



A TRANSFORMATIONAL WELLNESS JOURNEY

*Salamander Spa*

# YOUR JOURNEY BEGINS

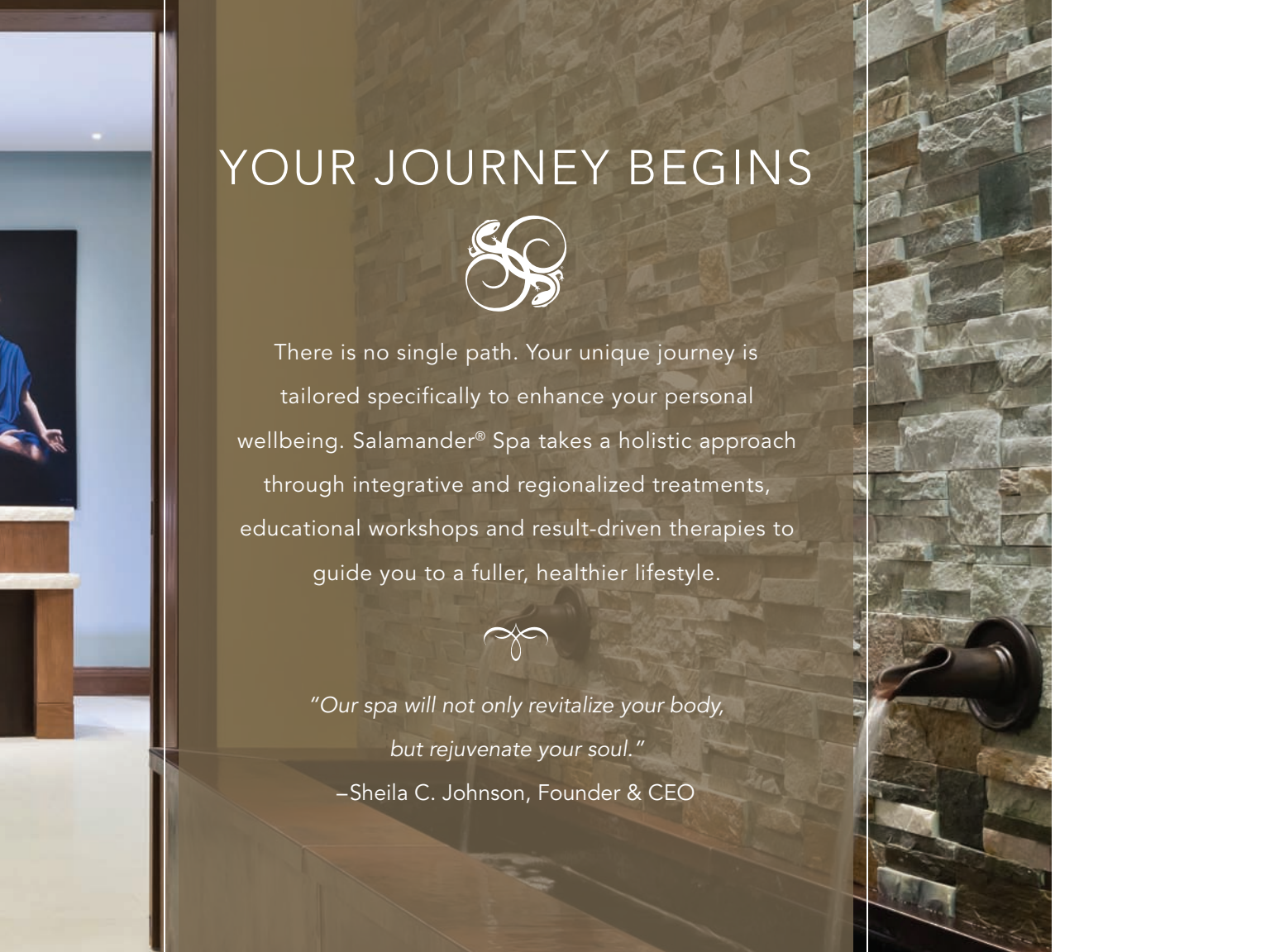


There is no single path. Your unique journey is tailored specifically to enhance your personal wellbeing. Salamander® Spa takes a holistic approach through integrative and regionalized treatments, educational workshops and result-driven therapies to guide you to a fuller, healthier lifestyle.



