

THE SPA IN  
THE  
WATER GARDEN



## THE JEWEL IN OUR CROWN

Overlooking a secluded pool and surrounded by lush green gardens, The Spa in the Water Gardens offers a welcomed sanctuary focusing on mindful wellbeing and restorative wellness.

This is the place to create a peaceful balance between ones mind, body and soul.

Offering only one of two Ayurvedic centres in Saint Lucia, you can experience treatments originating from India, resulting from hundreds of years of knowledge and spirituality.

### SIGNATURE COUPLES MASSAGE

Enjoying a side by side signature full body massage completed with a calming point facial and scalp massage.

50 minutes

### COUPLES MASSAGE

One of our highly experienced holistic therapists will guide you through the art of Swedish massage techniques with the opportunity to learn and practise on one another for a life long skill.

50 minutes

### BRIDE TO BE

Prepare for the most important day of your life. Starting with a facial that will luminise you and prepare the skin for your wedding make-up. Completed with a luxurious manicure and pedicure as well as a aroma-massage to ensure total relaxation and body renewal.

3 hours 30 minutes

### GROOM TO BE

Enjoy a full body serenity massage to start the relaxation and enjoyment of the big day, followed by a hydrating and purifying facial and manicure. You will be ready looking rejuvenated and radiant.

2.5 hours

# COUPLES RETREAT

## SWEET SUITE

The experience includes a sensational couples massage as well as a luxurious Elemis skin specific facial, both tailored to your specific skin types.

1 hour 40 minutes

## LOVER'S ROCK

A romantic spa getaway for you both to enjoy a massage using relaxing warm basalt stones to relieve any tension and bring ultimate relaxation.

30 minutes

## HIS N HERS RELAXATION

Starting with a warm aroma stone massage each followed by the Elemis legendary pro-collagen quartz lift facial for 'her' and the dynamic resurfacing provision peel for 'him'.

2 hours 15 minutes

## HONEYMOON MASSAGE

Relax side by side in a soothing full body massage together.

50 minutes



# MASSAGES

## SIGNATURE SERENITY

A heavenly treatment using soothing essential oils with flowing Swedish and lymphatic movements to ease tired muscles and calm the mind.

50 minutes

## SIGNATURE ST LUCIAN SIZZLER

A revitalising treatment using active and rhythmic movements to provide relief for muscle fatigue and increase vitality.

50 minutes

## AROMATHERAPY

Using a blend of premium oils specific to your needs, this massage assists with the lymphatic system in eliminating toxins, excess fluids and cellulite from the body, all while bringing a sense of calm and relaxation from deep within.

50 minutes

## WARM AROMA STONE THERAPY

Stones are placed on key energy points of the body, evoking an aura of warmth. Traditional massage techniques are used from the deep heat to help ease any pain and tension within the muscles as well as rebalancing the body and mind.

50 / 70 minutes

## DETOX EXPERIENCE

Detox your mind, revitalize your mind and restore your spirit with this wellness experience.

It includes a detoxifying body wrap, as well as a lymphatic drainage massage. Completed with a foot detox whilst relaxing to a scalp and acupressure scalp massage.

1 hour

## BEAUTY EXPERIENCE

A luxurious manicure and pedicure followed by a customised skin specific facial which includes skin conditioning and a prescribed mask.

2 hours

## MEN'S SPA

The ideal experience for gentlemen to enjoy full relaxation. Starting with a foot soak and scrub followed with a deep tissue back massage to aid relaxation by removing any tension. Complete the experience with a deep cleansing facial.

50 minutes

# PACKAGES

## BLISSFUL BODY RADIANCE

The package for healthy, rehydrated skin for the full body. The experience begins with a full body exfoliation removing dead skin cells, complimented by a luxurious massage for rehydration and a circulation boost. Finishing with a mini facial to cleanse and give you that glow.

2 hours

## WATER GARDEN ESCAPE

The ultimate experience to enjoy and pamper yourself throughout your stay with various luxurious treatments

DAY 1- Exotic ginger & lime body scrub

DAY 2- Head to toe massage

DAY 3- Muscle ease body wrap

DAY 4- Hand and foot massage

DAY 5- Elemis skin specific facial

## THERAPEUTIC

Using a warm towel to stimulate tissue softening on areas of concern, the aching muscles will be massaged to create a sense of deep relaxation

50 minutes

## HAWAIIAN LOMI LOMI

An ancient art which has been practised for hundreds of years. Lomi Lomi is about using a healing touch through the thumbs, hands, forearms and elbows to massage and improve flexibility and circulation.

