Deluxe Coconut & Spice Combo

This invigorating massage encompasses a range of powerful massage movements using local Organic Coconut Oil and Spices. You will be seated in a special chair to work exclusively on the back, neck, shoulders and scalp to alleviate pain caused by stress.

### Thalgo Hydrating Care Facial

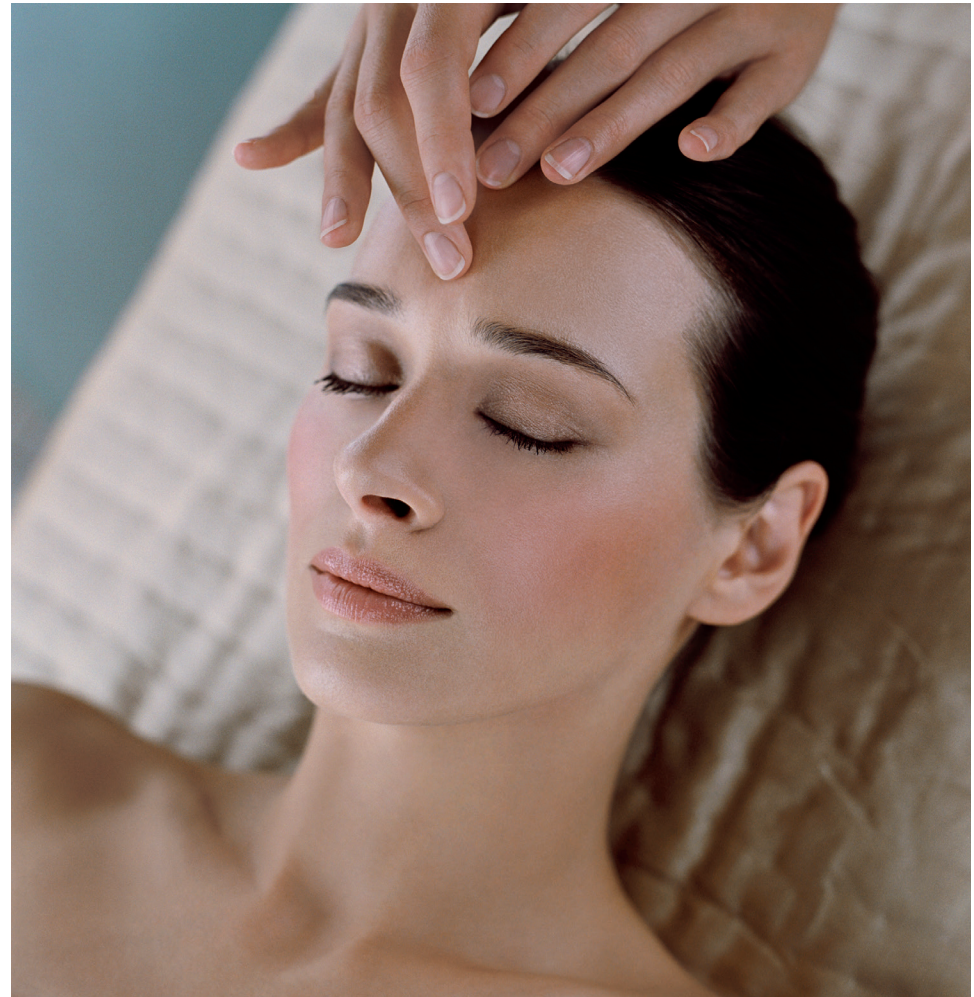
This hydrating care facial is perfect for every skin type, adding moisture back to this skin. Your face will be intensely moisturised, hydrated, and will feel soft and supple to the touch. Excellent after sun exposure to repair skin damage and to prevent premature aging.

### Heaven & Earth

This treatment includes a relaxing hand, foot and scalp massage. This is followed by a herbal detox wrap of the feet, which helps with fluid retention and poor circulation to the feet.

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WELLNESS CENTRE  
Inclusive Treatments

## Spa Etiquette

Our Inclusive programme is carefully designed to help you along the journey towards optimal health; hence we recommend you follow the combination of treatments that are included in the programme. Each treatment has an effect on the multiple systems of body and mind interactions. Should you need any assistance to further customize your programme, please speak to Diana Ancona, our BodyHoliday Specialist, located at the Activities Office. She will be more than happy to make some great recommendations to make your stay more enjoyable and easier for you to reach your health and vacation related goals.

- We recommend you shower before your spa treatments.
- Please fill in your medical form prior to your first treatment.
- Please inform us if you are running late for more than 10 minutes, thereafter treatments may not be guaranteed, as it may be allocated to other guests who have requested alternate times.
- Please provide us 24 hours' notice to cancel or reschedule your appointments.
- Additional treatments may be purchased or upgraded to from your inclusive treatments based on the availability.

## Menu of Inclusive Treatments

### Lucian Lime & Ginger Scrub

An organic exfoliation ritual to invigorate and bring vitality to the body. After a light body brushing, the lime and ginger is used to cleanse and polish the skin.

### Full Body Massage

These massages are based on Swedish massage techniques using medium pressure and aromatherapy oils. You can choose between:

- Serenity Massage - A heavenly, relaxing massage using soothing essential oils with gently flowing movements to ease tired muscles and calm the mind.

- The Saint Lucian Sizzler - A revitalising massage using active and rhythmic movements offering welcome relief to muscle fatigue; increases vitality and promotes healthier circulation.

### Nurturing Mother to-be-Massage

Ideal massage for expecting mothers to help relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet.

### Thalassotherapy

This is a filtered seawater treatment. Seawater contains calcium, phosphorous and sodium ions, which are absorbed through the skin by using massage jets and specific series of fun exercises to increase blood circulation, stimulate muscle tone and aid weight loss. Please remember your swim suit (a one piece is best suited).

### Aloe Vera Body Wrap

This is a gentle application of Aloe Vera gel to the entire body. Your body is then enveloped in a wrap; leaving sun exposed skin soothed and hydrated.

### Skin Specific Facial

Your therapist will prescribe the correct facial to suit your skin type that will leave the skin with a radiant glow; whether your concern is congestion, sensitivity, dehydration, aging or sun damage. Gentlemen are asked to shave 3 hours prior to the facial.