*"Our spa will not only revitalize your body,  
but rejuvenate your soul."*

—Sheila C. Johnson, Founder & CEO



## MIO Shrink To Fit Cellulite Smoothing 50 min

An intense superior and posterior treatment of double exfoliation using Shrink To Fit Cream while applying the Alginate Mask and deep tissue techniques. Designed to improve skin texture, stimulate collagen production, increase cell regeneration, tighten loose skin, reduce cellulite and ease water retention whilst improving skin elasticity. It's exactly what you need, exactly where you need it.



## MIO Get Waisted Sculpting 50 min

If your tummy is your trouble spot, this is the treatment for you. It combines the benefits of a retexturing fruit-acid peel for deep double exfoliation with toning and tightening actives and an algae-rich mask. Specific massage techniques concentrate on the colon to wake up lazy abs and radically increase circulation. It's the gym for the skin!

## MIO Full Body Sculpt and Contouring 80 min

The ultimate body treatment giving intense body tightening and toning. Targeting the three main areas of concern from cellulite-prone hips to upper arms, chest and tummy tightening. It's 80 minutes of radically energizing, exfoliation and deep tissue technique to give you a tighter, more toned fitter-feeling body, ready for action.

*\*Ask about special pricing for a series of 6 or 12 treatments.*

## Mellow Mama

80 min

A complete relaxing full body massage incorporating a gentle face, scalp and leg massage. Mellow Mama uses safe, but effective prenatal techniques. Award-winning Omega rich oil from Mama Mio aids in relaxation, increases circulation, alleviates tired muscles and reduces water retention. This mama-to-be treatment relieves the tired and heavy feeling in the legs, while focusing on the specific muscles responsible for supporting that beautiful bump. (Available only after your first trimester)





### Crushed Cabernet

80 min

This indulgent body massage starts with the signature Crushed Cabernet Scrub developed at the Caudalie Vinothérapie Spa in Bordeaux, France. The grape-rich scrub is blended with exfoliating grape-seeds, rich honey, softening brown sugar and essential oils. To enhance skin's radiance and softness, the treatment is followed by Caudalie's signature sculpting massage using the Contouring Concentrate to relieve tension and enliven the body. This treatment leaves your skin fresh, toned and perfectly smooth.

### Citrus Drench Wrap

80 min

Drench your skin with energizing nutrients. This treatment is ideal for skin damaged by the sun or by free radicals in our environment. Starting with an invigorating full body exfoliation, this body wrap restores elasticity to the skin and provides an intense, deep hydration. Natural ingredients such as crystallized honey, shea butter, ascorbic acid and orange juice protect the skin from dryness and premature aging.

### Cashmere Quench Wrap

50 min

This super hydrating wrap starts with a full body exfoliation before a velvety organic shea butter infused with cinnamon, aphrodisiac clove and exotic ginger is painted on your body. While wrapped in shea butter, your therapist will apply warm Vitamin E oil onto your scalp, followed by a relaxing scalp massage.

## Add-Ons



### Scrub Bar

20 min

Add on one of our stimulating full body scrubs that eliminate dead skin cells and allow oils and lotions to penetrate deeper into the skin. Choice of the following: Aroma Scrub, Bamboo Scrub, C+C Vitamin Scrub, Organic Sugar Scrub and Marine Body Polish.

### Intensive Hand and Foot

20 min

Indulge in a light exfoliation, followed by a deeply nourishing paraffin treatment that leaves the skin feeling soft, smooth and renewed.

### Rebalancing Neck and Scalp Massage

20 min

Deeply relaxing, this neck and scalp massage is especially beneficial for those who suffer from tension headaches.





