




Sand  
Dollar  
SPA

PINE CAY  
TURKS AND CAICOS



#### SPA OPENINGS HOURS

SAND DOLLAR SPA OPENS FROM 09:00 TO 21:00 HOURS. THE LAST TREATMENT STARTS AT 20:00 HOURS.

#### RESERVATIONS

TO ENSURE THAT WE CAN ACCOMMODATE YOUR SPA EXPERIENCE ON YOUR PREFERRED DATE AND TIME, WE RECOMMEND YOU BOOK ONE DAY AHEAD FOR ALL THE TREATMENTS.

#### PRE-ARRIVAL

APPOINTMENTS BEGINS PROMPTLY AT THE TIME SCHEDULED. IF YOU ARRIVE LATE, YOUR APPOINTMENT WILL BE SHORTENED SO THAT THE THERAPIST WILL BE ON TIME FOR THE NEXT SESSION. YOU ARE WELCOME TO ENJOY THE SPA RELAXATION AREA AND GARDENS BEFORE OR AFTER YOUR TREATMENT TIME.

#### ARRIVAL AT SPA

TO ENHANCE YOUR SPA EXPERIENCE, 15 MINUTES IS SET-ASIDE WITHIN YOUR SESSION FOR YOU TO ENJOY A SHOWER, WELCOME DRINK AND RELAXATION.

#### SPA POLICY


WE RESPECTFULLY ASK THAT YOU LEAVE CELL PHONES TURNED OFF SO THAT THE TRANQUILITY OF THE PINE CAY SPA EXPERIENCE MAY BE PRESERVED. PLEASE DEPOSIT ALL VALUABLES IN YOUR ROOM SAFE, AS WE CANNOT BE HELD RESPONSIBLE FOR LOSS OF PERSONAL ITEM.

#### CANCELLATION POLICY

FOR ANY CANCELLATION NOT INFORMED 6 HOURS PRIOR TO THE COMMENCEMENT OF TREATMENT, 75% CHARGE WILL APPLY WHILST A FULL CHARGE WILL BE IMPOSED FOR NO SHOW. ALL TREATMENTS AND PACKAGES ARE NON-REFUNDABLE AND NON-EXCHANGEABLE.

#### SERVICE CHARGE AND TAX

TO MAKE YOUR SPA EXPERIENCE AS SEAMLESS AS POSSIBLE, A 10% SERVICE CHARGE AND 12% GOVERNMENT TAX, WILL BE ADDED TO THE COST OF YOUR SERVICE. ADDITIONAL GRATUITIES FOR YOUR THERAPIST ARE SUBJECT TO YOUR DISCRETION.



#### CARIBBEAN SEA'S ULTIMATE RESTORATION

This treatment begins with an energizing and re-mineralizing sea salt body scrub blended with pure tropical papaya and pineapple fruit extracts, followed by a crème fraiche body wrap. While the body is enveloped in this hydrating & antiaging crème wrap, a facial treatment for intense rehydration is applied, dramatic skin repair and nourishment is performed to perfection. In addition, you can choose a Balinese or a Swedish Massage to complete the Caribbean Sea's Ultimate Restoration Treatment. You will be amazed with the results!

**DURATION 150 MINUTES US\$450.00**

#### PINE CAY ESCAPE

A full Body Scrub to cleanse and prepare your skin for the cooling wrap. A natural cool mask of cucumber, yogurt and fresh mint is applied to the entire body and wrapped. Followed by a Mini Facial to soothe and cool the face with fresh cucumber slices, while you enjoy a scalp massage. This treatment is excellent for sunburns and cooling to any skin burning sensation.

**DURATION 150 MINUTES US\$430.00**





#### **SAND DOLLAR SIGNATURE MASSAGE**

Local traditional full body massage with "coconut" oil. Using the techniques of short firm strokes and pressure points working along the meridians. Rejuvenates the energy in the body, relaxes stiff muscles and improves skin elasticity.