50 minutes

## BALINESE

Using various techniques from skin rolling, kneading, acupressure and reflexology, it is the perfect combination to sooth sore muscles and rebalance the body.

50 minutes

## BAMBOO

Utilising bamboo sticks as an extension of the hands, it consists of kneading, rolling and tapping along the body, ideal in treating various chronic pain conditions.

30/60 minutes

## REFLEXOLOGY

Stimulating the reflex areas to improve blood circulation and unblock nerve impluses. It promotes healing within the body by releasing toxins and enhancing relaxation.

30/50 minutes

### INDIAN HEAD MASSAGE

A deeply relaxing treatment that applies oil around the head, face, neck and shoulders. It helps release any accumulated stress in these targeted areas.

50 minutes

### DELUXE COCONUT AND SPICE

Focusing on the neck, shoulders and back, this treatment is from a seated chair allowing powerful massage movements to relieve any tension.

50 minutes

### HOLISTIC HEALING

Rejuvenation for both the body and mind. Shirodhara achieves instant calm as the oils stroke the third eye producing a balancing effect on the deepest recesses of the brain. Oils flow over the scalp and is complemented by a warm basalt stone back massage.

50 minutes

### HAND AND FOOT ZONE

Focusing on the most sensitive areas of the body, it is designed to relax areas often neglected. Firm pressure is applied to targeted points to release congestion and improve circulation.

50 minutes





# BEAUTY SERVICES

EYEBROWS

UPPER LIP

CHIN

HALF LEG

FULL LEG

EYEBROWS, LIP & CHIN

HALF LEG & BIKINI

FULL LEG & BIKINI

BIKINI

UNDER-ARM

HALF BACK WAX

## LUXURY MANICURE

A gentle exfoliation, nail & cuticle work, alongside a hand massage. Choose a colour of your choice.

50 minutes

## LUXURY PEDICURE

A gentle exfoliation, nail & cuticle work, alongside a foot massage. Choose a colour of your choice.

60 minutes

## PRE-NATAL

For the mothers-to-be, this massage relieves tension in the lower and upper back as well as alleviating any swelling in the hands and feet.

50 minutes

## BACK THERAPY

By combining deep tissue massage techniques with the therapeutic use of hot stones, this treatment is designed to relieve muscle tension, knots and aches and provides a healing and effective experience.

30/50 minutes

## SPORTS MASSAGE

Assists with treating any tension trigger points from injury, stress or illness. This massage will relieve fatigue, swelling and tension within the muscles which promotes flexibility, strength and renewed circulation.

40 minutes

## DEEP REMEDIAL TISSUE

Specialising in intensive deep tissue techniques to warm and manipulate the muscles and release any discomfort. The treatment focuses on connective tissues and their functions through slow and deep hand movements.

50 minutes







# AYURVEDIC TREATMENTS

Originating from India and one of the world's oldest holistic system, the term 'Ayurvedic' translates to the 'knowledge of life'.

The belief is that health and wellness depend on a delicate balance between the mind, body and spirit and the approach is to restore this balance and to cleanse the body.

It offers purifying treatments with an assortment of medicated oils and herbs which has a long lasting impact on the wellbeing of the individual.





# ELEMIS WRAPS & SCRUBS

## CELLUTOX WRAP

Stimulates the body's systems using a powerful synergy of essential oils to detox and cleanse.

50 minutes

## BODY NECTAR NOURISHING WRAP

Wrapped up in Monoi oil, this is a super hydration to the skin as well as giving calming aromas.

50 minutes

## MUSCLE EASE WRAP

Using pine and rosemary essential oils to ease muscle discomfort, fatigue and arthritic joints whilst seaweed extracts mineralise the body.

50 minutes

## TARGETED TONING TIGHTENER

Blending essential pine oil and a detoxifying clay for targeted toning and tightening of the skin to help reduce the appearance of cellulite.

50 minutes

## EXOTIC COCONUT MILK WRAP

Starting with a full body exfoliation followed by a wrap in hydrating coconut milk complemented with a facial whilst the skin soaks it all in.

50 minutes

## ABHYANGA MASSAGE

A two-handed full body massage boosting blood circulation in the lymph and nervous systems. The mixture of warm oils and herbs ensures a deeply relaxing experience.

50 minutes

## SYNCHRONISED ABHYANGA MASSAGE

Combining herbal oils, this four-handed treatment is a rhythmic massage, leaving you mentally calm and physically restored.