### Rasul

30 min

This unique, Hammam-inspired therapy is a sensual ritual of heat, steam and detoxification in a private ceramic temple bringing your body to a warm, illuminating glow. A five-step experience starting with an exfoliation, followed by a self-applied jasmine rose rhasoul clay used to detoxify, polish and soothe the skin. The stimulating heat transports the minerals in the clay, forcing it to break down impurities in the skin, and an aromatic steam is released to purify the skin before moisturizing.





**Well Being Massage** 50 min / 80 min  
 Relieve your stress and ease your tension with one of our signature massages, which are infused with 100% essential oils that target your individual needs. Our Aromatic Apothecary features 14 therapeutic formulations that can be custom-blended and are high in anti-oxidants, rich in vitamins and excellent for pain and inflammation.

**Deep Tissue Massage** 50 min / 80 min  
 This therapeutic massage works on releasing chronic muscle tension using firm pressure to reach the deepest layers of the muscle tissue, tendons and joints to provide immediate relief.

**Maternity Massage** 50 min / 80 min  
 Especially for mom-to-be, a deeply relaxing massage that focuses on all affected areas and alleviates lower back pain. Special vitamin rich oils are used to hydrate the skin and improve elasticity to assist in preventing stretch marks. (Available only after the first trimester)

**Bamboo Massage** 50 min / 80 min  
 The Bamboo Massage uses warm stalks to give a deeper and relaxing treatment. Combination of heat and pressure releases toxins from the body caused by stress. These techniques produce mental, spiritual and emotional well-being.

**Hot Stone Therapy** 80 min  
 Basalt stones are used to combine heat and controlled pressure relieving deep-seated muscle tension. This healing and soothing treatment stimulates blood and lymphatic circulation to assist in eliminating lactic acid build-up.

**Riders' Relief Massage** 50 min / 80 min  
 This unique treatment is ideal for equestrian connoisseurs, focusing on releasing muscle tension and mobilizing the joints in the affected areas.

**Couples Massage** 80 min (50 min Massage)  
 1 hour 50 min (80 min Massage)  
 Each couples therapy begins with 25 minutes of "Suite Escape" time to enjoy the multi-jet shower, stunning fireplace and private wrap-around stone patio and garden with outdoor whirlpool and lounging area before your luxurious side-by-side massages.



## Massage Enhancements

One per 50-minute Well Being Massage.

Up to three per 80-minute Well Being Massage.

- Deeply Nourishing Scalp Treatment
- Bio Active Hand and Foot Balm
- Lava Shells
- Hot Stone Enhancement
- Restorative/Sleep Infusion
- Quiro Golf Enhancement







### Natura Bissé | European Innovation

#### Diamond Facial 90 min

The union of sophisticated ingredients with anti-aging properties penetrate to the deepest layers, bringing the necessary firmness to help the skin regenerate itself. Diamond Experience Multisensorial Lifting reinforces the natural system of defense of the skin. It maintains a long lasting hydration and improves the elasticity and the tone. It has an anti-stress action and it gives back the natural brightness to the skin.



#### O<sub>2</sub> Awakening 60 min / 90 min

This facial treatment reduces the evident signs of epidermal congestion from exposure to toxins and pollutants and is ideal for frequent flyer and sun exposed skins. The oxygen molecules break down in the skin providing energy, detoxification and vitality, leaving your skin feeling hydrated and looking radiant.

#### Vitamin C 60 min

Give your skin a boost of energy with 100% Vitamin C. This antioxidant treatment relieves sun-damaged skin and helps fight the signs of premature aging. A reparative serum, containing high concentrates of Vitamin C, is formulated to improve and stimulate collagen production to renew skin's firmness. Emerge feeling relaxed and rejuvenated with your skin nourished and revitalized.



## Caudalíe | Vinotherapie

### Vinexpert Firming Facial 60 min

This luxurious anti-aging treatment is designed to lift and resculpt the facial contours of the face, neck and décolleté. Featuring Caudalíe's Vinexpert firming products, rich in patented Resveratrol-Oleyl, this treatment helps immediately boost collagen and elastin production. A facial massage with stimulating rollers is enhanced with essential oils to help improve circulation and plump skin for a "palpe roule" toning effect. With the application of a customized firming mask packed with anti-aging actives, skin is visibly toned and lifted. The result is visibly smoother, firmer and younger looking skin.

