



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 you are lazing around our peaceful relaxation pool, experiencing one of our amazing spa treatments, practicing yoga by the pavilion or enjoying a moment's peace in a tranquil hideaway, we encourage you to take a deep breath, seize a wellness moment and focus on renewing your mind, body and your soul.

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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 through the harmonization of your emotional and physical experiences.

The Arawak who inhabited this land celebrated the renewal and rejuvenation of each new day, our unique wellness and spa treatments are designed to bring you into harmony with nature and refocus your energy.

Inspired by the colours of the Arawak Rainbow Spirit, our Arawak Spa has curated experiences that reflect the seven colours of the rainbow and the five senses of discovery, all of which have an incredible benefit to uplifting the human spirit and have notable therapeutic effects on your physical and emotional state of wellbeing. Join us at the Arawak Spa for a uniquely holistic, integrated wellness approach to wellbeing.

02 **MASSAGES/ SIGNATURE RITUALS**

RELAXING MESSAGE

30 | 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. A medium to deep pressure is applied.

ATHLETIC TOUCH

60 | 90 MINUTES

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

ETERNAL ROMANCE - COUPLE'S MESSAGE

90 MINUTES

Our romantic Signature Ritual for Couples, renews the spirit of your love. This ritual begins with a herbal/ Anguillan Salt 20-minute Tub Soak that symbolizes rejoining the path as a couple. Bottle of Champagne, chocolate truffles and another treat accompany the tub soak. Continues with a 50-minute massage using coconut oil/ lotion and concludes with a 10-minute soothing scalp massage using a peppermint & Coconut oil blend. Air is filled with a romantic chocolate essence.

FOOT MESSAGE

30 | 60 MINUTES

In our Arawak healing foot massage, your therapist can target any specific areas of concern while easing tension and improving circulation.

AROMATHERAPY MESSAGE

60 | 90 MINUTES

Aromatherapy is suitable for all and is a gentle and deeply relaxing treatment. Choose from our Muscle Ease, Harvest, Detox or Focus Blend essential oils, each of which enhance your physical, mental and emotional well-being and aide in reducing stress and anxiety levels.

MOTHER-TO-BE

60 MINUTES

Feel nourished and revived with our therapist's specialized techniques, designed to alleviate any areas of discomfort arising during pregnancy. This relaxing, sweet and embracing massage is ideal for connecting mother with baby after the first trimester.

03 BODY INDULGENCES

BODY SCRUB

60 | 90 MINUTES

For smooth, soft, radiant skin, enjoy our Organic Mint Renewal White Sand Body Polish. The treatment concludes with a shower, and a Vanilla enriched lotion, which leaves your skin radiant and feeling youthful.

BODY SCRUB & MASK

90 MINUTES

Our treatment begins with a luxurious body scrub followed by a purifying volcanic clay, or a detoxifying green tea & seaweed body mask designed to soften and rejuvenate the skin. Both masks are infused with Aloe Gel for increased hydration. Your body is wrapped into a cocoon, and you will enjoy a luxurious scalp massage while the mask dries and removes body toxins. A Juluca (Swedish) or deep tissue massage follows your shower, and a delicious moisturizer is applied to complete your treatment. When booking kindly choose between the volcanic clay or the green tea & seaweed body masks.

ARAWAK NONI BODY WRAP

60 MINUTES

This treatment begins with an application of the Noni Skin Elixir, known for its astounding healing and tightening characteristics. After you relax in the body cocoon, you are hydrated and nourished with a warm coconut milk body massage. This amazing treatment will leave you with a healthy, tropical glow. The treatment is recommended for sun burn or to hydrate one's skin.

PUMPKIN SPICE BODY PEEL & WRAP

90 MINUTES

Simply delicious! This aromatic peel contains Pumpkin Extract and Malic Acid to smooth away any rough areas of skin and restore a youthful complexion. A Cinnamon Vanilla Brown Sugar Scrub will melt into your skin, sealing in the properties of the peel and quenching any dehydration. While wrapped in a warm cocoon, you will enjoy a luxurious scalp massage. This unique treatment will reveal soft, glowing skin

04 SIGNATURE INDULGENCE

TERRACE MASSAGE

Available between 10am & 2pm.

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

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.

05 FACIAL THERAPY

ARAWAK SIGNATURE FACIAL

90 MINUTES

Experience unparalleled results in just one treatment with the Arawak Signature Facial. A revolutionary combination of proteins and B vitamins activate vital energy necessary for healthy cellular function, dramatically enhancing the appearance of skin tone and texture. An advanced stimulating peel is coupled with layers of skin-tightening masks, which are systematically applied to visually improve the overall look of the skin.

ILLUMINATING SOL FACIAL

60 MINUTES

Experience the journey through light and intention with this exquisite facial. The Sol Gemstone facial harnesses the power of citrine gemstones charged by the sun with effective skin brighteners to activate a "Solful" radiance from within. This unique skin therapy utilizes microcrystal exfoliation with a spicy enzyme peel, luxurious massage, and a cocktail of brightening antioxidant serums leaving you with skin that brilliantly shines.

SKIN QUENCH HYDRATING FACIAL

60 MINUTES

This uber hydrating facial treatment drenches the skin with powerful moisturizing ingredients that will leave the skin soft, plump, and glowing. Hyaluronic Acid along with skin hydrating oils are the perfect combination for those concerned with dry, dehydrated skin.

