



# **CAP JULUCA**

A BELMOND HOTEL  
ANGUILLA

ARAWAK SPA

## **SPA MENU**

## **WELCOME TO THE WONDERFUL WORLD OF BELMOND**

We are totally dedicated to your wellness when you stay with us at Belmond. Whether lazing in our spa or dining on nutritious cuisine, practicing yoga on a beach or enjoying a moment's peace in a tranquil hideaway, do take this special opportunity to refresh both your body and your soul.

## **CONTENTS**

- 01** RELAX AND REVIVE AT ARAWAK SPA
- 02** MASSAGES/ BODY RITUALS
- 03** SIGNATURE INDULGENCE
- 04** ADD-ON INDULGENCES
- 05** FINISHING TOUCHES
- 06** WELLNESS DELIGHTS
- 07** SPA STYLE
- 08** PRICE LIST

## 01 **RELAX AND REVIVE AT ARAWAK SPA**

Stop for a moment to admire your surroundings. Awaken senses that get lost in day-to-day living and take time to appreciate your body's inner magic. At Arawak Spa we embrace the idea that real beauty comes from within and spreads throughout your body and soul.

The Arawaks who inhabited this land celebrated the renewal and rejuvenation of each new day by honoring Atabeyra, the mother goddess of fertility. They would burn incense and offerings of sage, lemongrass and sacred herbs to awaken the mind and spirit.

Like the Arawaks, our spa rituals are designed to bring you into harmony with nature and refocus your energy. Join us in celebrating traditional Taino culture with ancient therapies, rare indigenous botanicals and a holistic approach to healing.

## 02 MASSAGES/ BODY RITUALS

### RELAXING MASSAGE

60 | 90 MINUTES

Cocoon your body in sumptuous relaxation with this medium-pressure massage. Gentle movements release tension and stress from your body, stimulate the lymphatic system and return clarity to your mind.

### ARAWAK DEEP

60 | 90 MINUTES

Breath deep and allow yourself to release deep muscle tissue as your therapist focuses on connective tissue and elevating toxins to balance the body back to health.

### ATHLETIC TOUCH

60 | 90 MINUTES

Ideal for an active lifestyle, this massage employs brisk, moderate-to- firm pressure movements in combination with stretching to keep you fit and ready for action

### ETERNAL ROMANCE

90 MINUTES COUPLE'S MASSAGE

Take a moment to renew the spirit of your love. This ritual begins with a Anguillan Salt Bath (not foot soak) that symbolizes rejoining the path as a couple and continues with a 60-minute relaxing massage. To conclude, we pour tempered oil over the third eye to deliver optimum relaxation and follow it with a soothing scalp massage.

### REFLEXOLOGY

30 | 60 MINUTES

In this ancient Chinese healing technique, points on the feet are linked to particular areas and organs of the body. By massaging the feet, your therapist can target any specific areas of concern while easing tension and improving circulation.

### CRYSTAL CLARITY BODY POLISH

60 | 90 MINUTES

For smooth, soft, radiant skin, enjoy an organic exfoliating body scrub with chia seed, jojoba and brown sugar infused with rainbow fluorite crystals for added healing energy. The treatment concludes with a gentle wash, massage and application of premium organic body oil for the complete energy experience.

### 03 SIGNATURE INDULGENCE - TERRACE MASSAGE

Surrender yourself to a tropical beachside terrace experience. Discover the exotic aromas of organic products that rejuvenate, replenish and nourish. All beachside terrace escapes may also be booked as a couple's experience.

(available between 10am & 2pm)

AUTHENTIC BEACHSIDE TERRACE MASSAGE

60 | 90 MINUTES

Relax in the privacy of a beachside terrace surrounded by the sound of the ocean waves, as your expert therapist gently eases tense muscles with a custom tailored massage to your personal needs.

## 04 **ADD-ON INDULGENCES**

Make the most of every minute. Our add-on treatments will leave you reinvigorated and relaxed.

### OCEAN MINT SCALP MASSAGE & HAIR TREATMENT 15 MINUTES

Refresh and renew your scalp and hair with an organic Ocean Mint scalp treatment and custom hair mask. These beautiful products will be delivered to your room with a step-by-step guide. Enjoy this treatment as you relax at the beach, on your terrace or during a bathing ritual.

### ANGUILLIAN SALT SOAK BATH 30 MINUTES

A customized tray of cherished Anguilla salts, oil, tea and treats will be delivered in-room to enjoy a personalized ritual. This ritual is also a great experience for couples.