### Express D-Vine Facial 30 min

Get an instant boost of radiance in just 30 minutes! The Express D-Vine Facial treatment is appropriate for all skin types. Treatment highlights include: a deep facial cleansing, a customized facial mask to immediately boost radiance and a relaxing hand massage to complete this moment of well-being.





## Alchimie Forever | Swiss Botanical Bliss

### Blueberry Anti-Aging Facial 90 min

Calming and soothing, this antioxidant facial brightens the skin while correcting free radical damage. This treatment also features lymphatic drainage of the face which eliminates toxins, minimizes dark circles around the eyes and gives the complexion an immediate glow.

### Brightening Peel 30 min

This light peel contains a combination of AHAs, BHAs and blueberry extract to chemically improve the texture, tone and pigment of the skin, leaving it brighter, softer and perfectly radiant. It yields immediate and visible results for all skin types, including sensitive skin.



# GENTLEMEN



## REFRESH & RECHARGE

### Back, Neck and Shoulder Massage 50 min

A massage targeting the areas that are affected most by stress and tension.

### Deep Tissue Massage 50 min / 80 min

This therapeutic massage works on releasing chronic muscle tension using firm pressure to reach the deepest layers of the muscle tissue, tendons and joints to provide immediate relief.

### Riders' Relief Massage 50 min / 80 min

This unique treatment is ideal for equestrian connoisseurs, focusing on releasing muscle tension and mobilizing the joints in the affected areas.



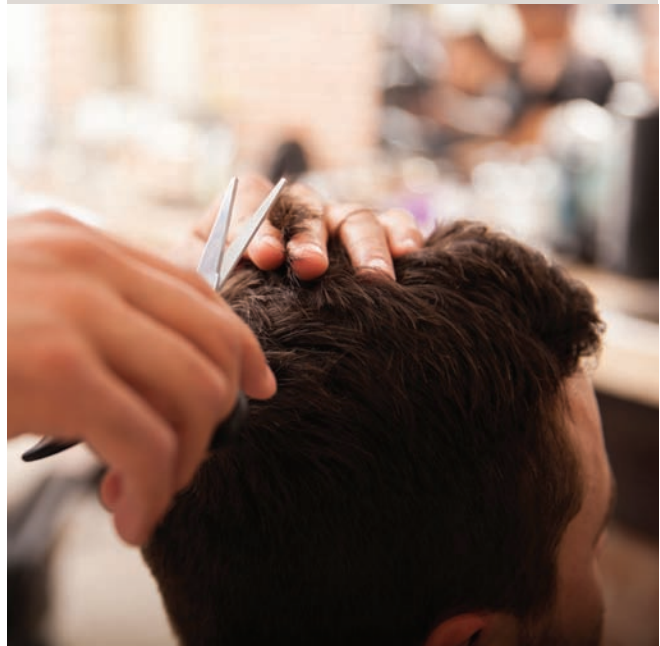


Men's Manicure & Pedicure 1 hour 30 min  
Hydrating hand and foot treatment tailored to your liking, leaving your hands and feet energized and nails short and buffed.

Men's Manicure 25 min  
Men's Pedicure 50 min

Organic Male Regimen 60 min  
Designed by men, for men – this results-oriented facial includes a significant amount of massage to the face, neck, shoulders, arms, hands and upper back. You will see a visible difference in your skin and feel relaxed and renewed.

Men's Haircut  
Whether your style is classic or cutting edge, our Master Stylists will keep it looking sharp.