**DURATION 60 MINUTES US\$150.00 | 90 MINUTES US\$270.00**

#### **BALINESE MASSAGE**

The Balinese Massage is highly evolved, a distinctive form employing a combination of gentle stretches, deep tissue kneading, acupressure and aromatherapy oil to stimulate the flow of blood, oxygen and "Qi" (energy) around your body, bringing relaxation and a sense of wellness. This is an ancient technique, related to the Ayurveda, the Indian holistic medical system. This type of massage is known to help with a wide range of ailments, including migraine, muscle and joint pain, sleep disorder, anxiety, depression, Allergies and breathing problems such as asthma which often are worsened by stress. The use of oils is sensual and leaves you feeling calm and serene.

**DURATION 60 MINUTES US\$170.00 | 90 MINUTES US\$270.00**

#### **THERAPEUTIC MASSAGE**

A personalized massage designed for your specific requests. This treatment addresses areas of stress, muscle tension or muscles in need of recovery. Your therapist will combine elements of traditional massage, gentle connective tissue release, trigger point therapy, and various stretching techniques to suit your individual needs.

**DURATION 60 MINUTES US\$210.00 | 90 MINUTES US\$325.00**

#### HEALING MASSAGE

A full body massage with the "oil" of your choice. Aromatherapy is the perfect re-energizer and relaxes the mind, body, and spirit with ancient healing techniques.

**DURATION 60 MINUTES US\$170.00 | 90 MINUTES US\$270.00**

#### SWEDISH MASSAGE

A full body massage using "lavender/chamomile" oil. This massage combines long gentle strokes, kneading, and firm circular movements that will increase blood circulation.

**DURATION 60 MINUTES US\$170.00 | 90 MINUTES US\$270.00**

#### THAI MASSAGE

A dry pressure massage for full body, which involves gently pulling, stretching, bending and pressure points using hands, elbows, and feet. Promotes flexibility of the body, enhance the energy flow, and invigorates the nervous system.

**DURATION 60 MINUTES US\$210.00 | 90 MINUTES US\$325.00**

#### BALINESE BODY SCRUB

Enjoy one of our luxurious body scrub treatments for skin that radiates with health and is so soft to the touch. This begins with an exfoliating treatment to remove damaged and dry skin, followed by a Balinese massage to improve circulation. This treatment is soothing and returns elasticity to the skin.

**DURATION 90 MINUTES US\$270.00**

#### HERBAL POULTICE

This Thai, hot, herbal poultice massage helps relieve tensions. This balancing herbal poultice opens pores and brings a deep medicinal heat to the muscles. Relieving muscles pains, aches, tensions, and deep stress.

**DURATION 90 MINUTES US\$325.00**







#### **HOT STONE THERAPY**

Hot stone therapy makes you feel deeply relaxed, releasing all the stress and stiffness from your body. It is a great way to pamper yourself and boost overall health and wellbeing. This improves circulation, reduces pain, calms the nerves, and provides a good sound sleep.

**DURATION 90 MINUTES US\$325.00**

#### **ANTI-CELLULITE BODY BLISS**

Algae is known for its effectiveness of draining away toxins. This special treatment includes a massage using an anti-cellulite oil, followed by a full body, algae wrap. Effective for treating cellulite, draining the excess lymphatic fluid, and reducing body water retention.

**DURATION 90 MINUTES US\$325.00**

#### **BACK MASSAGE**

A soothing massage to relieve upper back tension and break down knots. Reducing pain, stiffness and improve circulation.

**DURATION 30 MINUTES US\$110.00**

#### **PINE CAY PACKAGE**

An energizing and re-mineralizing sea salt body scrub, blended with pure tropical papaya and pineapple fruit extracts, followed by a crème fraiche body wrap. While the body is enveloped in this hydrating, antiaging crème wrap, a Myoxy-Caviar lift-off facial mask is applied. This intense, dramatic, skin repair and nourishment are performed to perfection. You will be amazed with the results!

