

SPA MENU

CONTENTS

01 RELAX AND REVIVE AT THE SPA

02 SIGNATURE INDULGENCES

03 JOURNEYS OF INDULGENCE

04 MESSAGES

05 BODY RITUALS

06 ASIAN RITUALS

07 ENERGY HEALING

08 ENERGETIC RE-MASTERY

09 FINISHING TOUCHES

10 ANGEL BLISS

11 SPA STYLE

01 RELAX AND REVIVE AT THE SPA

Welcome to our haven of relaxation.

You've travelled far and wide to luxuriate in our heavenly St Martin resort, and we intend to make your experience even more rewarding. Our highly trained therapists are ready to pamper you in the warm and indulgent atmosphere of our sanctuary, a retreat set among exotic gardens.

Enjoy soothing therapies in seven treatment rooms, including five outdoor/indoor suites - each with a private Zen garden and outdoor shower. Every treatment is customized to your individual needs.

Let the harmonious blend of Mediterranean joie de vivre and Caribbean heart and soul wash over you, leaving you feeling refreshed and rejuvenated from head to toe.

All treatments are suitable for both men and women unless otherwise stated.

Open from Tuesday to Saturday, 11.00am - 6.00pm

Location: Next to Fort Louis building, across from Narcissus building

Extension: 6569.

02 SIGNATURE INDULGENCES

ROUCOU PRE-TANNING TREATMENT 50 MINUTES \$145

Body exfoliation

Treat your skin to this pampering experience, starting with a gentle all-over peel to remove dry skin, followed by a full-body roucou oil application. Roucou is a Caribbean plant composed of red seeds. For centuries, the Arawaks used it to hydrate and protect their skin from the sun. It also doubled up as an effective mosquito repellent. We use a naturally red oil that will help ensure your tan stays golden and beautiful.

JUST ARRIVED 80 MINUTES \$235

Body scrub ·50-minute Swedish massage

Start your vacation off in style with an invigorating body scrub and a 50-minute Swedish massage. Soothe any aches and pains and rejuvenate muscles that may be weary from traveling.

03 JOURNEYS OF INDULGENCE

Get the very best of our relaxing spa treatments by booking one of our special customized spa packages.

SUN PREPARATION 110 MINUTES \$280

Body scrub ·50-minute Swedish massage · 30-minute cranial reflexology

Prepare your skin for the sun with a body polish and a Swedish massage with refreshing roucou oil while restoring your natural energy balance with cranial reflexology.

STRESS REDUCTION 130 MINUTES \$345

80-minute Swedish massage · 50-minute reflexology

While aiming at the same goal, the Swedish massage and reflexology will take different paths to help you reach full relaxation.

ENERGY REBALANCING 130 MINUTES \$365

80-minute Swedish massage 50-minute Reiki

Start your journey by releasing the accumulated stress with a Swedish massage and then work on an emotional, mental and spiritual level with Reiki to realign and rebalance your energy.

04 MASSAGES

SWEDISH MASSAGE 50 | 80 MINUTES \$165 | 240

A great favorite among La Samanna guests, this treatment combines long strokes, kneading, rolling and a variety of pressures to relax you and release stress.

LOMI LOMI MASSAGE 50 | 80 MINUTES \$175 | 260

Benefit from a traditional Hawaiian massage, in which the therapist uses elbows and forearms to rhythmically stimulate your muscles. Feel energized and soothed as your circulation is stimulated and any stiffness melts away. The treatment can also provide spiritual and emotional healing, replacing anxiety or worry with positive feelings. You'll feel deeply relaxed. Choose the 80-minute massage for the optimum experience.

DEEP TISSUE MASSAGE 50 | 80 MINUTES \$185 | 270

Relieve tight, stiff muscles, and let go of emotional stress with this soothing treatment. Using expert techniques, we apply strong kneading pressure to restore flexibility to your muscles, neck and spine while enhancing overall wellbeing.

HOT STONE 50 | 80 MINUTES \$175 | 260

This unique therapy uses heated, high-energy palm stones, which are carefully placed on your chakras to instill meditative calm.

05 BODY RITUALS

BODY POLISH 50 MINUTES \$135

Let us purify your entire body and whisk away dry skin with a specially formulated non-irritating scrub. We then apply an intense hydrating lotion that leaves your skin feeling smooth and silky all over.