### Hair Style

Women's Haircut and Style  
Men's Haircut  
Shampoo & Blow Dry  
Natural Hairstyling

### Special Event

Hair Design\*  
Up-Do only  
Bridal & Bridal Party\*

### Hair Color

All Over Color\*  
Color & Highlights\*  
Highlights\*

### Nourish

Intensive Moisture Treatment  
Relaxer  
Smoothing Treatment

### Make-Up

Anti-Aging Mineral Make-Up  
Application  
Make-Up Lesson  
Bridal Trial\*  
Bridal Occasion  
Bridal Party\*  
Flower Girl  
Bridal Trial (off-site)\*  
Bridal Occasion (off-site)

### Add-Ons

Airbrush Make-Up  
False Lashes  
Individual Lashes  
Lash Extensions

*\*Consultations may be required*





### Deborah Lippmann® Mani and Pedi

1 hour 40 min

As one of the most in-demand celebrity and editorial manicurists, Deborah Lippmann handcrafted this perfect mani and red carpet-ready pedi to include her highly effective cuticle care technique that enhances healthy nail growth. Wrap your nails in cutting edge, longwearing, couture nail color. Also includes a self-heating, micro-exfoliation and massage.

Deborah Lippmann® Rich Girl Mani 35 min

Deborah Lippmann® Steppin' Out Pedi 50 min

### Quench Manicure and Pedicure

1 hour 30 min

In this ultra-hydrating treatment, you'll be taken through a scent journey and matched with an aroma that reflects your personalized taste. A relaxing and detoxifying Epsom and sea salt soak helps refresh and comfort hands and feet, as a moisturizing cleanser removes impurities. The skin is smoothed and moisture replenished during a rich Shea butter exfoliation and massage. Nails are then thoughtfully cared for and beautifully polished.

Quench Manicure 30 min

Quench Pedicure 50 min

### Moroccanoil Manicure and Pedicure

1 hour 40 min

This service revitalizes your skin and stimulates your senses. A unique and luxurious orange peel scrub gently exfoliates your skin, preparing it for the rich hydrating effects of Moroccanoil's honey lavender scented Intense Hydrating Treatment. The service concludes with your choice of either our citrus scented enriched hand cream or our signature scented Body Soufflé to leave your skin soft and supple.

Moroccanoil Manicure 35 min

Moroccanoil Pedicure 65 min

### Nail Enhancements

- shellac manicure
- shellac remove and apply
- deeply hydrating paraffin
- polish change
- french polish









*We have partnered with a local herbologist/chemist to create four unique Seasonal Rituals incorporating eco grade essential oils from local plant extracts and focusing on tying in the various elements that relate to each season. Each 80-minute Signature Treatment offers a specific benefit for the physical, emotional, psychological and energetic aspects of ourselves and uses customized essential oils in organic carriers designed for each season.*

### Winter Warming

80 min

This revitalizing treatment focuses on reflection and restoring the body and mind with the sole purpose of recovery. It starts with a sensory skin brushing and detoxifying body mask while indulging in a three step scalp experience followed by a replenishing Hot Stone massage using a blend of juniper, lime, rosemary and sage that brings warmth and improves circulation. A gentle anointing and fragrant mist concludes this ritual.

### Spring Awakening

80 min

This energizing and invigorating treatment includes a stimulating exfoliation followed by a facial cleanse to hydrate and nourish the skin before a stimulating scalp treatment to awakening the mind. This seasonal treatment concludes with a Bamboo Massage using an essential oil blend of thyme, lemon, grapefruit, ginger and spearmint to cleanse, energize and rejuvenate.

### Summer Sizzle

80 min

This warming, grounding treatment improves circulation and releases stored energy. Begin with a gentle dry exfoliation followed by a hydrating facial cleanse to nourish the skin before a stimulating scalp treatment to invigorate the mind. This summer ritual concludes with a relaxing full body massage integrating hot and cold stones using an aromatherapy blend of spruce, spearmint, lime, black pepper and eucalyptus to cleanse, energize and rejuvenate.

### Fall Rebalancing

80 min

Fall into relaxation with this balancing treatment that calms the mind, refreshes the feet and energizes the lungs. A gentle dry skin exfoliation increases circulation while a nourishing facial cleanse with a stimulating scalp treatment focuses the mind before a full body massage combining Swedish, Deep Tissue and Ayurveda helps balance and revitalize specific areas of the body. The fall inspired aroma blend includes frankincense, eucalyptus, pine, grapefruit and ylang ylang.