GENTLEMAN'S FACIAL

60 MINUTES

Designed specifically for gentlemen, this targeted facial is ideal for a man who is looking to maintain a clear, youthful complexion. The combination of steaming hot towels, targeted exfoliants, contouring eye treatment, hydrating products, and last but not least...relaxing neck and shoulder massage, together create the perfect treatment to refresh and refine all skin types.

PRINCE AND PRINCESS FACIAL

30 MINUTES

Royalty ages 6-12 only please. Give your child the gift of their first spa experience. A pampering to begin an appreciation for wellness and skincare. Using gentle, nourishing products, this specialty created facial is for youthful young complexions. It is a hydrating facial treatment drenching the skin with moisturizing ingredients that will leave their young skin soft, plump, and glowing. Herbal cleanser, a hydrating mineral mask combined with an Aloe Vera and Green Tea Seaweed Soothing Mask along with skin hydrating oils soothes their young complexions leaving it glowing.

06 **ADD-ON INDULGENCE**

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

JULUCAN NECK & SCALP MASSAGE

15 MINUTES

Stimulate your scalp with an organic Coconut & Mint scalp oil treatment. Relax the mind and encourage circulation. Enjoy this treatment which also includes a soothing neck massage. Fade away and restore that peaceful feeling you may desire.

07 **FINISHING TOUCHES**

NAILCARE

ARAWAK MANICURE

50 MINUTES

Treat your hands to a hydrating massage, nails shaped and cuticles treated.

ARAWAK 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.

GEL REMOVAL

25 MINUTES

FRENCH POLISH

15 MINUTES

08 **WELLNESS DELIGHTS**

ENERGIZING MORNING YOGA	50 MINUTES
PILATES SESSION	50 MINUTES
PERSONAL TRAINING	50 MINUTES
SUNRISE BOOT CAMP	50 MINUTES
UBOX	50 MINUTES
SPIN & SCULPT CLASS*	50 MINUTES
TRX SUSPENSION TRAINING*	50 MINUTES
SKILLRUN HIIT*	50 MINUTES
BEACH FITNESS*	50 MINUTES

*INDICATES A PAID ACTIVITY.

ACTIVITIES MUST BE RESERVED 24 HOURS IN ADVANCE.

FOR MORE INFORMATION OR TO MAKE A RESERVATION, PLEASE CONTACT THE HOST DESK OR DIAL 0.

09 SPA STYLE

RESERVATIONS

Extension: 5524, Telephone number: +1 264 497 6666, Email: arawak@belmond.com.

HOURS OF OPERATION

Opening hours 10 am – 6 pm, seven days a week.

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. We do have a cozy relaxation pool, which you may use prior to or following your treatment. Please remember to bring your swimwear should you wish to enjoy this amenity. 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.

09 **SPA STYLE**

GRATUITIES

Our treatments are subject to a 15% Service charge and a 13% Goods and Service Tax (GST) 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. Prenatal treatments are offered from 20 weeks onwards.

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.

10 PRICE LIST

All prices are quoted in US DOLLAR currency.

MASSAGE | SIGNATURE RITUAL

RELAXING MASSAGE	30 60 90 MINUTES	100 190 285
ARAWAK DEEP	60 90 MINUTES	190 285
ATHLETIC TOUCH	60 90 MINUTES	190 290
ETERNAL ROMANCE	90 MINUTES	350 PER PERSON
FOOT MASSAGE	30 60 MINUTES	85 170
AROMATHERAPY	60 90 MINUTES	195 290
MOTHER-TO-BE	60 MINUTES	190

BODY INDULGENCES

BODY SCRUB	60 90 MINUTES	190 285
BODY SCRUB & MASK	90 MINUTES	300
ARAWAK NONI	60 MINUTES	190
BODY WRAP		

ARAWAK PUMPKIN	90 MINUTES	300
SPICE BODY PEEL		
AND WRAP		

AUTHENTIC TERRACE MASSAGE	60 90 MINUTES (50 UPCHARGE PER MASSAGE)	190 285
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FACIAL THERAPY

ARAWAK SIGNATURE FACIAL	90 MINUTES	290
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ILLUMINATING SOL FACIAL	60 MINUTES	195
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SKIN QUENCH HYDRATING FACIAL	60 MINUTES	195
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GENTLEMAN'S FACIAL	60 MINUTES	195
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PRINCE AND PRINCESS FACIALS (6 TO 12 YRS)	30 MINUTES	120
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ADD-ON INDULGENCES

JULUCAN NECK & SCALP MASSAGE	15 MINUTES	45
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10 PRICE LIST

All prices are quoted in US DOLLAR currency.

FINISHING TOUCHES

ARAWAK MANICURE	50 MINUTES	70
ARAWAK PEDICURE	50 MINUTES	100
GEL REMOVAL	15 MINUTES	40
FRENCH POLISH	15 MINUTES	20
(ADD ON TO MANICURE & PEDICURE)		

WELLNESS DELIGHTS

YOGA	50 MINUTES	130
PILATES	50 MINUTES	130
PERSONAL TRAINING	50 MINUTES	130
BOOT CAMP	50 MINUTES	130
SELF DEFENSE TRAINING	50 MINUTES	130
TRX SUSPENSION TRAINING	50 MINUTES	130
DANCE CLASS (SOCA)	50 MINUTES	130
SPINNING CLASS	50 MINUTES	130
MEDITATION SESSION	50 MINUTES	150

CHARGES APPLY FOR ADDITIONAL PERSONS

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