SUNBURN RESCUE 45 MINUTES \$150

Repair your skin after exposure to the strong Caribbean sun with this refreshing aloe and mint-based gel wrap. Experience ultra-soothing hydration and immediate relief. We will soothe you further with a relaxing foot and cranial massage.

06 ASIAN RITUALS

SHIATSU 50 | 80 MINUTES \$175 | 265

Bring your body back into balance with this therapy designed to regulate the flow of life energy. Shiatsu uses natural body weight as pressure to produce deep relaxation and increase your vitality.

TRADITIONAL REFLEXOLOGY 50 MINUTES \$150

Regain your natural energy balance with this ancient Chinese healing technique. By massaging reflex points on the sole of your feet, your therapist is able to target particular areas of concern throughout your body. Among the benefits, reflexology can: control blood pressure and promote sleep, help your body adjust to the major hormonal changes during pregnancy, stimulate circulation (particularly before or after a flight), raise levels and enhance nerve sensitivity.

CRANIOSACRAL THERAPY 50 MINUTES \$175

Craniosacral therapy aims to release physical and psychic tensions by stimulating the body's natural self-regulatory mechanisms. It frees emotions, balances the functions of the nervous and hormonal system, dispels chronic stress, strengthens vital energy and immunity. It gives overall relaxation, mental clarity and more vitality in the limbs.

07 ENERGY HEALING

REIKI 70 MINUTES \$280

Reiki is a palm healing technique through which the therapist will transfer energy to your body to activate and restore physical and emotional wellbeing.

ACCESS BARS® CONSCIOUSNESS 70 MINUTES \$240

Access Bars® are 32 points distributed all over your head which, when activated, release negative thought patterns, emotions, limiting beliefs leaving room for new possibilities.

ACCESS FACELIFT™ 70 MINUTES \$240

Indulge in a dynamic and gentle process that reverses the appearance of facial aging, quickens your body's natural healing capacities transforming the limiting energies

08 ENERGETIC RE-MASTERY

CHRISTINE CARUSO
Writer • Facilitator • Creator.

Christine has a gift for facilitating the unleashed brilliant potential in her clients. She is recognized for her refined ability to **precisely tune into the unified field** and facilitate each person into creating another beautiful world for themselves.

With over 20 years of research in Energy Medicine and the hundreds of clients she has worked with individually around the world, a question that continues to motivate Christine is:

“What if we were far more powerful than we have ever allowed ourselves to truly know and be? And what would it take to know and be that?”

Accelerate the Energy Field for Creation

KUNDALI MEDITATION **90 MINUTES** **\$290**

Christine will first sit in meditation on your behalf and listen for the Kundalini Meditation that would support your greatest joy and energetic coherency. You will then meet and be guided through it.

ENERGETIC MASTERY SERIES **3 SESSIONS** **\$1050**

These are 3 of Christine’s 60-minute Energetic Mastery Sessions. Christine listens, using all senses on expanded levels, to “hear” what is present for you and what you are asking for. Christine “hears” your words but is actually reading your energy field. Ancient lives, histories, worlds, families, patterns, core belief systems, it is all there. Christine perceives your Body, your Spirit, your Ancient Wise Self, and uses rapid verbal and energetic tools to facilitate you. She provides you with techniques and tools (specific to you) to take with you after the series.

SACRED STONE SESSION **60 MINUTES** **\$350**

Experience this 10,000 year old tradition of the Q’ero peoples of the Highlands of Peru. Together we are the Space for the World you keep within yourself. All of Nature wants to communicate with us. Taking time in this sacred one-on-one encounter with the Stones is an opportunity to listen and be heard. This is a kinetic experience that *changes energy and realities*. This is not simply information. We are Generators and can engage the massive Universe on the most precise, subtle levels.

The Stone People are the oldest creatures on the Planet, holding wisdom for each of Us, with tenderness and pure compassion. In a Stone Session, You and Christine sit with the Mesa (an altar space of stones) and enter meditation. Christine moves the Stones as guided, listens to them, and responds. Christine is honored to be a Stone Keeper and to share the sweet wisdom of the Ancients with You.

POINT OF ORIGIN

75 MINUTES

\$400

The Core Star is that place in our being that connects to our Original Point of Light, the place of our original inception. When it is engaged, we remember our essence, who we have been through all space and time. With this, we can explore how else we wish to show up in this world and beyond, quite possibly as we have never done before. | When we are disconnected from this Point of Light, we can experience loneliness, hopelessness, confusion over our “purpose” in this life, and loss of our divine spark. Is it time to unleash who you are in this world and create something more?