## 05 FINISHING TOUCHES

### NAILCARE

#### DAZZLE DRY "GEL" MANICURE

50 MINUTES

Treat your hands to a hydrating massage, nails shaped and cuticles treated. Enjoy the long lasting wear of "GEL" with Dazzle Dry's mineral based NO UV light or harsh chemical alternative.

#### DAZZLE DRY "GEL" PEDICURE

50 MINUTES

Indulge in this traditional pedicure, beginning with a cleansing of the feet and legs and continuing with a melt scrub and organic hydrating mask, smoothing away rough areas and leaving limbs massaged and reinvigorated. Enjoy the long lasting wear of "GEL" with Dazzle Dry's mineral based NO UV light or harsh chemical alternative.

#### GEL REMOVAL

25 MINUTES

#### FRENCH POLISH

15 MINUTES

## 06 **WELLNESS DELIGHTS**

YOGA SESSION	50 MINUTES
PILATES	50 MINUTES
PERSONAL TRAINING	50 MINUTES
BOOT CAMP	50 MINUTES
SELF DEFENSE TRAINING	50 MINUTES
TRX SUSPENSION TRAINING	50 MINUTES
DANCE CLASS (SOCA), ANGUILLIAN STYLE	50 MINUTES
SPINNING CLASS	50 MINUTES
MEDITATION SESSION	50 MINUTES

## 07 SPA STYLE

### RESERVATIONS

Extension: 5000 Telephone number: +1 264 497 6666 Email: arawak@belmond.com

### CANCELLATIONS

We ask that you make any cancellation or change to treatment at least 12 hours prior to your scheduled appointment time to avoid a charge. Cancellations made with less than 12 hours' notice or no-shows will be charged in full.

### 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.

### ARRIVAL

We invite you to arrive 15-30 minutes before your appointment so that you may relax and unwind. For your comfort we provide robes, towels and slippers. 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, recently undergone operations, metabolic disorders, allergies or pregnancy.

### 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.

## 07 SPA STYLE

### GRATUITIES

Our treatments are subject to a 15% service charge. If you have enjoyed your treatment, please feel free to leave an additional 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

We have specially designed treatments for expectant women or nursing mothers. Please allow our Spa Team to recommend which treatments are most suitable during this special time.

### DISCLAIMER

Services are subject to availability and follow Anguilla Government guidelines. Arawak Spa reserves the right to refuse service(s) if guidelines are not abided by under Anguilla Government guidelines. Face Masks are required to enter and receive services at Arawak Spa.

## 08 PRICE LIST

All prices are quoted in US DOLLAR currency.

### SIGNATURE INDULGENCES

#### MASSAGE

RELAXING MASSAGE	(60   90 MIN)	180   270
ARAWAK DEEP	(60   90 MIN)	190   285
ATHLETIC TOUCH	(60   90 MIN)	190   285
ETERNAL ROMANCE	(90 MIN)	(priced per massage)
REFLEXOLOGY	(30   60 MIN)	85   170
CRYSTAL CLARITY BODY POLISH	(60   90 MIN)	170   255
AUTHENTIC BEACHSIDE TERRACE MASSAGE	(60   90 MIN)	(50 upcharge per massage)

#### ADD-ON INDULGENCES

OCEAN MINT SCALP MASSAGE & HAIR TREATMENT	(15 MIN)	35
ANGUILLIAN SALT SOAK BATH	(30 MIN)	60

## 08 PRICE LIST

All prices are quoted in US DOLLAR currency.

### FINISHING TOUCHES

DAZZLE DRY "GEL" MANICURE	(50 MIN)	70
DAZZLE DRY "GEL" PEDICURE	(50 MIN)	90
GEL REMOVAL	(15 MIN)	20
FRENCH POLISH	(15 MIN)	20

### WELLNESS DELIGHTS

YOGA	(50 MIN)	130
PILATES	(50 MIN)	130
PERSONAL TRAINING	(50 MIN)	130
BOOT CAMP	(50 MIN)	130
SELF DEFENSE TRAINING	(50 MIN)	130
TRX SUSPENSION TRAINING	(50 MIN)	130
DANCE CLASS (SOCA)	(50 MIN)	130
SPINNING CLASS	(50 MIN)	130
MEDITATION SESSION	(50 MIN)	130