



## WELLNESS TREATMENTS

### REST

#### **Breath Connection - Pilates or Yoga + Deep-Tissue Massage**

This signature experience commences with the core strength exercise of your choice, yoga or Pilates, both of which conclude with relaxing guided meditation to calm the mind. A soothing deep-tissue massage follows. The combination of active exercise and passive massage promotes a union with breath to unlock a profound, inner sense of relaxation. Weather permitting, the service can be enjoyed on the beach or on the dock overlooking Marigot Bay. *2 hours*

#### **Sommeil - Body Polish + Massage + Scalp Treatment**

An indulgent and sensorial path to relaxation, this soothing therapy begins with a Caribbean salt polish to cleanse the skin and melt away stress. Once smooth and fresh, the body is ready to receive a grounding, calming massage using a customized blend of relaxing aromatic oils. A nourishing scalp massage, delivered with warm coconut and kukui oils, induces a deep sense of serenity. *90 minutes*

#### **Tranquillité Massage**

Restore inner peace and release traces of anxiety. Designed to promote deep relaxation and sound sleep, this luxurious massage is delivered using a combination of slow, rhythmic strokes and French and Caribbean botanicals renowned for their calming properties. During the treatment, a warm clay mask is applied to the legs to elicit detoxifying and grounding results. *60/90 minutes*

### ENGAGE

#### **Chi Stimulus - Thai Massage + Reflexology**

This unique signature treatment combines traditional Thai massage and the ancient healing practice of reflexology to ignite energy channels throughout the body. Harmonizing both mind and body, the treatment eases muscle tension, acts to flush toxins and, through assisted stretching, stimulates energy flow and a lightness of spirit. *2 hours*

#### **Relief & Recovery Massage**

Using a combination of stretches, compressions, deep strokes and oils infused with potent extracts of arnica and ginger, this healing massage reduces muscle tension, eases joint and muscle fatigue, and improves mobility. A therapeutic magnesium gel is applied to the body to boost energy and relieve cramping. *90 minutes*

#### **Coconut Cooler - Soothing Wrap + Hair & Scalp Massage Treatment**

Soothe sun-exposed skin. This delightful curative treatment encourages skin repair and delivers protective nourishment through the application of a complete range of essential vitamins and fatty acids, including rare Omega 7. Cooling botanicals, such as coconut, spearmint and aloe, provide sublime relief. *60 minutes*

#### **Skin Intensive - Body Facial + Facial Massage**

This rejuvenating service features an upper body facial complemented by conditioning care for the hands and feet. Following a gentle, botanical cleansing of the face and back, a deeply nourishing oil is applied to protect the skin from sun and environmental damage. To complete the experience, the hands and feet receive a restorative and intensely replenishing virgin coconut and bee balm mask. *60 minutes*

### CULTIVATE

#### **Couple's Massage**

This beautifully synchronized massage features a carefully composed blend of organic citrus oils with French rose and tropical ylang-ylang flowers. The combination is designed to nurture feelings of well-being and positivity and harmoniously align the couple's energies as they relax side-by-side. *60/90 minutes*

#### **Together Pedicure**

Connect with one another while discovering your own story in scent. This fun treat for the feet begins with a session at the Body Bliss Blending Bar where you and your companion create your own custom aromatherapy combinations from essential oils. The blends are then incorporated into the pampering exfoliations, masks, and foot and leg massages that follow. *60/90 minutes*