

Give us your body for a week
and we'll give you back your mind



The Wellness Centre

the bodyholiday

LeSPORT

Welcome to the Wellness Centre

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Here at The BodyHoliday we believe that your holiday should leave you feeling alive and refreshed. So we set out to create a resort that had at its heart a set of key pillars – relaxation, rejuvenation, exercise and diet. This approach has never changed and it has been at the forefront of the resort ever since.

At The BodyHoliday you are in award-winning hands...

- Travel & Leisure **World's Best 2013**
- Condé Nast Traveller UK – Readers Spa Awards **Best Spa Worldwide – 2011**
- Condé Nast Traveller UK – Readers Travel Awards **Best Destination Spa in the World – 2013**
- Condé Nast Traveller USA – Readers Choice Awards **Top Ten Caribbean Resorts – 2011**
- Spafinder – Readers Choice Awards **Favourite Caribbean Spa – 2013**

We sit ancient philosophies alongside cutting-edge modern techniques using the most respected, traditional and organic product ranges:

Thalgo, Charme d'Orient Paris, Elemis, LaThérapie, Kama Organic, CACI, Local Organic Essential Oils and Essie Nails.

If you know what you want to achieve, we will help you achieve your goals, if you are unsure, we will sit down with you and work out a programme of therapies that will leave you feeling like a new person.

Don't forget that every day you have a therapeutic treatment included as part of your stay. On the next pages we have outlined the choices that are available to you.

Enjoy your time at the wellness centre.





Spa Etiquette

The BodyHoliday environment is one of tranquility and relaxation. We ask our guests to respect everyone's right to serenity. Mobile phones must be switched off at all times when in the wellness centre and smoking is not permitted.

You will need your treatment schedule with you at all times to identify you are the correct guest for the treatment.

- If you wish, you may bring your robe and bathing suit
- Please shower before all treatments
- Male guests are asked to shave 3 hours prior to a facial

If you are going to be sunbathing after your treatment we recommend you to shower off any oils remaining from your treatment. If you are sunburned we may suggest certain treatments are best avoided. Please consult with one of our Ambassadors.

If you have any serious medical conditions and concerns please consult with one of our Ambassadors. In addition please advise if you are taking any medication.

Please leave your valuables in the safe in your room. When you are feeling so relaxed after a treatment, it is quite natural to forget things.




Cancellations policy:

Treatment times are reserved especially for you. We kindly request that cancellations or changes to any supplementary/paying treatment times/appointments be made at least 24 hours in advance, otherwise 50% will be charged to your credit card. No-show appointments will be charged in full.

Late arrivals

As a courtesy to following guests, late arrivals will only receive the remaining available treatment time.

If you have to cancel or re-schedule a pre-paid treatment please call the wellness centre to advise, using **Ext. 7852/7856**.



Inclusive Treatments

All treatments are 50 minutes

Massages

A choice of Signature Massages using specified essential oils:

St Lucian Sizzler

Ideal to relieve jet lag this is a revitalising massage.



or

The BodyHoliday Serenity Massage

Relaxes both body & Mind.



Deluxe Coconut and Spice Combo

Seated chair massage.

Lucian Ginger & Lime Full Body Exfoliation

Exfoliation ritual to invigorate and bring vitality to the body and to reveal the skin's natural glow.



Hydrotherapy

A filtered seawater treatment using massage jets and specific exercises.

Hand and Foot Zone Therapy

Pressure points and soothing movements to unwind the mind and body.

Aloe Vera Wrap

Cocooned in healing aloe vera and lavender to moisturise and heal the entire body. Finishing with a deeply relaxing head massage.

Elemis Skin Specific Facials, choice of three:-

Combination, Congested and Dry/Dehydrated skin.

Nurturing Mother to be Massage

Ideal massage for expectant mothers.



This icon indicates a signature treatment



Recuperative & Restorative



S Mind & Body Restoration

This exclusive treatment is designed to awaken all the senses helping the body to reach equilibrium. It uses a unique combination of powerful oils placed onto the energy centres of the body to enhance and stimulate all the senses. The seven Chakra points are then awakened with warm stone placement and reflex zones of the feet are stimulated.

50 Minutes

Hopi Ear Candling

Hopi ear candling is useful to relieve pressure in the head and sinuses, and aid hearing problems. A cotton tube impregnated with beeswax, honey extracts and natural herbs is painlessly inserted into the ear to draw out impurities.

45 Minutes

Reflexology

Reflex points of the hands and feet correspond to the organs and systems of the body providing a fine-tuning for all of the body's systems. Particularly effective for sinus conditions, insomnia, digestive disorders, shoulder and lower back aches and pains.

30 minutes 60 minutes

S Martha's Vineyard Foot Therapy

An intensive therapeutic foot treatment that aids joint mobility, improves circulation, flexibility and alignment, while decreasing problematic foot sensations and function.

45 Minutes





Ayurvedic Therapies

Ayurveda is the ancient Indian philosophy of health and wellbeing. It means the 'art of living wisely' and in simple terms, Ayurveda is a holistic system that guides us to live a healthier and more balanced lifestyle. All therapies begin with a foot bath and consultation to determine your body's needs and your Ayurvedic Dosha type and constitution. Your Practitioner will carefully select the therapies, techniques and products from which you will benefit most.

Abhyanga (Ayurvedic Massage)

A full-body warm oil massage with herbs, that acts as a powerful recharger and rejuvenator of mind and body. It provides the means for trans-dermal absorption of the healing qualities of the herbs used in the massage.

60 Minutes

Synchronised Abhyanga

Two therapists using a gentle stream of specific warm herbal oils on the body providing a smooth rhythmical massage flow. The oils transmit their own qualities to the body at a deep physiological and psychological level.

50 minutes 75 minutes

Ayurvedic Back & Shoulder

The healing qualities of herbs used in this warm massage oil, act as a powerful recharger and rejuvenator of mind and body. This massage is beneficial in enhancing the three main circulatory systems.

30 Minutes

Hasta Pada Abhyanga (Ayurvedic Hand and Foot)

This amazing treatment commences with a traditional foot scrub in a copper vessel using medicinal oils and herbs to exfoliate the skin and increase circulation followed by a foot and hand massage.

50 Minutes

Indian Head Massage

This extremely relaxing treatment starts with the application of oil on the vertex of the head followed by a head, face, neck and shoulder massage to release the stress that has accumulated in the tissues and muscles.

30 Minutes 50 Minutes

Swedana Procedures (Sudation Therapies)

Kizhis (Bolus Bag Massage)

The entire body is massaged with a warm muslin bag containing organic herbs helping to relieve nerve cramps, tingling of the limbs and muscular aches and pains.