75 minutes

## SHIRODHARA

“Peace of Mind”

A classic Ayurvedic practise beginning with a stream of warm ‘shanti oil’ being poured onto your third eye to restore mental clarity, balance and profound relaxation. Complemented with a shoulder, neck and head massage.

50 minutes

## HOPI EAR CANDLING

This painless treatment involves a cotton tube filled with natural ingredients, to be inserted into the ear to remove impurities, relieve pressure and aid hearing issues.

45 minutes

## MIND & BODY RESTORATION

Stimulating the seven chakras of the body, this treatment uses a unique combination of blended oils, hot stones and corresponding pressure points on the feet.

50 minutes



### SENSITIVE SKIN SOOTHER

For those with sensitive skin, this treatment uses soothing massage techniques to reduce the appearance of redness whilst optimising texture and moisture levels. It is clinically proven to reduce irritation and promote calmness in the skin.

75 minutes

### DYNAMIC RESURFACING PRECISION PEEL

Clinically proven to give results of up to 75% resurfacing and 32% increased smoothness after just one treatment. Cell renewal brightens the skin's complexion by using a tri-enzyme resurfacing programme which reduces the visibility of fine lines and wrinkles.

Beneficial for aging and problematic skin.

75 minutes

### SUPERFOOD PRO-RADIANCE

This anti-aging face and eye treatment instantly firms, rejuvenates and plumps the skin whilst reducing any dark circles around the eye contour. Skin moisturisation is improved by 38% and elasticity by 28% after one treatment.

Special micro-circulatory massage techniques are combined with proven skin formulations.

The experience is complemented by a luxurious hand and arm massage as well as a scalp treatment.

75 minutes

## ELEMIS FACIAL TREATMENTS

### PRO-DEFINITION LIFT & CONTOUR

An anti-aging facial designed for skin challenged by modern day living. Bursting with antioxidants and vitamins, it purifies and rebalances the skin.

50 minutes

### PRO-COLLAGEN AGE DEFY

Suitable for all skin types, this facial uses gentle massage techniques combined with a Japanese silk mask infused with calming products to comfort the skin. The treatment is enhanced with a hand, arm and acupressure scalp massage.

75 minutes

### ANTI-BLEMISH MATTIFY & CALM

Ideal for oily, congested and hormonal skin. This mattifying facial helps combat oil and shine whilst a massage restores micro-circulation. A deeply detoxifying treatment for those wanting to achieve clear and brighter skin.

75 minutes

## BODY TREATMENTS

### HOT & COLD STONE BODY & FACIAL THERAPY

An experience of pure indulgence with preventative aging results. The therapy is personalised to your target areas and consists of using ice-cool and hot basalt stones around the body to alleviate stressed and aching muscles. This is then combined with a skin specific booster facial to give you that ultimate glow.

55 minutes

### EXOTIC GINGER & LIME SALT SCRUB

A full body exfoliation eliminating dead skin cells as well as providing a deep cleanse, rehydration and refining.

The treatment includes a body brush, a full body oiling and wrap, a face and neck acupressure massage which is all finished with a full body moisturising, leaving the skin softer than ever.

50 minutes

### DEVILS MINT SCRUB

This exfoliating body treatment uses a revitalising, fresh mint scrub that removes the dead skin cells.

Your skin will be deeply cleansed, polished and softened to perfection.

50 minutes



### SEASONAL ORGANIC BODY SCRUB

A gentle and purifying full body exfoliation using local coconut, seasonal fruits and rice powder to remove the dead skin cells leaving you with silky smooth skin.

50 minutes

### SEASONAL ORGANIC BODY WRAP

A nourishing and detoxifying full body wrap created from local fruits and coconut. The perfect treatment for skin in need of rehydration.

50 minutes

### BOREH BOREH

Using a blend of turmeric, ginger, black pepper, clove and rice powder to detoxify and infuse the dry skin. The treatment finishes with a conditioning body lotion application.

50 minutes

### UDWARTHAN

A powerful detoxifying technique that uses organic herbs combining a massage, exfoliation and a full body wrap. The experience will guarantee you to feel deeply nourished and cleansed.

50 minutes



# STOLEN TIME<sup>®</sup>

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## SAINT LUCIA

It's about Time you introduced  
your Body to your Mind

Please note that a minimum of 24 hours is required  
to cancel or amend your reservation.

For more information, please call the Spa in the  
Water Garden on ext 7952