# HALF-DAY PACKAGES

*All half-day packages include access to the resort's sun-lit and state-of-the-art Fitness Center, which includes an indoor pool and sauna.*

## Aroma Glow

3 hours 50 min

This experience begins with our Vitamin C infused, Citrus Drench Wrap, which is deeply hydrating and anti-aging leaving the skin revitalized. It is followed by a Well Being Massage, using a personalized blend that will balance and relax the body. The final touch is a rejuvenating facial that leaves the skin renewed and glowing.

## Top-to-Toe

3 hours 20 min

Bask in a Salamander Spa sampling, starting with a back, neck and shoulder massage, then a deep cleansing facial and finish with our Quench Manicure and Pedicure.

## Couples' Delight

2 hours 20 min

This couples ritual starts with a unique Rasul experience in our spectacular ceramic dome, combining a full body exfoliation and rich mineral clay with stimulating and warming steam. You are then escorted to our deluxe couple's suite, where you can relax in the heated whirlpool located in the private wrap-around courtyard, while enjoying a seasonal treat. A vitamin rich, custom blended aromatherapy full body massage provides the ultimate relaxation and rejuvenation.



# FULL-DAY PACKAGES THE ULTIMATE WELLNESS JOURNEY

*All full-day packages include a healthy light lunch served in the Spa as well as access to the resort's sunlit and state-of-the-art Fitness Center which includes an indoor pool and sauna.*

## Vino-therapy

5 hours

Spend the day at Salamander Spa relaxing and renewing your mind, body and spirit. This incredible all-body Vino-therapy ritual starts with a Crushed Cabernet Scrub followed by a deeply hydrating and relaxing Divine Massage. An intensive, antioxidant rich facial will brighten your skin and focus on your concern areas before you enjoy a glass of wine and end your spa experience with a luxurious manicure and pedicure.

## A Day of Beauty

4 hours 50 min

There's no finer place than the Salamander Spa to enjoy a day with friends or family. This day of beauty starts with a back, neck and shoulder massage followed by a Signature Facial. We'll serve a healthy lunch followed by a Quench Manicure and Pedicure, and Shampoo and Blowout in our salon. Enjoy this fun, full-day experience with your best friend, mother, daughter or sister.

## Time for Two

5 hours 50 min

The ultimate retreat for couples, or mothers and daughters, this treatment journey starts with a welcoming foot ritual followed by a full body exfoliation. Then, "take time" to enjoy the spectacular water experiences the suite has to offer, including outdoor hot tub, pedestal tub and experiential shower, followed by a relaxing Hot Stone or Bamboo Massage. Enjoy a light lunch, served on your private terrace, before you return for a customized facial experience followed by side by side pedicures.



# YOUR SALAMANDER® SPA EXPERIENCE

## SPA ARRIVAL

We recommend that you check in at the Spa Reception at least 30 minutes prior to your scheduled treatment. This allows you time to complete the consultation form to customize your experience in addition to enjoying our facilities before your treatment. Please understand that late arrivals will not be given an extension of scheduled appointments. Upon completion of your treatment, we invite you to relax further at the tranquil waters of our Infinity Edge Spa Pool, and Spa facilities.

## SPA CANCELLATION POLICY

We require 24 hours notice prior to your scheduled appointment to cancel or re-schedule to avoid a 100% charge.

## SERVICE FEE

For your convenience, a 20% service charge will be added to all services and packages. Please feel free to make an adjustment based on the service you experienced.

## SPA FACILITIES, USE, AND ADMISSION

Access to Salamander Spa facilities is exclusive to guests of the Resort, and Spa. This includes the Vitality Pool & Waterfall, Heated Tepadarium Chairs, Experiential Shower, Aromatherapy Steam Room, Spa Pool, Cabanas, Whirlpool and Firepit.

*Facility access is for a maximum of two hours.*

*Guests will be charged an additional \$10 per half hour after the maximum is exceeded. We encourage guests to arrive in their guest room robes as locker space is limited.*

*Treatments and pricing subject to change. Please consult our website for updates and changes.*