60 Minutes (single therapist) 75minutes (Synchronized)

Navarakizhi (Herbal Rice Bolus Massage)

This treatment involves cooked medicinal rice, blended with milk and herbs, tied in a muslin cloth bundle and applied all over the body in a rhythmic manner. This unique treatment prepares you well for the stresses and strains of busy modern life. This treatment is supremely nourishing, rejuvenating and toning for muscles. An excellent treatment for Vata doshas.

Elakizhi (Herbal Poulitice massage)

Leaves and herbs of suitable choice fried in herbal oil and made into a bag are used to massage the entire body. This massage can promote better circulation thereby promoting increased perspiration, helping elimination of wastes. It is very effective in treating inflammatory conditions.

Podikizhi (Choorna Swedana)(Powder poulitice massage)

Our skilled therapists massage your entire body with prescribed herbal oil using small muslin bags of specially prepared herbal powders. This exhilarating treatment relieves 'Kapha-Vata' dominant conditions.

Marma Massage

Originating from an ancient martial art from Kerala, South India. Strong sweeping movements and intense pressure on the marma points to massage away the strains and stresses of everyday life and also helps in the breakdown of fatty deposits beneath the skin.

60 Minutes**Nasyam - Prana Breathe**

This treatment is designed to relieve blocked sinuses and begins with a relaxing massage to feet, chest, neck, head and face using manual lymphatic drainage and acupressure to mobilise and drain mucus. Oils are then instilled in the ears and nose followed by inhalation of steam.

50 Minutes**Shirodhara**

This ancient therapy begins with a continuous flow of 'Shanti Oil', a warm herbal infusion onto the third eye (between the brows) for a specific duration to stimulate the nervous and hormonal systems. The oil is then massaged into the hair, scalp, neck and shoulders. This treatment brings tranquillity, profound relaxation and clarity of mind and has been traditionally shown to help with fatigue, mental exhaustion and anxiety, to include a foot massage.

60 Minutes**Mukhalepam Organic Facial**

Experience the very best your skin has to offer through our unique "dosha" specific facial therapies using natural and local organic products, fruits, yoghurt, honey and Ayurvedic herbs.

Your practitioner will select the appropriate "Dosha" facial.

Vata Facial

This facial addresses and increases hydration.

75 Minutes**Pitta Facial**

This facial is for irritated, blotchy or re-active skin and helps sooth and brighten to return your skin back to balance, strength and calmness.

75 Minutes**Kapha Facial**

An invigorating, rebalancing and detoxifying facial that is excellent for oily, dull and lifeless skin prone to blocked pores and congestion.

75 Minutes**Vasthi**

Therapeutic hot oil remains placed over the affected areas to treat inflammatory and degenerative conditions of the spine or joints. It is followed by a soothing massage. An excellent treatment for Arthritis, Spondylosis, Disc prolapse, Sciatic pains etc.

45 Minutes**Udwarthan Cleansing/Exfoliation Therapy**

This is a 3-in-1 powerful detoxifying technique using organic herbal paste and combines: massage, exfoliation and a full body wrap to sweat, steam, shower and moisturise with Kama body conditioner.

60 Minutes**Udwarthan Synchronised Cleansing Exfoliation Therapy**

A therapeutic treatment with two practitioners. Four hands work rhythmically and in unison combining massage, exfoliation and a full body wrap.

75 Minutes**Abhyanga and Othadam**

This therapy provides a massage according to Vata, Pitta or Kapha constitution. In this treatment, warm herbs are used which help relieve rheumatic pain and reduce muscle tension.

80 Minutes**Abhyanga Anti-cellulite**

A dynamic massage technique combined with a firming oil treatment (Yuvathyadi) which aids in breaking down adipose tissues making skin smoother whilst increasing elasticity.

60 Minutes**Pinda Sweda**

A treatment performed according to the dosha type (Vata, Pitta, Kapha) and uses warm medicated oil and warm body packs (Bolu bags) prepared from herbs and other organic preparations. This procedure cleanses toxins from the body, improves circulation and helps to treat rheumatism.

75 Minutes 60 Minutes**Ayurveda Back Massage with Othada – Herbs**

A massage of the back where the practitioner first focuses on meridians running along the spine and then begins the massage with hot oils. Pitta oil is used for this purpose as it relieves pain and decreases the level of lactic acid in the muscles. This is followed by a massage of the whole back using warm bundles of herbs focusing on the affected part of the back.

40 Minutes**Marma Back Massage**

Uses dynamic movements and pressure points which concentrates particularly on heavily stressed and tense muscles in the back, using warm dosha specific oils.

45 Minutes

To book directly please telephone Ext.7857 or the Wellness Centre Reception on Ext.7852.





THALGO
LA BEAUTE MARINE

Body Treatments

THALGO harnesses the riches of the sea so you can benefit from powerful healing, revitalising and rebalancing properties vital for health and wellbeing. Thalgo's exceptional body treatments refine, tone and ease tensions. Let the beauty of the sea take care of you.

Marine Prelude

Natural Dead Sea Mud and sea salts are applied to the body, and this ultra beneficial combination exfoliates the skin, alleviates skin roughness and invigorates the entire body.

50 Minutes

Thalgomince Warm Body Wrap

The rebalancing marine and plant extracts have a natural affinity with the skin, allowing their richness to absorb to the very heart of skin's cells to break down fatty deposits, strengthen skin and improve elasticity.

75 Minutes

Thalgo Three Algae Body Wrap

Harnessing all the incredible benefits of marine algae that are rich in minerals, vitamins and micronutrients, it is excellent for detox, general wellbeing and total relaxation.

50 Minutes

Frigi-Thalgo Cool Wrap

Infused with a lotion containing Micronized Marine Algae, this treatment is able to significantly boost circulation, making it highly effective at eliminating excess fluid and toxins from the hip and thigh area.

50 Minutes

Detox Light Leg Treatment

This light leg treatment features a detoxifying and draining algae combined with refreshing and stimulating essential oils of Peppermint and Lavender to eliminate excess fluid and relieve tired and heavy legs.

30 Minutes

Aromacéane Body Wrap with Dead Sea Mud

This ultra-relaxing and cleansing treatment combines immune boosting Natural Dead Sea Mud with essential oils, chosen individually to suit your specific concerns (slimming, relaxation or detox).

60 Minutes

Ocean Memory, Marine Sensation Ritual

Exfoliating algae petals gently purify the skin and is followed by a divine relaxing warm oil massage replicating movements of the sea. Followed by a tension relieving algae mousse mask and finally Ocean Memory Cream to nourish and hydrate your body, leaving you completely re-energised and your skin beautifully nourished from top to toe.