Please book your appointment at least 72 hours in advance.

09 FINISHING TOUCHES

CLASSIC MANICURE	\$50
POLISH CHANGE	\$30

BEAUTY PEDICURE	\$70
-----------------	------

Enjoy a soothing foot treatment that begins with a scrub, followed by nail shaping and cuticle care. Finish with a moisturizing foot massage and your choice of regular nail lacquer.

Please note we are not able to offer gel, shellac, or semi-permanent polish.

We kindly remind you that we can only offer beauty treatments as our therapist cannot perform medical pedicures. We will not be able to proceed with the treatment if a guest's skin is inflamed or infected. This includes athlete's foot, eczema and similar conditions.

10 ANGEL BLISS

We offer a fun range of treatments designed with the young spa enthusiast in mind.

MASSAGE	20 MINUTES	\$55
SUNBURN RESCUE	30 MINUTES	\$50
MANICURE	20 MINUTES	\$30
PEDICURE	20 MINUTES	\$30

11 SPA ETIQUETTE

We are delighted you will be joining us. Our spa is an oasis of calm, and we therefore ask that you help us maintain the peaceful ambience by speaking in a soft voice and turning off your cell phone.

OPENING HOURS

The Spa is open 11.00am - 6.00pm from Tuesday to Saturday.

APPOINTMENTS

As treatments are subject to availability, we strongly recommend scheduling your appointments in advance. We will need a credit card or gift voucher to guarantee the reservation. Please let our spa team know if you have any special requirements. We can also help advise on the best choice of treatment for you.

Extension: 6569

Telephone: +590 590 87 6569

Email: spa.las@belmond.com or concierge.las@belmond.com

CANCELLATIONS

We ask that you make any cancellation or change to treatment at least 18 hours prior to your scheduled appointment time to avoid a charge.

Cancellations made with less than 18 hours' notice or no-shows will be charged in full.

COVID-19 PROTOCOLS

Your therapist will wash their hands and arms thoroughly prior to your treatment. Hand sanitizer is available for your use at the reception.

Your therapist will wear a face mask at all times, and you are required to wear a face mask at all times.

The treatment menu has been altered. We do not provide treatments where there is any contact with the face (facials, face massages, etc.).

Treatment bookings are spaced out to allow for more time between treatments for full cleaning and disinfecting of the treatment rooms.

ARRIVAL

We invite you to arrive 5 minutes before your appointment. As a courtesy to other guests, should you arrive late we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the treatment or service will still be charged.

WELLBEING

For your safety and comfort, we ask you to complete a pre-treatment survey. Please notify us of any specific requirements for your visit, which may include injuries, physical complaints or conditions, recent operations, metabolic disorders, allergies or pregnancy. For safety and medical reasons, our therapists cannot perform a treatment if a guest's skin is inflamed or infected. This includes athlete's foot, eczema, and similar conditions.

PRECAUTIONS

We recommend eating and drinking in moderation and avoiding alcoholic beverages prior to your spa treatment or exercise class. If you need to shave, do so at least two hours before your appointment. Do not shave your legs prior to a body scrub treatment. Sunburn may limit enjoyment of your spa treatments; please be vigilant and use sun protection.

COMMUNICATION

Prior to the start of your treatment, kindly advise your therapist of the areas you would like to focus on and any areas to be avoided. During your service, please let your therapist know if you feel any discomfort. Communication is the key to obtaining the full benefit of your spa experience.

MODESTY

Our therapists are trained to drape towels or sheets discreetly to protect your privacy at all times.

CHILDREN

We warmly welcome children, accompanied by an adult, at our spa. We offer a selection of treatments tailored to ages 6 to 12.

GRATUITIES

Gratuities are not included in our rates. If you have enjoyed your treatment, please feel free to leave a gratuity at your discretion.

GIFT CARDS

Our gift certificates make perfect presents for spa lovers. Choose an individual treatment, a special package, or a voucher for a specific denomination.

PREGNANCY

Please allow our Spa Team to recommend which treatments are most suitable during this special time.

HAIR SALON

Please contact our Concierge at concierge.las@belmond.com to schedule a hair appointment in your room or villa.