**DURATION 150 MINUTES US\$450.00**

#### **LEG AND FOOT MASSAGE**

Foot ritual with essential oil and fresh flower petals for tired feet. Relax and enjoy the soothing touch of massage to reduce pain and heaviness of the feet.

**DURATION 30 MINUTES US\$110.00**

#### **FOOT REFLEXOLOGY**

A therapy involving the application of pressure to the feet with thumb, fingers, and hand techniques without the use of oil. Stimulates the internal organs and nervous system, prompting the deep state of relaxation.

**DURATION 60 MINUTES US\$180.00.00**

#### **HEAD, NECK AND SHOULDER MASSAGE**

A soothing massage for the head, neck, and shoulder. By applying ayurvedic techniques from the shoulder to the head. Brings sound sleep, cools the eyes, relieving tensions related to headaches, eyestrain, and stiffness of neck.

**DURATION 30 MINUTES US\$110.00**



#### **BY THE SEA FACIAL**

A radical facial treatment for dull and dehydrated skin. This facial combines the high potency of vitamin "C" with the stimulating seaweed, rendering rejuvenated, brighter, and firmer skin. An excellent treatment for smokers, and sun-damaged skin. Soft lift-off mask.

**DURATION 60 MINUTES US\$160.00**

#### **DEEP CLEANSING FACIALS**

This is a deep cleansing facial that gently removes damaged skin cells by using a warm towel compress followed by mask. Promotes radiant skin and removes impurities that causes blemishes.

**DURATION 60 MINUTES US\$160.00**

#### **COCONUT - SANDALWOOD SCRUB**

The body is gently exfoliated by using a combination of fresh coconut and sandalwood powder. The benefits of this treatment are cleansing and detoxifying sensitive and dry skin.

**DURATION 30 MINUTES US\$110.00**

#### **HONEY CITRUS BODY BLISS**

A very uplifting scrub with orange peels, yogurt and honey providing a soft and glowing skin with aromatic fragrances and a feel of wellbeing.

**DURATION 30 MINUTES US\$110.00**

#### **LYMPHATIC MASSAGE**

A full body massage stimulating the lymph flow and generating heat by rubbing ayurvedic oil that cleanses and revitalize the body. This treatment improves circulation, treats facial paralysis, numbness of hand and sciatica. It is especially useful for arthritic and rheumatic problem

**DURATION 90 MINUTES US\$325.00**



#### **MARMA REJUVENATION**

A full body, anti-aging rejuvenating massage using Ayurvedic oil. Marma points are activated by soft to medium pressure techniques. This boosts the immune system, stimulates tired nerves, improves flexibility of the joints, cleanses and revitalizes the body.

**DURATION 90 MINUTES US\$325.00**

#### **SHIRODHARA**

Shirodhara is a form of Ayurvedic therapy that involves gently pouring medicated lukewarm oil on the forehead as one of the steps involved in Panchakarma. The name comes from the Sanskrit words shiro (head) and dhara (flow). It is deeply relaxing, revitalizes the central nervous system, reduces mental stress, anxiety, depression, chronic headaches and promotes sound sleep. Please note that this treatment is most effective before sunset.

**DURATION 60 MINUTES US\$200.00**

#### **SAND DOLLAR MANICURE**

Complete pampering experience for your hands and fingernails includes a wonderful relaxing hand massage with blended oils and cream. Softens the hands and makes the fingernails look healthier.

**DURATION 60 MINUTES US\$75.00**

#### **SAND DOLLAR PEDICURE**

A total make over that will refresh and relax your tired feet. Warmed aromatherapy oils nourish, while the massage will relieve the tension of the feet.

**DURATION 60 MINUTES US\$90.00**

#### POLISH APPLICATION

DURATION 20 MINUTES US\$20.00 PER PERSON

#### CREAMBATH

The term "CREAMBATH" refers to our most popular hair treatment that includes, cream application, hair steaming, and light massage on scalp, neck, and shoulders.

DURATION 60 MINUTES US\$150.00

#### HAIR STYLE

S-US\$35.00 | M-US\$45.00 | L-US\$55.00 | XL-US\$60.00