120 Minutes

Post-Sun Face and Body Soother

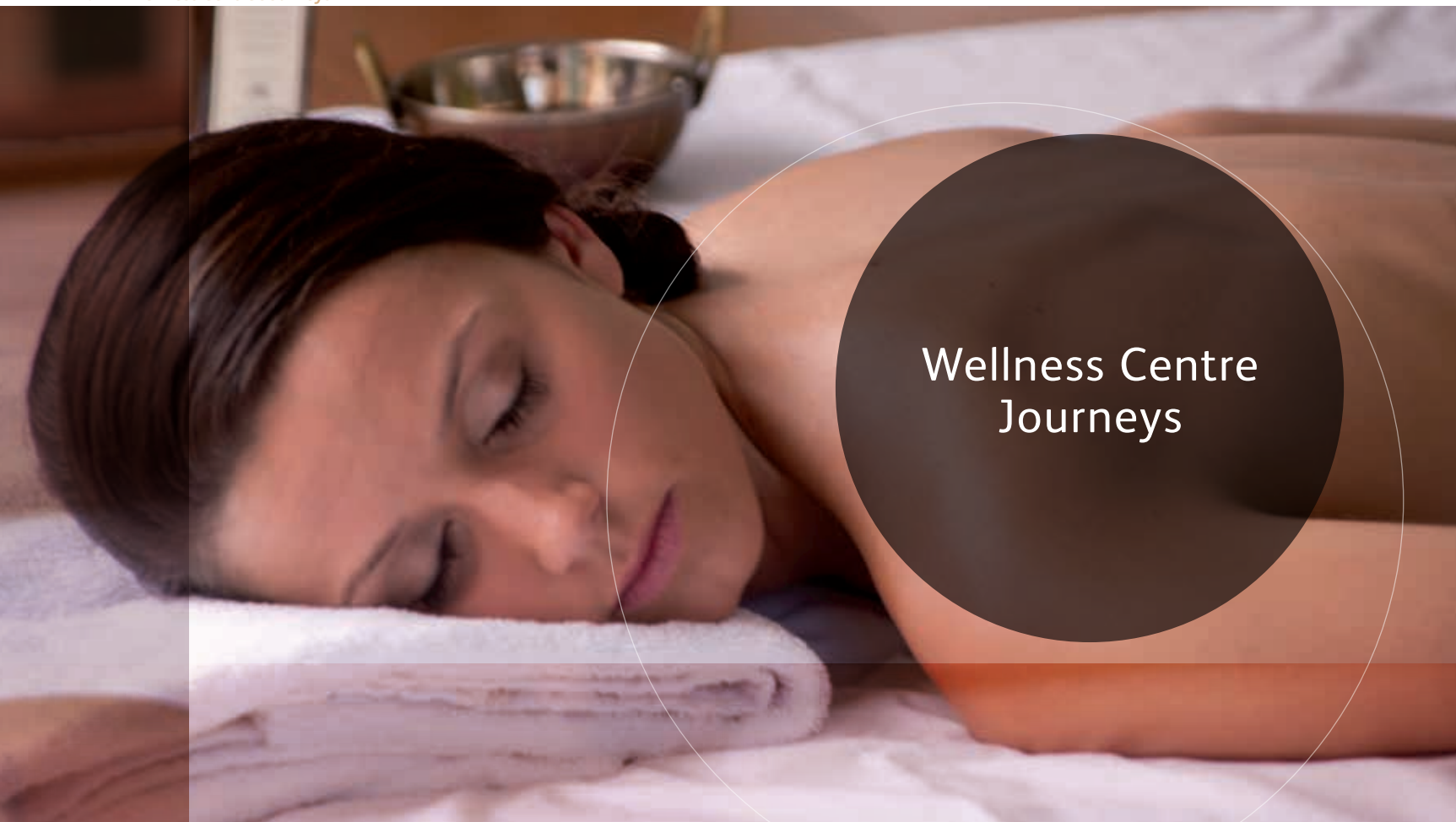
The Sublime Body Wrap with sacred Lotus will result in an immediate cooling sensation with intense hydration. For the face a creamy mask will be applied to repair and nourish the skin after sun exposure.

50 Minutes

Sea & Senses Marine Stone Body Exfoliation:

Featuring a unique exfoliating technique using hot marine stones in combination with fine sea sand and essential oils for a natural hydrating effect on the epidermis. The movements, rhythm and power of the stones create a decongesting action to stimulate exchanges, increase tissue oxygenation and heighten the sensorial effects of the treatment.

50 Minutes



Wellness Centre Journeys

Two day Journeys

Exotic Days

Ayurveda Ecstasy from South India

The journey includes four of the most popular traditional Ayurveda therapies to work on the physical, mental and emotional levels.

Day 1:

- 1 Synchronized Abhyanga Massage (two practitioners)
- 1 Mukhalepa Facial

Day 2:

- 1 Udvartana
- 1 Shirodhara

Duration: 2 days

The BodyHoliday Exotic Indulgence

The journey includes treatments using authentic and locally sourced organic products combined with some of our Exotic Rituals from Thalgo.

Day 1:

- 1 Back Therapy
- 1 Lucian Organic Wrap

Day 2:

- 1 Bamboo Massage
- 1 Polynesian Ritual

Duration: 2 days

Marine Sensation Experience

Day 1:

- Ocean Memory, Marine Sensation Ritual

Day 2:

- Aromacéane Body Wrap with Dead Sea Mud
- Thalgo Cold Marine Facial

Duration: 2 days

Sinus Treatment Synergy

A series of treatments that targets re-current sinus, ear, nose and upper respiratory tract infections.

Day 1:

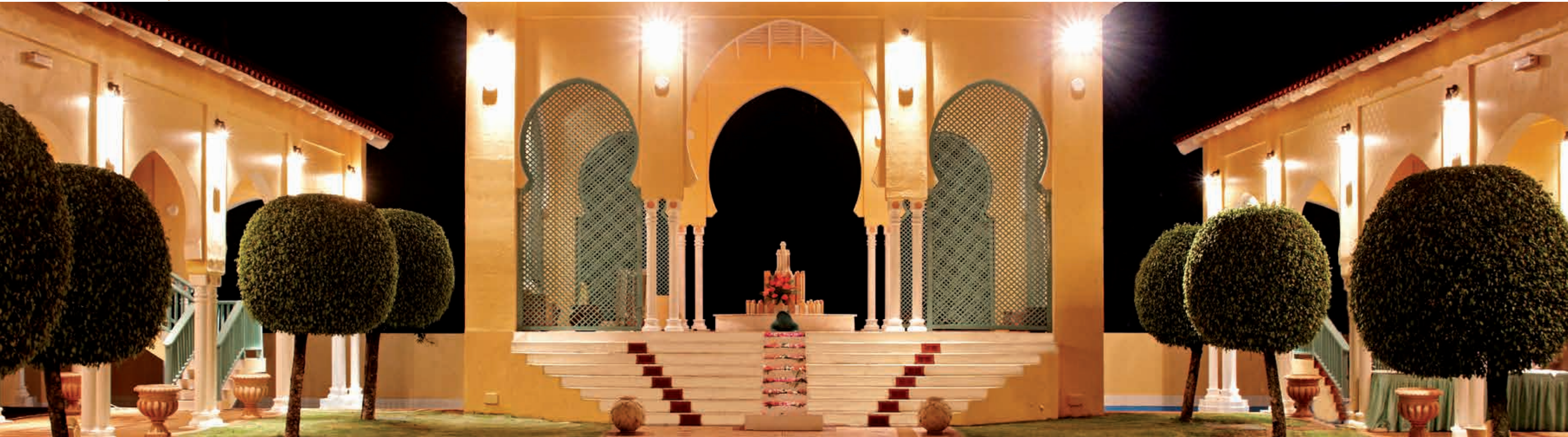
- 1 Prana Breathe
- 1 Hopi Ear Candling

Day 2:

- 1 Prana Breathe
- Reflexology

Duration: 2 days





Sleep Restoration

We have put together a series of treatments to assist the promotion of quality sleep and retrain poor sleeping habits.

Day 1:

- 1 Shirodhara
- 1 Shiatsu

Day 2:

- 1 Reflexology
- 1 Aromatherapy Massage

Duration: 2 days

**Nurturing Mother-to-Be****Day 1:**

- Thalgomince Pregnancy Pamper

Day 2:

- Deluxe Collagen Velvet Face & Eyes
- Luxury Pedicure

Duration: 2 days

Gentlemen's Escape**Day 1:**

- Wellness Deep Tissue Massage
- Gentlemen's Soothing Marine Facial

Day 2:

- Shirodhara
- Indian Head Massage

Duration: 2 days

**Three Day Journeys****Body Renaissance**

These unique and traditional massages from four different regions of the World are the most frequently requested at the wellness centre.

Allow us to pamper your body to revive and restore your good health.

Day 1:

- Thai Massage from Thailand "the land of the free"
- Marma Massage from Kerala "God's own country"

Day 2:

- Chavutti Deep Barefoot Massage, the therapist uses their feet, while holding onto overhead ropes for balance

Day 3:

- Hawaiian Lomi Lomi

Duration: 3 days

**Preventative-Ageing****Day 1:**

- Frigi-Thalgo Cool Wrap – highly effective at eliminating excess fluid and toxins, boosting circulation
- CACI Non Surgical Face Lift

Day 2:

- Ocean Memory Marine Ritual is a total mind/body experience and will leave you re-energised, nourished and cherished
- Thalgo Fundamental Wrinkle Control Facial using hyaluronic acid and intensive double mask with wrinkle filling strips bathed in preventative ageing ingredients

Day 3:

- Post Sun Face & Body Soother
- CACI Cellulite and Firming Body Treatment

Duration: 3 days

Wellness Body Massages

Aromatherapy Massage

Choosing the appropriate blend of essential oils specific to your concerns, will bring a profound sense of calmness, relaxation and equilibrium.

60 Minutes

Warm Aromastone Therapy

Warm Batu stones are placed on key energy points of the body easing the pain and tension of aching muscles, resulting in deep relaxation.

75 Minutes

Wellness Deep Tissue Massage

A technique that releases chronic patterns of tension and helps to break up scar tissues and ease muscle tension to prevent injuries.

50 Minutes

Thai Massage

Using passive stretching techniques and acupressure; it relieves muscular tension to achieve an equal sense of physical, mental and spiritual calmness performed on a bed mattress. Loose clothing is required.

50 Minutes

Back Therapy

A 25 minute deep tissue massage followed by a 25 minute warm stone back massage. It is ideal for relieving back pain and releasing pent up tension.

50 Minutes

Shiatsu

Working on pathways to improve the flow of chi (energy), the therapy stimulates the circulation and hormonal system releasing deep tension.

60 Minutes

Restorative Therapy

Hot stone massage of the back, neck, shoulder and legs. Also receive pressure points on the face and a relaxing scalp massage.

50 Minutes

Mind & Body Restoration

This exclusive and ingenious treatment goes beyond a 'Hands on Therapy'. A unique combination of oils is applied to the body enhancing and stimulating the senses. The seven Chakra points are then awakened with hot stone placement, corresponding reflex zones of the feet stimulated. The resulting relaxation period, is designed to awaken the senses helping the body to reach equilibrium.

50 Minutes



Holistic Therapies

Sujok Acupuncture Therapy

Acupuncture has been used in China for some four to five thousand years to cure illness and relieve pain. According to Chinese medicine, disease is caused by a disturbance or imbalance in the flow of energy throughout the body which can be adjusted with the use of acupuncture needles to bring about perfect health. It is very successful at relieving pain, curing some chronic illnesses and overcoming addictions such as cigarette smoking and for relieving stress.

50 Minutes

Chi Nei Tsang

Chi Nei Tsang is an internal organs massage that helps to clear and detoxify blockages in the large and small intestine caused by emotional stress and poor dietary habits. When this occurs, all vital functions stagnate. Chi Nei Tsang releases the negative emotion, tensions and sickness bringing comfort and relief to the abdomen and vital energy to the organs.

50 Minutes

Reiki

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by laying the hands on the major energy centers of the body to allow the Energy or life force to flow freely. If one's "life force energy" is blocked, then we are more likely to get sick or feel stress, and if it flows abundantly, we are more capable of being happy and healthy.

40 Minutes

Cupping

Cupping therapy is the method of using glass cups and heat to create localized pressure by a vacuum. The vacuum inside the cups causes the blood to form in specific locations around the body and relieves any tension or pain in those areas. Amongst other benefits, it is particularly useful for the relief of tension in the neck, back and shoulders.

30 Minutes

Meditation

Meditation has many different benefits, as a tool for stress, calming the mind, healing the body, achieving ambitions and for gaining insight into our very reason for living. Meditation sessions are tailored individually, depending on the needs and wishes of the guests and are derived from Buddhism, Taoism and Hinduism.

50 Minutes

Life Coaching

If you love what you do, you will never work another day in your life. But finding our goals in life can often be harder than trying to achieve them. Life Coaching helps us to look more deeply inside of ourselves to discover our true talents, passions and dreams and how we achieve them.

50 Minutes

Qi Gong - (The Eight Piece Brocade)

Eight gentle but powerful breathing, stretching and strengthening movements that activate the Qi energy and blood circulation in the body. Practiced in China for over a thousand years, these exercises help to stimulate your immune system, strengthen your internal organs and give you abundant energy.

50 Minutes

Chinese Acupuncture

Acupuncture is a holistic therapy used to encourage natural healing and improve functioning of the body. It is based on the principal of Traditional Chinese Medicine and is safe and effective. The aim of Acupuncture is to regulate the energy or "Qi" (chi) of the body and release stagnation. When "Qi" is blocked or deficient we feel unwell physically and emotionally.

30 Minutes 60 Minutes

**Acupressure and Meridian Healing**

Acupressure is a healing art derived from the ancient Traditional Chinese Medicine. It is Acupuncture without needles and involves placing physical pressure by the power and sensitivity of hands, fingers and elbows on various pressure points on the surface of the body, locally or remotely along the meridian systems.

60 Minutes

Yoga and Breath Control Therapy

Yoga has long been known to be a great antidote to stress. Yoga combines many popular stress-reducing techniques, including exercise and learning to control the breath, clear the mind, and relax the body. In this one-to-one session, Maha addresses your specific concerns such as stress, breathing irregularities, back pain, postural alignment and balancing the body energy. Yoga therapy also helps in personalizing a routine to improve your general health.

60 Minutes

Spiritual Eye Gazing Technique with Meditation

Spiritual Eye Gazing or "Trataka" is a process of concentrating the mind and curbing its oscillating tendencies. In Trataka, the result is a 'blinking out' of visual perception, and in the wake of this suspension, the central nervous system begins to function in isolation. The session also includes a short visual imagery meditation.

Trataka is highly effective in treating dry eyes, improving vision, preventing cataract and other ageing signs of the eyes.

60 Minutes

Chakra Cleansing and Foot Zone Therapy

The Foot Zone Therapy is an ancient healing technique from the Indian Ayurvedic Medicine. The principle behind this reflex therapy, is that various parts of the feet are in communication with various parts of the body and each organ has a reflex position on the foot.

The Foot Zone therapy is effective in relieving pain and stiffness caused by intense sporting activities or using the muscles for too long. It can also help prevent and cure many symptoms such as headaches, stress, asthma, constipation, sinusitis and migraine.

50 Minutes

Jala Neti or Sinus Cleansing

Jala Neti or nasal cleansing is a very ancient technique which has been passed on for thousands of years by the Yogis for both physical as well as deeper spiritual benefits. Due to changing lifestyles, there is possibly a greater need for such practices in today's life. With the ever increasing incidence of respiratory illnesses such as asthma, allergies, hay fever, sinusitis, colds, influenzas etc. as well as the rapid degeneration of spiritual consciousness in our stressful life, the practice of Jala Neti could serve as a panacea for helping to improve our lives.

50 Minutes

**Remedial Massage**

Touch is a most effective form of healing. The energy that flows from the hands can refresh, regenerate and revitalise. When the muscles and tendons become damaged or impaired, knotted and tense or immobile, Remedial massage provides a healing treatment that can be gentle or strong, deep or shallow to work holistically treating the whole body. The Remedial Massage Specialist uses various techniques to address health concerns such as fibrositis, spondylitis, arthritis, frozen shoulder, muscular cramps, whiplash, muscular atrophy, sports and dancing injuries.

60 Minutes

Sports Massage

Geared towards both active and not so active individuals, this unique treatment incorporates the same techniques used with competitive athletes such as, range of motion, isolated stretching, and shaking. Because this is a highly invigorating treatment it works well to help: relax cramped or stiff muscles, increase mobility, and alleviate jet lag. Sports Massage is also a great complement to the numerous activities you will be enjoying at The BodyHoliday.

60 Minutes

Swe-Thai Massage

Swe-Thai massage is a unique style of massage that combines the ancient eastern knowledge of a highly revered form of medical massage with the western knowledge of specific and advanced soft tissue therapy. It is a comprehensive routine blending many Thai massage techniques to help with general neck and back conditions, detoxification, boost immune system, improves posture and balance and arthritis.

This relaxing massage:

- Breaks down adhesion caused by recent injuries
- Prepares the muscles for sporting activities by loosening muscles and joints
- Treats muscles after sports to loosen stiffness and tightness
- Lengthens muscles thereby increasing flexibility and mobility
- Corrects body alignments and dissolves energy blockages
- Helps tone the body, strengthen joints

50 Minutes**Hawaiian Lomi Lomi**

The ancient art of Hawaiian Lomi Lomi has been practiced for hundreds of years. The gift of healing was passed down to the “chosen one” who spent their life practicing the healing arts. “Lomi Lomi is a loving touch using thumbs, hands, forearms and elbows to massage. Relaxes aching muscles, increases flexibility and improves the lymphatic circulation

50 Minutes**Thai Yoga Massage**

This form of Thai Massage is performed on a bed and is an extraordinary method of aligning the energies of the body, an interactive manipulation of the body using passive stretching and gentle pressure along energy lines.

These movements help to:

- Adjust the skeletal structure
- Increase flexibility
- Relieve muscular and joint tension
- Stimulate internal organs
- Balance the body’s energy system by working on the meridians
- Help tone the body, strengthen joints

60 Minutes**Knee Therapy**

This treatment helps to ease any discomfort in the knees and the entire leg. It reduces tightness and stiffness, releases pain and trauma, releases stagnation and improves mobility, reduces adhesions from surgery and injuries and help to maintain a healthy knee.

40 Minutes**Hip Therapy**

This treatment helps to ease any discomfort in the hips, gluteal and lower back area. It relaxes joint and ligaments, reduces stiffness around the pelvic area, improves range of movement at the hip joint and lower back and corrects postural imbalance.

40 Minutes**Hamstring Stretch and Support**

A sports massage for the hamstring that helps ease discomfort in the hamstrings, lower back, gluteal area and the entire leg. This treatment is also beneficial for reducing tightness and stiffness in the hamstrings and calves and to release pain and trauma.

40 Minutes**Muscle and Joint Relief**

This customised treatment focuses on releasing tension, fatigue, tightness, pain and discomfort in the legs, lower back, knees, hips and glutes; or the neck, back and hamstrings. Also improves posture, balance and flexibility.

75 Minutes

The Skin Clinic

Our skin tells its own story. Because it interfaces with the environment, skin plays a key role in protecting our body – it insulates us, regulates our temperature and provides us with sensation. We need to look after it and at The BodyHoliday we will help you regain it's true colour and look, as well as educating you as to how to keep it looking great.

THALGO Facials

Thalgo has a facial to treat virtually any concern. All Thalgo facials begin with the "Discovery of the Sea" massage to ease tensions and immerse you in the marine world. For best results, carry on your treatment at home to continue effectiveness. Thalgo facials offer spectacular results in purifying, hydrating and firming.

Soothe & Protect

Thalgo Cold Marine Facial

Thalgo uses reviving marine and plant extracts particularly to strengthen and calm fragile, delicate skin. It includes a cool mint mask to reduce redness and relax tension lines. Perfect for sensitive and rosacea skin that is prone to blotchiness.

75 Minutes

Preventative ageing: 30+

Deluxe Marine Collagen Velvet Face and Eyes

Thalgo's collagen mask facial, uses pure native soluble Collagen to smooth the skin, leaving it plump and radiant. It also leaves the eye contour soft and plumps out fine lines and wrinkles.

75 Minutes

To book directly
please telephone Ext.7850
or the Wellness Centre
Reception on Ext.7852.

Preventative ageing 40+

Thalgo Fundamental Wrinkle Control Facial

This high-tech facial with powerful preventative ageing properties treats lines and wrinkles. It softens and smoothes facial contours using a combination of wrinkle filling strips infused with hyaluronic acid and a gel mask which bathes the skin in anti-ageing ingredients.

75 Minutes

Preventative ageing 45+

Exceptional Facial + EnergiLift massage

Our number one facial requested by our guests! The super lift dermo-contracting anti-ageing massage works on every facial muscle to lift, tighten and tone. The Exceptional mask harnesses natural biological cellulose and marine algae hormones to decrease wrinkles and help skin recover suppleness and firmness.

75 Minutes

Sea and Senses Face, Feet and Back (Marine Hot Stones)

For ultimate relaxation, Thalgo has developed the Sea & Senses face, feet and back treatment, featuring marine hot stones and a unique massage for mineralizing and relaxing benefits. The ultra-sensorial experience of Sea and Senses starts with a relaxing back massage followed by a soothing face massage and mask. While the mask takes effect, your feet are soothed and massaged. Tension melts away!

75 Minutes

For Men

Gentlemen's Soothing Marine Facial

This high-tech facial for male skin, particularly suited to sensitivity, combines energising active ingredients with relaxing massage movements to diffuse them directly to the heart of the skin, to regain all of its energy and balance.

La Therapie Facials

HydraPeel

Using micro current, high frequency, glycolic acid, vitamins and serums, this facial diminishes open pores, fine lines, breakout and acne scarring. Changes clarity of the skin.

HydraLift

Using micro current and high frequency to deliver ingredients to richly hydrate, refine and brighten the skin. Walk out with a nourished and radiant complexion!

How do you tackle a double chin and sagging jowls or deal with heavy lidded eyes without resulting to drastic and high risk surgery? CACI have cleverly devised a targeted muscle workout for the face and body that produces immediate and highly effective results.



CACI for Face – Voted the most effective preventative ageing treatment.

See instant results, once you have had a few sessions you look like you've had a facelift! Visible results without surgery, anaesthetic or downtime.

CACI Non-Surgical Face Lift

CACI recharges the electrical energy potential within the muscle and improves skin tissue by triggering micro-current repair activity within the skin cells. It helps facial and neck muscles that are sagging to tighten, tone and lift whilst smoothing the appearance of fine lines and wrinkles, producing dramatic results.

60 Minutes

Super CACI Non Surgical Face Lift

A more intensive version of the CACI lifting treatment with greater emphasis on the delicate eye area to lift, firm and smooth out fine lines.

75 Minutes

CACI Preventative-Ageing Face & Eye Treatment

The Rolls-Royce of preventative ageing treatments, a unique combination of CACI super face toning, micro-dermabrasion and LED Light therapy. It is extremely beneficial when treating conditions such as blemishes, acne, sun damage and scarring. It leaves your skin firmer, smoother, and revitalised.

90 Minutes

CACI Ultimate Healing Express Treatment

A bespoke treatment. Skin is treated by stimulating the healing and cell regeneration process, balancing oil production and ridding the skin of impurities, using light red and blue therapy which has an anti-bacterial healing action.

30 Minutes

CACI for Body Toning and Cellulite

An ideal lifting treatment tailored to your individual needs. The Electro-Cellulite Massager uses 24 micro current charged rollers to gently knead and sooth tired and aching limbs, toning and firming sagging muscles, leaving the skin glowing and radiant. Choose from:

- Eye, Bust or Stomach to firm and tone.
- CACI Legs & Buttocks Lift
- Anti-ageing hand treatment

Thalgo Dermo-Peel Facial

Microdermabrasion is the holistic option in skin care technology. It provides a gentle, effective, mechanical peeling of the skin and only works on the epidermal layer. Excellent for pigmentation, scarring, acne, fine lines, dull or congested skin.

Silicium Super lift Facial

This treatment firms your skin, and gives it more elasticity, whilst also filling deep wrinkles. Provides an ultra-radiant complexion with the skin appears lifted, and wrinkles less marked.

Hyaluronic Smooth and Filling Facial

From the first treatment, this facial smoothes the entire face and fills deep wrinkle in just one hour.

Natural Marine Mud Face & Body Treatment – From the Dead Sea

This ultimate exfoliating and detox treatment is ideal for all skin disorders. Natural marine mud from Dead Sea in Israel exfoliates and infuses the skin with 26 beneficial minerals. Dead skin cells are eliminated and skin texture is smoothed and refined.

Ultrapeel Transderm Facial

This meso therapy treatment is a combination of Ultra-peel microdermabrasion system and Transderm technology. Jets of fine crystals are vacuumed across the skin removing the dead and damaged skin cells leaving you with a blemish free, soft, smoother and younger looking skin. The Transderm system is a needle free solution using low energy electrical impulses that temporarily open the water channel allowing large molecule product (hyaluronic, vitamins and minerals) to enter.

Combine your CACI Face & Body Treatments in one session.

The Skin Clinic suggested add-on's that can be performed in addition to your treatment time:

- Eyebrow Shape
- Eyelash/Eyebrow Tint
- Threading
- Waxing

Finishing Touches

Luxury Manicure

The hands are pampered to nourish and revitalise. Includes nail shape, cuticle work, exfoliation, mask, hand massage and polish.

50 Minutes

Luxury Pedicure

The feet are pampered with a relaxing foot soak, nail shape, cuticle work, exfoliation, dry skin removal, foot mask, foot massage and polish.

60 Minutes



French Polish available on “Fingers & Toes”

Gel Nails

A manicure using a unique gel that is applied like a polish, with the durable strength of a gel and a high gloss shine. Shellac nail colours can last up to three weeks with no chipping, peeling or fading and can be easily removed.

Manscaping Manicures & Pedicures

Manly cures for feet, hands & nails to look as natural as possible using invisible polish.

Paraffin Wax

Paraffin Wax can be used in addition to our manicures and pedicures to soothe and soften the skin or if you wish as a therapeutic hand and foot treatment to increase circulation and reduce inflammation.

Waxing

Full menu service for both men & women

- Full Leg
- Half Leg
- Bikini
- Brazilian
- Hollywood
- Underarm
- Facial Waxing
- Back or Chest
- Lip & Chin

Beauty Essentials

- Eyelash Tint
- Eyebrow Tint
- Eyelash and Eyebrow Tint – 20 Minutes
- Eyebrow Shaping
- Eyebrow Shape and Tint – 20 Minutes

Threading

The best 15 minutes you will ever invest in! Doing for brows what walk-in nail bars have done for manicures. Threading has cleverly made the art of brow sculpting accessible to everyone defining the perfect brow shape, giving the effect of a mini-brow lift!

- Eyebrow Shaping
- Upper Lip and Chin
- Upper and Lower Lip

Men's Grooming

- Eyebrows, Tidy and Trim
- Nose, Ears and Between Brows
- External Ear Lobes
- Cheek Bones
- Neck
- Shape, Tint and Mini Brow Massage
- Trimming of Body Hair

We offer complimentary consultations at The Skin Clinic

Elemis

Treatments

Elemis is a leading luxury British spa and skincare brand that successfully combines natural active ingredients with cutting-edge technology. Elemis has some of the most influential age preventing products and professional spa-therapies in the world.



Exotic Coconut Milk Wrap

Designed to relax and rejuvenate, this treatment is a combination of a gentle and natural coconut exfoliation. Warm skin nourishing milk bath is then poured over the entire body, which is then wrapped and cocooned in foil.

50 Minutes

Frangipani Body Nourish Wrap

Warm oil is drizzled over and massaged into the body and whilst cocooned in a foil wrap, you will receive a facial cleanse, tone, scalp and acupressure point massage. An application of body lotion leaves the skin radiant. A sensual and indulgent experience.

50 Minutes

Body Sculpting Colon Therapy

Cellulite is associated with poor circulation, fluid retention and a congested digestive system. This treatment works at the deepest level to flush and cleanse all three systems. A detoxifying fennel and birch body mask is applied to the hips and the thighs, and is followed by a specialised drainage massage to help smooth the appearance of cellulite, boost the blood circulation and reduce fluid retention, followed by a deep abdominal massage to stimulate and reduce water retention in the colon.

50 Minutes

Visible Brilliance Facial

Preventative Ageing Facial to deeply hydrate and brighten. Clinically proven to increase moisturisation levels by up to 61% and elasticity by up to 40% after just one treatment, and includes the application of two facial masques.

75 Minutes

Tri-Enzyme Resurfacing Facial

Peel away the years for a smoother and more radiant skin using the unique mushroom enzyme. Resurface and renew your complexion for a more radiant, clear and even skin tone. Targets, fine lines, wrinkles, acne and superficial scarring achieving up to 75% skin resurfacing.

75 Minutes

Japanese Silk Booster Facial

Skin solutions for tired, fragile, sensitive, congested and oil rich skins. Using natural Japanese Silk Protein or Sulphur Compresses, Vitamin C, natural plants and oils. A dynamic action facial without aggression.

75 Minutes





Skinceuticals Facials

Skinceuticals Facials

SkinCeuticals the brand of choice for Dermatologists and Cosmetic Surgeons. SkinCeuticals is built around three fundamental elements: Prevention, Protection and Correction.

The treatments and products are designed to prevent future damage, protect healthy skin, and correct previous damage. SkinCeuticals is committed to advanced skincare treatments and products that are backed by science.

SkinCeuticals Facial Treatments are 30 and 50 minutes and a full skin consultation is essential.

Alpha Beta Peel Treatment

Ideal for dry, photo damaged and ageing skin it also helps to fade hyperpigmentation and aids in clearing acne/scarring, minimizes pores and surface lines additionally a vitamin C mask completes this treatment.

Blemish + Age Facial Therapy Treatment

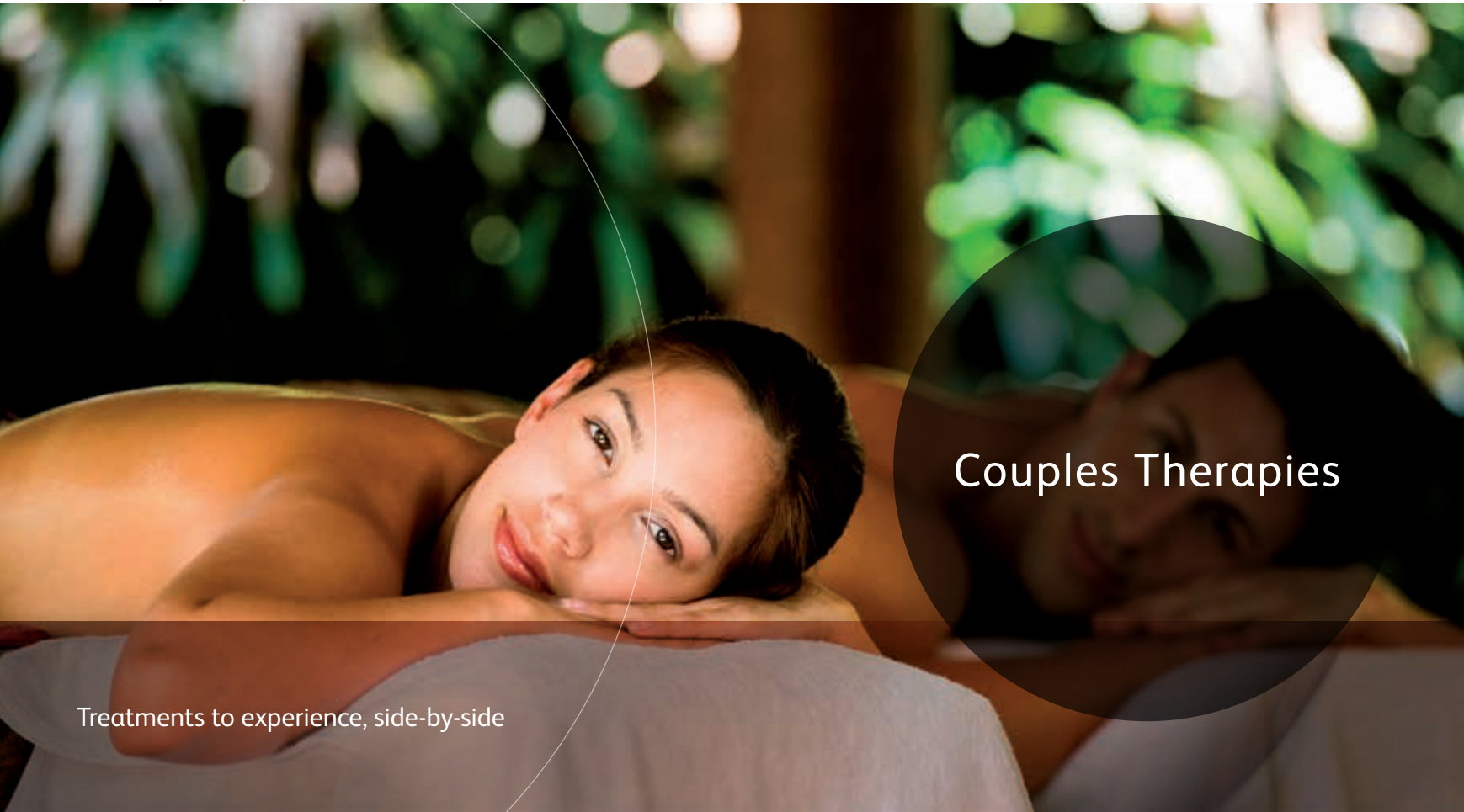
Designed to dramatically improve the appearance of blemished skin and fight lines and wrinkles. More women and men in their 30's 40's and 50's suffer from regular breakouts of acne and have the additional concern of ageing. The result is healthier skin with visible improvement, luminous and smoother.

Redness, Calming Therapy Facial

Do you experience facial redness, flushing, sometimes inflamed papules or pustules. Rosacea tends to occur most often between the ages of 30 – 50 years, frequently in women but more severely in men.

This treatment provides cooling, soothing relief. The Photo Corrective Gel acts as a hydrator and helps heal with its anti-bacterial properties.



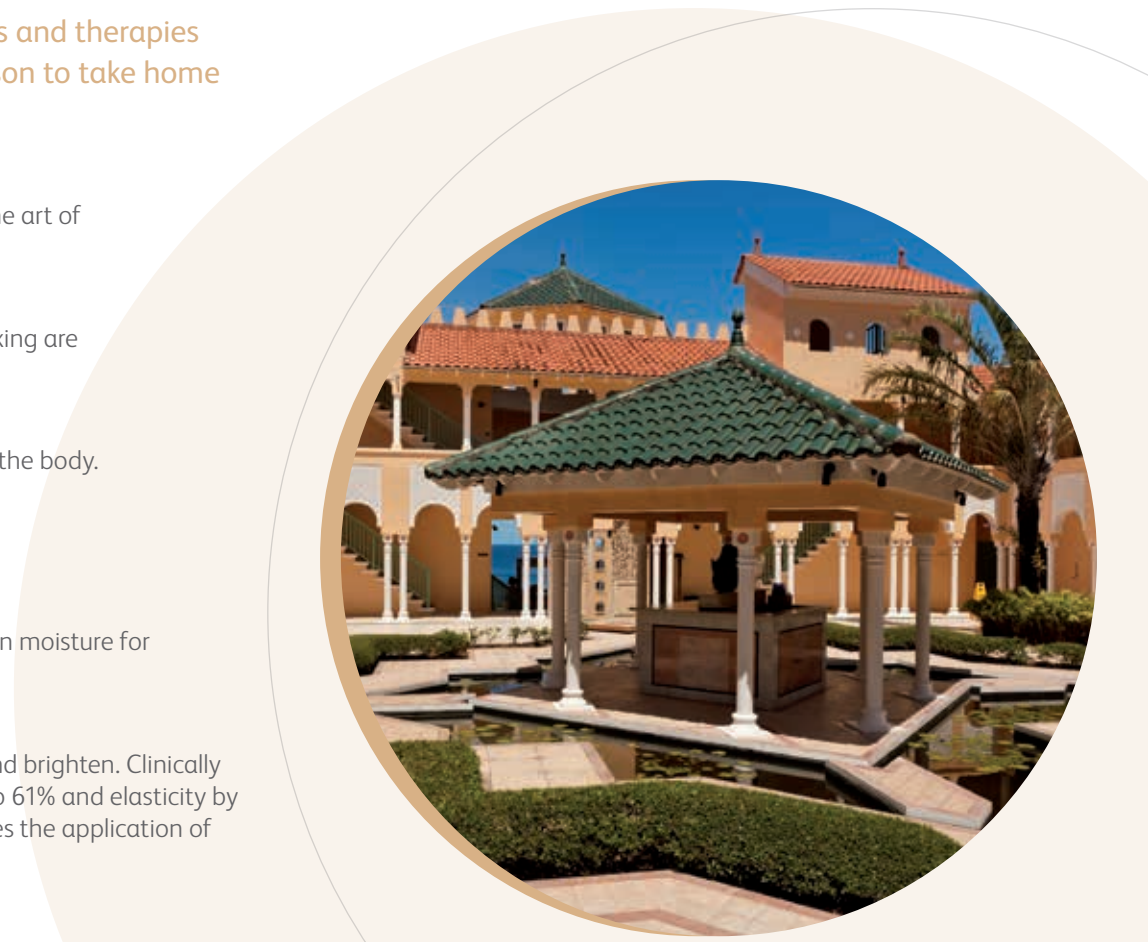


Couples Therapies

Treatments to experience, side-by-side

We've selected some of our treatments and therapies to be enjoyed together including a lesson to take home with you...

- Couples Lesson in Massage**
A highly trained therapist instructs couples in the art of Swedish massage.
- Time for Two Aromatherapy Massage**
Massage strokes ranging from frictional to relaxing are blended seamlessly.
- Warm Aromastone Therapy**
Batu stones are placed on key energy points of the body.
- Exotic Coconut Milk Wrap**
An exotic and luxuriating treatment.
- Frangipani Body Nourish Wrap**
A nourishing body wrap that drenches the skin in moisture for immediate softness.
- Visible Brilliance Facial**
Preventative Ageing Facial to deeply hydrate and brighten. Clinically proven to increase moisturisation levels by up to 61% and elasticity by up to 40% after just one treatment, and includes the application of two facial masques.





Caribblue Beach, Cap Estate, PO Box 437, Castries, St Lucia, West Indies

t: UK 0203 096 1605 t: US 1 800 544 2883 or to call the resort direct: 1 (758) 457 7800

ukreservations@thebodyholiday.com usreservations@thebodyholiday.com www.thebodyholiday.com